

# AN FOCAL

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Official Paper of the University of Limerick Students' Union

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FREE

## Airline chief voices “concern” for Shannon

By Finn McDuffie – News Editor

- Aer Lingus has no future as independent airliner.
- Bio fuel best way for airlines to reduce carbon footprint.
- Short haul, Shannon stopover “fantastic”.

BRITISH Airways CEO Willie Walsh has stated Shannon airport must continue to make itself an attractive tourist destination, but may suffer a decline in tourism due to Ireland's high prices.

Delivering a lecture in UL entitled “A Sustainable Future for Aviation”, the former Aer Lingus CEO said he is concerned Ireland is too expensive as a tourist destination and that this is having a negative affect on the US transatlantic market that uses Shannon as a gateway to Ireland.

“The value available in Ireland is out of line with what's available elsewhere,” he said, “and quality lags significantly.” He called on the Irish Government to tackle this problem but recognised it would be “a big challenge” without control of currency value.

Speaking as part of the Kemmy Business School Distinguished Lecture Series, Mr. Walsh said, “Shannon has got to continue to market itself as a destination and gateway to the West of Ireland.” “There is a viable business there on short haul” he explained, but pointed to challenging times ahead in the

current economic environment. Mr. Walsh also revealed he sees no future for Aer Lingus as “an independent, stand-alone carrier”. Based on current, large-scale restructuring in the airline industry, he said “long term, maybe even medium term, Aer Lingus will need to look to a partnership with a bigger airline.” But he argued the airline should not be Ryanair. “On a competition basis [...] Ryanair should not be allowed take control of Aer Lingus,” he argued, highlighting the overlap between the airlines as “significant”. He described such a merger as “unhealthy” for the consumer.

But he remains doubtful as to how a merger would work. “The only way I can see Aer Lingus getting involved with another airline is if both Ryanair and the Irish Government decide to sell [their shares],” he said. “That's going to be fascinating.” He also outlined the challenges facing Aer Lingus today, exposing its need to urgently restructure and to redress its cost base. Mr. Walsh also endorsed bio fuels as a real and ready opportunity for the airline industry.

He said there has been “significant progress” with second-generation bio fuels and that current aircraft need not be “adjusted” or “technically changed” to suit the new fuels. “We believe we can produce, on a commercial basis, efficient volumes of bio fuel to make a big difference for the airline industry,” he



revealed. “The industry has a target of using a 10% bio fuel mix from 2017. This will give us the ability to significantly reduce our carbon footprint going forward.” He also commented on the new British Airways service at Shannon, describing customer feedback as “fantastic”.

The service, which operates as a scheduled 45-minute stopover between London City Airport and JFK, New York, has been nicknamed “the Shannon Shuffle”. Shannon was chosen for its proximity to London and its convenient immigration and customs process.

## Students speak up on Ents at AGM

By Jason Kennedy – Chief News Correspondent

**STUDENTS** who attended the Students' Union AGM spoke out against the current way that events on campus are being organised. The AGM, which took place two weeks ago, was attended by an estimated 150 students.

At the Meeting, Students' Union President, Ruan Dillon-McLoughlin, asked those

attending to give their questions or comments regarding events on campus, as turnout to gigs has decreased since last year.

Overall, those that showed up claimed they want smaller gigs and a variation of bands. Second year HPSS student, Shane Vaughan commented that The Blizzards returned this year, after playing UL twice last year. “We've

seen them enough times to pay another €15 to go and see them again, but the Fight Like Apes gig was fantastic.

I've never seen them before and they were great.” Campaigns and Services Officer, Fergal Dempsey agreed, saying that the Blizzards “are practically a house band by now” but negotiations with another band, Groove Armada, had fallen through.

Mr Dempsey claimed that the only well known band that was available at the time was the Blizzards.

Another student asked why the recent Saw Doctors' gig was on in the Jean Monnet Lecture Hall, as opposed to the one of the on-campus bars, where they would draw more of a crowd. Mr Dempsey also tackled this question, claiming the Saw Doctors requested to play in

the Jean Monnet, as they played there a number of years ago and said it was there best gig in a decade. “You can't say no to the Saw Doctors, but everyone that came had a ball.”

Students also suggested a discount for buying tickets to Neill Delamare, PJ Gallagher and Jason Byrne, who will all be playing in UL in the coming weeks. All questions and comments were forwarded on the Ents office in the Students' Union.

The AGM did not make reach quorum, so the motion to change the week of Sabbatical Elections, so they do not clash with RAG Week, had to be postponed. Students were also informed of the work the SU Executive have been doing since getting the job and we're given the opportunity to ask questions to them afterwards.

## An Focal Digest

## In Brief It's all grown up

**Give the SU your feedback**

The Students' Union has launched a new email address, [sufeedback@ul.ie](mailto:sufeedback@ul.ie), which will allow students to email in their complaints, praises or suggestions. Any emails sent to the address will be received by the Admin Secretary, Lucy Walsh, who will then pass on any emails to the relevant officer. Ms Walsh will also ensure that any issues raised in the emails will be dealt with promptly and properly by the officer in question.

**RAG Charities nominated**

The members of the Executive have voted on the four charities that will benefit from any money raised for Raising and Giving Week (RAG Week) during the year. The four charities are the Mid-West Simon Community, Make-a-Wish Foundation, Limerick Youth Service and the Irish Heart Foundation.

Submissions for RAG Week Charities opened at the beginning of the semester and everyone was invited to submit a proposal. Of the total charities proposed, eight were shortlisted by the Welfare Officer, Derek Daly.

The eight charities were then brought to the members of Executive who were asked to vote on their preferred charities. The four charities with the most votes were then deemed the official benefactors of Rag Week 2010.

RAG Week will take place in Week 9 of the second semester but students can contact Mr Daly at [suwelfare@ul.ie](mailto:suwelfare@ul.ie) or [suwelfarecrew@ul.ie](mailto:suwelfarecrew@ul.ie) with suggestions or ideas for ways to raise money before then. Currently any donations left for free condoms will be lodged to the RAG Week fund.

**UL Greens Swap Shop**

Want a change? Don't want to spend money? UL Greens Swap Shop is for you. Come along and bring any unwanted items that you want to shop and get yourself an item in return of your choice. Items can range from books to clothes, games to DVD; basically anything goes within reasons of course!

**Date:**

Wednesday, 4 October 2009 (Week 9)

**Location:**

Students' Union Courtyard

**Time:** 2pm – 5pm

For more information visit <http://greensul.pbwiki.com> or email [ulgreens@gmail.com](mailto:ulgreens@gmail.com)

**This edition, when I sat down to think about putting An Focal together, I decided to do something different.**

Previously the system I had with my writers and sub-editors was a needlessly complicated one; I'd assign articles to my writers and they'd send them back to me. Then I'd send them on the sub-editors who would make any necessary changes before sending the finished piece back to me and I would assign it a place in the paper.

The reason for this messy and complicated system was because An Focal was my baby. I know how to assign articles out, which articles were suited to which writer and how to get the writers moving when the deadline was looming. As much as I love my sub-editors, I

couldn't hand my baby over to them just yet. I was afraid that they wouldn't be able to cope with all the responsibilities a paper brings, even if they were just responsible for one section.

This edition was different. I took a deep breath and handed over the power of the news, features and arts section to my sub-editors. "But what about sport?" I hear you cry. The sports editor, Tomás, is well used to getting the sports section organised from start to finish without any help from me. In fact, if I was to try and help I think, no I'm sure, I'd do more harm than good. The other sections was a another story though but I was brave and I let three unassuming sub-editors do all the work.

Now that the paper is done and I'm writing my editorial I have to wonder what I was so

worried about. The three sub-editors, Finn, Jason and Darragh, all did brilliantly and I had the paper together in record time. Thinking back, I probably should have waited for this edition to be over before I handed the reigns to them as some on this edition's deadlines fell on a Bank Holiday, a time when students disappear and become impossible for 72 hours. The guys rose to the challenge though and this edition was much more relaxed and easy-going than any other I've done so far...well for me anyway!

I must give a very heartfelt thank you and congratulations to my sub-editors, Finn, Jason, Darragh and Tomás, for all their hard work on this edition. It looks fantastic and you did yourselves, and me, proud.



## Quotes of the Fortnight

**"Is this rubbish?"**

A note left by the cleaners on Aoife Ní Raghallaigh's ever growing pile of recycling.

**"One thing I like about Michael O'Leary is that there's only of them"**

British Airways CEO, Willie Walsh, at the inaugural KBS Distinguished Lecture Series.

**"Play for me Lady Gaga, play for me"**

The stress of deadlines gets to News Editor, Finn McDuffie.

**"Don't look a gift horse in the mouse!"**

Communications Officer, Aoife Ní Raghallaigh, has some trouble with a saying.

**"I'm really worried that someone will steal my ears"**

AHSS Faculty Officer, Gráinne Ní Hodhráin

**"You can stitch them on"**

Triona O'Sullivan, 1st year BBS. We hope they were talking about a Halloween costume.

**"Sure I'll come down for a cuddle and a screw"**

Overheard outside Admin Secretary, Lucy Walsh's, office window.

## And thanks to...

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[www.impressionprint.ie](http://www.impressionprint.ie)

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Nadene Ryan

...and anyone else I've forgotten

**Next An Focal deadline is Friday, November 6 for Opinion/Features/Columns/Arts/C&S and Sport.**

**News deadline is Monday,**

**November 9. Email submissions to [sucommunications@ul.ie](mailto:sucommunications@ul.ie)**



# Three alumni celebrated at awards ceremony

By Emma Hayward

17 OCTOBER saw the UL Alumni Association (ULAA) host its fourth Annual Bank of Ireland Alumni Awards. The awards are the association's highest honour and are awarded to recognise outstanding achievements of individual UL alumni. The association was established in 1987 by graduates and, launched in 2006, the awards celebration has become one of the most prestigious and significant events in UL and its alumni community.

This year's three recipients are Jean Butler, Mikael Fernstrom and Niamh O'Carroll. Chairperson of ULAA and former President of the ULSU, Fintan Breen, said "we have become increasingly aware of the wealth of achievement of UL alumni. This awareness led to the idea that we should recognise those among us who have made outstanding contributions across various fields... On behalf of everyone at ULAA, I warmly congratulate Jean, Mikael, and Niamh."

The award for Outstanding Contribution to Arts and Culture was made to Jean Butler.

In 2005, Ms Butler completed a Masters in Contemporary Dance Performance at the Irish World Academy of Music and Dance at UL. Originally from New York, Ms Butler played an important part in modernising and globalising Irish Dance.

The award for Outstanding Contribution to Science and Technology was made to Mikael Fernstrom. Mr Fernstrom moved to Ireland

from Sweden in 1991. He spearheaded the development (and became Course Director) of a new taught Masters Degree in Interactive Media at UL and also helped develop two new undergraduate programmes, a BSc in Digital Media and Design and a BSc in Music, Media and Performance Technology.

The Outstanding Contribution to Society and Humanitarian Award was made to Niamh O'Carroll. Ms O'Carroll, who is from Limerick, graduated from UL in 1989 with a BA European Studies and went on to DIT to complete postgraduate studies in Public Relations. Her final year thesis was on Education for Traveller Children. In 1998 she was awarded a Junior Chamber of Limerick Outstanding Young Person of the Year for her work in the area of Humanitarian Assistance.

Representing Bank of Ireland, the event's exclusive sponsor, the bank's Regional Manager for West Munster, Gerry Reeves, said "Bank of Ireland is proud to continue our association with this great celebration and I particularly congratulate our three Award Recipients this year on their impressive achievements."

The event takes place in October every year and Alumni Awards are presented to graduates who have made an outstanding contribution in Science and Technology, Culture, Arts, Business, Academia, Societal/Humanitarian/Community and Sport. Each year a maximum of four Graduates receive the prestigious award.



## Community Relations Officer Resigns

By Aoife Ní Raghallaigh - News Editor

THE ULSU Community Relations Officer, Larissa Mirtschink, was deemed to have resigned following the recent AGM which was held Week 7.

Ms Mirtschink was deemed to have resigned as she was not in attendance at the AGM and also did not submit apologies prior to the meeting.

In accordance with Article 23.9 of the ULSU Constitution, any member of the ULSU Executive who misses a General Meeting, two consecutive Councils or two consecutive Executive meetings without apologies shall be deemed to have resigned.

Communications Officer, Aoife Ní Raghallaigh, explained: "It is an unfortunate situation but the issue is dealt with clearly in the Constitution. There is no room for misinterpretation. All members of the Executive, including Sabbatical Officers, are subject to the same rules."

According to the ULSU Constitution, the Community Relations Officer (CRO) must

research and co-ordinate specific projects with a view to improving links and relations with all sectors of the University while also liaising with any committees, working parties or authorities dealing with Community Relations.

The CRO also sits on the Executive, Class Reps Council and Community Forum.

Nominations for the vacant position reopened on Tuesday, 27 October (Week 8) at 9am and closed yesterday, Monday, 2 November (Week 9) at 6pm.

At time of print nominations had not yet closed but any interested parties will be posted on the ULSU website (www.ulsu.ie). If more than one person contests the position an election will be held on Friday, 6 November (Week 9).

If only one person contests the position that person will be deemed elected.

The position was open to all registered students regardless of their year, course or whether they are a Class Rep or not.

## GAA Trophies come to UL

By Jason Kennedy - Chief News Correspondent

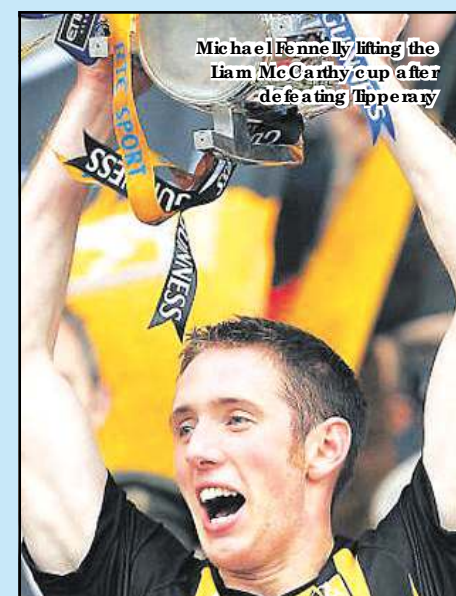
THE SAM Maguire and the Liam McCarthy will be coming to the Stables next week to raise money for Special Olympics Ireland. The Cups will arrive in UL next Thursday, 12 November, along with Kilkenny captain Michael Fennelly and Kerry Captain Darren O'Sullivan. They will arrive, with the cups at 6.30pm.

All proceeds for the event will go towards the 2010 Special Olympics Ireland Games, which will take place across Limerick during summer 2010.

Stables Club Manager, Declan Collins says he is delighted that the players are coming, "I'm looking forward to this event. It will be a great chance for people to meet their hurling and football heroes and get pictures taken with the cups. Hopefully we will raise a lot of money for this great cause as well."

From 8 - 10pm Free Beer will be playing in the Stables Courtyard and from 10pm onwards there will be a silent disco in the Stables. There will also be free finger food and beer sampling Tickets cost €10 per person.

The Special Olympics were launched in UL earlier this semester. The games will take place from the 9 - 13 June and will require over 3,500 volunteers to assist in the games. If you would like to volunteer in the games, log on to [www.specialolympics.ie](http://www.specialolympics.ie).



# President McAleese honours top UL students

By Finn McDuffie – News Editor

**THREE UL students have been presented with an Undergraduate Award of Ireland. The inaugural awards ceremony, which took place at the Royal Irish Academy on 20 October, saw 33 of Ireland's brightest undergraduates honoured by President McAleese.**

The winning students were selected following a rigorous academic review process by 33 separate review panels, each comprised of three to seven academics and industry professionals. 1,600 submissions were received for the award across disciplines as diverse as Chemistry, Economics, Linguistics, Medicine, Natural Science, Business and Engineering. The awards recognise academic excellence from the nine universities of Ireland.

UL students Emily Bourke, James Leahy and Laura-Anne Furlong were awarded for their excellence in the fields of languages, mathematics and physiotherapy respectively.

Speaking at the ceremony, President Mary McAleese highlighted the need for sharing of knowledge across economic and geographical boundaries. "The Irish Undergraduates Awards are an important step forward in acknowledging the role played by our undergraduates in helping to advance Ireland's ambition to be, not just a smart economy but, a just and decent, sophisticated society," she said. "These awards encourage our top undergraduates to believe in the validity of their work and in their entitlement to a public place of respect within scholarly discourse."

The awards were established in 2008 to recognise and reward Ireland's most innovative young knowledge creators and harness the

collective thinking of Ireland's most talented academic youth in an annual publication of winning essays. The awards are driven by a collective group of founding partners comprising the Higher Education Authority, Google, the Department of Education and Learning (NI), National Toll Roads, The Irish Times, The Communications Clinic, and The Royal Irish Academy.

Chairman of the Higher Education Authority, Michael Kelly, was impressed with the calibre of this year's submissions. "Irish students can and must compete internationally in all fields. We should encourage ambition and strive for excellence in all disciplines."

Undergraduate Awards of Ireland will produce an annual journal of the winning essays, available in university libraries. The journal will act as a resource to all undergraduates seeking reference material and best practice academic writings. The awards have attracted an impressive editorial board engaged in reviewing the material submitted. These include Frances Ruane (ESRI), Terence O'Rourke (Managing Partner, KPMG) economist Marc Coleman and Kingsley Aikins (The Ireland Funds). CEO of National Toll Roads, Jim Barry, is chair of the awards. "The inaugural awards are a credit to the quality of the submissions and the commitment of the 33 academic panels who selected the winning papers," he said. "Excellent education is the cornerstone of any competitive and smart economy. The Undergraduate Awards of Ireland underpin this by recognising and celebrating the highest standards of undergraduate academic scholarship."



Laura-Anne Furlong and James Leahy with their awards

# Garda vetting may curtail graduate job options

By Finn McDuffie – News Editor

**ASSOCIATE Registrar of UL, Dr. Pat Phelan, has voiced concern that Garda vetting may affect UL graduates' employment prospects.**

In an email to the Students' Union, Dr. Phelan cited a number of reports regarding students of UL, particularly in the College Court area over the last few weeks. "It may be opportune to advise students on the implications to them of being charged or convicted of an offence which will subsequently have to be declared to all future employers using this vetting process," he said.

"The number of employers that are using this scheme is increasing all the time."

Dr. Phelan stated concern that "students will find themselves in a situation where they come to the attention of the Gardaí and affect [or delay] their future employment prospects." One of Dr. Phelan's roles includes responsibility of the Garda vetting process in UL. He said, "a

number of organisations, particularly those dealing with children or vulnerable adults, have a requirement for Garda Vetting for all their employees and any volunteers."

The Garda Central Vetting Unit deals with requests to vet certain prospective employees. It is intended to expand the vetting service to all organisations which recruit people who have substantial unsupervised access to children and vulnerable adults.

The Gardai provide a statement of criminal convictions (or lack of them) to people in Ireland who need them for a range of reasons. These reasons may include including employment abroad or starting businesses abroad or in order to obtain a visas for another country, or for foreign adoptions.

Garda vetting is also being extended to employees covered by the Private Security Services Act 2004. These include bouncers and nightclub security staff.

# 46,500 reasons to be happy

By Tomás McCarthy – Sports Editor

**FOR UL student, Sharon Malone, 17 October was a day when dreams became reality as she claimed a staggering €46,500 on RTE's Winning Streak.**

Ms. Malone is from Ballina in Co Mayo and is a 2nd year student in Business Studies. She resides on campus in Cappavilla living with five other girls. The mid term exams were due to fall in the week following the show with Malone admitting that it was difficult to concentrate fully on them. This year's Winning Streak is presented by Marty Whelan and Kathryn Thomas. The Saturday night show sees five players contest for the maximum amount of €500,000. The show got off to the best possible start for UL's Mayo woman in the first game called Cash Cubes. In her very first attempt she revealed the top cash prize of €27,500. The next game called Cloud 9 would see two players eliminated as the other three went on to battle it out for a chance to spin the wheel.

There are nine balls to choose from. Sharon got lucky four times during Cloud 9, winning a total of €19,000. Unfortunately on the fourth attempt she revealed a fireball which denied her a chance of getting through to the next stage. In the promotional video before the show Sharon said, "even an extra €100 for a student would make a big difference".

With €46,500 in her back pocket, the girl from Ballina has left the mere possibility of financial difficulties behind and also perhaps her transport problems. She told Marty Whelan about having to share a car with her sister Donna who studies in Dublin. No questions as to what her first purchase shall be!

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# Policies updated for 2009

An Focal Reporter

A NUMBER of the ULSU Policies were updated at recent meetings of Class Reps Council after changes were proposed by Communications Officer, Aoife Ní Raghallaigh. The policies, which were either amended or withdrawn completely, mandate the stance that Officers must take on or regarding certain issues.

Ms Ní Raghallaigh explains: "I noticed a lot of policies had been written three or four years ago and as such, they were no longer relevant or weren't being enacted properly by the Union. I decided to amend or withdraw a number of policies so that all policies are relevant for 2009. There's no point having policies that aren't being acted out or that aren't relevant."

As part of the upheaval a number of the policies were withdrawn. The USI Consultation policy was withdrawn as ULSU are no longer in consultation with USI. The Bebo and Nuclear Power Policies were also withdrawn as they were deemed to no longer be relevant. As there were two Equality Policies one was withdrawn while the other was updated. Finally, two of the three Alcohol Policies were withdrawn. They were the original Alcohol Policy which was drawn up with the UL Governing Authority a number of years ago and the subsequent policy to withdraw from said agreement.

While two Alcohol Policies were withdrawn a third was updated to reference the omitted policies. The new Alcohol Guidelines Policy also stated that companies promoting an alcoholic product would be permitted to engage in promotions on campus once a sensible drinking campaign was run concurrent to any promotion. As previously mentioned, a second Equality Policy was also updated to clarify that the Equality Officer was responsible for certain actions. Similarly Polasaí an Dátheangachais

(Bilingual Policy) was updated to give more responsibility to the Irish Officer and as well as stating that staff of ULSU would endeavour to greet visitors in Irish and that official ULSU documentation would only be available in Irish on request.

The Bouncer Policy, which stated that any complaints against security staff or bouncers must be investigated, was updated to include Ents crew and to clarify that complaints must be investigated by the Campaigns and Services Officer or ULSU President. The Car Parking Policy was updated and renamed the Transport Policy and amended to clarify that the Campaigns and Services Officer shall lobby local authorities to provide more adequate cycling and bus lanes and shall lobby students and staff to use alternative means and transport. The Finance Policy was updated to match the ULSU Financial Year and also to ensure it referenced the correct articles in the ULSU Constitution. The Council Officers Policy was amended slightly to reflect the fact that the University now consists of four faculties rather than colleges.

Finally the Environmental Policy was completely redrafted to be more manageable and accessible to staff of the Union. A new policy, the On Campus Promotions Policy, was also brought to Council. The new policy stated that companies promoting alcoholic or caffeinated products would be allowed to engage in on campus promotions once a healthy living campaign was run concurrent to any promotion.

All amendments and changes were approved by Class Reps Council during Week 6 and Week 8. A copy of all policies can be obtained from the Communications Office in the Students' Union or from [www.ulsu.ie](http://www.ulsu.ie)

# Expert warns against further foreign aid cuts



By Helena Murphy

**AID EXPERT and advisor to Irish Aid, Roger Riddell, has strongly warned against any further cuts to Ireland's foreign aid, claiming cuts could further harm worldwide aid recipients.**

Delivering the keynote address at the Sustainable Global Development Conference in UL on 16 and 17 October, Mr. Riddell had high words of praise for the quality of Ireland's aid programme, comparing it to that of some Nordic states. But he urged Ireland to continue its contributions, particularly in the area of Food Aid. In outlining the importance of Ireland's commitment, Mr. Riddell also cited Irish Aid's presentation of the Hunger Task Force to the UN last year.

