



See page 10 for more on fashionista Emma Watson: A Long, Long Way from Hogwarts



Feeling stressed? Turn to page 20 for some Exam Tips from the ULSU

Hate Crime Sparks Racism Debate



Jason Kennedy, News Editor

International Students need to speak up about any racism they experience.

A UL scholar has written letters to a number of respected international businessmen and politicians after he witnessed a racist attack by the university's Main Gate.

The Social Sciences Postgraduate Scholar said he wrote letters to the Secretary of Commerce Gary Locke, the Secretary of Energy Dr. Steven Chu, and President Obama's sister Maya, to warn them not to come to Ireland after he witnessed four Chinese students being called "Chinks" from a car of students, with one of the Chinese students being pelted with eggs from a following car.

The scholar, who reported the incident on the university's staff mailing list, said that all four students were afraid to speak up after the incident. He urged all of them to report what happened and to state it was a hate crime, but none of them would speak up.

According to a Chinese student who spoke to An Focal, this was not an isolated incident. Jin Cao, who is

originally from Zhejiang, is studying in UL for the duration of this academic year and has already experienced various levels of racism around Castletroy.

"I was with another Chinese student just off-campus and a kid, who was around six or seven-years-old started yelling 'f**king Chinese, f**king Chinese' at us when his mother was with him. I was very surprised and it made me quite sad.

"Before coming here, I had heard that the Irish were very welcoming and friendly. I find here that the international students mostly stay with the international students, but I am very glad to be here." President of the International Society, Amanda Keane

said she was very surprised when she heard about the racist incident. "I was very shocked when I heard. It should have been addressed. There's definitely a lot of casual racism. One of our members, a Canadian student, was called a 'yank' outside the Lodge one night and was followed home by them when she was alone.

"I do think this casual racism can be stopped. I think more Irish people should join the International Society and get to know some of our international students. Our International Week next semester is going to be bigger and better than last year."

SU Welfare Officer, Tara Feeney added that if any International student

is feeling homesick or bullied, she is available to speak to them. "If any student feels homesick or have been made feel unwelcome please come to see me, my door is always open. We can have a chat and I can let you know what supports are available on campus. Never feel like you're alone." In addition, PhD Student James Carr, a staff member at Doras Luimni in conjunction with European Network Against Racism (ENAR) is working with the Students Union to establish links between the organization and UL students. Thanks to this initiative, students can report their experiences of racism in confidence and receive advice and support.

News

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 Printed by
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Thanks to everybody who contributed to this issue.

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1. Contributors please note:

All submissions to An Focal are greatly valued. If you have submitted an article which has not been published in this issue, it is very likely that your piece has been retained for publication in future issues. If you are concerned that your article has not been published, please say so.

2. Editing:

If you are unhappy with how your article appeared in An Focal, please discuss this with the Editor. A number of strict guidelines are followed in the production of An Focal, which means some articles may be altered to allow them to fit on the page and to improve readability.

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Kelly O'Brien, Editor

EDITORIAL

Welcome to An Focal Issue 6 – the last edition of the Semester. As it's my last Editorial until January, I want to fill some inches with thank you's and recognitions.

It's a hell of a lot of work compiling a fortnightly newspaper and I'd never be able to do it alone.

First and foremost, I'd like to thank the relentless nature and unshakeable determination of my News Editor, Jason Kennedy. Jason has been an absolute godsend these past few weeks. He has gone above and beyond with astonishing regularity and has made my life incalculably easier on so many occasions. I would also like to recognise the work of all the other sub-editors; Colm Fitzgerald, Robert McNamara,

Josh Lee, Amy Grimes, Karen O'Connor Desmond, Emily Maree, Feilim O Flatharta, Aoife Coughlan, Lynda O'Donoghue and Colin Clarke. An Focal would not have such a high quality of student journalism if it wasn't for your tireless efforts and invaluable input. Thank you.

On the ULFM side of things, I would like to thank our very own Colm Fitzgerald. ULFM wouldn't even be in existence if it wasn't for him. Dubbed the ULFM Technical Manager, Colm does much more than look after the necessary equipment. If I ever have a problem, radio related or not, I know that I can pick up the phone and Colm will have the answer. More thank you's have to go to the ULFM Development Board. This board is formed of UL students who are working together to better the station. We have a lot of projects in the pipeline at the moment,

we expect ULFM to have a huge presence on campus next semester. This wouldn't be the case without the board volunteers. Thank you.

Be it the newspaper or the radio station, neither would be in existence if it wasn't for interested UL students. So to the few hundred contributors to An Focal, and to the ninety-something radio peeps, you guys get my very last thank you. It has been a pleasure working with you all. You should be proud of yourselves and I hope to see each and every one of you again in Semester 2.

I know it's a little early, but I hope everyone has a lovely Christmas.

With love,

Kelly O'Brien
 Editor



Participants in last weeks candlelit vigil

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News

Clubs and Societies Working Group formed

Jason Kennedy, News Editor

FOLLOWING on from Clubs and Societies EGM earlier this semester, members of various clubs and societies on campus have formed a working group to help protect their finances. The working group, which is currently made up of Young Fine Gael's Séamus Kearney, Drama Society's Hugh O'Brien, Debating Union's David Hartery and Outdoor Pursuit Club's Keith Young, have already met up a number of times since the EGM, where there were concerns that the Students' Union could take C&S finances. The DJ society's Alex McGovern was also on the working group, but recently resigned due to college commitments.

In their first document, which was presented to Clubs and Societies

executive in October, the working group stated that they intend to examine the extent to which Clubs and Societies Executive and Council are involved in matters relating to the availability of their share of the student capitation fee. The working group also aims to find out if they have the legal right to two-thirds of the capitation fund, which is the recommended amount.

Their document also states that they may call on people, including ULSU staff members, to speak to the group or attend meetings in a non-voting capacity, if it is believed they hold knowledge that may be relevant to the group. The group have met once a week since they were formed and they will be presenting their work to

date to Clubs and Societies Council on Tuesday, November 15. The group are still discussing if it will be necessary to meet during the Christmas holidays, as this is a topic of great importance to them. Member of the group, Keith Young said they want to ensure that there is not a repeat of what happened over the summer, when €60,000 of clubs and societies money was used to keep struggling SU shops afloat.

"We want to make sure the current level of funding is left untouched to ensure that what happened before can never happen again.

"I am very happy with the group. It's progressing very well."

Out in UL's Rainbow Week a success

Aoife Mc Loughlin

UL Rainbow week commenced on Monday November 8 bringing a colourful week of entertainment, information and music on and off campus. The purpose of Rainbow Week was to raise awareness around LGBT issues through fun events for all to attend.

Niall Russell, President of Out In UL society said: "Rainbow week is about raising awareness on LGBT issues, but its for all the community, its about integrating people together." Rainbow

week finished after a successful and entertaining five days on Friday 12, after a variety of events. The Scholars played host to a night of cocktails, dresses and suits to kick off the week in style.

Tuesday offered a Homophobia workshop presented by LGBT liaison officer, Ger Hanly and screening of the cult classic 'Priscilla, Queen of the Desert'. A drag race of Kings and Queens took place by the 'Brown Thomas' statue on Wednesday, where the drag queens battled for the best speed all the way to the SU courtyard. All proceeds were donated to the Red Ribbon Project.

Also on Wednesday evening Wedding bells took place, where three lovely couples, two same sex and one heterosexual couple all pretended to tie the knot and continue to the

Stables Club for a reception open to all, packed with food, karaoke and a brilliant performance by the UL Choral Society.

Thursday played host to a "beating" at the Homophobia stocks, where ridiculers (volunteers) got humiliated and battered with water balloons to raise awareness about homophobia.

"Mr. Russell's alter ego, Connie Liebe, hosted The Big Night Out at 31 Thomas Street that night. Return to Sender entertained the crowd with live music followed by DJ Jeff.

Finally after four days of awareness, Friday wrapped up Rainbow Week with an Electro Ladies night in the Scholars. Mr Russell would like to thank everyone who helped with the week.

Library thronged with students as Study Week looms

Denise Calnan

EARLY morning harshly-beeping alarm clocks are on the agenda for many University of Limerick students as they consider their options for 'study-week' in the UL library.

First-year students remained unsure of the necessary arrival time at the library during Week 13 to ensure themselves a desk for the day. Older students were certain an early morning is a must.

"I imagine I'll be there as soon as it opens", Ciara McGrath, a Psychology student said. Deirdre Allen, a 4th year Journalism and New Media student, agreed, saying: "I'll be there at 9 o'clock." "Early, before 9 o'clock I'd say", Ciarán Booth, a Business

student, noted. First-year students Rebecca O'Brien and Sinead Marks were unsure, guessing ten o'clock as a sufficient time to grab a study-desk. Some students have already made a conscious decision to avoid the library during study week this year. "No, I won't be going", David Long, a Computer Systems student, said, "It'll just be too busy."

Laura O'Connell, studying a doctorate in Clinical Psychology, agreed. "We see an increase in the number of students in the library leading up to Week 13 but it is always much busier during Study Week", a staff member of the Library Information Desk said, "The students will be in early to get

the desks. They will be arriving all day but obviously the people who were in earlier will be guaranteed a good spot. My heart goes out to them all and I wish them all the best of luck."

The library will be open from 8:30am to 11pm daily during Week 13.

Noonan Security advises people not to leave their desks for more than 15 minutes at a time. Students are also advised to mind their belongings during the week and not to leave laptops or mobile phones unattended.

ULSU Artist in Residence Collaboration

Kelly O'Brien, Editor

Neighbourhood Talks is a socially engaging and dialogically focused artistic project created by artist Rebecca O'Hare in collaboration with the University of Limerick Students Union and local residents residing in the housing estates which encompass the University of Limerick.