The conference, organised by Irish Aid, consisted of seminars and workshops in which overseas development aid was discussed in relation to issues such as peace and reconciliation, education and environmental sustainability. These seminars informed and also provoked many essential questions which went to the very heart of Ireland's aid debate. At present, the issue of aid is a contentious one, particularly in light of Ireland's current financial problems. Despite our commitment to assign 0.56% of GDP to Overseas Aid, Irish Aid's budget has been cut by some €222 million in the last year; a move which has been strongly criticised.

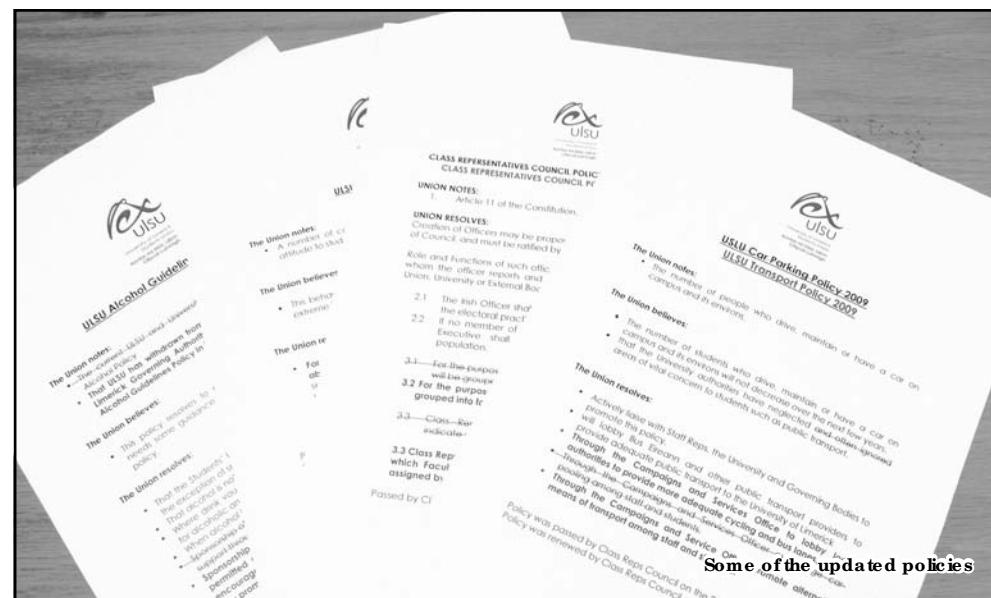
Mr. Riddell's speech featured a clear sighted urgency to address global hunger. Drawing on his Irish Aid and NGO experience, he

called for a reassessment of the current global aid system and discussed how its current problems could be addressed and the role Ireland can play in global reform. Citing a UN report on global hunger, Mr. Riddell stated that a record 1 billion people will go hungry in 2009, reinforcing his argument that today's aid system represents a huge global failure.

Having dedicated his professional life to this area, Mr. Riddell expressed confidence in aid's capacity to affect change in ordinary people's lives. But substantial reform is often frustrated by systemic failures, which, he stated "have yet to be addressed. This may be due to donor governments who often fall short of their original pledges, thus leaving a recipient country or organisation in limbo," he said. "Such volatility may be addressed through the introduction of a system which would guarantee that such commitments are acted upon."

Riddell acknowledged the influence of "politically-sensitive issues" in the assigning of development aid and vehemently criticised the manner in which aid is distorted due to short-term political or commercial interests, typically by means of tied aid.

"Ireland is only 1 of 3 countries which are not influenced by such interests," he said. In tandem to this he acknowledged that globalisation often works to the detriment of developing states and that "free trade is never fair". Aid effectiveness was also recommended for reform.



Some of the updated policies

# HSE honours President's Medal

By Emma Hayward

**CHAIR of the UL Research Ethics Committee (ULREC), Dr Kevin Kelleher, has been awarded the University of Limerick President's Medal. Dr Kelleher, also Assistant National Director of Health Protection for the HSE, received the prestigious award on 16 October.**

The President's Medal is one of the University's highest honours and is a unique award presented to individuals who have helped to advance the mission of the University.

Speaking on receiving the award, Dr Kelleher said: "I was amazed and very honoured. This grew as I began to realise the magnitude of what it meant within the University. The previous recipients indicate the scale of service that it represents. I was also very proud that the recognition was being given to ULREC and all the work the members had put in over the years."

The medal was last awarded in 2007 and previous recipients include President of the European Parliament, Pat Cox, Professor of Surgical Science, Consultant Vascular Surgeon and of the Mid-Western Health Board and UL, Peter V. Delaney, Jim McEnery of GM and Boart Longyear, and members of the original UL Project Group 1968-1972.

Dr Kelleher, appointed first Chair of ULREC in 1999, is a leading figure in the Centre of Health Protection, which aims to protect the public from infectious diseases and from harm as a result of environmental hazards. His job includes leading on Health Care-Acquired Infection for the HSE and the national immunisation programme. He has also worked

on the integration of the national infectious disease surveillance function with that of the national infectious disease control function.

He has been involved in a number of high profile projects including the setting up of the Irish Cervical Screening Programme and the two largest environmental investigations in the country; Askeaton and Silvermines. He was also a participant in the European project for Public Health Ethics, EUROPHEN 2003-2007.

Dr Kelleher expressed his gratitude for the award and what UL means to him. "UL is, to me, a vital organ of the body of Limerick. It, along with Shannon Development, has been the driving force behind the great success Limerick is today. The University brings vibrancy both to our social and cultural life as well as being a national beacon for education and research. Finally, of course, the University's main raison-d'être is to provide training space for Munster."



Dr Kevin Kelleher and UL President Don Barry

# ULSU travel to FUSU

By Aoife Ni Raghallaigh - Editor

**ULSU Sabbatical Officers attended the Forum for University Students' Unions (FUSU) in NUI Maynooth on Friday of Week 7. The day long meeting is designed to be an information sharing forum for officers of the university Students' Unions in Ireland. The most recent meeting of FUSU saw officers attending from UL, NUIM, DCU and UCC.**

The first item up for discussion at the meeting was the Student Service Charge or Registration Fee. The officers present believe that, although third level fees will not be reintroduced, the Student Service Charge may continue to rise. At present the Student Service Charge stands at €1500 and there are fears it may

rise to €2000 or €2500 for the start of the next academic year. The officers also felt that university management do not typically have much contact with student and as such they do not realise how badly some students are struggling in terms of finances.

As such it was felt that the officers should be lobbying university officials on this matter.

The officers also discussed the Student Support Bill which was first presented to the Government in 2008. The Student Support Bill aims to streamline the grant application system as there is currently a different system in place for each County Council in Ireland. The Bill also plans to make the scheme more efficient and centralised and would also act as a cost-saving measure. Unfortunately the Bill was pushed back in recent times as the threat of fees overshadowed it.

The officers are now hoping to restart the campaign to have the Bill enacted. A large proportion of the time was also spent discussing anti-social behaviour amongst students with particular reference to Raising and Giving Week (RAG Week). The officers examined the possibility of having a synchronised RAG Week, i.e., ensuring that RAG Week was held on the same week in all the Universities.

It was hoped that this would deter students from travelling from one university to

another to partake in different RAG Weeks and thus cut down on anti-social behaviour. While all the officers supported the idea the officers from ULSU pointed out that the other RAG

Weeks are generally held quite early in Semester 2.

As gigs in UL are completely weather dependent, it is better for UL to have their RAG Week later in the semester in the hopes of getting better weather.

In the afternoon sessions of FUSU the officers split into two groups for informal discussions on a variety of issues. The "Presidential" group examined the structures of the different university Students' Unions and also discussed how they publicise gigs and events.

Some time was also spent discussing how the Unions assemble their respective publications. The other group was the "Welfare" group and they spent time discussing support groups and mentor systems, as well as Please Talk and welfare campaigns. The group also discussed SAF, ESF and Access funding.

*"There are fears (the Student Service Charge) may rise to €2000 or €2500"*

# City Council paving the way to Limerick

By Nicole Ní Ríordáin

**LIMERICK City and County Councils are preparing an application for funding from the Department of Transport to build a walk and cycle path between Limerick city centre and the University of Limerick.**

The proposed path, which would link the Corbally area to Plassey Industrial Park, UL and Castletroy, would provide a safe, off-road area for walkers and cyclists.

The path is being proposed in line with the Department of Transport's Smarter Travel initiative. "The opportunity to submit a proposal to the Department's Smarter Travel team for consideration for funding is now being taken up by us,"

explained Director of Services in City Hall, Pat Dromey. "This funding would be for a high quality cycle project and would require both local authorities and the University of Limerick to work together to prepare a joint submission.

Mr. Dromey added that "in addition to the provision of physical infrastructure, we would carry out comprehensive marketing, promotion and surveying to achieve a significant model shift and this is where the strength and expertise of both local authorities and UL will be of great value."

He further commented "Both councils acknowledge that there is a problem with the extent of existing sustainable transport

infrastructure and travel habits." The proposed path would provide UL students with a cheap and healthy alternative to driving or taking a bus to the city.

There is currently a path leading to the city centre by the river bank; however students have been advised not to walk this way alone at night.

"The river walk is kind of secluded and it isn't lit up after dark. I often walk there with my friends but I wouldn't feel safe walking that way alone in the evening when it's dark. This new path sounds ideal though," a second year business student commented.

# Erasmus remains popular with students

By Nicole Ní Ríordáin

**THE International Education Division has now finished applications for Erasmus and Study Abroad programmes the next academic year. Students chose from a vast selection of partner universities across the world at which to study for a semester. For most humanities students, foreign placement is mandatory at some point in their degree. Approximately 270 UL students go abroad each year.**

Dr Patricia O’Flaherty, Erasmus Institutional Coordinator, advises that “students need to prepare for Erasmus by getting all the forms filled and, above all, making sure that they have suitable accommodation. A lot of countries don’t have the resources to give students what they get here and I think many UL students don’t understand that until they get there. Most universities don’t have on-campus accommodation, for example. Irish standards are very high in terms of accommodation and student support, and I think students really need to realise that this is not always the case in other countries before they leave.”

All forms will be processed, and students will be nominated for a partner university in early January. Some universities will write to the students directly with details about modules, enrolment and accommodation. However many won’t make any contact and the students must visit the university website and follow

the procedure themselves. The most popular Erasmus destination with Irish students is Spain. UL has links with over a dozen Spanish universities, with a large number of students being placed in Barcelona, Madrid and Cordoba each year. Universities in England and Scotland have also become very popular in the past few years. The vast majority of students will receive their first choice of destination; the one exception being those who apply for the UK. Dr O’Flaherty commented that “there is a lot of competition for the places in UK universities, as we don’t have a large number of places available, largely because the UK universities are not quite as orientated towards a foreign academic placement as we are.” This year, in order to be more fair towards students, as we have such a huge demand for the UK and so few places, we decided to select the student according to their QCA. We felt that that was a fairer way to go, rather than it being on a first come first served basis.”

“The student’s QCA will only be taken into account when the demand exceeds the places offered by the partner university, and at the moment the only country that that is occurring in is the UK. We’re trying to set up more places- we’re doing our best to persuade universities to accept students.” Students also have the opportunity to study outside Europe with the Study Abroad programme, which

works in a similar way to Erasmus. UL has links with countries such as Thailand, Brazil, China, Australia, Canada, North America and Mexico. Dr O’Flaherty encouraged students to be pro-active when deciding on a destination and preparing for their placement. “I think it’s an absolutely incredible opportunity to see another country that’s totally different from your own. My advice would be to pick an unusual destination, for example the Czech Republic or Bulgaria, because it’s such a wonderful opportunity. When again are you going to be offered the chance to spend 6 months in a different country and have your studies recognised?” Hayate Zarth is a German graduate who spent her Erasmus in UL in 1999, and recently organised a reunion

trip with the friends she made while studying in Limerick. The group of 15 came from countries including Austria, Spain and The Netherlands. Ms Zarth said of her experience “Ireland and the University of Limerick was the best adventure in my life. The University offers a huge program for studying abroad, for being an Erasmus student...excursions were proposed to discover Ireland and its culture and historical background.”

Another member of the group, Tim from Germany, said that his Erasmus experience “gave me more responsibility and made me a more knowledgeable person while also introducing me to many different types of people and situations that helped me grow as a person”.



Members of the recent Erasmus reunion

## ULSU Clubs and Societies Branding Competition



### What is it?

A competition to create a common brand which can represent ALL Clubs and Societies under one entity

### Be in with a chance to win

- 1st Place €300
- 2nd Place €150
- 3rd Place €50

**Bonus Prize**  
Skynet’s Selections  
Win Vouchers  
for HMV

### Where can I get More information?

All details including terms and conditions available on <http://competition.skynet.ie>

**Deadline - 5pm Thur Week 10  
(November 12th '09)**



## Union De brief

# Postgrad News

Hi All,

**First off; thanks to everyone who came along to any of the events last week. We had a kids Halloween Party on Wednesday 28 October at 6pm in the PSA Common Room.**

All children of students were welcome and there was so much demand we had to get parents to preregister their kids. During the party kids played games, ate sweets and played trick or treat. As demand was so high I'd like to remind everyone that you will have to preregister for the Christmas party in advance as well but there'll be more on that closer to the event.

The adults Halloween Party @ the Treehouse in Bentleys attracted one of the largest crowds to any Postgrad event ever. The night started in the Common Room and after a few too many glasses of wine we moved into the Treehouse @ Bentleys Courtyard. There were promotions and specials laid on and a countdown to Halloween at Midnight when the lights were faded out and the UV lit up the venue. A great night was had by all and I look forward to seeing you all again at the next PSA event.

The PSA also held a meeting of Postgrads who teach in UL on Wednesday, 28 October at 4pm in the Common Room. The Student Teaching Working Group (STWG) came up with the idea of an informal meeting to educate other students who have begun teaching in recent weeks about the tricks of the trade. The meeting attracted postgrads that were new to teaching and the more experienced, and a discussion about the current state of student teaching in UL occupied much of time. This is just one of the many events that this working group will hold over the coming year and if you want to get involved email me at psapresident@ul.ie.

The changes to the new website are now complete and I'd like to thank our web designer, Eoin Mahon from breakopen.ie, for all his hard work. One of the new sections is regarding Grinds; if you are interesting in giving grinds then check out this section regularly.

#### Future Events

On 19 November the PSA will be holding a full night in the Stables, with at least three different musical acts and a fantastic deal. Tickets will cost €10 but will include two drinks and your meal on the night. Check out [www.postgrads.ie/events](http://www.postgrads.ie/events) for more info.

That's all for now folks,

Regards,

Michael Bourke.



Michael, PSA President

# Ruán's Rundown

**Well with Halloween out of the way it's now the run into Christmas. Some say it's a bit early to be celebrating but I think we all need something to keep the auld spirits lifted as the weeks count themselves down. Speaking of spirits I hope you all have your tickets for our "Laugh Please" Comedy Nights.**

Our comedy series is in full swing with PJ Gallagher, Neil Delamere and Jason Byrne visiting each Wednesday from Week 9. As always you can get your tickets from the Students' Union reception.

On Friday of Week 7 there was a meeting of FUSU (Forum of University Students Unions) in NUI Maynooth. Issues relating to the grant stirred a long debate.

Once again the urgent need for grant reform was evident. Fees remained on the agenda as warnings of a further increase in the Student Service Charge were aired. The meeting was very constructive with members working closely on many other issues affecting students across the University sector.

The Students Union AGM took place on Wednesday of Week 7. The meeting did not meet quorum which meant that the motion to change the date by which elections of Sabbatical Officers must take place couldn't be changed. Despite the lack of quorum a healthy discussion was had in relation to gigs that the SU provides for students. Students used the opportunity to give some constructive feedback on how they viewed the Ents program to date and also provided suggestions on different types of events that could be run.

I would like to remind students to be very conscious of their neighbours. As you all know, Castletroy is a residential area with numerous families and elderly. Please be conscious of this when heading out and returning home at

night.

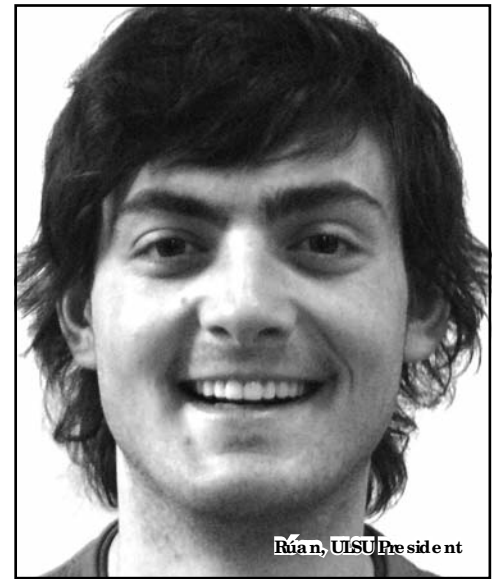
And to move onto some ground breaking news; you may be aware of construction works which have started where the old road to the Schuman used to be.

The new building will provide space for LERO (The Irish Software Engineering Research Centre) as well as space for the Incubation Centre. Work is also well under way on the North Campus on the development of the new Medical School and accommodation.

On a final note I would like to wish all those participating in Movember the best of luck and happy growth!

For those of you who don't know, Movember is where you don't shave for the month of November and grow the most ridiculous moustache you can for the month. The aim is to raise money and awareness for prostate cancer research.

As always we are looking for your feedback. What ever it is, send it onto [sufeedback@ul.ie](mailto:sufeedback@ul.ie)



Ruán, UISU President

**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 Class Representatives Council Policy which relates to Faculty Officers. It was originally brought before Class Reps Council in March 2007 related to College Officers at the time. It was amended in October 2009 to reflect that the college population was now grouped into Faculties rather than Colleges. The policy notes Article 11 of the ULSU Constitution which states that Class

Reps Council has the power to create non-executive council officer positions, namely the position of Irish Officer and Faculty Officers.

The policy resolves that such officers can be proposed and seconded by any member of Council and must be ratified by a quorate Council. It also states that the role of each officer must be clearly stated. The policy also explains that the position of Irish Officer should be filled by a member of Council but if there is no interested party the Executive must advertise the position to the general student population. In the case of Faculty Officers Council will be grouped into separate Councils for votes and Class Reps from Interdisciplinary course must indicate in which Faculty they will be voting. The latter only occurs in cases where the University has not specifically stated to which Faculty students belong.

A copy of all the ULSU policies is available on the website, [www.ulsu.ie](http://www.ulsu.ie), or from the Communications Office.

# Policy Explained Faculty Officers



Union Debrief

# C & S Council

**CLUBS AND Societies (C&S) council met for the fourth time in Week 7. Representatives from the different Clubs and Societies who were present at the meeting discussed a number of issues including C&S branding, creation of a new staff member and concerns over the local lotto.**

At the last meeting of C&S Council the students present expressed disappointment at being presented with the proposed wULhound logo, despite being presented with it last semester also.

After a long discussion it was decided to open a competition to the entire student body to design a common brand which can represent all Clubs and Societies under a common entity. More details of the competition can be found on <http://competition.skynet.ie>

The students present also voiced support for the proposed creation of a new full-time administrative position. The new position will act as a support role to the Clubs and Societies Development Officer, Paul Lee.

No objections were received and as such a proposal will be brought to C&S Council in Week 9 with a view to hiring the new staff member in January.

Also at the last C&S Council in Week 5, students were informed that the Local Lotto was not being promoted enough. At the most recent meeting students were informed that, unless the Lotto was promoted and supported properly, it may be discontinued.

Finally representatives were also asked to draft ideas on a three year plan for Clubs and Socs. Students should contact C&S with any feedback or ideas.

# Class Reps Council

**Class Reps Council (CRC) met for the fourth time this academic year on the Tuesday evening of Week 8. Reps at CRC were asked to propose amendments to a number of policies and the ULSU Services Ltd. AGM was also held.**

The reps present at Council voted to amend four old policies and also approved a new policy, the On Campus Promotions Policy. The new policy simply dictates the stance the Union shall take if a company promoting an alcoholic or heavily caffeinated product wishes to engage in on campus promotions. Polasaí an Dátheangachais (The Bilingual Policy) was also updated to give more responsibility to the Irish Officer and also to state that official ULSU documents would not be available in Irish on request only.

The Environmental Policy was redrafted to be more manageable and accessible and the Finance Policy was updated to reflect the changes made to the ULSU financial year.

Finally the Council Officers policy was updated to show that the University is now divided up into four faculties rather than colleges.

The ULSU Services Ltd. AGM also took place at Class Reps Council. The reps were asked to ratify the directors of the company, many of whom had been elected by CRC at previous meetings.

The reps were also asked to ratify the auditors of the accounts who had not changed from previous years. The year end accounts for ULSU Services Ltd. were also presented at Council.

## 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 (Kie lys)

**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: Oaklawn
- 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

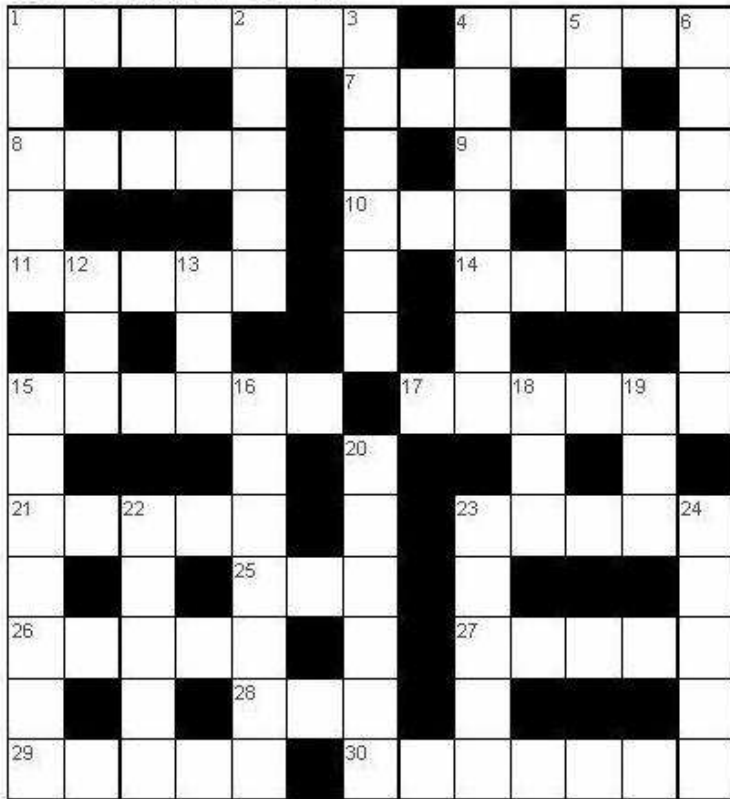
**Returns to UL via East Gate entrance**

**Route C 23.30 Only**

Route A+B Stops on Request  
Drop off only

Fun Page!