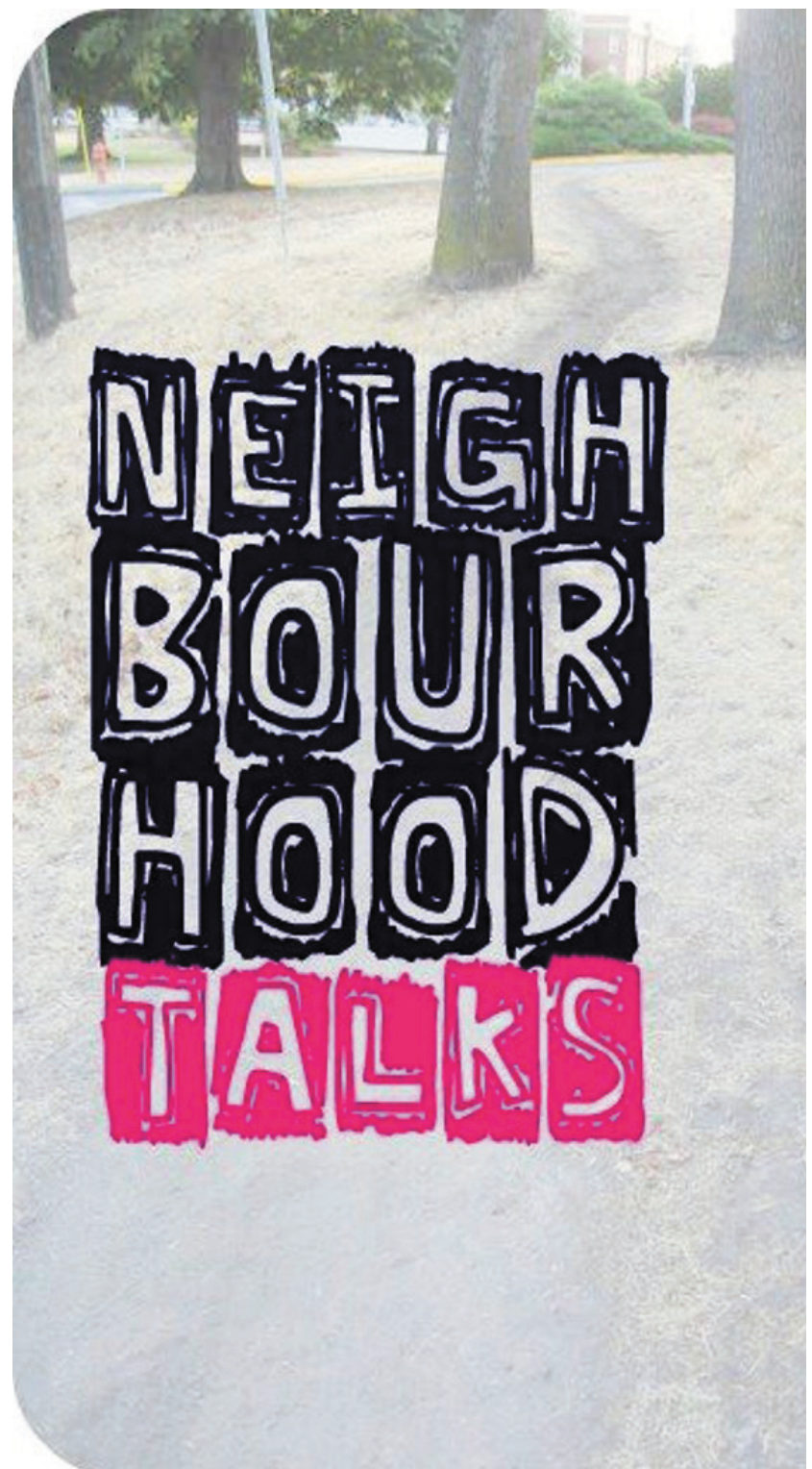
As ULSU Artist in Residence, Rebecca is currently engaging with residents and students on a voluntary basis by hosting informal get-together workshops and neighbourhood dinners in the space in which they live.

In recent years, conduct deemed anti-social has negatively impacted parts of the surrounding community and now, acting as social beings and 'insurgent architects of change', local members are using this opportunity to construct

and stimulate positive neighbourhood relationships with each other, within their local housing estate and with ULSU. Initially through the medium of dialogue, interested participants are suggesting, creating and as the academic year progresses, enacting innovative concepts of co-existing with their neighbours through a variety of happenings while aiming to reduce levels of negative activity in their neighbourhood. Each event is meticulously documented and serves to further progress the objectives of the project. Neighbourhood Talks encourages members who reside or operate within the UL community to engage and participate in the above events, join the conversation or submit their 'neighbourhood idea' via www.neighbourhoodtalks.com.

Additional volunteers are a welcome addition and should contact Rebecca via the links below.

www.neighbourhoodtalks.com
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News

UL Green Campus - new projects for spring 2012

Reena Cole

Last year saw the establishment of the UL Green Campus Committee, a student/staff group working towards attaining a Green Flag for UL.

The projects undertaken last year included Green Campus week (Week 10 Spring Semester), which started on Sunday March 27th with many of the college's leading clubs and societies teaming together for a massive Spring Clean of the University's stretch of the Riverbank. On Monday of Week 10, it continued with a fun and informative

UL Nature Society 'Walk-and-Talk' event along riverbank with well-known nature expert Ted Cook. It finished up on Tuesday with the UL Energy Society's staging of a 'bicycle cinema' in The Stables. Some of the students involved used their time spent as part of their application for the President's Volunteer Award.

We will be kicking off with new projects in spring, but for anyone who is interested in taking part and would like to be kept informed, please join the Facebook Group, ULGreenCampusCommittee or email reena.cole@ul.ie

Some possibilities for projects will be developing a vegetable garden in the rooftop garden (D1 level) and energy awareness.



157 bags of litter plus an estimated tonne of illegally dumped household wastes including bikes, beds and metal scrap were collected from the banks of the River Shannon.

City clean-up may inspire UL

Denise Calnan

A 'DEEP-CLEAN' litter clean-up operation in Limerick City could be used as an inspiration for a cleaner University of Limerick campus. The clean-up group, made up of volunteers from the public, local businesses and Limerick City Council staff hit the streets during the week of October to pick up, scrub, brush-up and broom the city's roads and pathways.

A resident of Castletroy, Bill Leahy, buys the paper in O'Mahony's bookshop on campus every morning and believes the campus always looks "very clean."

Another member of the public, Liam Martin, agrees; "I'm in here every morning and I think the place always looks clean. I'd walk through here quite often too and I think it's always very well presented," he said.

However, UL's litter problem has been a problem for years and is evident for some staff.

Corman Mac Canna, manager of the Scholars Club said the litter situation depends on what part of the campus you are on and at what time of the day: "The clean-up guys do a fantastic job each morning here but by lunch-time it's a very different story.

It's disgraceful. Despite the bins, the first impression of the courtyard walking through the Scholar's entrance is not good at all." Mr Mac Canna stressed that students need to change their perception of littering and realise that leaving food and rubbish behind on tables counts as littering.

Paddy Rockett, Campaigns and Services Officer, said that "It sounds like a good idea but I don't know if it would work here. It could possibly happen in the second semester. But I'd have respect for the volunteers and don't want to send out the message to people that it's ok to throw something on the ground. Broken glass is a big problem too, one morning I went out myself to clean it up from the cycle paths there'd been so many complaints."

Mr Mac Canna also suggested recycling bins should be present around campus. Mr Rockett also agreed that the litter situation on campus was "horrible" and described the Students Union common room as "very bad" at the end of each evening: "Students blatantly stuff food and wrappers down the side of the couches," he said.



Rubbish and cigarette ash on the picnic tables by The Scholars



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<p>Thursday 15th December</p> <p>IRISH CHAMBER ORCHESTRA</p> <p>"Seasonal Symphony & Song"</p> <p>Tickets: €20 / €18 / €10</p>	<p>Friday 16th December</p> <p>A VIENNESE CHRISTMAS</p> <p>Featuring Vladimir, Sean Costello & Claudia Boyle Tickets: €28 / €25</p>	<p>Saturday 17th December</p> <p>THE HIGH KINGS</p> <p>Tickets: €25</p>

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Comment

Politics and Presidency, a Caustic Mix



Aoife Coughlan

Aras an Uachtarán: where Michael D Higgins will shortly take up residence. We must question how relevant the relationship is between politics and becoming president elect.

The recent presidential election has come and gone but the amount of attention it brought to this area of Irish Oireachtas has been phenomenal.

Perhaps the large discussion and debate on the issue was due to it being the first election of its kind in fourteen years. Perhaps our satisfaction with the outgoing president removed the need for any real debate on the subject of the presidential office.

However I believe that this kind of conversation is long overdue and we need to look at various aspects of the office and candidates for office. One such aspect I feel strongly about is the

role political parties should take in the selection process. The nomination of a president is contentious. In order to go before the people's vote a candidate must gain a nomination of at least 20 members of the Dáil or Seanad Éireann or the support of at least 4 administrative counties. Polls during the recent election showed support for candidates such as David Norris and Dana Rosemary Scallon to be high amongst the public however they were facing an uphill struggle to obtain a nomination. One senses a phantom democracy at play here. It is as if the Irish public are allowed a vote once

the powers that be deem our selection to be passable. Although the issue of a candidate having public support but not receiving a nomination did not arise it is a potential that greatly demeans the Irish public.

The election showed the political and presidential linkage to have strong effects even within parties. This is seen in the choice of Fine Gael to run Gay Mitchell as their election candidate. The word from the great unwashed as well as sources within the party showed a lack of support for Mr Mitchell. This begs the question, why did they choose to run him at all? I may be going too

far into the realms of conspiracy but the alliance in government between labour and Fine Gael could be a plausible reason. Without a strong Fine Gael candidate, such as John Bruton or Mariead McGuinness for example, Labour would be seated more comfortably in the election. An "almost" Labour president and a Fine Gael Taoiseach seem like the perfect compromise for political bedfellows. With political nominations the office of president becomes a pawn in the game of government. The president is largely a representational figure, the state's face abroad and receiver of our foreign

visitors. Nothing in the constitution gives the president any real power but it should not be allowed to become a puppet figure with the strings pulled by politicians. Despite democracy our confidence in the government is often diminished. Ergo it is even more important to have an independent office that can serve the nation as a symbol of Irish-ness and be diplomatic heart of the country. Politics does not need to be the watchdog of the Aras, the president should be the watchdog of the country.

All I want for Christmas is You

Roisin Burke

It's a growing complaint that in recent years Christmas is becoming more and more commercial.

A time for giving is now a time for eating and peace and love is more iPad and perfume. It might sound a bit condescending but I think we have lost track of ourselves. Christmas is now a marketing tool for companies. Things are scheduled to be released for Christmas and sold as the must have Christmas present.

Traditions centre on celebrity routines. The Christmas number one single is the xfactor winner. The Christmas feel comes from the coca-cola trailer advertisement. What's it all about again? This time to reconnect and embrace family bonds is spent immersed in gadgets and on social networking sites. Our addiction to technological advancements has redirected our focus

for family to Facebook. In the modern era we need to reconnect and Christmas is the best time. There are things that can be done to counteract the current trend. Help out in the Kitchen! It's not the end of the world. Your mother will feel better and the food will be on the table faster and taste better with the extra help. Relax and enjoy the chilled out atmosphere. If it's not there, create it. Play guess who and I-spy.

Christmas is all about the child in us all so let it loose. We may not be able to resort back to Santa days but guessing games is the next best thing. Lastly, don't be focused on gifts, giving or receiving. There is far more to Christmas if you let yourself indulge in the ways you should.

Your iPhone will still work in the morning so give it a break for the day. Who knows, you may not miss it!

What now for the seven billion?

Darragh Roche

THE world's seven billionth person was born on 31 October.

But what do we know about her? Was she born starving or infected with AIDS? Have her parents lived through a war? Does she have health insurance? Is the air she breathes clean? Is her water? Is her home heated by fossil fuels? Will she be able to go to college? Is her gender or her sexuality likely to be a handicap?

Recession, war and uncertainty form baby seven billion's welcoming committee. This is the age of the suicide bomber, when one billion people live in poverty and racism, oppression and famine are realities.