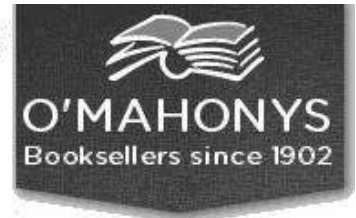
Crossword



Solutions to Tuesday, 20th October puzzle:

- Across:** 1. Pressed, 5. Creep, 8. Issue, 9. Lantern, 10. Tangent, 11. Eaten, 12. Dreams  
 14. Assume, 17. Power, 19. Propped, 22. Enticed, 23. Siren, 24. Eerie, 25. Resided  
**Down:** 1. Print, 2. Essence, 3. Siege, 4. Delete, 5. Canters, 6. Elect, 7. Penance,  
 12. Deplete, 13. Miracle, 15. Umpired, 16. Spider, 20. Oasis, 21. Dined

Sponsored by:



Across

1. Bit of fried or baked bread
4. Rear of a ship
7. Tavern or hostel
8. Remission; defer
9. Native of Iraq
10. Worthless ideas
11. Old Testament God (not common spelling)
14. A portion of a whole
15. Be careful crossing the ...
17. Noteworthy rarity
21. Loft; house top
23. Venomous snake
25. Acorn Tree
26. Reigned
27. Tone of orange
28. Make mistake
29. Exert; handle
30. Operational military flights

Down

1. Spicy Indian dish
2. S/he who learns from a tutor
3. Native name for Japan
4. Clipped
5. Maternal relatives (adj.)
6. Innocently
12. Astern
13. Engage in a contest; compete
15. Pirate Jack ...
16. Encrypted
18. A pair
19. A viscid substance
20. One who drives a motorcycle
22. Tutu material
23. Chorus
24. Prayers' ends

The lucky winner will receive a €20 voucher to spend in  
**O'Mahony's Booksellers**  
 or online at  
**www.omahonys.ie**  
**For all your college needs**  
 Submit entries with name & ID number to the entry box in SU reception by  
 10th November

In Numbers

Special SHAG Week Numbers

**4.2 million**  
 The estimated amount of porn sites online

**360**  
 The amount of calories sex burns in one hour

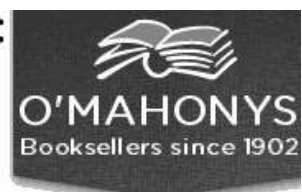
**2 years**  
 The average shelf life of a condom

**30 minutes**  
 The length of a pig's orgasm – lucky pig!

**100 million**  
 The approximate amount of sex that occurs Worldwide every day.

Sudoku

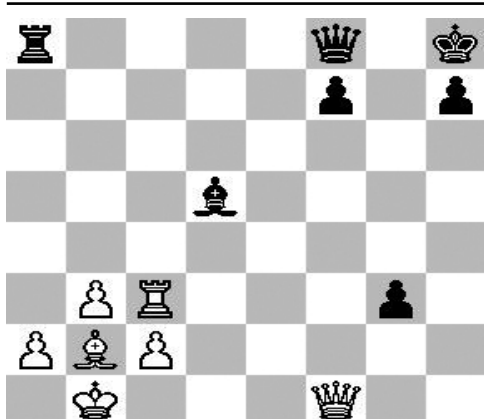
Sponsored by:



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

**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  
**O'Mahony's Booksellers**  
**www.omahonys.ie**  
**For all your college needs**  
 Submit entries with name & ID number to entry box in SU reception by 10th November



1. Rxe3+ f6 2. Qx16+ Qx016 3. Bx016++

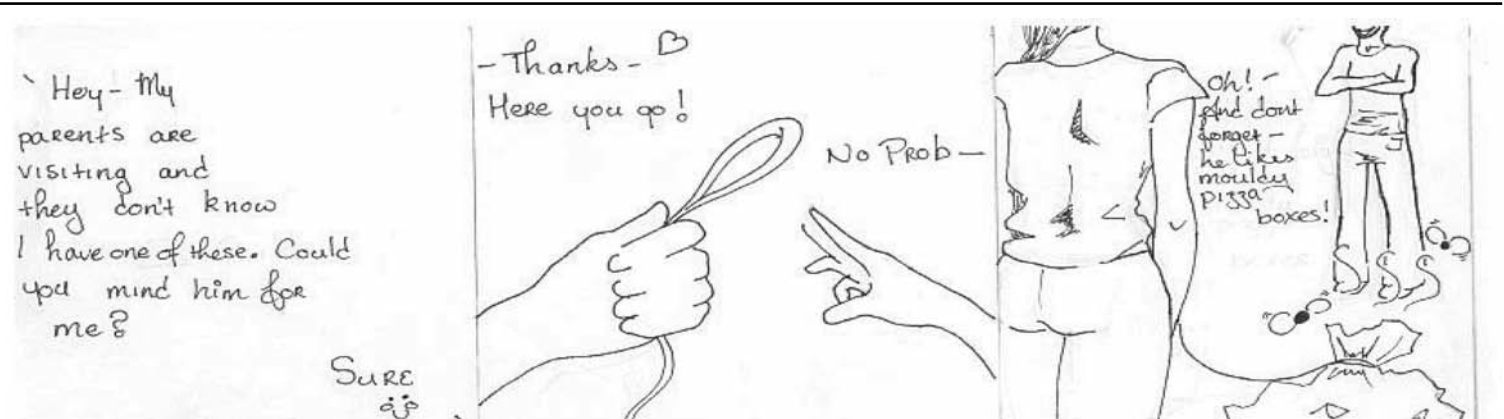


Illustration: Amy Murphy



# This is not Henry Martin's story; this is Limerick's hurling story

By Tomás McCarthy - Sports Editor

**Why would Henry Martin look forward to an interview with An Focal over any of the rest of the national media? This story goes back to 1998 when UL had won the Limerick senior football championship and were going into the Munster series. Diarmuid O'Flynn wrote a piece in the Examiner titled "Here's hoping Doonbeg beat tar out of UL".**

In the UL canteen, encouraged by many of his friends, Martin, from Galbally, who had developed a rivalry with UL, wrote in a letter to The Examiner backing O'Flynn. An Focal then wrote a piece lambasting Martin's letter as supporting a "useless cause".

Eleven years on Martin was back to speak to the same paper that had strongly criticised him. What better way to start this interview than presenting him with a copy of those pieces from the archives? The following is an edited transcript of our conversation.

**Martin (going through the '98 An Focal):** I don't know about the useless cause. If I remember rightly in 1999 UL only turned up with only 11 players. They failed to field a team and that was the end of UL in the Limerick football championship. I think we all know what the useless cause was there. Maybe they thought they were playing a soccer match! Good aul memories though. The headline "We are the scum of the earth" kind of ties in very well with the headline the Limerick Leader had on the front page last week where they said the county board were scumbags. That was the front of last week's The Limerick Leader. I do not support that headline and I have no time for it.

**McCarthy:** Henry before we get into talking about the book just tell me a bit about yourself and what you are doing at the moment?

**Martin:** I recently qualified as a primary school teacher in UL. I did an engineering degree and graduated in '99. Loved the place to be honest with you. They always say schooldays are the best days of your life but I think in my case it wasn't school it was college. I made some great friends here, some of whom are acknowledged in the acknowledgements for the book. I was passionate about my hurling and my Limerick hurling and there were lads who I met who were equally passionate. From second year on we lived in the canteen. We had great times here. I graduated and spent three or four years working and then I was made redundant from the job I was in. I always had this hankering ambition to do primary school teaching and I did that through Hibernia College. I'd like to thank Murroe National School and in particular Marie Griffin the principal for giving me a start out there in the school. I've also become secretary of Cumann na mBunscoil for Limerick GAA so I've talked the talk in the book now I must walk the walk. It's very easy write books accommodating people who want to fire bullets but maybe there is something I can do for Limerick GAA.

**McCarthy:** Many students may not have heard about the book at this stage could you

maybe give your reasoning behind it?

**Martin:** As far back as 2004 I was being approached to consider writing a book. It was speculated at the time that I was the name associated with an article called 'Man in the Middle' that appeared in the Limerick Leader which, incidentally, I wasn't. I was a particularly weak English student in school. I would have received grinds and did pass English for the Leaving Cert. This writing thing is something; if you read through the acknowledgements it was actually fostered through that whole Galbally - UL thing.

I couldn't put two lines together and there's no point in saying otherwise. The article appeared in the paper and the boys started hopping balls off me. Basically I'd have to respond. The letters to the sports editor of The Examiner were a big thing at the time. Karl Quinn at the time was doing a Masters in TEFL or something and doctored it up. Anyway he sorted it out and it got printed and all of a sudden I got used to these letters. All of a sudden then I was PRO of Galbally GAA club ten years ago. I have been writing for An Fear Rua for a few years. I suppose tis like practise really. I was just a late developer. I often wonder if that article in the Examiner hadn't appeared originally that day in November in 1998 would I ever have been able to write more than a sentence.

**McCarthy:** Why did you decide to deal with such a complex issue that is Limerick hurling?

**Martin:** At the end of the day Limerick have been burying their heads in the sand. I suppose this book is something that can be listened to. This is not Henry Martin's story; this is Limerick's hurling story. This is a hundred of the biggest names in Limerick hurling. We can go to address matters and improve them or continue as we have always done and keep our heads buried in the sand and fellas will look after each other. Anything anti that arises; "oh that never happened". Two or three fellas back one another up and they lie about something that has appeared or whatever.

**McCarthy:** What has been the reaction to the book so far in your view?

**Martin:** It's been mixed there's no middle

ground. A former Government TD launched a verbal attack on me outside Bruff last Saturday after an Intermediate semi final. First he attacked me over the headline that he didn't approve of. That was a disgrace. I disassociate myself with that headline. I have nothing to do with it. Then [he] started going on about how I never interviewed him for the book and my response to that is that [he] probably sees it as a missed political opportunity - not being interviewed in the book. If he has a gripe over not being interviewed in the book there

were lot of other guys who weren't interviewed. Anthony Riordan (a former successful Limerick captain) shook my hand before the game even though he wasn't in the book. [The TD] probably saw it as a missed political opportunity in terms of maybe winning popularity contests in terms of votes in future elections.

**McCarthy:** The first thing that struck me about the book was the way it's laid out. There's loads of pictures, archives, plenty of interviews it must have been a fierce amount of work for yourself?

**Martin:** I started 15th of November, had it with the publishers about 15th of April and took six weeks of a break in between. The last week of that was with my proof reader, a guy I'd like to thank very much and a former graduate of this college, James London, originally from Cappamore. I think he did a fantastic job and he deserves to be noted for it. I'm not looking for any credit for this book; I'm not looking for any accolades; I'm not looking for any plaudits. The bottom line is 114 people contributed interviews to this book these are the people who wrote the book as far as I'm concerned. I would like to thank everyone that co operated with it.

**McCarthy:** 1994 was the ultimate heartbreak so to speak. From speaking to the people involved are the wounds still as fresh as they were that day?

**Martin:** They often say that a man who had his eye wiped in terms of a woman being taken off him never forgets. It could only be compared to that. You could visualise the last five minutes through your own eyes. It was one of those freak things. Every so often I throw on

the DVD of it just to remind myself of it again. Sometimes to get over something you have to experience the pain over and over again. I wouldn't say I have ever accepted it.

**McCarthy:** I suppose we are promised a no holds barred account of how the under 21 three in a row team broke up and of the drinking culture involved in Limerick hurling do you think you succeeded in getting that across?

**Martin:** I would hope to add a sequel at some stage to get the views of the players themselves. I don't think it's fair to name names without interviewing them. Incidents are accounted for in the book though nobody is named. I wasn't going to interview anyone on the current panel, something I stand by. We have enough problems in Limerick hurling since this book has come out alone. It has caused enough problems besides causing problems within the camp. Anyone that who was on the panel or who could potentially be on the panel in the next couple of years I couldn't interview because I felt it would be to the detriment of Limerick hurling.

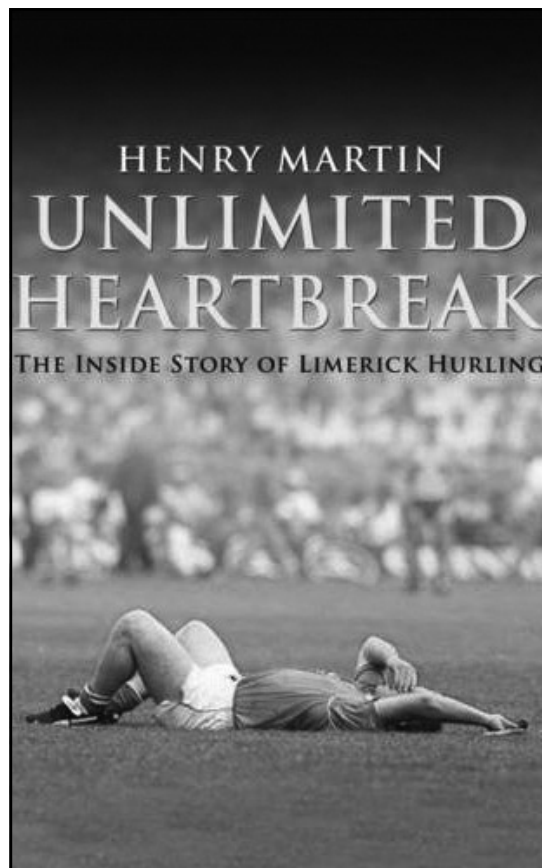
**McCarthy:** I suppose the most recent final was in 2007. Do you think maybe after that defeat to Kilkenny they went too easy on themselves?

**Martin:** Limerick spent the following six months, nearly the following twelve months, celebrating getting to the All Ireland Final. I would be very critical of a current student in UL for appearing on The Examiner the day before that final. Richie Bennis deals with it in the book. They disobeyed management official's orders.

They were photographed in The Examiner on Saturday opening a supermarket in Abbeyfeale. I think you often hear rubbish that if you can't do an interview you can't perform in front of 80,000. I suppose there are individuals on the senior panel but I am not naming anyone and I am not tarring everyone with the same brush. One particular individual is very committed a dedicated athlete but I would question his focus. He likes to be known as a leader, in my opinion, but you have to be a leader off the field doing the right thing. One thing I would say about the UL student; he is incredibly focused and incredibly committed. I'd like to think that the player dropped the ball with that photograph. I would hope that if Limerick ever get to an All Ireland in future that they bury their heads in the sand.

**McCarthy:** As a final question Henry can you see yourself maybe coming back in a couple of years and adding further heartbreaks to the book. Can you see any success in the future?

**Martin:** It would be an honour for me to be able to update that book to do a sequel based on a Limerick captain lifting the cup on the Hogan Stand and I pray to God that Croke Park don't get rid of pitch invasions because they are doing a disservice to grassroots supporters. I suppose in my next book I want the final chapter to have a picture of a Limerick captain with the McCarthy Cup.



# Foxy Lady

By Emma Hayward

**KNOWN for its cunning and adaptability, the red fox is among Ireland's most common mammals. As well as rural foxes there are also urban foxes who have adapted to life in towns and cities. These city slickers survive on much the same diet as the rural dwellers, catching small rodents and also scavenging from rubbish bins. It is not uncommon to see a fox slinking around at night or early in the morning in a garden or a nearby field.**

There is no shortage of foxes around campus either. If you don't see one though, you will more than likely hear one at some point. Probably at an inconvenient moment when you're trying to sleep and a vixen is making a ruckus outside the window. Vixens, the name given to the female red fox, make a loud and rasping yelp, especially during winter when they call to attract a mate or when they are fighting over territory. We are, of course, heading into winter which will be prime time for these kinds of incidents as foxes begin looking for mates in December.

A vixen calling in the night can be a terrifying experience for a child as I discovered at a young age. Camping in the garden was supposed to be a mild, uneventful excursion with no threat of getting lost or being eaten by a predator but after hearing what sounded uncannily like a woman screaming horribly nearby I must say, camping has never been the same again.

It was my 10th birthday and my friend and I

set up a tent in the back garden, even though it was the middle of November, and camped out for the night. It wasn't long after we had curled up in our sleeping bags sound asleep that we were woken up suddenly by a terrifying scream. It sounded like a deranged woman screeching like a banshee. I pulled the covers up to my chin and froze, rigid as a corpse. It sounded like there was somebody outside the tent, somebody lurking around the garden, except there was something about it that didn't sound quite human.

After what must have been only a few minutes of listening to the persistent yelping I found the strength to emerge from my sleeping bag and quietly move towards the tent door. I unzipped the flap and gingerly poked my head outside, just enough to see. I was right, it wasn't human.

There was my banshee, a beautiful red vixen, slinking past the front door of my house, only about twenty feet away. We both stopped still and stared at each other. She looked at me, and I looked at her. I was surprised but relieved to see the vixen instead of a crazy old woman looking back at me. In a moment she was gone and all I could see was the white tip of her tail disappearing around the corner of the house.

At least now when I wake up to hear the same noise I know it's only a vixen and not a screaming woman or a banshee, although its still enough for me to pull the covers up to my chin; it's a comfort thing.



Red Fox

## Diary of a First Year

By Amy Murphy

*WEEK 6 should, in fact, be Week 666! I can't even remember how many assignments*

*I had but I did meet my deadlines in one piece. Ok, so maybe my grades will be as miserable as I was but, I'm still here and we'll do it all again in Weeks 9-12.*

*What really doesn't help when you're writing an essay is the tiring process of trying to find electronic articles. I have never been so confused in my entire life.*

*I think I spent a good hour this morning trying to figure out how in the name of God one accesses the articles listed in the MLA International Bibliography. The worst part is they sound really interesting but I can't read them; what a tease!*

*As for lecture attendance, well, when you loose the will to live (from aforementioned assignments) lectures go way down on the list of priorities. Of course, as I write this, my history*

*lecturer is telling us he won't be here this Friday, so I'm guessing I'm not the only one who's forgotten the novelty of lectures. Of course, I find more and more people can be found online at 5 a.m. so maybe sleep crept up the priority ladder.*

*On a brighter note (despite the rain), it's the most interesting time of the year!*

*Halloween and then Christmas. I suppose as things begin to settle into some sort of routine people are trying to find other forms of excitement. I'm certainly noticing an increase in the amount of audible house parties around.*

*Then, when we've delayed that English assignment for a few weeks that assignment starts to become very exciting.*

*Speaking of delay, don't tell my mom, but I still haven't done any laundry.*

*I didn't know I had so many clothes...*

## Postcard from Co-Op

By Kieran Phipps

**I CAN'T believe it's yet again to write a Co-Op diary. Time's flying here incredibly quickly so I can imagine what it's like back in UL. Although I really don't envy the big panic of having to get essays in, study for more than one of those mid-term Spanish exams, along with a million and one other things.**

Strangely enough after I wrote the last diary, I had the most incredible camp with a group of teenagers from Neuquén which is nearer to the south of Argentina and they really made this job worthwhile. The theme of their camp was "The Amazing Race" after the TV show and it went down a hit with everybody.

However what really made it was the spirit of the group. Fair enough there were some things they weren't overly enthralled about doing but they made the most of it and made it enjoyable for themselves.

Also the hospitality of them has been incredible too; since leaving they've

invited me and the other counsellors down there when we are free to party and stay at their houses.

Also, Visa Week (the week everybody gets off to renew their visas) took place last week and I was supposed to have the time off but due to the busy schedule and commitments at my school I had to make do with a half night in Uruguay which resulted in me having to stay up all night at a ferry terminal, looking at the timetable which was wrong and not leaving until 6am the next morning, and I had work for 1pm for the day. Luckily I'm getting some extra time off at the end to make up for my efforts so let's see what happens.

This weekend I'm free and I'm definitely taking advantage of it by going to Córdoba to see what it has to offer and possibly looking into coming back here for college once my time at UL ends; even though it's two years away time is seriously going quick!



# When is an adult treated like an adult?

By Paula Jane Murphy

**THE age of majority was brought back from 21 to 18 by the Age of Majority Act in 1985. So really 21 should no longer be seen as the key to the door; by then three years of “adulthood” have passed and we really should have opened the door, walked in and made ourselves at home.**

At 18 we may legally vote, buy alcohol and do the lotto. There is little we cannot do. On paper we are as much adults as any 35 year old. I accept that most of us are still partially funded from home and do not hold full time jobs, but we have to walk before we can run. Those who today own their own houses and have careers did not skip all the steps that we are taking, so why do I feel like some of them think they have? One of those “in their thirties” types asked me for advice recently and when they did not like what they heard, their reply was “You’re only 19, you wouldn’t understand.” Firstly, if that’s how they felt, then why ask? Secondly, and more importantly, what is it I would not understand? Death? Love? Morality?

I do not think there is anyone who would claim to be an authority on those issues and surely anything else is a trivial matter in comparison. I would like to think that the majority of my peers and myself are capable of making sensible decisions, deal with any situation with which we are presented and take responsibility for our actions. Give us a full time job and a mortgage and you might find we manage them better than those that have them now.

The phrase “act your age” is a controversial statement. It presents a cyclical argument. If you want me to act my age, then shouldn’t you treat me like an adult? Some say that it is not until we act like adults that we deserve to be treated as such, but should we have to earn fair treatment? If you walked in on your Granny downing tequila and playing strip poker would you tell her she was being immature, do you tell a fifty-year-old man married to an eighteen-year-old model that he

is not being responsible and do you ask the thirty-year-old guy living at home and getting his lunch packed for him if he is capable of living independently? You would not tell the people in those situations to act their age. They are adults and so may live life as they see fit. So why, when I decide to have frosties for dinner, am I ostracised?

We are no longer children yet, apparently, not bona fide grown-ups. We are not strictly teenagers, but referred to by that umbrella term “students”, which brings with it its own set of negative connotations.

A student is not someone who studies, as the dictionary would have you believe, but apparently one who drinks too much, lives on pasta and causes general disruption to the balance of society. Yes, some of us like to party and from the age of 18 to 23 we will probably go out more than in the future but that does not make us all immature, reckless or unworthy of respect.

If I am asked by a security guard to produce student ID when coming back from a night out I should not be asked like I’m coming in from the exercise yard of a state penitentiary. If there is a question of misbehaviour there should not be an immediate presumption of guilt. Surely we are entitled to defend our innocence just as much as anyone older. By accusing students, as though they were disobedient children, you only succeed in bringing out the child in them.

I do not for a second suggest that all students are at all times mature, responsible and conscientious because we’re not.

However, I do not believe there is any group in society who would claim all their members were model citizens.

When you meet someone who treats you like you are in any way undeserving of respect because of your age, keep speaking to them as you wish to be spoken to and do not settle for less than adequate respect, but please do not react immaturely. It’s what they want.

*"At 18 we may legally vote, buy alcohol and do the lotto. There is little we cannot do."*

# Student living

By Aoife Woulfe

**IT’S A gamble. It’s the toss of a coin that hundreds of college students take in September every year. Heads; you get a great mix of pretty cool people that make coming home from college after a bad day easier.**

Tails; a year of torment and sleeping on your friends couches, avoiding spending anytime in your house at all. It’s about this time of the year, when we learn what it’s like to live with our fellow students. By now, we’re a good month in and you have either learned to love or to hate the people you live with. So what happens when you live with the dirty boy or girl and you want them to clean up their act? Or you are the dirty boy or girl of the house and you’re in no mood to get bossed around by your peers? It’s a toughie. No one wants to back down.

Then, there are the household jobs. Which selfless student is going to take out the bins week in week out, clean the floors, wash the dishes, ensure there are clean tea towels, and ensure that you haven’t run out of toilet paper and fairy liquid? If you’re lucky you won’t even have had to think about this type of stuff and everything will have fallen into place from Week 0. For those of you who haven’t been so lucky, I can feel your pain. What can you do? Nobody likes the person who grumbles about the amount of work they do around the apartment. The majority of us are living away from home and the last thing you want

is a mother type following you around giving out about the mess you make. But someone has to do it and no one wants to live in a dirty environment, that smells of bin juice and you couldn’t find a clean plate to save your life?

So if you the Mammy type of the household, relax. Don’t do all the work. We’re all grown up here and as long as no one invades your bed room then you have a safe haven. Try and hold back on the cleaning and gently (careful here not to step on anyone’s toes) tell your housemates you’re not into the cleaning aspect of life in college either. In the case that you happen to be a tad on the messy side, try to pull your weight a small bit more, it’s nice to be nice. College, as we all know, can be unbelievable craic, but for some people, living away from home is new and often a difficult experience. No matter what year they are in wouldn’t it be cool to be the nice housemate and to invite them out with you and your friends on a night out or to just even chat with them about the Clubs and Socs they are involved in? Don’t get me wrong; I’m not saying your housemates are pity cases. Everyone knows that’s not true. I am simply in the line of thought that, maybe living with fellow students isn’t all it’s cracked up to be for everyone, and maybe we can all make the effort to be a small bit friendlier. Clean up our own mess once every so often or even calm down on the intense cleaning schedule. If all else fails and you hate your house mates; life is too short, move out at Christmas.

# Ready, Steady, Stir Fry

By Alana Walsh

**RIGHT, so we’ve entered Week 7 and now that the work is piling up you need your optimum brain power to reach those deadlines. Meals are becoming more and more important and regardless of whether you’re a first year or fourth year, buying a chicken roll from Spar and calling it dinner just won’t cut it anymore. My lazy solution to a handy but healthy dinner, as my housemates have observed, is the ever tasty stir fry.**

Stir frying is a hyponym for the technique of cooking food in a wok while stirring it, but what stir fry actually means is perfect student dinner.

Preparation and cooking take no length of time at all and, viola, you have a dinner that’s substantial and that your folks back home wouldn’t frown at. Even for those of you that are culinary disasters, you should be able to handle this one.

Step one is to invest in a wok. It will make your life so much easier, trust me. They’re around four euro in Dunnes so just go get one. Then all you have to do is cut up some chicken, cook it up in your

new wok, which you have preheated with a dash of olive oil of course, and fire in some soy sauce, which goes well with practically everything, or some Tabasco sauce if you’re feeling adventurous.

Once the chicken is cooked, dump in peppers, mushrooms and whatever you’re into. Amoy do a great range of stir fry sauces; check them out, pick your favourite and that’s what you throw in next.

Last but not least, wok noodles are added, which are also available from Amoy who have kindly put instructions on the back of all their stir fry items, should you forget what order to do things in.

Mix it all up and you have something worthy of the title “dinner”, with virtually no effort required. Simple, eh?

It’s also cost effective, but the sweetest part has to be that you can make it for several people so your housemates will owe you a dinner.

Enjoy.

# The haunted history of UL

By John Rainsford

**IMAGINE, if you will, the story of a haunted mansion, built on cursed lands supporting generations of unhappy and rather unhealthy tenants. If this sounds like the basis for a Hollywood horror story, it might surprise you to hear that it is in fact the macabre early history of the University of Limerick. Although currently celebrating twenty years of University status, Plassey House, and its adjacent lands have an older spookier past.**

In 1970 the decision was taken to acquire the area for NIHE with restoration work carried out in 1971. In 1972 the National Institute of Higher Education (NIHE) was built on 240 hectares of prime agricultural land along the banks of the river Shannon. The development was the brainchild of the University Project Committee established in September 1959. NIHE's first President, Dr. Edward M. Walsh, saw huge potential in developing the elegant ruins for educational purposes. Although Dr. Walsh was said to have celebrated with a glass of wine he might well, given the history of the place, have better partaken in a cup of gore.

The idea that the lands were cursed dates back to the Williamite Wars during which the city was betrayed and massacred. On August 10, 1690 a local fisherman called Philip McAdam gave enemy forces safe passage across the river at Annaghbeg, near the current 'Black Bridge'.

Legend says he was granted a track of land near the river as his reward. Other accounts say McAdam had little choice in the matter having been offered either "a block and headsman's axe" or a "keg of gold". Whatever the truth of the matter, the family grave was ritually desecrated in Kilquane Churchyard for centuries and known until 1918 as the resting place of the "Traitor McAdam".

The name "Plassey" was originally derived from a large estate owned by Sir Robert Clive, better known as "Clive of India" and first Baron Clive of Plassey (1725-1774).

"Plassey" was derived from the name of the 'Palas' tree or so called "flame of the forest". This name replaced the traditional "Ballykilty" which was purchased from one Thomas McMahan. Some historians dispute whether Clive had any connection with Plassey House but his fate was typical of many connected with the site. No doubt haunted by the scenes of bloodshed he had witnessed in India, he suffered periodic bouts of

depression. On the November 22 1774, following an investigation by Parliament into the source of his wealth, he committed suicide by cutting his throat with a pen knife at his Berkeley Square home. This ended the life of the first and last Baron of Plassey but the tragic history of its owners continued.

Anglo-Irish families who lived here included the Maunsells. This wealthy family were friends of the educationalist John Henry Cardinal Newman. Ironically Newman was a member of the "Oxford Movement" with its ideals about University life. Thomas Maunsell built the eastern portion of the house in 1790. The name "Moncel" appears in the "Black Book of Limerick" written in the 13th century as plague ravaged the land.

The family came originally from Buckinghamshire and fought against the Spanish Armada. They also sided with Cromwell against the Earl of Desmond in the rebellion of 1641. Thomas Maunsell was the original owner of the estate and built a manor house here in 1690 called "Ballykilt". One member of the family served with Clive in India.

In 1850 Lord and Lady Massey bought the property but Lady Massey died only three years later and Lord Massey sold the property to Edward Russell. The Russells and Maunsells were linked by marriage and one of their scion, John Norris Russell, who established the firm J.N. Russell and Sons Millers, made a commercial success of the mills now lying in ruins near the University. Tragedy awaited that family also when the brothers Richard and Francis Russell died on the same day (August 29, 1871) in strange circumstances. Whether it was the "Curse of Cromwell" or the "Curse of Plassey" that was their undoing remains in doubt to this day.

Later the house passed to William Wellington Bailey and his wife Florence but she lost possession of the property following her husband's death. Discriminatory inheritance laws at that time gave priority to the male heir. Florence was forced to leave for Cliffden-Cleggen in Galway where she spent her remaining days in lonely contemplation. The property and lands then passed to one Patrick Keating who lived here from 1933 until his death in 1961.

Keating reputedly lost his fortune in the economic upheavals of the time.

He was notorious locally as the man who forbade church goers to trespass on his lands and closed the

gates leading to Milford Church. The "Plassey Curse" appears to have extended right into the very architecture of the place. The White House was designed in the Florentine Palazzo style of the renaissance by architect William Fogarty. It retains a curious asymmetrical shape to this day. Fogarty himself died prematurely of 'the pox' in 1878 aged only 44 years.

A fountain, which is still visible outside the White House today, is said to have been excavated in 1763 by Italian adventurers from the ruins of Pompeii. The impromptu eruption of Vesuvius (1AD) suffocated many of the town's unfortunate inhabitants.

Both the house and lands are said to be haunted by a mysterious "White Lady". Indeed a painting down stairs in the White House by Hugh Douglas Hamilton dating to the 18th century appears to depict such a person.

The ghost of a child has also been seen at various times sometimes haunting the area downstairs near the kitchens. Spirits are also said to inhabit an area known locally as the "American Ground". Here human corpses taken from famine coffin ships were said to have been unceremoniously dumped into hastily excavated pits. Local children were warned for generations not to walk the grounds alone and bargemen reputedly saw

ghosts walking abroad by the river bank. Sile de Cléir lecturer in Irish Folklore in the University's Irish Language Department said: "Most legends of this nature in Ireland revolve around fairy lore. In rural areas tales of the Púca and Banshee are common. The notion of a 'White Lady' appears to be an urban phenomenon and closely associated with the lives of the gentry and Anglo-Irish stately homes. The Banshee was associated with noble Gaelic families and was a harbinger of death".

Ghostly apparitions surrounding the "White House" do not reside entirely in the past. One Security Guard told me recently: "Security personnel go into the White House in the early hours of the morning and I have heard fellas tell me that they have heard noises alright. I was in there one night around 4am. I went down stairs.

That is where they kept the clock box then. I got my keys out to open the door and as it opened I heard the sound of an orchestra playing. Jeepers I can tell you the sweat was running down the back of my neck. I got out of there fast.

Later someone told me that a radio had been left on in the room. The story of the 'White Lady' is always on my mind when I go in there now."

Tragedy however was not confined solely to the 'White House'. On

February 2, 1930 three anglers were drowned after their boat was smashed against a pier of the Black Bridge. They were Thomas Madden (aged 42) from the Canal Bank, a decorated Carnegie Lifesaving hero, Thomas Anslow (aged 35) and John O'Connell (aged 40) both from Pennywell.

The fishermen, who wore heavy coats and boots, crammed into a small boat already overloaded with fishing equipment. Two Franciscan Friars located the bodies of Tom Anslow and Tom Madden by allowing straw from the Christmas Crib of 1929 to float to the scene of the drowning.

The bodies were found locked in a deathly embrace.

Local History lecturer Dr. Pdraig Lenihan explained: "Many of these tales involving a 'White Lady' are intended to be cautionary.

You see it in the tale of Loftus Hall in Wexford where a stranger is invited in to play cards and bewitches the lady of the house only to be revealed as the devil himself, complete with cloven heels".

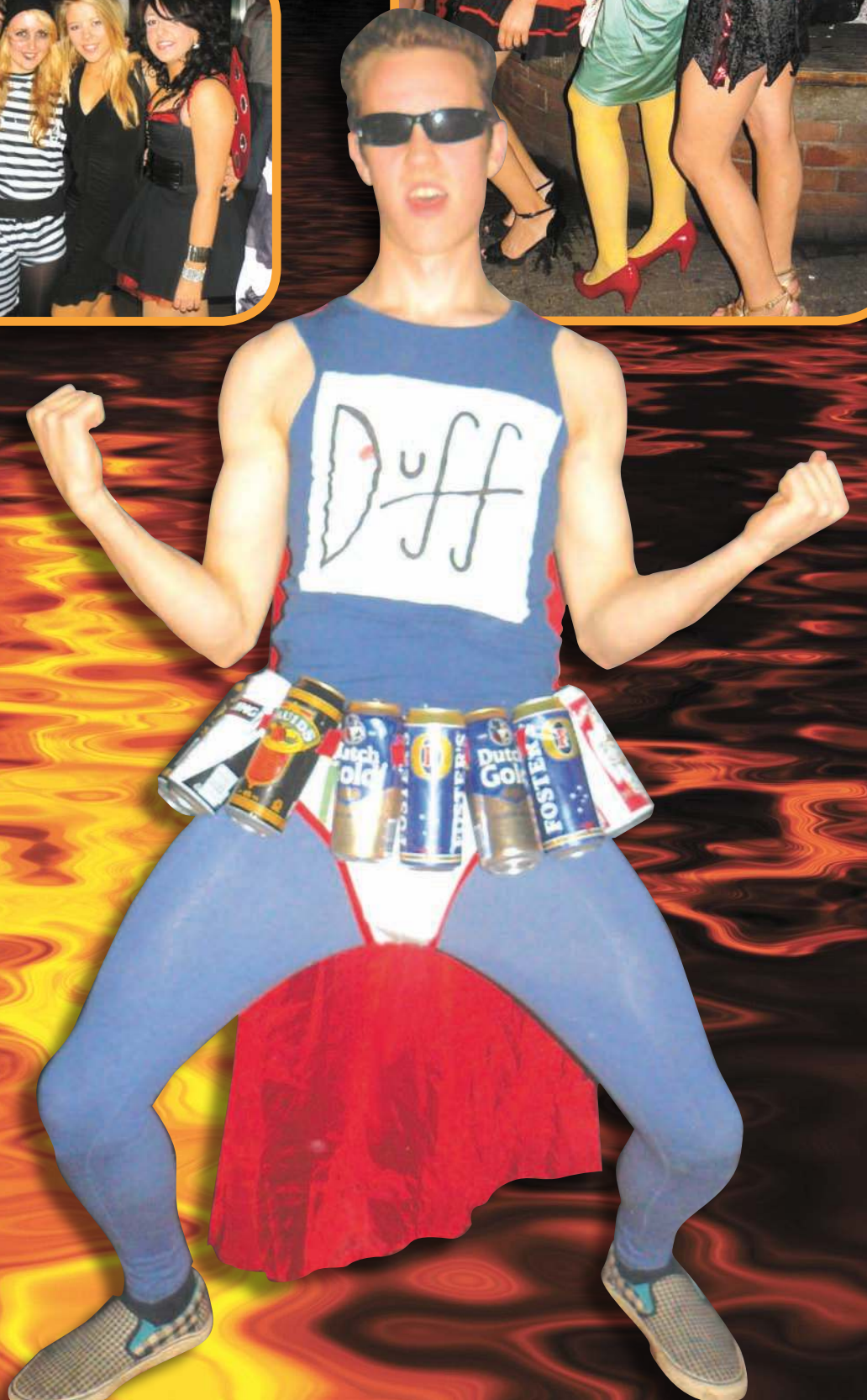
Whether you are a true believer in the supernatural or an outright sceptic you can't live and work in the University's environs without soaking up its rich supernatural heritage. Stay safe and keep your doors closed this Halloween Night especially if you are a resident of UL's ghostly domains.



Plassey House



# Halloween Ball 2009 - Trinity Rooms





ULSU Ents presents.....

# LAUGH PLEASE..

An interview with PJ Gallagher

please  
talk

By Nadene Ruan

**PJ GALLAGHER is exactly how I expected him to be. He's full of energy, brimming with ambition and has an undeniable thirst for life.**

I caught up with him prior to his much anticipated gig in UL on Wednesday of Week 9.

He was sitting outside Mondello Park ready for an action-packed day of motorbike racing, his number one passion in life. One of the many projects he's working on at present is a motorbike documentary: "We've got a crew together now. I've broken my shoulder, broken my ankle, broken three bikes, been on fire once, and it's been the best year of my life," he said.

Gallagher is best-known for his character "Jake Stevens" amongst others on his hit show Naked Camera. Unfortunately, though, we won't be seeing much more of these characters in the future.

According to PJ; "they're all finished. We'd only destroy it if we tried to keep going with it now. I keep telling people Jake was in an accident; he fell off an ambulance or something!"

For the moment he's enjoying performing stand-up gigs. He says "it's the one chance I get to be myself." So what are we to expect from a PJ Gallagher show? "It's mostly based on embarrassments from various T.V projects over the years and stupid things I've gotten myself into."

He also said he's looking forward to coming back to Limerick: "I've been to Limerick loads of times. Limerick's good craic. I think it's one of those cities that has a reputation it doesn't deserve." Having played to audiences in Trinity Rooms and Dolan's, to name a few, he says that Limerick is a regular stop-off for him. When asked how he feels about the stick Tommy Tiernan is getting for alleged racist remarks he's quick to jump to Tiernan's defence: "Tommy is a good mate of mine. He's an easy target because he's controversial." He went on to say: "I think it's been blown way out of proportion. If someone doesn't believe that what Tommy says isn't purely a joke, well that's beyond me."

Gallagher also mentions his new DVD "Just Jokes" is coming out on Friday, 13 November. "I'm glad I'm not superstitious!" He laughs. The DVD is a collection of various shows PJ has done around Dublin, and Portlaoise. "It's all the clubs I started out in. They never get any recognition so I wanted to go back to them." He has been doing stand-up for years now but admits he still gets nervous before a gig: "I get the worst nerves of anyone I've ever met. After the first minute is over though, it's all easy after that."

It's clear to me that PJ Gallagher is a busy man. As well as the DVD, tour, and Motorbike documentary he also had time to work with his good friend, Maeve Higgins', on her recent sketch show Fancy Vittles.

"I directed all the sketches on it. It's the same company we did Naked Camera with. I'm really proud of that show, we worked hard on it."

He also revealed that he has gotten confirmation about a new show he'll be involved in later next year: "I don't know if I'm supposed to be saying this yet but I just got funding to do a show where I'll be living with the Travelling Community for about three months." He added: "there are Irish Travellers all over the world and it will be a bit of an insight into Irish Travelling lifestyle and culture."

PJ Gallagher is fun-loving and lively and his upcoming gig will certainly be a welcome distraction to alleviate the stress of the impending exams.

## Quick Questions:

### Favourite Irish Comedian:

"It's this new guy, Gearóid Farrelly. No one knows who he is yet but I think he's amazing!"

### Favourite Food:

"Chinese."

### Favourite Drink:

"Monster Energy- it's like Red Bull but more poisonous. Every time I drink it I smile for about a week after it!"

### Favourite Music:

"Really ridiculous music from the eighties, anything with synthesizers."

### Favourite Movie:

"Rocky 1-5, I fuckin' love them!"

### Finally, are those star tattoos on your shoulder real?

"Yeah it's actually a cover up for a really crappy tattoo I got years ago! It doesn't mean anything!"

**PJ Gallagher will visit the Jean Monnet theatre on Wednesday of Week 9 (4 November). Tickets are €10 and are available from the Students' Union Reception.**





# Neil Delamere

By Richard O'Brien

**HE IS widely regarded as one of Ireland's funniest comedians, and thanks to his regular TV appearances on RTE's The Panel and The Blame Game, Neil Delamere has become something of a household name. His talents are not confined to TV however, and Neil has performed stand up to sell out crowds both at home and abroad. This week, he took time out of a hectic schedule touring, and promoting not only his new DVD, Crème Delamere, but also his new show The Republic of Telly, to talk exclusively to An Focal ahead of his gig here in Week 10.**

While he doesn't believe that the crowd he will face in UL will differ too much from that of Vicar Street, where he recorded his new live DVD Crème Delamere, Neil says that he enjoys performing to a student crowd, because "there is always a great energy in the room" and students are generally "very clued into any sort of recent trends, so if you want to talk about anything remotely technological or anything about music, they're so 'on the ball' you don't even have to think of the reference".

Anyone lucky enough to have caught Neil performing in UL last time around will remember the ease with which Neil engaged with his audience. It is a testament to the comic's ability and confidence that he can so easily move between witty banter with the audience to the more scripted storytelling in his show and is something which he himself really enjoys, "When you're doing live gigs, or a festival where it's 25-30 nights of roughly the same format of the show, bantering like that can make it individual. It's great craic for me, and it also means that every gig is different."

Talking to the audience is a great way of showcasing a comedian's wit, but it's definitely a risk, and Neil has "definitely gotten boring people, but you get good at reading body language, and you can tell if someone wants to talk to you or not". The risk is all part of the fun. In Edinburgh recently, Neil spotted what he believed to be an injured arm concealed in a sling, and inquired as to the cause of such injury. It turned out, however, that he only had

one arm, and the reason for the injury was a landmine. "There was just an eerie silence". It could have been a terrible faux pas, but next "the son turned around and said, "No, it wasn't dad", to which the audience just erupted at the man's tall tales, and Neil could continue, thankful he had picked on someone with a good sense of humour.

Many will know Neil predominantly from his TV work. Neil starred in the brilliantly funny topical news show The Panel on RTE and the equally entertaining show The Blame Game on BBC Northern Ireland. Due to the format of these shows, "you don't talk to an audience, [but] there is room for spontaneity as you can play off the other lads and the topics discussed, so you're still kinda winging it, which is great." Neil's new show The Republic of Telly, "is more scripted by its nature, so it's a different sort of thing". Neil tells us to ask again in nine weeks, whether he prefers it this way but assures us that "it's been great fun so far".

Students will be delighted to hear that Neil, a DCU graduate, is firmly behind students and their struggles in the current climate, "We compete with the rest of the world through knowledge, and I wouldn't be in favour of any measures that reduce access to education" but he concedes that despite hailing from the same county as An Taoiseach Brian Cowen, "I don't know how much influence with 'the big man' and given what I've said in the past about politicians on The Panel, I don't know if they're going to start listening to me."

Neil has cut his teeth on the circuit to become one of Ireland's top comics and his advice to aspiring comedians is to "write as much as you can, and perform as much as you can. There is no substitute for getting up there and trying stuff, and dying on your arse, and trying it a different way". He'll admit he "sounds like an old man" when he points out the number of outlets available now that weren't there a few years ago when he started out. Neil points to comedy clubs, societies in college, and special stand up events during Rag week and rightly



remarks, "there has never been a better time to try it". So what can those who head to the gig in UL look forward to from the comedian? "It's a new show, what you find on the DVD Crème Delamere is gone, this show is called bookmarks, so it's about big milestones in life. There'll be more messing around with the audience which will be great craic to do, and apart from that, some gratuitous references to

the TV show". In case Neil doesn't get a chance to tell you, his new TV show, The Republic of Telly, airs Mondays at 10pm on RTE 2.

His DVD, Crème Delamere, is out 6 November, and his show in UL is on the Jean Monnet on Wednesday of Week 10 (11 November) so be sure to get your tickets, as it's likely to sell out fast. Tickets cost €10 from the Students' Union.

# F A C E B O O K U S



We had a facebook page, and then the ghouls locked us out of it! so we bucked the system, went mental, and, wait till you here this, started A NEW ONE!!!

That's right bitches, we're modern, teched-up mothers & all our shit's on le net. So find us, make friends with us and we'll not just keep yis posted, but hit yis with free tickets, cheap tickets, special advance tickets and maybe even t-shirts.

Search for ULSU Ents & you'll find us sneakin round there somewhere.



PROMOTIONS & MEDIA



# Student Speak

Jason Kennedy takes to the SU Common room, to see what you dressed up as for Halloween.

"I dressed like Jesus, because I have a beard fetish."



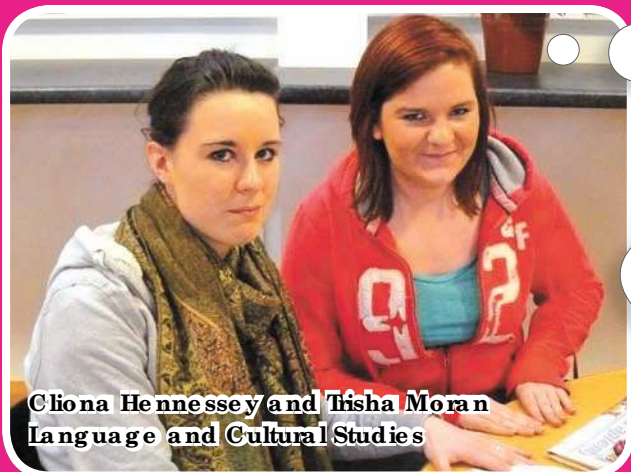
Amy Fitzgerald  
Pharmaceutical and Industrial Chemistry

"I dressed up as Lady Gaga. I bought a strap-on and everything."



Deirdre Carey  
Language, Literature and Film

"We went as gothic witches, as it suits our personality"



Cliona Hennessey and Tisha Moran  
Language and Cultural Studies

"I went as Hermione Granger, to cast a spell on all the lads. \*giggles\*"



Aoife Rattigan  
Pharmaceutical and Industrial Chemistry

"We're superheroes."



Robert Doherty and Mark Crowe  
English & History and Wood Science

"Clare and I went as Emma's glorious breasts"



Clare Clancy, Emma Sweeney and Niall Cury  
Applied Languages



# The Celebrity Death



Michael Jackson who passed away during the summer

By Colette Keely

**THE YEAR 2009** could be described as the year of the shocking celebrity deaths. We seem to have lost many of the “greats” in such a short space of time including icons such as Patrick Swayze, Jade Goody, Farrah Fawcett of Charlie’s angel fame and Michael Jackson, the singer, entertainer, dancer, idol and king of pop. Of course we can’t forget the recent death of Stephen Gately which shocked the Irish nation.

Reactions to the death of celebrities can be varied. A large amount of people become very nostalgic following the loss of a celebrity and travel from long distances to mourn at funerals. For others their mourning and commemorations take the form of public tributes through the medium of websites and social networking sites. A major example of this is the Facebook site of the late Michael Jackson. Since his death fans of the Michael Jackson Facebook profile have soared. Before his death his site had 800,000 fans, but on 27 July his Facebook profile became the first to reach 10 million fans officially making him the most popular person on Facebook. The site gives fans the opportunity to listen to previously unreleased songs and share comments with other die-hard fans. It is true to say Michael was a somewhat controversial character and frequently appeared in the media glare throughout his whole life but his shock death left the world in mourning; so much so that Jackson is even said to have “almost taken the internet with him”, as Google news users experienced difficulty accessing information surrounding his sudden death. On the other hand there are often humorous or mocking reactions to the death of a celebrity. These jokers appear to be always on the ball by sending clever text messages about the death of a celebrity. They had a field day sending messages about Michael Jackson with messages going around with particular reference to the molestation allegations and his numerous plastic surgery operations. Other reactions to the death of a celebrity involve an increase in praise for the work or contributions the celebrity made. After the death of Michael Jackson it has been reported by celebrity followers that the world has not seen such spontaneous outpouring of grief for a celebrity since the death of Marilyn Monroe, and comparisons were even made to the death of the late Princess Diana. As morbid as it sounds, it is almost as if it will become a competition.