One million babies were born on

the same day as the seven billionth human. Most of those newborns live in China and India, and most of those in conditions we wouldn't consider liveable. The population reached just two billion as recently as 1927.

Those born that year lived through the Great Depression, World War II, the Troubles and much more. They may have been horrified by John F Kennedy's assassination and the Vietnam War, while inspired by the Moon landing and the fall of the Berlin Wall. The last 84 years were momentous and the last decade should be enough to show us that we also live in a momentous time.

This year, Arab nations spontaneously rose up to throw off their dictators, but the danger of extreme Islamism is genuine. Across Europe, rightwing, populist parties spread hate and fear, while moderates and liberals are embattled. America, the west's traditional leader, is paralysed by its own politics, the most divisive since the Civil War. Obama may even lose re-election.

Europe faces the greatest crisis since 1945, struggling to defend European unity in the face of seemingly endless and insurmountable problems. Some people say that we simply can't fix all the world's problems while others

callously suggest we just shouldn't try. But they underestimate the abilities of the human race. In the last century alone, we stopped the Nazis, we made Europe into a democracy, we mapped the cosmos and walked on the Moon, we declared women, homosexuals and non-Whites our equals for the first time in history, we wiped out smallpox, we invented the internet, we introduced antibiotics and we started to fix the environment. Now imagine what we can achieve in the next century.

Advancement has been the theme of human events since the Renaissance. Yes, there have been many setbacks but we still live in a better world today than we did in 1927.

As the population races to nine billion by 2046, we should ask what world baby nine billion will be born into, because it's the world we'll be living in.

We can't predict how technology will advance or what major challenges we'll face, but we can influence them. From the Arab in Tahrir Square to the student in the classroom to the average voter, we are the seven billion.

Comment

Big Brother could well be watching: 30th Amendment Could have paved the way

Colm Fitzgerald, Comment Editor

GEORGE Orwell would have been proud at some of the sentiments expressed over the 30th Amendment. Just like in his laureate novel 1984, the proposal to give oireachtas powers of enquiry was met with concerns and utterances of concern toward proposals of a big brother nature.

As a nation we have been rightly irate and disgusted at the state of proceeding relating to a number of individuals who we considered to have engaged in questionable behaviour whether in relation to finances or otherwise. As such, many expected that this referendum would pass comfortably.

The proposed amendment would have essentially allowed the Dail to bring any individual they wished before any committee of their choosing, on the basis that it would be

in the interest of public good for such to occur. The definition of "General Public Importance" is open to many interpretations, as is the rest of the amendment. It also states it shall be for the house to decide which rights of the person can be conferred in such instances, including right to privacy, a fair trial etc.

Before going any further, there is something deeply worrying about this.

It would not be correct for a fleeting second for those carrying out enquiries into the theft of a packet of chewing gum to decide what rights are allowed to the thief. Therefore for a case of much larger magnitude and gravity we shouldn't have to think twice. It may seem somewhat extreme, but the abuses this system could be left open to is unpredictable. It is upsetting to

think a member of oireachtas, could in theory, hold individuals to account in front of a committee for supposed matters of public importance, while in reality an ulterior vendetta or motives may exist.

Such measures are atypical to those found in a totalitarian society. While there is regular cause for concern and comment about the structure of our society, perhaps we have been quite fortunate that it has been far from totalitarian.

I'm quite surprised at the muted concern this has been met with. What's more, how many individuals ticked "Yes" on polling day without any understanding into the amendment at all? At a very brief summary one may praise such efforts of the government to be seen to be acting in the interests

of transparency and investigation when it is really far from it. If individuals are willing to tick a box for a statement such as the proposed without being fully informed, goodness knows what else could come to fore. Scenes from 1984 or Yevgeny Zamyatin's We come to mind; shall government attempts to regulate the sex trade or use of technology really seek to allow only one hour of sex a week or have every computer have a webcam centrally monitored by Enda Kenny? Unlike the terms and conditions you never read, referenda are serious. Next time, read the small print and inform yourself before accidentally signing yourself up for the Ministry of Truth.

The 30th Amendment could well have paved the way for the government to propogate George Orwellesque notions



Media let Michael D off lightly

James Bradshaw

Michael D. Higgins is 70 years old. He is visibly frail, and his hands were trembling almost continuously during the presidential debates. The presidency is a job that involves a strenuous schedule encompassing various official duties and speaking engagements, not to mention the exhausting state visits. A candidate's age is relevant, as is his or her physical condition. It's no more unreasonable to ask whether a person is too old to be president any more than it is unreasonable to ask whether an obese Garda could chase down a criminal.

Besides which, Higgins was never asked that many questions about his age. Personally, I don't mind having an elderly president, because the presidency is a ceremonial position with few important functions or powers vested in it. De Valera practically slept through his fourteen year term, as did Hillery. Liberals regard Mary Robinson's election and presidency as being hugely symbolic, but the reality is rather different. Robinson got so bored with the role that she bolted

the Áras early to take up a better job; a fact that it often omitted in the hagiographic accounts of the life of Saint Mary.

In fact, Higgins avoided any real media scrutiny, and in that he was unique among the seven candidates, all of whom had their reputations dragged through the mud at one stage or another. And it's not that there wasn't any dirt. Firstly, there was the abortion issue. An irrelevance to the presidency, yes, but no more so than gay marriage, which all the candidates were grilled about. Higgins became noticeably nervous whenever the matter arose, as he drew a large amount of support from older voters, many of whom would have reconsidered their choice had they known more about Higgins' views on that most divisive of issues.