Much earlier than the death Michael Jackson were the reactions to the death of the king of rock ‘n’ roll, Elvis Presley, in the 70’s which were quite unusual in some regards. Many people were in denial and refused to accept his death and envisaged him hiding away somewhere in the world. So many men have tried to impersonate him through the years and to this day many still dress up as him for such occasions as Halloween.

At the same time, like a moment in history, people will always remember where they were or what they were doing at the time they heard of a celebrity death. Almost everybody grew up listening his songs including Thriller and Beat it and, at some stage, have also tried to perfect the famous moon walk. Even world leaders have expressed their grief at the loss of Michael Jackson. Whether you ever really liked him or his music you still have to be in awe of his legacy and the impact that his death had on so many people throughout the world. As they say: “his music will live on” just as the music of Johnny Cash and Elvis Presley did.

# I love the nineties

By Eoghan Cannon

**I KNOW it’s impossible to bring them back but weren’t the 90’s great? It was back when Opal Fruits weren’t called Starburst, the Spice Girls were relevant and people carried around things that looked like bricks, but they were actually mobile phones.**

When I think on the 90’s I remember all the Action Man toys I had, all those haircuts that were “cool” but that look awful in those pictures now, and how we thought dial-up internet connections were the best things since penny sweets (which actually cost a penny each).

Speaking of penny sweets, there were so many different types available. There was Postman Pat, Black Jacks (which no-one liked), Fruit Salad, fizzy orange cola lollypops, Chomps, Wham, Dandy bars and so on. They were all so good. Sticking with food, there was also Burger Bites, Sunny Delight, Pom Bears, Dip Dabs, and Chalk Sticks in cardboard boxes. There were just so many. I know that some of these have survived the 90’s and are still around, but they’re probably left sitting on the shop shelf while the more popular stuff is bought. It’s sad to see out childhood memories are fading away along with the demand for those 90’s sugary snacks.

The 90’s was a great time to be growing up and not just because of all the awesome junk food that disintegrated our teeth. It was also because of television. I’m only going to mention one television programme in this article, and it’s the one that reminds me most of my childhood in the 90’s; The Den. It was one of the best Irish shows ever made and has been around from when young Ian Dempsey started it all in the 80’s with Dempsey’s Den, right through ‘til today (it’s rubbish now though). It had Zig and Zag, Dustin and Socky, Snotser and Zuppy, and guest appearances from Podge and Rodge of all people. I can’t forget the infamous Ted, a teddy bear who fought with Ray D’Arcy, which must have been hilarious to film. The crew went to Lapland each year

for a “Christmas Special” which was a brilliant idea. It usually saw somebody (usually Podge or Rodge) interfering with Santa in some way.

The television programmes they showed on The Den were a mix between Irish and International cartoons and sitcoms. On the Irish side they showed Bosco, Echo Island, Draw with Don, The Disney Club and The Toy Grand Prix. From the international side of the show, they had, to name a few, The Animaniacs (with Pinky and the Brain), Pokémon, Kenan and Kel, X-Men, Kablam!, Biker Mice From Mars, Looney Tunes, Goosebumps, Saved By the Bell and of course Teenage Mutant Hero Turtles (it was renamed for Europe because “ninja” was seen as too violent!). All these shows had the retro music accompanying them of course, and it really takes you back when you watch them on Youtube.

Looking at the music of the decade, it included the brilliance of The Venga Boys, The Spice Girls, Right Said Fred and The Divinyls who sang I touch myself. Ok, I’m not serious. The real classics were Nirvana with Smells like teen spirit, MC Hammer singing You can’t touch this, No Doubt and Don’t speak, Blink 182 with All the small things, and The Goo Goo Dolls with Iris. There’s too many to mention them all.

So did you enjoy this walk down memory lane with me? How about all those other things I forgot to mention, like movies; Dumb and Dumber, Forrest Gump, Braveheart, The Matrix, and The Nightmare Before Christmas. There were way too many shows, movies and songs to mention and it was hard to decide which one’s got in so sorry if your favourite didn’t! But sure, take a break from studying, put your feet up and watch a few clips of these on the internet. I guarantee they will put a smile on your face. Shop around for 90’s foods around the place. They made be hard to find and they’re sure to make you sick, but at least you’ll be happy that you are eating a bit of your childhood.



Zig and Zag from The Den



# Bring back... The Yes/No Game Show

By Richard O'Brien

IS ANYONE else sick of Ray Darcy, with his boring “nice guy” face, asking those simple, interviewee friendly questions to the lovely girls in Tralee. “Hello Mary from Mayo. I’ve heard that you have a funny story about a naughty puppy don’t you?” I just groan whenever I hear Ray tee up someone for one of these “funny” anecdotes which usually involves some kind of embarrassing situation that occurs just when the Parish Priest is popping over for tea. Oh the hilarity.

Ray has changed. In his younger days he was a hard-hitting journalist, with an unquenchable thirst for the truth. I remember Ray in his heyday when he asked the questions we wanted answered. This was the Ray of the Yes/No game show. For those of you who don’t know this was the segment on The Den where a pair of brave youngsters would come on the show and answer a series of quick fire questions without

saying “yes” or “no”. Sure it seemed simple when you were home sipping your Capri sun and eating your 10p pack of Banshee Bones but Ray was ruthless. With Dustin as his sidekick these two would conduct an interrogation Jack Bauer would be proud of.

Sure, they’d start off easy: “Do you like football? Do you play it in school? Do you score many goals?” With these straightforward questions, Ray would get the contestants used to the concept of the game. How noble of him right? They’re just kids, they’re a little nervous, make it easy for them. It was all a trick though. Ray was just luring them into a false sense of security with his good cop guise. “How many brothers and sisters do you have?” The panic would become evident on the contestants face. You know what he’s thinking: “too easy, this isn’t even a yes no question”. Ray would continue, “What’s your sisters name?” Easy, it was all getting too easy, then bam; just

when Ray had them lured into a false sense of security he’d pull this killer out of the bag “and does your sister Edel like football?” “No, she ha...aww sugar”.

Ray got his man. Every time. That was the genius of Ray; an absolute amoral individual who loved nothing more than to crush the dreams of a 10 year old who’d probably spent the previous six weeks practising. The contestants on the show had all but banished the words “yes” and “no” from their vocabulary, but it would take Ray about 54 seconds to crack them.

Alas, it’s all a thing of the past. Ray’s a dad now; he’s lost his edge and Ireland is the poorer for it. In a country with a severe lack of straight talking politicians surely we could benefit from the return of Ray Darcy’s hard hitting questions which he honed so successfully during the Yes/No gameshow. I say we bring back the yes/no game show.

# The first domino never fell

By Luke Holmes

**“90% of life is showing up”  
– Woody Allen**

1945, California, USA. Norma Jean Baker is disturbed from an unsettled night’s sleep by the overbearing ringing of her alarm clock. The clanging tore through her ears like a pneumatic drill, pounding away at her eardrum. She had been tossing and turning all night long, unable to sleep, restless.

She felt awful and couldn’t comprehend how the night had slipped by so quickly when she had not managed to sleep. She wearily dragged herself out of her bed and struggled over to the mirror in the corner of her apartment to assess the damage that the rough night had done to her beautiful appearance. A bright red pimple had made itself the centrepiece of her face, tarnishing her otherwise perfect complexion. Large bags hung heavily under her blue eyes.

Norma worked in the Radio Munitions Factory. She was 19 years old and was said by her co-workers to be a very talented young girl. Her manager had told her to come to the factory today and she had been chosen as one of the workers to be part of a photoshoot. Norma oozed confidence and though she was yet to find herself she seemed as self assure as is possible for a 19 year old to be. The photographer had asked the manager to find workers that enjoyed what he described as “presence” for photoshoot and Norma had immediately sprung to mind.

Norma, half asleep and still in her night gown, rang her manager and regretfully informed him that she wouldn’t be going to work today and apologised in advance for missing

the photoshoot. “Imagine if I turned up to a photoshoot looking like THIS”, she laughed to herself while she looked at her reflection in the mirror. She flopped back into bed, immediately fell back to sleep and did not wake up until the afternoon. Although she wondered what could have been when she saw her friend Maude adorn the cover of King Magazine instead of her, her jealousy was overshadowed by happy feelings when she saw how Maude felt about her moment of fame.

And Norma lived her life and went by unnoticed. Her husband had brought her to see some movies in their local cinema. He didn’t enjoy it but he went for her. She stared in awe as she watched films such as “Gentlemen Prefer Blondes”, “Some Like It Hot”, “The Seven Year Itch” and “How to Marry a Millionaire”. She loved everything theatrical as she had a previous passion for it and she thought of how liberating it would be to be one of the women in the film; beautiful, talented and powerful. She looked on with interest the day she saw Jane Russell decorated on the front of the first issue of Playboy Magazine in 1953. She stared from a distance, stopped her trolley and for a moment was mesmerised before she woke herself up and continued on with her grocery shopping. “That could have been me”, she thought, and she was right.

She laughed when Grace Kelly sang “Happy Birthday” seductively to JFK in 1962. She watched on her black and white television before returning to her dishes. “I could have done that”, she thought and of course she was right. If only she had given herself the chance of becoming her real self, Norma Jean Baker never got the chance to become Marilyn Monroe, and the world didn’t even notice.

That’s because you make the world notice. 90% of life is showing up but most people don’t even do that. It cuts out a lot of the competition before the race even begins.

Norma worked in her factory for the rest of life, retiring at 60 and dying at 78 after an uneventful life; uneventful but happy. She had married her college sweetheart, Jimmy, who was now working as an electrician, Jimmy was a nice man, reliable and nice, but with no appetite for life. She could have been someone, but then, so could anyone.



# Recipe of the fortnight

## Home made Chicken Nuggets & Chips

**EVERYONE loves chicken nuggets but why not try making your own ones from scratch? They’re easy and cheap!**

### What you need – chicken nuggets:

- 1½ lbs boneless, skinless chicken thighs
- 1 cup Cornflakes
- 1 teaspoon Paprika
- ½ teaspoon Italian herb seasoning
- ¼ teaspoon Garlic powder
- ¼ teaspoon Onion powder

### What to do:

1. Cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
5. Preheat oven to 200° C/Gas Mark 6. Lightly grease a cooking sheet.
6. Place chicken pieces on cooking sheet so they are not touching.
7. Bake until golden brown, about 12 to 14 minutes.

### What you need – chips:

- 2 or 3 potatoes
- Cooking oil

### What to do:

1. Pre heat oven to 200°C / Gas Mark 6.
2. Cut the unpeeled potatoes into 1cm thick chip wedges
3. Wash and dry well on kitchen paper.
4. Place on a non-stick baking tray and drizzle with olive oil, season to taste.
5. Bake for 40 mins, turning halfway through cooking.

### Enjoy!



## Advice Bureau

## Welfare Corner

**SO, HAVING been out of the office on Thursday and Friday, I am sitting here on Bank Holiday Monday at 11:30pm writing to all of you because of the power cut over the weekend which meant I couldn't do it yesterday. To make matters worse, all of my SHAG Campaign material for An Focal is on the remote server which doesn't appear to want to allow me access, again probably something to do with the power cut.**

Anyhow, besides the normal wel-fairy stuff of minding your general well-being, arming you with the info to take your landlord down and again urging all of you having sex to do it safely (Condoms are available from SU Reception in the flower pot....and leave a donation if you can; non latex condoms are available in my office) I have been doing some other stuff of interest.

On the Friday of the Bank Holiday Weekend, El Prez, myself and our illustrious An Focal editor all headed to Maynooth for the Forum of University Students' Unions. It was a very worthwhile exercise and we'll be working closely with the other six university students' unions on some specific issues for the rest of the academic year and beyond. Last Tuesday Ruán, Michael and I attended Governing Authority....nothing much to report there and then I headed on to Access and Student Affairs, which pretty much took up the rest of my Tuesday.

By the time you read this the new couch for the Welfare Office should have arrived (yay!) and I might have managed to clear my desk of all the paperwork on it; call in to see if I actually have and give out to me if I haven't.

In a new departure, the ULSU Executive had the final say in which charities benefit from our RAG fundraising this year; they are Mid West Simon Community, Limerick Youth Service, Make-A-Wish Foundation and the Irish Heart Foundation, check out the details on the website.

I've been at a raft of AGMs and I'm working on getting a RAG fundraising thermometer which will show you how much money you've raised on a near real-time (give or take a week) basis. I've been looking for fundraising opportunities, so any of you innovative money raisers out there email [suwelfarecrew@ul.ie](mailto:suwelfarecrew@ul.ie) with those ideas!

Again to remind you that I am now operating office hours so that you all know when I will be available. They are listed on my blog, and any changes should come with about 24 hours notice. To see if there's a time that suits you better that I can arrange email me on [suwelfare@ul.ie](mailto:suwelfare@ul.ie).

Any bothers drop me a line

D

## Ed's Education

**HAS the panic begun to set in yet? Well it's Week 9 (that means your three quarters of the way through the teaching semester) and this was usually the time that I would wake up from the daze and realise that the exams were only round the corner. But panic not, because there are loads of things that you can do now to make it much easier in five weeks time! The earlier you get yourself organised, the better off you'll be!**

You should know, or at least have a rough idea, of how you are going to be examined. If you don't, check the module outline that each lecturer should have given you/posted online. All details of assessment should be contained in it, including the percentages attached to each part of the module e.g. lab attendance, participation and exercises 40%, or final assessment 100% or tutorial attendance 10%.

If your course (module) outline does not have this, then your lecturer is breaching university regulations. After you know the format of your exams, then you can give a little thought to preparation.

## Notes

- Put any notes that you've taken so far into a big pile in your room and then split them into various subjects/components. So if you're taking 6 modules then you should have 6 different piles.
- After that sub-divide any subjects that have separate parts to them e.g. separate notes from French comprehension and Business French (unless they're related in some way).
- Pay special attention to tutorial notes, as they are often (not always) the most important topics within a module.
- Finally take the time to rewrite some of your messier notes now, because you won't have the time come Week 13!

## Books

- In many courses, external reading is advised. If you are the type to put effort into external reading, then there is no point losing all your work by forgetting what you read three weeks ago!
- Photocopy anything relevant, that way you have it when the exams come round (the SU has the cheapest photocopying on campus, so it's perfect for everything except restricted sections!)
- On the top of the photocopy, write the name of the book and the author. That way you have your source.

*There are loads of ways that you can relieve stress come exam time but having most of the work done is the best way!*

## Campaigns and Services

**HOW'S it going guys? I hope the mid terms and all that aren't fairly tough at the moment. Hopefully ye're all doing alright. You might see more of a presence of the Union around the place over the next week or so in the run up to exams and all that.**

The month of November is going to be a great one around here. Firstly we have Movember which is epic. We're all going to be supporting moustaches for the month. This is to raise awareness of Prostate Cancer in men. It is a silent killer that we have to take heed of. This campaign involves showing your support by wearing a moustache. Sure we're all gonna look like creeps and that but sure look its for charity! The comedians that are gonna be taking over the Monet for the month of Movember will support the moustache wearing campaign. We've got some big names coming to campus including Neil Delamare, PJ Gallagher and my good friend Jason Byrne. Should be epic. I think

anyone who was at the Colin Murphy gig will say it was top class. Even the support act was a top man. I hope the Halloween went well for all of yis. There were some great costumes knocking about the place. Fair play to all of ye for putting in the effort! Ye made me proud!

Well speaking of dressing up, SHAG week is in full swing at the moment. This week is just to remind ye to dress up when ye're getting down! STI's are one of the most needless things to happen to a student while they are in college. They can be avoided through abstinence and by the use of condoms. Condoms are great, use them. There's no excuse, they are free from the SU; you can get unlimited supplies from there.

So while ye're out enjoying yersleves remember one of the most important saying's that gets you through college: "Don't be silly, wrap that willy".

Slán  
Ferg

## LET'S TALK SEX

**A wide range of people practice and enjoy anal sex. There are many different and varied reasons as to why people like to practice anal sex.**

Some people say that anal sex enables them to reach orgasm, with or without simultaneous stimulation of their genitals (penis or clitoris), while, for women, pleasure is derived through anal intercourse due to the shared nerve endings that are located between the rectal wall and the vagina, and/or from indirect stimulation of the G-spot. The anus contains many nerves as well, which can also react in a pleasurable manner when excited. Anal sex is still a taboo subject for many people yet some men seem fascinated by it. The main reason, and most probably the main factor, for this is that anal sex is still considered forbidden amongst heterosexuals and this fascinates and turns men on. It's a different story when it comes to woman with females generally having much more like and dislikes regarding anal sex. Anal sex can actually be very pleasurable for women due to some biological factors; the rectum shares a membrane with the vagina and the sexual nerves are closer on that side, which makes the sensation unique, stronger and probably more orgasmic.

So what do women hate about anal sex? Many women still think that anal sex is a taboo and

it's something you only see in porn flicks. Nowadays, when experimentation is becoming more popular among everyone, it's quite evident that everything is considered in the bedroom. There is a saying that women try anal sex twice in their life; the first time to see how it is and second time to check if it was really that bad.

There are a number of things that women dislike, even hate, about anal sex. Firstly, during anal sex the woman virtually hands their sexual power over to their partners. Men have full control over speed and depth of the penetration, especially since it usually occurs from behind. As a result of this there is no eye contact between the man and the woman, making the woman unsure as to what the man is doing, leaving her afraid of getting hurt. The penis can also cause serious damage to a woman by hurting her terribly during anal penetration if men are not careful. Men need to pay serious attention to their penetration especially if the woman is not relaxed. Sensitivity is a necessity. In general women hate insensitive men whose motives are selfish. As such, during anal sex, the couple must make sure that they are using lubricant to avoid any possible pain. As the anus does not have a natural lubricant like the vagina it is important for both the male and the female to use lube. Condoms and lubrication are available free from the Students' Union.

## SHAG Week

## Sexual health myths busted!

By Emma Hayward

**Nobody can assume that they are exempt from the risk of sexually transmitted infections (STIs) or AIDS. Safer sex practices are the best way that you can limit your risk of the disease.**

**MYTH** - Contraceptives protect against HIV and other sexually transmitted infections.

**FACT** - Other than total sexual abstinence, only condoms currently provide significant protection against HIV and other STIs.

**MYTH** - "I haven't been exposed to sexually transmitted infection because we only did it once".

**FACT** - Don't deceive yourself, by being sexually active (vaginal oranal intercourse or oral sex) even once puts you at risk of developing or transmitting STIs.

**MYTH** - "I don't have any of the signs or symptoms of sexually transmitted diseases, so I can't be infected."

**FACT** - Not all STIs have signs or symptoms of infection, especially Chlamydia. If you have had unprotected sex you should visit your local STI Clinic and get tested.

**MYTH** - "I have a vaginal discharge and am a little itchy. I don't need to see a doctor when I can just buy one of those vaginal yeast infections that are sold at my pharmacy."

**FACT** - Not all vaginal infections are vaginal yeast infections. The symptoms of sexually transmitted diseases are often confused with other conditions, which results in a misdiagnosis, and delay in proper treatment.

**MYTH** - "I think I might have some type of sexually transmitted disease. But I'm not too worried, after all I just need to get a prescription and it will be gone."

**FACT** - This casual attitude of taking a pill won't cure all types of STIs. Antibiotic treatments only cure STIs caused by bacteria. Viral STIs are lifelong diseases that you must constantly remain aware of their continual presence. Sexually transmitted diseases caused by viruses include HIV, the virus that causes AIDS; the human papilloma virus or HPV, genital herpes.

**MYTH** - You can tell the sort of person who is likely to have an STI by what they look like - you just have to be a good judge of character.

**FACT** - There is no stereotype of people to have or transmit STI, maybe Mary or Jonny or even yourself could have one and you don't even know it! STIs are common enough to affect anyone who is sexually active. You don't have to have a large number of sexual partners to contract an STI.

## Your guide to STIs

## Galloping Gonorrhoea or just running from the facts

- Also known as 'the clap'.
- Can cause infertility.
- **Danger signs:**
- Yellow/green discharge.
- Irritation/Inflammation.
- Pain/burning sensation when urinating.
- Pain during sex.
- **Treatment:** See your doctor for prescription.  
Limerick STI Clinic: 061-482382  
Lines open between 2.30pm and 4.30pm



## Feeling Crabby?

- Also known as 'pubic lice'.
- Small black insects with crab like claws.
- **Danger signs:**
- Itching.
- Eggs on pubic hair.
- Droppings that look like black powder in your underwear.
- **Treatment:** Over-the counter lotion available from a chemist.

## Pissed off with the burning sensation?

- Herpes is VERY infectious particularly touching/kissing oral sex with someone who has cold sores.
- **Symptoms**
- Itching or tingling sensation.
- Small fluid-filled blisters.
- Pain when urinating.
- A flu-like illness, backache, headache.
- If you have a genital sore - DO NOT HAVE SEX - even with a condom!
- Herpes is treatable but not curable. See your doctor for prescription.
- If you have a cold sore and you perform oral sex on someone they can get herpes.

## Syphilis

## Three stages of infection:

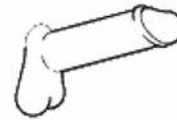
- 1st stage: Highly infectious but painless sores.
- 2nd stage: Painless rash, warty growths on genitals, flu-like illness.
- 3rd stage: Latent stage - still infectious but no symptoms.
- Untreated it can cause insanity, blindness, paralysis and eventually death.
- The sooner it is detected and treated - the better!

## HIV/AIDS

- HIV - a virus that damages your immune system.
- Passed on through bodily fluids and blood.
- HIV can only be detected with a blood test.
- AIDS - a disease that manifests several years after getting HIV.
- There is no cure but new therapies allow for better management of the illness.

## How to put on a Condom:

## Step 1



Put the condom on when the penis is erect, before there is any contact between the penis and your partner's body. Fluid released from the penis during the early stages of an erection can contain sperm and organisms that can cause STIs.

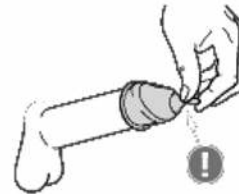
## Step 2



Tear along one side of the foil, being sure not to rip the condom inside.

Carefully remove the condom.

## Step 3



Air trapped inside a condom could cause it to break. To avoid this, squeeze the closed end of the condom between your forefinger and thumb and place the condom over the erect penis.

Be sure that the roll is on the outside.

## Step 4



While still squeezing the closed end, use your other hand to unroll the condom gently down the full length of the penis. Make sure the condom stays in place during sex; if it rolls up, roll it back into place immediately.

If the condom comes off, withdraw the penis and put on a new condom before intercourse continues.

## Step 5



Soon after ejaculation, withdraw the penis while it is still erect by holding the condom firmly in place. Remove the condom only when the penis is fully withdrawn.

Keep both the penis and condom clear from contact with your partner's body.

## Step 6



Dispose of the used condom hygienically. Wrap the condom in a tissue and place it in a bin (do not flush it down the toilet).

**NEVER USE A CONDOM MORE THAN ONCE.**

Sexual Health Awareness  
& Guidance Week



# Up got me a little bit down

By Paula Jane Murphy

**TAKE one cynical, elderly man, a naive and awkward kid, an annoyingly loyal dog (who talks) and a chocolate loving bird that mimics people; put them together and send them trekking across South America.**

When Pete Docter, director of *Monsters Inc.* and Bob Peterson, screenwriter for *Finding Nemo* sat down to write the screenplay for *Up*, Disney Pixar's newest animation, their imaginations were certainly bubbling over with enthusiasm.

*Up* is a children's film but like the previous nine Pixar animations, it's something we are all going to watch. Be it *Toy Story* or *The Incredibles*, once it's mentioned someone is certain to throw out a line, impersonate a character or hum a tune, testament to the fact that these films have something for all ages.

Carl Fredrickson married the love of his life but that's about the only thing that ever goes right for him.

Alone in the autumn of his years with developers eyeing up his house and the impending threat of a retirement home, Carl has nowhere to go. Tying thousands of balloons to his house, Carl flies away finally fulfilling his life's wish of adventure.

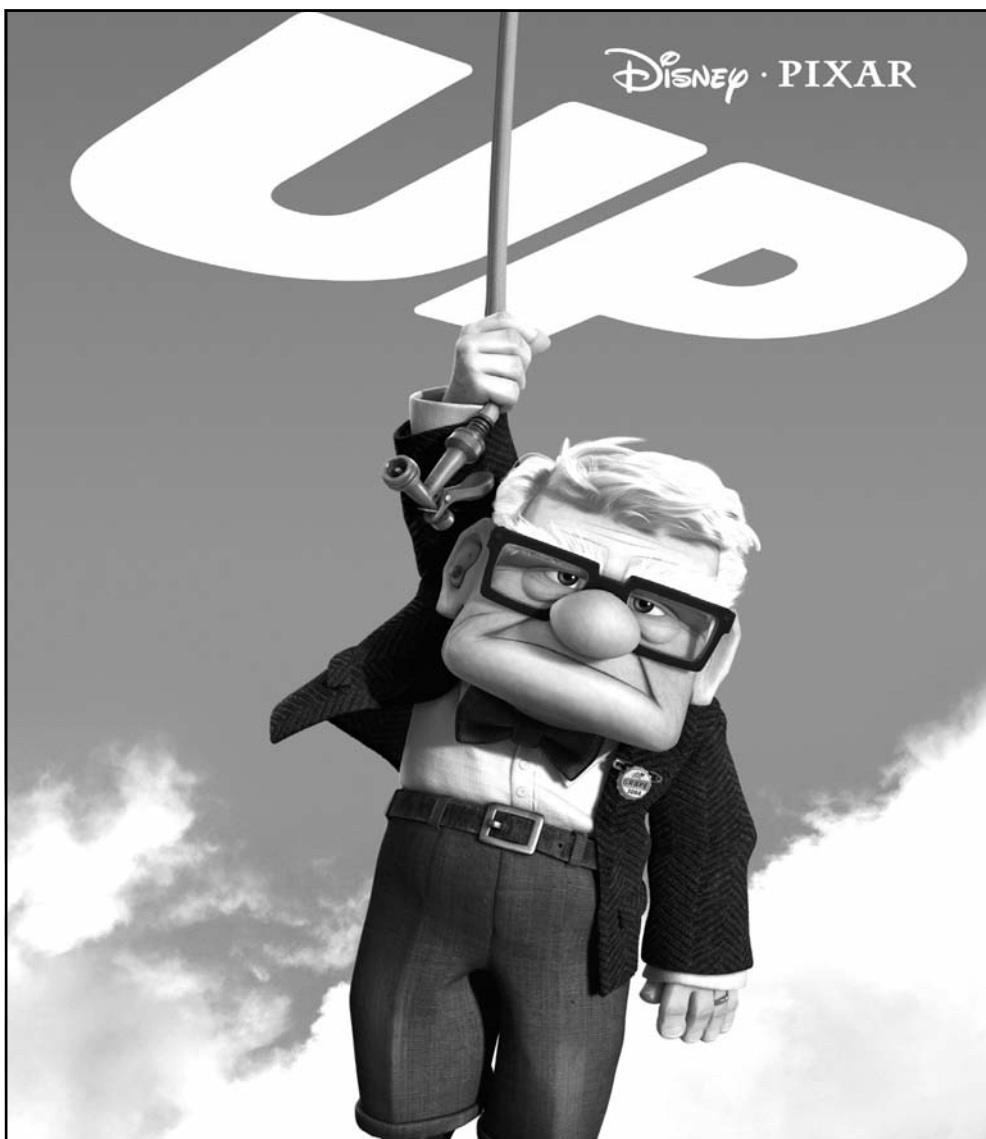
However, he is not alone; 8 year old Russell, wilderness explorer extraordinaire, accidentally stows away and so the real

adventure begins. The odd storm, a villain here and there and a rare bird presents obstacles that force the unlikely pair to realise that what is missing in their lives is each other.

That's the required warm fuzziness covered, but what about the humour? Hilarity is what normally makes these films generic and don't get me wrong,

*Up* has some side splitting scenes but there is a poignancy about this film that, although lost on younger viewers, is strong enough to diminish the comedy. Unable to have a family, Carl and his wife instead save money to explore the world but a string of unfortunate events and the eventual passing of Mrs. Fredrickson means they never get to travel.

There is a grown up feel to this film that has not been present to such a degree in Pixar's previous features as it deals with social issues like the isolation of the elderly, illness and absent parents. Aesthetically, this film is a knockout with animation that seems oh so real. 3-D, although not entirely necessary, only adds to the experience. I'm not going to tell you all to go and see it. I know you will anyway if you haven't already, but after watching it you won't know whether to buy a balloon or give your granddad a hug. It's not another *Toy Story* but it is a great film in a very different way.



# Annie - Don't Stop

By Eoghan O' Sullivan

**POP music at the start of the decade was a dirty term used to describe the music of Steps and 911 (ask your older sibling).**

Happily it has been reclaimed from those awful days and is reborn although shows like *The X-Factor* are doing their best to destroy it once more. Thank the Music Gods that there are bands like *Here We Go Magic* and *Music Go Music* fighting the good fight. And then there is Annie.

Annie is not the most distinguished pop name of the year. Searching for the Norwegian singer is a rather difficult task that involves wading through information ranging from a ship of the 1880's that shares the same name, numerous references to Annie Lennox, and an awful lot of 70's songs about a girl named Annie made by bands far too hairy to discuss here. But eventually information is discovered about one of the most blogged artists of the year. She was born on 21 November, 1977 and has worked with numerous artists in the past including *Franz Ferdinand* and *Royskopp*. She's been doing this pop thing for about ten years now

A certain Cheryl Cole may overshadow the release of *Don't Stop* but there is no doubt as to who comes out on top. Annie comes with no baggage attached, while Mrs. Cole can never escape the rumours of her love-life and her (ridiculous) judging career on *The X-Factor*.

From the opening track, Annie sets out her indie-dancefloor mission statement early. "Do

you want more baby/ Do you want more?" she sings in a manner that leaves Robyn and Cheryl quaking in their dancing shoes. *Don't Stop* sounds like it was made to soundtrack some of your best nights out, where tears and significant others do not make an appearance. The final line of the opening track is "Dance with me, just dance with me", and no other sentence could be more apt for what follows.

Listen to "I don't like your band" for the full blown Annie experience. The vocals technique is another great aspect that sets her in a different league. Put her in a freezer with *André 3000* and that new band your friend keeps talking about from *Stereogum* and she could still last longer. She is just that cool.

Clocking in at a little over 45 minutes, *Don't Stop* is nearly perfection. Hooks and sing-along choruses wait around every corner. Annie does pop that much better than the rest. *Sugababes* have no credit left to scrape off the bottom of the barrel, while *Girls Aloud* may not have another song- let alone a hit song-in them.

Annie trumps the rest based purely on the music. The problem with this is that people may resist the urge to listen to her because she is not a permanent fixture in the tabloids. It is a sad state of affairs because *Don't Stop* deserves all the recognition possible. It should be the standard all *X-Factor* contestants aim for in the future.

8/10



# The Flea Market Poets - Dirty Days

By Paula Jane Murphy

**WHAT happens when an American globetrotter, a Texan rockabilly drummer, a Bavarian heavy metal axeman, a Donegal art teacher, and Davy (the unlabeled Londoner), get together to make music? The result is something so fresh and modern, with originality that's hard to come by nowadays.**

This diverse group of musicians comes from varied backgrounds and experiences. For this reason they were able to create a rare and eclectic mix of songs. The idea behind the Flea Market Poets is that their music is like something you'd find while trawling through a flea market bin; a well travelled oddity.

The poets met and live in Munich. Their music could be described as melodic rock interwoven with occasional splashes of punk and electro. They have succeeded in creating a new voice for the "internet generation". Produced by Pete Briquette (Bob Geldof, The Frames) "Dirty Days" has already been well received in Germany and Austria.

The title track "Dirty Days" is a laid-back

song about young romance. The lazy vocals make front man, Jason Serious, sound like he's singing from his bed as he reflects on her, the past, and how things could have been. "Annie Superstar" tells the story of young people with big dreams of fame. "Leave Her Alone" is a great song about heartbreak and restraint. It's indie with a subtle hint of electro.

"100% Confused" is about that feeling of losing yourself as you move from a young dreamer to that older stage of identity confusion: "like a baseball flying out of the park and into the bleachers." Brilliant. "The Indie Rock Imperative" is a fun track, quite possibly influenced by German-pop. It depicts the rock star lifestyle. The more subdued "WIGSTD4U?" "Uneven" and "Personal Sun" are powerful in their depth. While "Uh-huh" is a sexy, raunchy number and "Jessie's Reel" is a Celtic folk-type track.

This eclectic mix of songs takes you on a journey from Western America to the Celtic hills to a German rock club, and beyond. 10/10  
www.fleamarketpoets.com



The Flea Market Poets

## Some fashion rules you should break (at least while you're in college)

By Hannah Winter

### Spots and stripes in the same outfit are a no-no

College is the one time in your life when you can really have fun with fashion, without worrying about how your parents or employers will react.

So my advice is to have fun with it all: wear stripes and spots, clash orange and pink and go wild with your make up. And take plenty of pictures, so when you're on Oprah at 40 they can show you during your crazy youth.

### Don't wear black and navy

Why not? They're both neutral colours, so I think they can work well together.

### It's better to be over-dressed than under-dressed

Maybe you should obey this rule if you're going for an interview, giving a presentation or working in an office, but for students I would recommend dressing down if in doubt. In college you can never be too casual, except if you wear pyjamas to a lecture.

### Don't wear two different shades of denim

Apparently one of the hot looks next season will be to pair jeans with a contrasting denim jacket. I don't think I'm brave enough for this (it reminds me too much of B\*witched), but maybe some more adventurous fashionistas out there will be able to rock the look.

### Quality over quantity

I can understand why buying good quality clothes is important when you're a little older. But when you're a student I think it makes more sense to buy some cheap, trendy clothes and wear them to death, rather than save up for an expensive dress that you'll probably wreck on a night out anyway.

If you buy cheap items from Penney's, you don't have to worry about them being out of fashion next season, because they won't last that long anyway. You also don't have to take care of them as much as you would with "investment pieces".

### Open-toed shoes should only be worn in warm weather

I think open toed heels look great with tights on a night out in winter. Just make sure the seam of the tights doesn't show.

### Buy what you can afford

Treat yourself, you deserve it! Even if you can afford toilet paper next week (that's what college is all about)

### And some you shouldn't...

### If your legs are bare, cover up your top half (and vice versa)

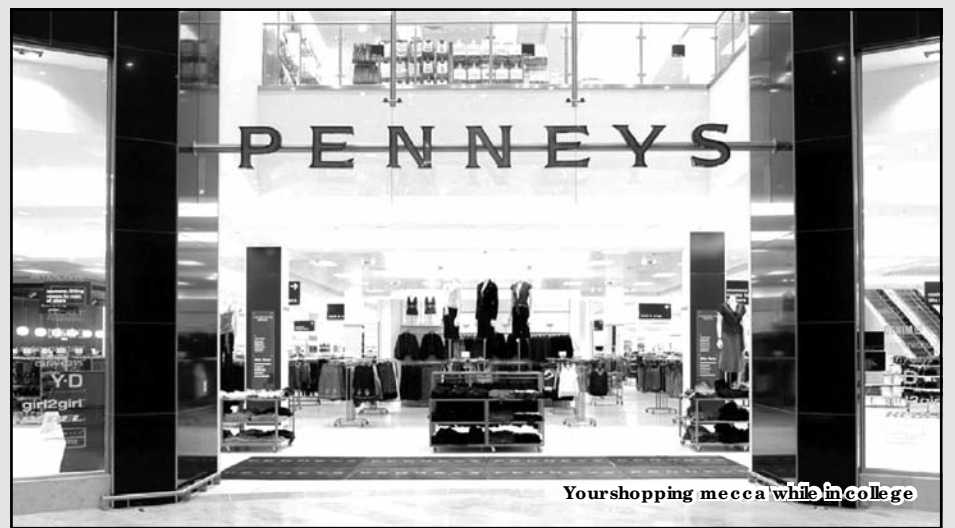
At the risk of sounding like my mother, for goodness sake, leave something to the imagination! Wearing too little just looks tacky, and you'll be freezing in Irish weather.

### Don't be a slave to fashion/sales

The most important questions to ask yourself when you're choosing what to buy are: Does it suit me?

Does it fit well? Will it go with what I already have?

If the answer of any of these questions is a resounding "no", then put the item down and back away slowly. It doesn't matter if what designer label it is, if it's the hottest trend this season, or if it's 50% of marked price: if it's not you, then it will just hang at the back of your wardrobe, unworn.



Your shopping mecca while in college

# Law Society

It may already be half way through first semester but it has proved, so far, to be a busy yet successful time for the Law Society. Having doubled our members from last year, the society, now chaired by Law Plus student, Dearbhaile Flynn, is growing from strength to strength.

Our first year members got the opportunity to get acquainted on our "Mystery Tour" last month. The night, which was held in Cork, was a great success and thankfully everyone arrived back in one piece. Also in October, the society "went pink" in support of Action Breast Cancer by fundraising on campus for the annual Pink Ribbon Day. With the help of our members, we successfully raised over €1,500. Our sincere thanks to all who so generously donated and in particular our members who gave up their time to fundraise throughout the day.

Next month will see 20 of our members, accompanied by Dr. Patricia Conlan, fly

to Luxembourg. The trip serves as a great opportunity for those travelling to visit the European Court of Justice where EU law is interpreted. Enjoy! We would also like to extend our gratitude to those who have helped facilitate this trip.

On 4 November, the society's upcoming seminar entitled "The Need for a Provision for the Protection of the Rights of the Child" will be held in the John Holland theatre at 8 pm. We will be welcoming noted guest speakers to the event including that of Justice Catherine McGuinness, Mary Bannotti and Jennifer Schweppe. We are looking forward greatly to the night and would like to encourage and welcome anyone interested to attend.

There are no doubts that the night will be a great success. We look forward to seeing you all there.

There will be many more events to come so we will, of course, keep you all posted.

# Time to step up and dance

**It's time to move it people, Dance UL Fame night is here! From first time dancers to those of you who've been dancing before you could walk, Fame night will have something for everyone. With dance mats and a DJ it's shaping up to be a pretty dancetastic night, and we want everyone to come out in full force to join in.**

There are some amazing prizes to be won for things like best costume (oh yeah, it's legwarmer time) and best dancer.

Nobody cares if you can't dance, just as long as you get up and shake it! Trust me, I have two left feet, and I'll still be there poppin' and lockin' with the best of them. Fame night is

a fundraising event for Dance UL so that we can send our champion Dance squad to the Intervarsity Dance Competition to defend their title.

Not many people may know this, but Dance UL is only in its second year, and we would love a chance to prove that we're not just one hit wonders.

As they said in Fame: "If they've really got what it takes, it's going to take everything they've got", and let me tell you our team needs you, for support as well as funding.

Come to Fame night on Tuesday 10 November (Week 10) at 8:30pm in The Stables and dance, dance, dance till you drop!

# Second beginners trip and beach party, a complete success for the Windsurfers UL

By Gerald Flynn

**ON WEEK 4 the club had their second beginner's trip and their infamous Beach Party. With the success of the last trip it was a worry amongst the other member's whether or not this trip would go off as well. With a mix of Architects, engineers and people from outside of Ireland, such as Germany England and several others, our fears were soon put to rest as they showed their true colours.**

As soon as everyone hit the water, some naturals seemed to emerge from the pack and managed to plain across Sandy Bay with ease.

Our experienced instructors took a number of pupils each and began teaching some of the basics to the new recruits.

As the day's activities reached half time the whole crew were graced with a chicken

and pasta soup worthy of king's thanks to an excellent chef and the resources of one of the finest committee members this club has ever had. With everyone fed it was time to the ride the winds. The beginners seemed to have a greater grasp of the nature of the wind having had some time to rest and a quick go at the water earlier that day. With the power boat operators cruising the bay all precautions were taken.

Later that day the main course was served to everyone in the hostel we stayed at, and the festivities started soon afterwards. For the longest time it was felt that not enough bonding was taking place until a game involving a glass and a lot of fingers soon brought out the joker in everyone. Only a select view ever had to face the wrath of the forfeit of the game in question,

while the rest were spared. Later, as the night rolled on everyone had a couple of drinks and dance offs in the pub below the hostel. After everyone was done showing off their "moves" we made our way down to the beach, where we were welcomed to a bonfire. As locals joined the group everyone began to mingle and soon the singing started.

The next day the wind died down but the spirits remained high as our second attempt at windsurfing made for good practice for our beginners. The weekend was great craic for all concerned. When the afternoon was nearing the evening we tidied up the rig's and boards and headed for UL.

That same week saw the return our the legendary beach party held every semester. Stalls were set up in the courtyard and tickets

were sold to the campus populous.

The dress code was beach attire, but some people had taken it to extremes with wet suits, Bay watch, hoola skirts and bathing suits. With the music blaring the dance floor was full as we rocked the boat and rocked the lodge. The nightclub was packed and night was a complete success and raised some much needed money for the club. Thanks to all who came and to all who helped out it could not have been possible without you.

We have other trips coming up so be sure to put yourselves down on the guest list if want to be apart of the mayhem. Check us out at: <http://www.csn.ul.ie/~winds/> or look us up on facebook, just google "ulwc facbook to see photos trips and talk to members. Or email us on: [ulwc.committee@gmail.com](mailto:ulwc.committee@gmail.com).

# Music Soc

**This first semester of college has seen UL Music Soc blast into action with all the bombast and bravado of a Led Zeppelin concert. The recent Battle of the Bands in The Stables was a prime example of Music Soc aiming for the sublimely ridiculous (twelve bands in under five hours!) and, absurdly, running the whole thing without any glitches!**

The talent on show was mighty, so big ups to

the all the groups that played and especially to Loaded Kings, who landed the top prize.

We've also been brushing up on our humanitarian work.

At the start of October we held a Buskathon as part of FairShare Fest. FairShare Fest's aim was to raise much-needed funds for the education project, Ducuum, of South Sudan and projects run by G.I.F.T (Ghana Ireland Friendship Trust) in Ghana, and we're glad

to say we did our bit. There may be better ways to raise money for the less fortunate than playing Mr Brightside on an acoustic and hoping somebody will throw a few coins in a hat for your troubles, but if there are, I don't know of them. All in all it was a great day, both musically and charitably, and we wish the projects involved all the best in their future endeavours.

Thursday 29 October will see The Second-Ever Annual Music Soc Halloween Shindig, in conjunction with LSAD Music Soc. The venue, as usual, is our favourite Limerick haunt, Baker Place.

Red Dancers Cometh (incredible live band) will be headlining a night featuring the cream

of UL's music crop. As it's Halloween, we're expecting some outrageous costumes though it'll be hard to beat the outstanding full-size Gameboy costume we saw last year. As always with UL Music Soc, it's a FREE event!

The music room is still available for anybody to use for band practice or even just a random jamming session; to book all you have to do is email [musicroombookings@gmail.com](mailto:musicroombookings@gmail.com) and Lovely Bobby will sort you out. Also, don't forget to check out our Facebook page - [www.facebook.com/ulmusicsoc](http://www.facebook.com/ulmusicsoc) - for all the latest updates, or indeed if you're interested in signing up (we're always delighted to see new members).



# Mixed fortunes in Camogie league opener

By David Kelly

## Intermediates

IT WAS a day of mixed fortunes for UL camogie when they took on Waterford Institute of Technology in Ballybeg on Wednesday. The intermediates opened their league account with an impressive away victory. However, the seniors slumped to a heavy defeat in a game where they never posed any real threat to last year's Ashbourne Cup winners.

In the intermediate game it was WIT who opened the scoring with centre forward Sinead Kelly tapping over from close range. UL then responded with points from Susan Vaughan and Mairead Scanlon, who was cleverly played in by centre forward Fiona Rochford.

The WIT forward line were causing UL serious problems with their running game, and Sinead Kelly, Michelle Brennan, Lorraine Cass and Sheena Ryan all pointed in a tit for tat first half. Meanwhile, points from UL corner forward Roisin Byrne and Susan Vaughan ensured UL were still in control.

UL then stretched their lead when Roisin Byrne rattled the net, after she latched on to a great move involving Fiona Rochford, Aine Brislane and Laura Dooley. It was a lead that UL were going to need facing into a stiff wind from the restart. They led at half time 1-7 to 0-5.

WIT started the brighter in the second half with points from midfielder Shelly Kehoe and substitute Aisling Flood. UL were somewhat on the back foot at this stage and they had goalkeeper Sabrina Larkin to thank for two

outstanding saves in quick succession. The UL keeper first darting low to keep out a goal bound effort and then blocking another seconds later.

That was as good as it got for WIT. Points from Susan Vaughan settled UL back into the game and with defenders Karen Duggan and Alison Walsh keeping WIT at bay, UL were now finding gaps at ease. Roisin Byrne and Susan Vaughan capped off a great display with a goal apiece. The final score- UL: 3-9, WIT 0-7.

UL had a number of key performers on the day. Backs Alison Walsh, Siobhan O'Neill and Karen Duggan worked tirelessly to take the sting out of the WIT threat. Forwards Roisin Byrne, Fiona Rochford and Susan Vaughan caused WIT endless problems when in possession. Player of the match: Karen Duggan. Centre Back Duggan put in an immaculate display for UL. Her commanding physical presence no doubt helped UL to their first league win. Countless times she repelled the WIT attack and she also set up some vital scores with her vision and passes.

## UL:

Sabrina Larkin, Alison Walsh, Siobhan O'Neill, Edel Frisby, Joanne Kelly, Karen Duggan, Susan Vaughan (1-5), Mairead Scanlon (0-1), Aideen Howlin, Roisin Byrne (2-3), Fiona Rochford, Laura Dooley, Elaine Kenny, Aine Brislane, Jamie Mulvey.

## WIT:

Marie Therese O'Neill, Aine Doran, Ann

Marie Walsh, Orla O'Neill, Maggie Hogan, Aoife O'Connor, Claire Ryan, Shelly Kehoe, Emma Ryan, Stacey Kehoe, Sinead Kelly (0-2), Michelle Brennan, Lorraine Cass, Sheena Ryan, Andrea Mongan, Aisling Flood (sub) a point each.

## Seniors

WIT gained swift revenge however, with a commanding display over UL's senior team. They recorded a resounding 28 point victory in a game that had stark resemblance to Kilkenny's demolition of Waterford in last year's All-Ireland Hurling Final. UL were simply outclassed in every position and could only muster four points, three coming from centre forward Aine Lyng and one from Ursula Quinn.

UL found themselves on the back foot after Aine Lyng's opening score. Points from WIT's wing forward Denise Gaule and goals from Katie Power, Ursula Jacob and Michelle Quilty killing off UL's resistance. UL were unable to match the sheer physicality of WIT and they had no answer to the quick pace and skills demonstrated by the current Ashbourne Cup champions.

Countless times WIT breached the UL defence with ease. County stars Katie Power, Denise Gaule (both Kilkenny) and Wexford's Ursula Jacob in clinical form. At half-time they led 3-11 to 0-3.