Michael D. was treated as an elder statesman, and as one whose opinions on international relations were to be respected. Yet the diminutive Gaeilgeoir has more than a few skeletons in that closet as well. During the 1980s, he was renowned for his fierce criticism

of Ronald Reagan; whose policies Higgins claimed were likely to lead to world war. On this, the verdict of history is very clear-Reagan's tough approach brought about the collapse of Communism. This spectacular error of judgement didn't come up during the campaign, and neither did Higgins' praise of Fidel Castro, or his public mourning for Yasser Arafat, an exceptionally evil terrorist if ever there were one. All in all, I think it's fair to say that Higgins, for all his self-righteous bluster, is rather ignorant when it comes to global politics.

Higgins won the race fair and square, though the circumstances were such that it is not inaccurate to label him President Michael D. Fault. He got an easy ride from the media though, and the old man can have no complaints about the media's coverage of him. In fact, given how the race ended, a sincere 'thank you' might be in order.

The Case for Piracy

Emma Norris

PIRACY is the unauthorised use or reproduction of another person's work, which is what we do when we download torrents of movies or music albums without paying for them. Piracy is a dirty word nowadays, whether you're for or against it. There's a case to be made for both sides and it seems to boil down to art. Either you think art should be freely available, or you think the artist put a lot of work into their CD or movie, and they deserve to make money from it.

The poverty-stricken student is generally of the opinion that art is not a commodity, but something that should always be accessible by the masses, the ordinary Joe Soaps.

In any case, bands tend to earn most of their revenue from touring and playing gigs. We've often seen that independent bands make little or no money from their CDs – the management usually takes most of the revenue. There are costs involved in making a CD. Recording and distributing music involves costs that are usually covered by the album sales. It's the management moguls who make money from the art of selling CDs, rarely the musicians.

I've asked a few people their opinions on the subject and the general consensus is that piracy is a good thing. People think of music as art, something that should be freely

available, something completely separate from the mundane reality of money and business. Others think that piracy, however dirty the word sounds, has reinvented the music industry - if it weren't for free downloads, new bands would never gain popularity.

It's true that many bands have become successful after gaining a following on MySpace, where music can be streamed and often even downloaded for free.

Smaller bands nowadays realise that the gig is where there is money to be made. It is no longer feasible to rely on album sales to make money because as long as there is Internet, there will be illegal downloading. Bands will have to make a concerted effort during concerts to really engage their fans and make them want to spend another twenty or thirty quid at the next gig.

With all the auto-tuning going on these days, I think it's important that artists show what they're really made of, by playing an amazing live gig. It's so easy to make a bad singer sound good on a CD, so maybe it's cheeky of the industry to expect us to pay money for computerised singing.

FOCAL Sport

15th November 2011Volume XX
Issue 6 FREE

Sports Journalist Eoghan Wallace explains why 2011 was a year for the flankers and number-eights. More on page 32.



Turn the page to read about Carlos Tevez and his commitment issues.

Ireland's Greatest Ever

Robert McNamara, Sports Editor

AS if we needed confirmation. Katie Taylor is now statistically Ireland's most successful sports person. Taylor achieved her fifth European title in as many years in Rotterdam, Holland last month after five gruelling fights in six days. Add this to her three World titles and four European Union titles and there is no doubt who sits at the top of the list of Ireland's greatest sporting achievers. A 10-5 score saw Taylor avenge last year's defeat in the Usti nad Labem Grand Prix in the Czech Republic to Sofya Ochigava of Russia. The hectic schedule in Holland didn't knock Taylor off her stride but she admitted that it was hard to keep up the momentum that led her to the win, "Each day you have to pick yourself up mentally for a new contest and a new challenge, but that's where my preparation and experience comes in."

The Bray woman's form is wonderfully balanced going into the AIBA World Women's Championships in China next May where she will be bidding for her fourth World title and qualification for the London Olympics. She has beaten all the other major flyweights in the run up and will be confident she can take another gold for Ireland before

the 30th Olympiad. "I'll take a few weeks off now and then we'll begin to prepare for the World Championships and Olympics qualifiers. That will be the biggest tournament of my life," she said. Coverage of Taylor's victory was somewhat lost in the events of the weekend in which it took place, the rugby World Cup final and Manchester United's biggest defeat in 50 years took the headlines. A couple of broadsheets did go with the story on the front page but expect to be hearing a lot more about Taylor's exploits before next summer when she will surely be one of the favourites for flyweight boxing gold if all goes well in China in May.

Taylor is also a former Gaelic footballer and captain of the Irish senior ladies soccer team although she has decided to concentrate on boxing, "I love playing for Ireland, and I love soccer, but when it comes down to it I would choose boxing as my number one sport as I'd miss it too much if I wasn't involved." Ron Delany, Eamonn Coghlan, Bernard Dunne, Liam Brady, Roy Keane, Sonia O'Sullivan. You can add Taylor to that illustrious list.



Katie Taylor is aiming for Olympic glory.

All-star awards spark debate

Eoin Scanlon

TOM Humphries once said, no matter how much you know about the GAA you're only a bar stool away from a fella who knows twice as much. Ever since the first official All-Star was handed to Offaly's Damien Martin in 1971, these awards have always proved quarrelsome among supporters.

In the football, last years most contentious issue regarded the absentness in the list of a forward from All-Ireland champions Cork, despite Daniel Goulding clocking up a tally of 1-43 on their way to Sam.

This year, All-Ireland winners Dublin have been lavished with awards, with six All-Stars, and for the second year in a row, the illustrious footballer of the year, given to Alan Brogan. It was a year to remember for keeper

Stephen Cluxton, who picked up his fourth All-Star and will now captain Ireland in the upcoming International series against Australia. Cluxton hit 13 points from placed balls, including the winner in the dying minutes of the final, and conceded just three goals in an incredible season for the Parnell's clubman.

It would have been hard to imagine at the start of the year Donegal winning three All-Stars, more so without

Captain Michael Murphy being one of the recipients. But few can argue against Neill McGee, Karl Lacey and Kevin Cassidy making an appearance in the 15. Cassidy deserves it for scoring the winning point in the All-Ireland semi-final against Kildare alone. Their blanket defence system triumphed, and beat Derry to win the Anglo-Celt cup in the summer.

For the second year in a row, four counties shared the spoils in the hurling All-Star team. Kilkenny, Tipperary, Waterford and Dublin were awarded for their efforts in getting to the semi-final stages of championship.

Supporters of both Clare and Limerick may be left feeling aggrieved from this decision. The latter came to within an inch of beating Waterford in Munster, and narrowly lost to Dublin in the All-Ireland quarters. Declan Hannon scored 28 points in his debut season, Kevin Downes hit 2-1 against



The All-star awards were announced recently and inevitably debate ensued.

Waterford, while Donal O'Grady excelled in the middle of the park, yet each were snubbed in the final 15.

Henry Shefflin and Tommy Walsh now have 19 All-Stars between them, with Michael Fennelly picking up his second, as well as the prized Hurler of the year. Despite a capitulation

against Jackie Tyrrell in the All-Ireland final, Lar Corbett picked up his third All-Star. For an experts opinion on the 2011 All-Stars, visit your local for a pint.

Sport

How calculations and permutations can give you palpitations

Liam Toghher

TRY to imagine me in the living room as the games on the final matchday for Euro 2012 qualification kick off. Ireland's tussle with Armenia is on the telly, but I also have the laptop out to keep track of the other matches. Also, the table is populated by the sports pages, which give the group tables at the start of play, as well as my own hand-written sheet of calculations to provide an instant answer to any 'what if' scenario.

The questions fly around all night: "Are we seeded?", "What happens if France go behind?", "So now who's best runner-up?" The picture changes with each goal. The clumsiness of the Armenia defence in gifting Ireland an opening goal prompts cheering from my housemates and me, but the RTE pundits spend half-time moaning about how terrible the match is and how Ireland won't be seeded. Sorry lads, by my hand-written calculations it turns out we are seeded.

Our half-time conversation is dominated by trying to explain UEFA's wonderfully convoluted system of best runners-up, seeds and non-seeds and the abolition of results against cannon fodder teams in calculating the current state of play. It's nearly a relief to get back to watching the football as our

heads are fried. Cue more cheering when Richard Dunne heads Ireland 2-0 in front, before in typical Irish fashion our defence goes walkabout and Armenia claw a goal back. Straight away the question is raised: "What happens now?"

Don't panic, lads, we're still in a good place. Amidst all the worrying about Ireland, Sweden have only gone and retaken the lead in their game while Portugal are being decked by Denmark, thus raising the possibility of meeting Cristiano Ronaldo and co in the play-offs. Edin Dzeko doesn't help by giving Bosnia a surprise lead in Paris. "Damn ye, France!" comes the shout, but even with our, ahem, friends dropping to second we're still among the top seeds. That hour I spent earlier on calculating each team's record proves time well invested.

It ends 2-1 in Dublin and at least one thing is certain, Ireland WILL be in the play-offs. But still we are focused on scores from elsewhere. Rumours abound on Twitter that we won't be seeded, but I continue to stand by the optimistic view. France draw level and, finally, the last word comes through. Ireland will be seeded. After all that.

Editorial

Sports Editor, Robert McNamara

SO Katie Taylor is now this country's most successful sports person. Taylor has worked her way up from youth boxing to the amateur ranks and now has a shot at an Olympic gold. If she maintains focus, that hasn't ever been a problem for the Bray woman, then all roads lead to London and whatever happens, Taylor has already done enough to ensure she will be more than a footnote in the annals of Irish sporting history.

An interesting talking point has arisen from another Irish success on European soil.

It regarded those thousands of Irish fans who pledge allegiance to English football teams when there are plenty of perfectly good clubs plying their trade on our own soil.

Shamrock Rovers have done incredibly well to reach the Europa League group stages. I was at White Hart Lane for the game against Spurs in September and it must be said that the passion of their fans was truly intoxicating.

Unfortunately for those of us who are enamoured with the charms of a foreign club, there is no gleaning pleasure from this.

In football you just can't help who you fall for and geography plays second fiddle to entertainment, thrills, spills and television accessibility.

Fanaticism for a club lasts a lifetime and outlasts many of the relationships we have in life. It's irrational yet incredibly enjoyable to tie such importance to 22 men chasing a pigs bladder around a field, no matter what country they hail from.

Irish league football does need a shot in the arm though and simply getting out and watching your local team rather than settling down on the couch to watch Hannover 96 versus Schalke in the Bundesliga on ESPN, is a gesture that will get league football moving in the right direction in this country.

The facilities are nowhere near as good as our European neighbours and the standard is not quite what we are used to. But, as Shamrock Rovers have shown recently, there is a template for success and stability there to be exploited if the numerous



clubs in debt can find a way out and the FAI can improve the organisation and infrastructure of the league.

Another topical and rather contentious debate arose after the Manchester derby last month.

Does supporting a perennially poor football team legitimise your support? Do years of crushed hopes and dashed expectations somehow add validity to your experience? I expect Manchester City fans are about to find out.