By this stage UL were playing to restore their pride, and although their second half performance slightly improved, they had no answer for the wave after wave of WIT

attacks. Further goals from Katie Power and Ursula Jacob only adding insult to injury. Katie Power then capping off a superb all round display with three points in the final quarter.

The final score did not make for good reading for UL, it read WIT: 5-17, UL: 0-4.

UL can take some comfort in the fact that key players have yet to return to the set-up. UL folded under the sheer quality of the opposition.

With more than three months until the Ashbourne qualifier, UL will be hoping to make huge strides. But for now it's WIT who have set down the marker.

Player of the match: Ursula Jacob. WIT full forward Ursula Jacob put in an outstanding all round display for WIT. Her killer instinct in front of goal and her free taking ability won her side every advantage. Her individual tally of 2-4 was deserved and she also set up some scores for her teammates Denise Gaule and Michelle Quilty.

UL: Susan Vaughan, Anne O'Dwyer, Marie O'Regan, Eimear Murphy, Lisa Phelan, Sabrina Larkin, Elaine Fleury, Lorraine Whelan, Marie Condron, Ursula Quinn (0-1), Aine Lyng (0-3), Lisa Hanrick, Ciara Johnston, Darina Ryan, Elaine Berkery.

WIT: Kristina Kenneally, Therese Shortt, Lorraine Kenna, Kay Ryall, Charlotte Raher, Sarah Ann Fitzgerald, Stacey Redmond, Katrina Parrock (0-1), Patrisha Jackman, Fiona Morrissey (0-1), Katie Power (2-3), Denise Gaule (0-5), Karen Kelly (0-2), Ursula Jacob (2-4), Michelle Quilty (1-1).

# Who Are Ya?

Compiled by Tomás McCarthy – Sports Editor

## The Basics

**Name:** Alan  
"The Belly" O'Sullivan  
**Age:** 20  
**UL Club:** Darts club  
**County:** Kerry  
**Sporting Heroes:** Phil Taylor, Roy Keane, Darragh O'Se  
**Biggest sporting achievement:** Winning the county under 15 football championship  
**Best thing about the club:** Drinking and throwing sharp

**objects!**  
**Worst thing about the club:** Drinking and throwing sharp objects!

## Favourite s

**Food:** Chicken  
**Drink:** The black stuff  
**Song:** Anything by the Red Hot Chilli Peppers  
**Movie:** Shawshank Redemption  
**Jersey:** Man United & John Mitchells

**Take Your Pick**  
**Lodge or Trinity Rooms:** Lodge

**Dunphy or Giles:** Dunphy  
**Tea or coffee:** Tea  
**Simpsons or Family Guy:** Family Guy

**Four to Finish**  
**Describe yourself in 3 words:** Lazy, drunk, academic!  
**Who would you least like to be stuck in a lift with?** Darren Savage!  
**Who's gonna win the Premier League?** United  
**What will you be when you grow up?** The next Fergie or the next Power Taylor!



Alan O'Sullivan

# Fresher 2 hurlers off to a flyer

By Liam Togher

## UL 2-15 NUIG 1-6

**UL Fresher 2 hurlers got their league campaign off to a fantastic start with a resounding 12-point win over NUI Galway at Pitch One on October 12. It was clear from the outset that UL would simply have too much for the visitors when early points from Michael Barry and Aiden Fogarty opened a two-point gap. NUIG gradually got into their stride and, after the teams traded scores, took advantage of a rare UL lapse to hit three unanswered points and take a 0-4 to 0-3 lead.**

UL's dominance was not being reflected on the scoreboard and they hit a purple patch in

the final 10 minutes of the first half. Brian Hogan's point levelled it before Nigel Foley raised a green flag from a penalty. Gerard Grace and a Fogarty double left the home team with a deserved 1-7 to 0-4 lead at the break. They were on course for a comfortable victory if they could avoid slipping into another 10 minute lull after the interval.

UL simply picked up where they left off and tacked on two more points before John O'Dwyer's goal on 38 minutes pretty much settled the result. Since NUIG's last score, 20 minutes of hurling earlier, UL had struck 2-7 and another point from the promising Fogarty stretched the lead to 12 points. NUIG, though, continued to battle gamely and a Gary Hogan goal offered them faint hope of a sensational

comeback. However, UL were in no mood to throw away all of their great work and maintained a wide buffer between the teams. A strong finish to the game for the hosts left the final winning margin a comprehensive 12 points. On the evidence of this performance, several UL players will surely give the Fresher 1 management food for thought. The midfield pairing of Brian Hogan and especially Aiden Fogarty ran the show while David Egan, Gerard Grace, Adrian Cummins and Michael Barry can also be delighted with their efforts on the day.

While NUIG's challenge was a somewhat feeble one, any Fresher 2 team would have found it difficult to match UL on a highly satisfactory day for Brian Murray and co.

**UL:** Aaron Fogarty; J Healy, N Foley (1-0), P McHugh; P Moloney, D Egan (0-1), K McManus; B Hogan (0-3), Aiden Fogarty (0-7); G Grace (0-2), B O'Donoghue (0-1), A Cummins; M Barry (0-1), J O'Dwyer (1-0), D Kilmartin.

**Subs:** M O'Sullivan for Healy, S Farrell for Cummins, M Sinnott for Barry, C O'Grady for Kilmartin, S O'Grady for McHugh.

**NUIG:** A Kirwan; D Darach, J Murphy, D Costelloe; R McMahan, G Sheedy, M O'Donogue; N Garry, T Corcoran; S Moran, L Desmond, D Mullins; G Hogan, J Keene, S Ryan.

**Subs:** I Buckley, F Crotty, C White, A O'Reilly, A Fox.

# Comfortable start for intermediate hurlers

By Daniel Bridge

## UL 2-15 - CIT 0-15

**UL's intermediate hurling campaign got off to a good start on Pitch One as they navigated their way past the challenge of CIT. In the immortal words of one Stephen Staunton, this match could well have been "a banana skin", but UL managed to get around the Cork side's rearguard.**

In a pretty stop-start match, the UL hurlers performed well in patches but in fairness the opposition wasn't much of a test. The score-line very much flatters CIT as they only had 4 points from play in a one sided game. UL's must look at their discipline before the next game as they conceded 11 points from placed balls. The foul count for UL was in the thirties and while it wasn't a dirty game, the referee insisted on blowing up any sort of tough challenges by either side. Despite UL's dominance they were always in danger of succumbing to CIT. The scores were level at half-time and before Liam Dwane netted UL's second goal from the spot CIT were always in with a shout of taking the game. The best player on show was UL was Antrim man Cairbre O'Caireallain, popping over three points and showing good skills in and around the midfield. Liam Dwane also impressed after coming on as a half-time sub at wing forward. He was a creative force whilst also able to take his chance, scoring 1-2. CIT will be disappointed with their performance but at least have a cult hero in the making. Ciaran 'Patchy' Cronin is the Cork side's keeper and hit the score of the game - popping over a 70 metre free that landed on the bank behind the goal. A decent performance from the intermediate hurlers here but they look to have potential and perhaps a promising season is upcoming.

# Plenty to spare for Fresher 1 hurlers

By Daniel Bridge

## UL 4-19 NUIG 0-4

**UL'S FRESHER A team got off to a great start to their season with a dominant victory over NUI Galway.**

The scoreline wasn't important in the end as UL were always in complete control against what seemed to be the same NUIG players that lined up against the UL fresher B team in the previous match on Pitch One.

Although this was only a challenge match, the fact that NUIG didn't even field two different teams was surprising. Maybe the recession is hitting home for the Galway fresher hurlers.

UL's dominance was outlined in the first five minutes of the game, storming into a 3-1 to no-score lead. What stuck out however was not the emphatic result but the way that this year's Freshers have gelled.

They seem to have struck up a very good understanding within a very short space of time.

Their entire front six played extremely well and had the scoreboard ticking over consistently ticking over. One of the stand-

out players for UL was Ciaran Morris, who came off the bench at half-time to score 1-4. The man of the match award however must go to corner back Kenny Murphy, who was a rock in defence and made sure NUIG had no time to get into any sort of an attacking rhythm.

He dealt with any scrappy balls in the UL backline with composure and skill.

While this was a good result for a UL fresher team who look to have a promising season ahead of them, the strength of the opposition they faced must be questioned.

**UL:** C Stritch; K Murphy, C Looby, O Burke, P Heffernan, J Gallagher, J Hogan, E Mulvihill, S O'Sullivan, J Ryan, T Butler, P McCarthy, G Brennan, S Heagney, O Fitzpatrick.

**SUBS:** C Morris for Brennan(30), C Flynn for Ryan(30), C Larkin for Burke(32) R Ryan for Heagney(38), D O'Keeffe for Mulvihill(39), E Morey for Butler(39) E Slattery for Flynn(41)

# UL Sports Round Up

Tommy Crean & Tomás McCarthy - Sports Editor

## UL Boarders

The UL Boarders club is one of the most exciting in UL. It covers the main extreme "board sports" such as surfing, wakeboarding (the one where the boat pulls you for those who wonder), skateboarding, and kite surfing and snowboarding.

The website is one of the most well designed sites of any club/society around college. I really like the content of the site, some serious photos from trips, and even cool videos of people in the act. Forecasts are

also available. You can even buy surfboards from the club, from which a portion of sales will go towards the club.

It's worth a look. There are few activities that can give you the buzz of catching a wave in Lahinch or flying down a slope in the Alps, and best of all its good for you and in the great outdoors. There's even meant to be a snow trip this winter!

For further information, you can join online at [www.ulboarders.com](http://www.ulboarders.com) and can even add the members on Facebook if you're the stalking type...

## Waterpolo

An Focal sport would like to apologise for any confusion caused for the story relating to the UL waterpolo club in edition three of the newspaper.

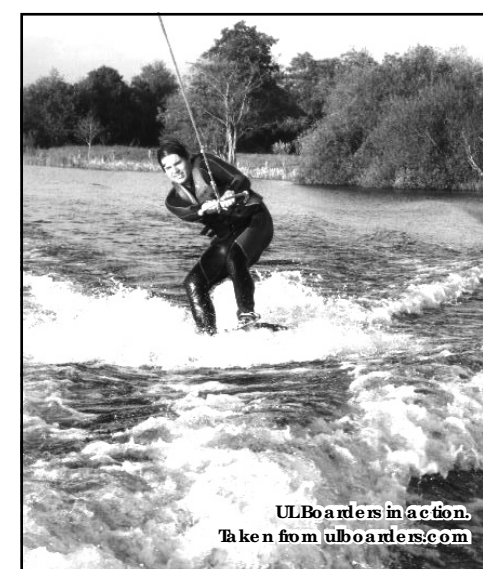
It has since come to our attention that no agreement has been reached between the UL waterpolo club and the UL Arena to stage the intervarsities in January.

## Hockey

The UL ladies hockey team lost their Irish Senior Cup round 1 game to Church of Ireland on a scoreline of 2-0 on October 10.

## Comments

All comments, questions or queries should be directed to [mossy.mccarthy@gmail.com](mailto:mossy.mccarthy@gmail.com)



ULBoarders in action. Taken from [ulboarders.com](http://ulboarders.com)



# Garda dole out rough justice

By Eoin King

## Garda 1-15 UL2-11

Cian O'Neill's team were unfortunate to lose while entertaining the Garda College during Week 6 on Pitch One in which UL lost by a point in what was a tough, physical end to end game.

Making nine changes from the team which won the opening game against UCC proved a good examination of this year's depth in numbers. Looking to cast his eye over the full complement of players he has at his disposal this year, O'Neill revamped his forward lines, save the tall full forward, Coughlan, who again came away with another encouraging performance to be proud of. Much more developed as a team compared to UCC, Garda fronted up to UL all throughout this game. The midfield pairing of Hanley and Greene contributed three of their team's half time total of five points, leaving the scores at 1-07 to 0-05 points for UL. The main man for UL in the first half was Larkin, whose alertness was fundamental in igniting UL's great start. He kicked the opening two points, and would go on to torment Murphy for the rest of the half. UL's goal was magic if intended.

Finding himself in the right corner forward spot with 15 minutes gone Tobin's kick over his shoulder arched over the keeper and in off the post. There was a good flow to the game at this stage as both teams attacked with purpose and intent to the point where players sometimes faced off. What harm. UL will know they are a superior 'footballing' side and, considering this was an experimental team, they know they can beat Garda when the stakes are raised. The second half saw some curious refereeing decisions, notably a controversial square ball which went against Coughlan.

O'Neill voiced his displeasure at the referee on some aspects, like the awarding of frees, yet the contest's frenzied pace may have proved the deciding factor as Garda roared from two points behind after 42 minutes to take a one point lead with 5 minutes remaining, leading 1-13 to 1-12. In that period, it was Garda's full back, no doubt glad to be away from Coughlan, who found the half forward line a more prosperous place for contributing. His goal was an easy burst through the centre of defence, which was soon followed by a simple fisted point. The conditioning of the Garda squad appeared to be that bit of an added bonus in sectors for them. Nonetheless

UL persevered and when Mills goaled with two minutes left to go a point ahead it seemed all would end well. And it did...for Garda! Two late points by Beeley and Magee were decisive. The best of a good bunch for UL were Walsh, Larkin and Ladden once more as well as Rattigan and Dalton.

**UL:** Enda Joyce; Dean Ryan, Glen O'Mahon, John O'Mahony; Pa Carroll, Declan Rattigan (c), Mark Dalton (0-01); Thomas Ladden, Seamus O'Shea; Edmund Walsh (0-04, 2f), James Horgan, Daniel Doherty; Paul Larkin (0-04), Stephen Coughlan (0-01), Cian Tobin (1-00). Subs: James Reilly, Matt Coloty, Pat McCarthy (on for Tobin, half time), Martin Mills (1-01) (on for Doherty, half time), Johnathan Lyne, Mark Cloud, Paul Kennelly (on for Horgan, 41 mins), James Burke, Phillip Horgan, Ken Smith.

**Garda:** Shane Nallen; Mark Leonard, Shane Mulligan (1-03), Brian Murphy; Rory McTiernan, Colm Boyle (0-01), Owen Holett; Colm Hanley (0-04), Joe Greene (0-01); Maurice Barry (0-01), Conor Burns, James Murray (0-01); Paul Beeley (0-01), Liam Magee (0-03), Mick Murphy. Subs: Graham O'Connell, Padraig Keane, Nigel Shevlin, Dane O'Connor.



UL intermediates playing against CIT  
Credit - Kevin Johnson, ULPhoto Soc

# UL freshers fall just short

By Eoin King

## Cork IT 1-12 UL2-7

THESE are the days when the will and sanity of a sports reporter get examined the most. Pitch One on a schizophrenic day, where the rain doesn't know if it's coming or going and the sun taunts those with a rain jacket. Arrah yeah, Fresher B Football! Where the ground is soft and the skills far from subtle; but you can't question the commitment.

Week 7 saw UL lose their opening league game to CIT. In the end it was by a solitary point as UL were left battling the clock as well as the opposition. With five minutes to go, and thoughts of how to put a good slant on this game difficult to find, Summerville blasted to the net to close the gap to two.

The margin was a point shortly after when McSweeney registered his second of the day. That was the last score however, as CIT went home with the spoils, and everybody else went home with a pulse to record. Up until then, it simply didn't flow. Both teams were disadvantaged by a poor playing surface, yet too many balls were dropped or over-kicked to argue this as the main excuse. Credit must go to UL for battling back several times. Quickly down three points within the first few minutes they went in at half time ahead 1-05 to 0-06. Both corner forwards are lively and effective and offer a lot of promise for the remaining fixtures. Walsh's finish was as measured in the first half as Summerville's was clinical in the second.

Both were quality finishes. If more ball can be worked inside to these two the team should see themselves come out the right side of tight contests like these. After four poor wides in the space of two minutes just before half time UL will be disappointed how they let CIT go with 6 unanswered scores until Summerville's goal cut the gap to two. Notable performers for UL were Dixon, Murphy, Dempsey, Summerville, Walsh and Lane. Plenty of scores for too few thrills.

**UL:** Sean Lane; Michael Lonergan, Liam McDonald, Thomas Callanan; Chris Dixon, John Murphy (c), Conor McManus; Sean Dowling, Matthew Gavin; Alan Campbell, Colm Dempsey (0-01); Aidan Walsh; Daire Summerville (1-02), Euan McSweeney (0-02), Brian Walsh (1-02). Subs: James Barry, Sean Egan, Des Holten, Colm Trent, Ciaran Smith, Ciaran Fitzgerald, Michael Hellney, Thomas Flynn, Niall Mahon.

**CIT:** Stephen Nylan; Denis O'Mahony, Shane Dargan, Oisín O'Dwyer; J.J Collins, Mark McSweeney, Paddy Minihane (0-01); Vincent O'Donoghue (0-01), Anthony Cronin; Kieran Fitzpatrick (0-01), Garry Sweeney (0-01), Matthew Daly (0-01); Seamus McHugh (0-032f), Timothy Nyhan (0-02), Michael Dreen (1-00). Subs: Tom Brady, Andrew O'Callaghan, Tony Lynch, Stephen Murray, Thomas Keating, Michael Deane, Donal Nelligan, Daniel Forde, Paul McCarthy, Noel Higgins, Liam Flannery, John Healy, Cian Barry, Liam O'Reagan (0-02).

# Footballers test Sigerson champs

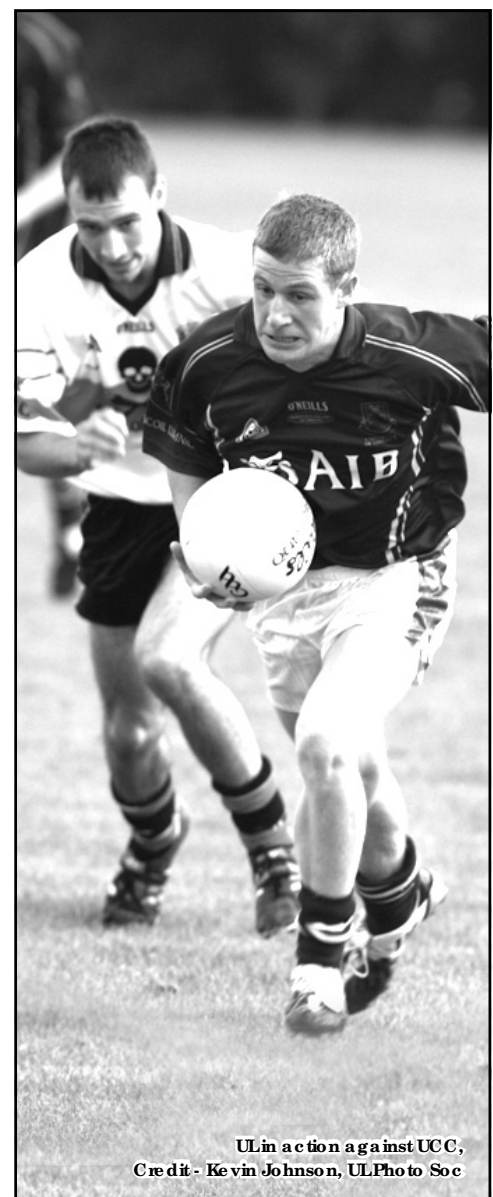
By Tomás McCarthy - Sports Editor

## CIT 1-11 UL 0-11

After losing narrowly to Garda, UL's Senior Footballers faced into a tough trip to the Sigerson Cup champions Cork IT in Week 7. UL put up a more than credible showing and were just undone by a strong second half by the home side. Under the lights UL had a very satisfactory opening period. Fionn Fitzgerald was impressive in defence with Thomas Ladden and Seamus O'Shea also proving an effective midfield pairing. The forwards led by Kerry's Mike Tim O'Sullivan and Edmund Walsh were finding the scores and UL went in at the break with 0-10 to 1-3 advantage. CIT were always going to come back into the game and did so in the second half. They fielded a team including county stars like Barry John Walsh, Daniel Goulding and Paul Kerrigan. That class paid dividends as UL missed a host of opportunities at the other end. UL's challenge faded under the superior fitness of CIT and with Paul Kerrigan showing the leadership required. They scored just one point in the second half as CIT eventually ran out three point winners.

The intermediate team also travelled up to Cork to play in the curtain raiser to the senior game. However, the game was abandoned at half time due to floodlight failure. The fixture was rescheduled with CIT agreeing to play UL at Pitch One in Week 8.

**UL Senior:** J O'Reilly, D Ryan, C O'Mahony, F Fitzgerald, P Carroll, M Dalton, D Rattigan, T Ladden, S O'Shea, E Walsh, M O'Sullivan, P Hogan, M Mills, S Coughlan, A O'hIarnain. Subs: F Coffey, P Kennelly, J O'Sullivan, M Cahalane.



UL in action against UCC,  
Credit - Kevin Johnson, ULPhoto Soc

# The Optimism Point

By Kevin McNamara

**AS I write this piece the Premier League Season is in full swing and football fans from all over the world will silently creep away from Sunday rituals and tune in to a much-anticipated derby as Manchester United travel to Anfield for the first of two clashes between the great rivals.**

The intensity of the meeting can be summoned up by United manager, Sir Alex Ferguson, before the recent “illegitimate” derby against Man City as he sought to belittle his rowdy neighbours; “To me Liverpool will always be the derby game. It is just because of the history. When I came down here they were the Kingspins of England. They had won four European

Cups and quite a few league titles.”

Although side acts are never needed to attract viewers to “the game”, off-the-pitch events have left the mouth-watering encounter in a frenzy. Liverpool’s worst run of form since 1987 has left Rafael Benitez under no illusions as to what has to be done. With three-quarters of the season left, the points deficit can be easily reduced and leave Benitez without his P45 for another while.

As instability grows in “Scouser Land”, the drama is heightened by the “Spirit of Shankly” group, who were preparing an 8,000 strong protest march at the game in an attempt to rid the club of co-owners, Tom Hicks and George

Gillett. Speaking about the recent losing streak, “SOS” spokesman, Paul Gardner, claimed that the main “culprits” were not Rafael Benitez or his assistant, Sammy Lee, but Hicks and Gillett who have: “put us into two hundred and forty-five millions worth of debt, promised us a stadium which hasn’t been built and took money out of the club to pay for their own expenses”.

Not the sort of attitude a Liverpool fan would want the polar-opposite United supporters to witness, coming from a rich, stable club that has recently equalled the record for the most away games in Europe without defeat, set by Ajax between 1994-1997.

To leave the expectant patron with even more reasons to skip Mass on Sunday, blogs all over Manchester are teaching fans how to smuggle beach balls into the Anfield Stadium. In an effort to remind Pepe Reina about the bizarre developments at Sunderland last week, tactics usually seen in films such as “The Great Escape” are being imposed as security have been advised to stop anyone with the inflatable balls into the game. So as Liverpool fans gear up for another spectacle, will Mancunian’s stick inflatable balls up their a\*\*es and will anyone remember some guy called Michael Owen returning home? Liverpool v Man United you just can’t beat it.

## One cap wonders – Part 1

By Stephen Kelly

**THE term “one cap wonder” has always slightly disturbed me. It seems a bitter attempt to create a pejorative term to describe a noteworthy and proud achievement. But enough of the pseudo-morality, here is a guide so some of the finest members of football’s One-Cap Wonder brigade.**

### Seth Johnson (England)

The one signing that summed up Peter Ridsdale’s shambolic reign at Leeds Utd more than any other. The story goes that Johnson and his agent entered contract discussions with ambitious plans to secure a £15,000 per week contract for the player. Straight off the bat Ridsdale offered £30,000 and when a speechless Johnson failed to respond immediately, the suave chairman, displaying King Solomon-like skills of negotiation, shouted “Ok, £38,000!” The agent accepted the offer as his client was passed out on the floor by that stage. Johnson made a substitute appearance in a friendly against Italy in 2000. Currently clubless after being released by Derby last season.

### Owen Coyle (Ireland)

Currently flying high with Burnley, Coyle seems like your average Scottish, fiery-Scot, stereotypical managerial Scotsman stereotype from Scotland. It’s easy then to forget that he was capped by Ireland once. He was a late replacement for goalscorer Tommy Coyne in a 1-0 win away to Holland in 1994, arguably Ireland’s greatest ever completely irrelevant victory.

### Chris Kirkland (England)

A regular at U-21 level, Kirkland’s long wait for a full England cap became something of a saga in the media when it emerged that his father had placed a £100 bet on his then 11 year-old son to be capped by England at some stage in his life. Kirkland senior picked up a cool £10,000 when his son made a 2nd half appearance against Greece in 2006. A nice story but you have to wonder how many similar mug bets are lost every year. Little Johnny costing his old man half

a week’s wages by retiring from football with a horrific leg-break at 12 years of age isn’t such a heart warming publicity tale for Paddy Power.

### Steve Guppy (England)

The former Leicester winger seems to have unfairly become a fixture in England All-Time-Worst lists. Under Martin O’Neill at Leicester Guppy was one of the most effective wingers in the league. More importantly he was a left-footed Englishman, a rare commodity at the time. A superb crosser who didn’t need to beat defenders; he was something of a poor man’s Beckham. However, he made the schoolboy error of failing to marry a Spice Girl. His career went downhill rapidly as a result but not before he’d made a friendly appearance against Belgium in 1999.

### Richard Sadlier (Ireland)

“The best young forward I’ve ever seen” according to former manager Mark McGee. The Millwall striker was forced to retire at 24 due to a hip injury caused by a training ground tackle.

I can’t even imagine what sort of heinous tackle injures a hip but I’m guessing Kevin Muscat was at Millwall at the time. His one cap came in a friendly against Russia in 2002. Since retirement he’s completed a degree in sports management and worked as pundit with RTE. He also currently sits on the board at St. Pats which must make him wonder why he ever wanted to come back to football in the first place.

### Francis Jeffers (England)

“Fox in the Box”. I could hardly bring myself to type that god-awful term but when Francis Jeffers dies his tombstone will probably bear those four words. Originally coined by Thierry Henry, Jeffers has been haunted by it since his less than spectacular spell at Arsenal. Still, he’ll retire with a 100% scoring record at international level.

He scored a superb header in his lone England appearance, a 3-1 home defeat to Australia in 2003. Currently foxing about in the reserves at Sheffield Wednesday.

## Best Premier League Team Ever

By Tommy Crean

### Peter Schmeichel (Manchester United)

Few keepers commanded their area as well as Schmeichel did. The big Dane was one of the key reasons for United’s domination of the 90’s. Rarely put a foot or hand wrong and had the complete trust of his defense.

### Gary Neville (Manchester United)

Neville is the most successful full-back in the league to date. Nearing the end of his career now but still starting for his club after serious injury problems. Coming up through the ranks, he was Manchester United’s most regular right back through their successful periods in the nineties and noughties.

### John Terry (Chelsea)

Since Terry became a regular for Chelsea, he has been heralded as calm, assuring rock at the centre of defence. The club captain for several years, he has FA Cup and League medals among his collection. An England regular also. His knack of scoring from set-pieces has been a huge asset.

### Tony Adams (Arsenal)

Adams was no nonsense, towering centre back that very few would look forward to apposing. The heartbeat of Arsenal’s famous back-four of the nineties. Had to adjust his mentality to the game when Wenger took over the club but adapted extremely well. A natural leader.

### Ashley Cole (Arsenal, Chelsea)

Ashley still endures the wrath of Arsenal fans following his controversial move to Chelsea in 2006. Has proved to be a dependable left back who loves to get forward for both club and country. Has had his fair share of controversies off the pitch, including being spotted having dinner with his present club’s officials despite still being under contract with Arsenal.

### Cristiano Ronaldo (Manchester United)

Ronaldo, the gifted Portuguese winger, arrived as a raw talent possessing little more than countless stopovers and dives. However, once he settled into the English game, he developed into one of its best imports. Despite not being an out-and-striker, he still managed an incredible numbers of goals and his “power” free kicks. His controversial move to Real Madrid was a long

time coming, but still hurt Manchester United enormously.

### Steven Gerrard (Liverpool)

There are few players who have carried a team as has Gerrard. The amount of times he has rescued games in the last second with breath-taking long-range goals is amazing. An accomplished midfielder although prefers to play a “second-striker” role. You get the impression he would die for Liverpool, such is his loyalty to the cause.

### Patrick Vieira (Arsenal)

Patrick Vieira was a prime example of Arsene Wenger’s shrewd signings. No one has really heard of Pat when he arrived at Highbury. On his departure he was recognisable worldwide. Loved to drive at defenses from midfield and get stuck in to opponents. His fierce rivalry with Roy Keane was arguably the hottest since the league was founded.

### Ryan Giggs (Manchester United)

Giggs is without doubt the most successful footballer to play in the Premier League. He has won 2 European Cups, FA Cups, League titles, League cups. He is most famously remembered for his sensational goal in the 1999 FA Cup semi-final with Arsenal.

### Alan Shearer (Norwich City, Blackburn Rovers, Newcastle United)

A Geordie god, Shearer was one of the most consistent strikers in the history of the Premier League. He held an excellent goal-scoring record but what I liked most about him was his professionalism. He was ice-cool under pressure, never lost his temper and the loyalty he showed his home-town club Newcastle United was second-to-none.

### Thierry Henry (Arsenal)

Henry was perhaps one of the most complete forwards to grace the league. He had pace comparable with a 100m sprinter, technically gifted and a superb eye for goal. He smashed his club’s all-time goalscorer record in a matter of years before moving on to Barcelona. He was an absolute pleasure to watch.

Subs: Shay Given, Sol Campbell, David Beckham, Eric Cantona, Ruud Van Nistelrooy.



# Soccer club defending their champion reputation

By Tomás McCarthy - Sports Editor

**RETAINING a title is often harder than winning the first one. That's the task ahead of the UL senior soccer team this season. After winning their first CUFL title last spring UL had two away tasks to complete on the opening weeks of the new campaign.**

## Cork IT 0 UL 5

Cork IT was the first assignment. Early goals usually calm the nerves and it was UL who got them, four in fact. John O'Leary, Jamie Richardson, Martin Deady and Niall Stack all found the net in the opening half as the home side felt the pressure. With the victory wrapped up at the break UL eased off the gas. Niall Prendergast rounded off the 5-0 drubbing and the champions were off to an ideal start.

## WIT 1 UL 1

Wednesday of Week 7 and it was time for another away date. This time Waterford IT were the opposition at the RSC. The UL soccer club expressed their annoyance at the game being played in the afternoon as many players couldn't make the game due to college commitments. A 1-1 draw was achieved and currently UL lie second in the Premier South table. David McGrath opened the scoring for UL early in the second half. Second year student McGrath is currently with Limerick under 20s and his poacher's finish underlined the class he possesses. WIT responded ten

minutes from time with a quality strike from distance to share the spoils. Ahead of UL in the table is Tralee IT who have two wins from two.

## Freshers & Intermediates

The freshers found the going tough in the first of two local derbies in the First South B division. The Mary I senior outfit proved much too strong against a disjointed UL and ended up 4-0 winners. LIT were a next up and this time the freshers gave a better account of themselves. Although LIT opened the scoring Peter Barron brought UL level in the second period. A late winner for the home side gave them a 2-1 win but the signs were encouraging for the UL team. The intermediate side opened up their Second Division season with a 3-1 loss against Tipperary Institute in Thurles.

## Ladies

On the opening day of the ladies soccer campaign UL drew 1-1 at home to UCC. Kacey O'Driscoll found the net on three minutes from a corner but the Cork outfit responded on 20 minutes. UL dominated the play for the remainder of the game missing a penalty into the bargain. In the end UCC's defence held out for a point. UL's game with CCFE postponed in week seven. This is due to the fact that Julie Ann Russell was called up to the Ireland squad to play Russia in a World Cup qualifier.



# Lee returns to UL Arena

By Tomás McCarthy - Sports Editor

**ANDY Lee is back in UL on November 14 for a clash with Affif Belghecham with the carrot of a possible all Irish fight if the Limerick native emerges successful.**

Original plans for a Lee v John Duddy bout at the Arena were shelved. Despite the offer of a sizeable purse from Brian Peters the Duddy camp opted for a fight in Madison Square Garden. There he kept his career on an upward curve by getting the better of Michi Munoz. For Lee the objective is the same. A mouth watering clash with Duddy must be forgotten for now. He must keep on improving and winning more importantly to get himself into the frame for a title shot. Lee's record of 19 wins from 20 contests is impressive and he is unbeaten at the Arena. February 2008 saw him defeat Argentinian Alejandro Falliga after five rounds and he followed that up with by putting Willie Gibbs to the sword in July 2008.

His opponent Belghecham is currently ahead of Lee in the middleweight rankings. As the reigning European Union and French middleweight champion he is a worthy opponent. In 23 bouts Belghecham has a record of 19 wins, three losses and a draw. This fight was offered to Brian Vera and also Duddy but both refused to take up the challenge. The Frenchman is aged 35 and is a southpaw.

A victory for Lee on November 14 could possibly set up a clash with Matthew Macklin. Macklin was recently crowned European champion in whirlwind fashion raising the bar for the likes of Lee. Thomond Park has been touted as a venue where a title fight could be held. While that remains a possibility it will be 2010 before any such plans of that kind are put in place.

In the aftermath of Bernard Dunne's fall from grace and the passing of Darren Sutherland a victorious return to Limerick would be the perfect boost for professional boxing in Ireland. In a competitive middleweight division a defeat from Lee's point of view is unthinkable.



# Those were the days, my friend

By Liam Togher

**MY LUNCH is interrupted by the vibration of my phone notifying me of a text from the sports editor. "If you're at a computer I have just found a classic picture to send on to you," says Mossy (the text, naturally, was nowhere near as correctly punctuated or spelt as I have it above).**

My first thought is to threaten him with felonious assault if it's anything to do with a spherical red projectile which quickly became the pet hate of Liverpool fans everywhere. Thankfully, upon opening my e-mail ten minutes later, I was pleasantly surprised to see a blast from the past – a photo of the sports writers' team from April 2007.

The famous photo depicts Mossy and I having a mock argument with McGrath. All three of us, unsurprisingly, are brandishing copies of An Focal! Witnessing this in my inbox allows me to temporarily revisit the moment; the three of us were all first years and the FYP was a distant roadblock not worth worrying about. To any current first years reading this, chances are you were preparing for the Junior Cert when this snapshot was taken. Now that is a blast from the past!

It was a simpler time. The country actually had some bloody money, for a start. Bertie's government took some fierce flak which

retrospectively seems like little more than mild displeasure given what Brian Cowen has shipped since he took the most sought-after seat in Dail Eireann. The photo contains the entire An Focal sports writing team at the time – a far cry from the nine hacks currently at Mossy McCarthy's disposal.

The music charts were being topped by Beyonce & Shakira with "Beautiful Liar" and Avril Lavigne's execrable "Girlfriend". In the world of sport, Man Utd were just about to end a four-year wait for a league title (those were the days) while the likes of Watford and Sheffield Utd were polluting the Premiership and Derby County actually looked as if they were going somewhere. And yet, two and a

half years on, not a lot has changed. The names of Tomas McCarthy, Liam Togher and Conor McGrath still appear in the sports pages of An Focal. Mossy was sports editor then and is sports editor now. My hair can still be described as long. The hour-long debates which were our writers' meetings remain the status quo.

I am still bloody waiting for Liverpool to finally look down on the rest of the Premier League after the final whistle has blown on the final day of the season.

So while this photo is not quite sepia-tinged, I certainly enjoyed the chance to reminisce. Hell, if you took a picture of the An Focal sports team recently, send it on to one of us in April 2012!



The sports team back in the day

Andy Lee



# Sports Writers Diary

By Tomás McCarthy - Sports Editor

## 10 October

The start of yet another diary. What's to come in the following diary entries is anyone's guess!

## 11 October

County final fever hits the country as I attend the Waterford version. A Paul Flynn inspired Ballygunner come back from ten points down to draw. The GAA's favourite word has to be replay!

## 12 October

Fresher 1 and 2 hurling means new recruit Daniel gets a taste of match reporting. I will give you bigger matches in the future Dan, don't worry!

## 13 October

The open days mean the An Focal sport crew have to move to Red Raisins for the regular, weekly meeting.

## 14 October

Housemates Brian and Rory play out an epic pool encounter in The Stables. Rory eventually puts us out of our misery winning on the black. Great game between Garda and UL on Pitch One as well.

## 15 October

Some meaningless golf tournament is the only bit of sport on television this evening so it's time for some study.

## 16 October

Submit my first essay of the semester!

## 17 October

County final replay day in Waterford sees Ballygunner claim the spoils as both Chelsea and Liverpool slip up in the league. Richard Dunne gets valuable fantasy league points for my team "The Waterboyz".

## 18 October

The Tipp county final brings boredom to a new level. Beach balls get a fair share of coverage in the Sunday papers!

## 19 October

Nothing ever happens on a Monday so let's move on to Tuesday!

## 20 October

A big shout out to the girls in Briarfield; Niamh, Liz and Orla, who I believe are massive fans of the paper. Also a shout out to Sean Donoghue and Darragh who said hello to some of the An Focal sports crew in The Lodge.

## 21 October

A Champions League double header means the Sports Editor has a relaxing evening plonked in front of the box.

## 22 October

This diary is becoming like a long list of requests! However, I must mention housemates Brian O'Malley and Philip who were devastated at not getting named in a previous edition. They have now realised their dream of getting their name in An Focal.

## 23 October

If anyone else wants to get a request in mossy.mccarthy@gmail.com is the address. I promise a better diary next time!

# Forgotten Footballer - Helder Postiga

By Daniel Bridge

**EVERY** football fan knows him, but can't think why; **Helder Postiga. The Portuguese player signed for Tottenham in the summer of 2003 and was expected to be the next big Premier League striker. However his potential was never fulfilled for Spurs and was sent packing by Martin Jol.**

Signed for £5.5 million from Porto, Postiga played 19 league games, scoring just the single goal. This poor return caused his reputation to suffer and he has yet to shake off a tag of being a bit of a donkey. His failure to adapt to the English game was the reason given when he was shipped back to Porto, in a swap deal with current Rangers midfielder Pedro Mendes.

Postiga only turned 27 this summer, and is currently playing for Sporting Lisbon. Despite his tame impact on Spurs' opponents' goal, Postiga is still widely remembered in England. This is maybe for a goal he scored in the 2004 European Championships against the English.

His international record is impressive, especially as he is used as a bit part player. He has appeared for the Portuguese national team 34 times, scoring 11 goals. However, at the moment he can't force himself into the national setup.



## The Rumour Mill

Tomás McCarthy - Sports Editor

**THERE** have been plenty of rumours in the last fortnight to make the gossipers rub their hands with glee. Make no mistake about it these following rumours are pure gold.

Firstly An Focal sports' campaign to get a press box on Pitch One is looking like a probable failure. Proposals have so far fallen on deaf ears. With weather conditions likely to get worse in the coming weeks, sports writers are increasingly in danger. It calls for drastic measures and one Clareman has answered the call. An Focal reporter Liam Togher has offered to drive his car onto the bank of Pitch One to save any sports writer in his hour of need. The grounds man won't like that.

In other news a television match official could possibly be brought in to future men's and ladies rugby games in UL. A number of computer whizz kids in Milford Grange have offered their services to decide on crucial decisions. Talks are ongoing.

Finally El Lodginton has moved quickly to stop any further beach parties after the windsurfing club went a bit over the top a few weeks ago. The Lodge which is reknowned for its "party night every night" philosophy were reportedly shocked and appalled by incidents on the night. Reports of sand castles being built in the smoking area have yet to be confirmed or unconfirmed. The number of people wearing flip flops was also down on previous years.

That's all we have time for folks. The rumour mill just keeps on turning.

# Quotes - October Special

By Liam Togher

**"It was the equivalent of two bald men fighting over a comb."**

Eamon Dunphy's verdict on the Old Firm derby at the start of the month. I'll take his word for it as I was watching Arsenal destroy Blackburn at the same time.

**"Take your f\*\*\*in point Seamie!"**

Seamie O'Shea laps up the applause from the onlookers after his wonder goal for UL in the senior football league win over UCC on Pitch One.

**"I don't like the look of 11."**

James Enright passes his verdict on UL intermediate footballer Stephen O'Connor, who scored a goal 15 seconds later.

**"Every rumour has a bit of truth - just a dabble."**

Conor McGrath defends the content of his Rumour Mill.

**"To come up with this in the last minute with five minutes left..."**

Jamie Redknapp during his analysis of the Real Madrid - AC Milan game at the Bernabeu. It wasn't just the keepers who were all over the place that night.

**"He looked taller last week."**

Mossy makes an observation on UL senior footballer Stephen Coughlan. Sit closer to the pitch next time, McCarthy!

**"Don't get killed now."**

I offer sound advice to a couple of sports writers ahead of their trip to Brussels. Priorities, priorities.

**"Don't come back!"**

Tommy Crean gives his regards to a Leaving Cert student who came over to talk to me for a couple of minutes at the Sports Writers' meeting in Red Raisins during the Open Days.

**And now for the Kevin McNamara section!**

"It's all right for you McCarthy getting the gravy train down to Waterford." Kevin Mac, as only Kevin Mac does, lays into the Sports Editor.

**"I knew he'd put in that Jack Nicholson thing. He was watching that f\*\*\*in film the other night!"**

He's at it again, this time ribbing Conor McGrath over the Rumour Mill.

**"That was surgical!"**

There's just no letup from him! This time he comments on a hard tackle during the UL-UCC intermediate football game.

**"He's exactly like Thierry Henry, exactly like him."**

Kevin's view on Gabriel Obertan. Arsenal legend? I don't think so!

**"I'm George Hook and he's JK Rowling."**

Dismissing McGrath's rumour mill as fantasy of the highest order. Where he got George Hook out of is anyone's guess.

**"She's a f\*\*\*in dyke!"**

Kevin lays into one-time Eurovision contestant Donna McCall as the Sports Writers meeting goes slightly off topic.

## GAA Results

<b>Fresher 1 hurling:</b> UL 4-19 NUIG 0-4 UL 3-13 WIT 1-16	<b>CIT 1-11 UL 0-11</b> <b>Fresher Camogie</b> UL 3-9 WIT 0-7	<b>Fresher 2 Football</b> CIT 1-12 UL 2-7
<b>Fresher 2 hurling:</b> UL 2-15 NUIG 1-6	<b>Senior Camogie</b> WIT 5-17 UL 0-4	
<b>Senior Football:</b> Garda 1-15 UL 2-11	<b>Fresher 1 Football:</b> CIT 0-14 UL 1-5	



# AN FOCAL SPORT

## No lights, no action

By Tomás McCarthy - Sports Editor

**YOU may often wonder why UL teams have to train at 7 am in the morning and the fact is they have little choice in the matter. One look at the floodlit facilities in this college, or lack thereof, tells the whole story. In these winter months UL clubs are not only limited in their chances of success but are also risking their members wellbeing.**

This issue was raised in our first interview of the semester, with UL Gaelic football boss Cian O'Neill who had just overseen football trials which finished up at 7.45pm. Without any related question asked by An Focal sport O'Neill told us about his frustration. "We're the only campus in the country that doesn't have a floodlit facility. It's a significant limitation. We can't train mornings all the time." The trials that evening were forced to finish early due to fading light and at this moment in time it gets dark from half past six onwards. O'Neill went on to say that no floodlights means that UL will only get "thirty percent of the quality training that other institutions will get with floodlit facilities". That frightening statistic leaves other colleges at a major advantage even before they take to the field.

Fiona Reidy is an experienced member of the UL Ladies Rugby team who has seen this problem at first hand. While she does recognise that there is a part of Maguire's under lights but she says that "once the cold wet dark winter's evenings arrive the problems start to arise." Last year the club were left in a difficult situation: "Last year UL Ladies Rugby were forced to train during the day because the small area of pitch space that was floodlit had been overused and was in such a torn up, muddy and dangerous condition that it simply was not safe to train on it. On other occasions we had to move sessions inside to the PESS Building." With so many clubs looking to train in the evening due to lectures during the day it often leaves teams in a fix that the UL Ladies Rugby team found themselves in. "It is incomprehensible how these clubs are all expected to be able train at night if there are not adequate, fully lit, training pitches on campus".

Martin Hayes of the UL Soccer club was not only concerned with results but also of players' education and welfare. He explained that "students have to miss classes if they wish to participate with UL club teams and do not [have to do this] if they play with UCC, CIT, Tralee, etc. It puts us at a significant disadvantage with our competitors." Despite the fact UL are holders of a Premier title they are only team in the league without lights. Hayes brought up a serious issue regarding the knock on effects that this has. "The soccer club budget allocation covers less than two bus journeys for each of our teams once affiliation and senior team coaching is paid for. Our senior men's team had to play nine league or championship games off campus last year. I know of no other University in the country that asks its senior teams to drive themselves to league games." By doing this students are putting their own well being at risk, something that Hayes is well aware of. "It is also extremely dangerous to ask students to drive their own teammates back from Cork or Tralee after a hard game when they may have picked up a knock. I pray that I never have to have a conversation with a parent of a student regarding this issue." Unfortunately it could be just a nightmare waiting to happen.

Is there any hope of the situation changing? Progress on the pitches has been very slow so floodlights are well off the agenda at this point in time. The fact that UL are triumphing in this adversity is something nothing short of astonishing because, unless you believe in miracles, 7 am starts will continue to be the norm for many UL sporting stars.



## Blundering refs leave GAA bosses bemused



UL Hurling team  
Credit - Sean Reidy

By Tomás McCarthy - Sports Editor

**UL SENIOR hurling and football managers were left scratching their heads in the past fortnight after some questionable refereeing cost both sides league points.**

In Week 6 UL footballers were edged out by the Garda team in an intense league encounter on Pitch One. Over the course of the game two seemingly legitimate goals were ruled out for either side before Shane Mulligan grabbed a dubious goal for Garda in the second half. After the game manager, Cian O'Neill didn't mince his words, when he described the performance of the referee as "absolutely disgraceful. I felt particularly aggrieved as a UL manager but he made some poor calls for both teams." O'Neill was also unimpressed with Mulligan's goal. "The key turning point was when we got a great goal disallowed and from the next kick out they got a goal where the man ran from one six yard box line to the other six yard box line allegedly in four steps." These are questionable calls, which from UL's point of view, hopefully won't be repeated in the heat of the Sigerson Cup.

A more bizarre refereeing display took place in Galway when UL took on GMIT in their opening Senior Hurling League game in Week 7. Once again UL lost by a single score which isn't even half of the story. During the hour of action GMIT were awarded a total of 33 frees compared to three for UL. UL manager

Ger Cunningham also says that the official calculated the score wrong going into the closing stages of the game. "We consulted with GMIT management and both agreed that UL were one point behind. One of my selectors went in to inform the referee of this but he refused to listen and insisted that UL were one goal behind. For the last five minutes we attempted to score a goal to level the game when officially a point would have done to share the points."

Cunningham pointed out that the result was only a secondary concern. His issue was that there was no hint of a balance to the decision making. "I appreciate it was only a league game and may not be important but my issue is fairness. We are asking UL students to take a day out of college to travel to Galway to represent their University and they are treated like this. If we all started appointing home town referees to make home town decisions for the sake of two league points, I don't think it would be very good for the game". At time of going to print Cunningham was seriously considering issuing a complaint to Croke Park.

GAA men like Ger Cunningham and Cian O'Neill would only criticise a referee with a valid reason. Only time will tell whether the incidents in Limerick and Galway, on consecutive weeks, were indications of poor standards of officiating at college level.