The Carlos Tevez Saga

Darren Mulryan

FROM the humble backstreets of Buenos Aires to the plush surroundings of Alderley Edge, Carlos Tevez has grafted at his trade to become one of Argentina's top marksmen. Since arriving from South America, Tevez has made a name for himself not only as a world class star but also as one who becomes disillusioned and irritable with familiar surroundings.

Ever since his signing from West Ham to Manchester United, the Argentine has shown the capability to perform with diligence and professionalism. Tevez has all the correct attributes to earn some of that 250,000 a week wage. However, there is a problem not on the pitch but off it. Carlos needs to be in the mood to perform. It is 100 percent or nothing. Perhaps Alex Ferguson spotted something in the Argentine to suggest he has behavioural issues that run deeper than money.

Family man, Father and Husband. All titles in which many footballers hold acclaim. But how long can Tevez keep stealing his son's toys out of the pram? It is unacceptable to treat football clubs with so much dis-loyalty and lack of long term commitment, especially as they pay the forward an absolute fortune. Carlos claimed he never wanted to return to Manchester even for a Holiday when questioned last year on Argentine Radio. He changes his mind more than a roulette player on a case of

Red Bull. Perhaps Kia Joorabchian has executives from Corinthians on speed dial, waiting for the moment Roberto Mancini and Co cracks with the thought of Tevez' never ending strops.

It is time for Tevez to stop playing around and decide where his future lies. He can either decide to earn respect in the football world by pulling on a shirt and grafting despite difficult personal issues. On the other hand, he may decide to continue on the media merry go round until Sheikh Mansour offloads him back to South America. Tevez remains a Manchester City player despite his supposed refusal to come off the bench in the Champions League tie with Bayern Munich. His body language said it all. Slumped in his heated seat, he looked nonchalant, and probably wished he was somewhere else. So why sign a long term contract?

One thing is for sure. Money can buy you many things. It can purchase you a football club and an array of world class players to suit. But it does not buy you team spirit and morale, you need to earn that. Manchester City have improved greatly and are getting deserved recognition. But for Mancini to improve on last year's F.A Cup success he needs to take the trash out. It's time the blue side of Manchester gets rid of this rotted apple before it's too late.



Carlos Tevez is like a post Christmas puppy who can't find a home.

Sport

UL take the points in clash with LIT



Ashley Wood

UL Rugby have started the season well.

University of Limerick Men's Rugby 31-11 Limerick Institute of Technology

This match promised to be a hard fought encounter, with UL out for revenge following L.I.T's victory over UL several weeks ago in the Johnny Moroney cup.

LIT started the game strongest with a fantastic opening 15 minutes and their pressure saw them take a 3-0 lead with Fergal Cassidy slotting over a penalty. Against the run of play UL won a penalty and kicked for the touch. A strong lineout move saw UL build phases which resulted in Michael Dunne battering his way through the LIT defence and scoring. David Evans slotted the conversion coolly which would be the start of a perfect kicking

record for the Kinsale man. UL's indiscipline at the breakdown gave Fergal Cassidy another chance to bring the gap closer and he duly obliged making the score 7-6 with 10 minutes left in the first half. Further indiscipline from both teams resulted in the referee giving a yellow card to 2 players - one to each team. However, both teams failed to capitalise.

The second half started the same as the first with LIT taking the lead thanks to a well taken try from Pat Cussen. It took UL ten minutes to get back into the game with a try from American Joe Savage and a conversion saw UL take a 14-11 lead. The next 10 minutes saw some massive hits which took their toll on both teams and some inspired substitutions by the UL Management made a difference to the game. Paddy Boeeye having a big impact in the scrums

which LIT Dominated. UL took control of the game in the last 20 minutes. Starting in the 22, UL worked their way back up the pitch with big line breaks from Phillip Dowling and Michael Dunne. Out half Cillian Kennedy was controlling the game feeding good ball to both centres - John Maguire and Oisín Cuidithe. Two more tries were to come from UL with Michael Dunne getting in under the posts. This was added to by David Evans, who slotted over a penalty. In the dying minutes of the game Phillip Dowling robbed the ball in UL's 22 and ran the length of the pitch, handing off 2 players en-route before he offloaded to substitute winger Darren Shannon, who finished and secured the bonus point for UL making it 2 wins in a row in Division 1 of the Irish Colleges League.

SPORTS QUIZ

Carlo Sartori

- Who holds the record as being Britain's youngest ever Formula 1 Driver?
- How many holes are there in a ten pin bowling ball?
- In Basketball it's called a Tip Off, in Football a Kick off what is it called in Ice Hockey?
- Constantino Rocca plays which sport?
- Who is the last English born manager to coach an FA Cup winning side?
- In July 2003 Mark Rowe was disqualified at the open, who was his playing partner who was also disqualified?
- Ron Dennis has been the manager for many years of the team behind which Formula One motor racing car?
- When was the last bare-knuckle fight in professional boxing?
- If you were playing darts and got a 'Shanghai' score of 72 with 3 darts which number have you scored on?
- In motoring terms what does OHC stand for?

- Answers**
- Jensen Button
 - 3
 - Face off
 - Golf
 - Joe Royle (1995 - 1858 to 1918 knocked out Jake Kitzrain in 75
 - Jesper Parnevik rounds.
 - McLaren
 - 9, 12
 - It took place in 1889, John L. Sullivan
 - Overhead Camshaft

Ladies GAA Class is in Session round up

Eimear Considine

Fionbarr Thompson

The UL senior team took on NUIG in their first game and were victorious with a score of 6-15 to 5-03.

A great result for their first game out. Against UCC they thrashed out a 3-13 to 3-07 win in a hard fought game where logistics problems meant a late kick off caused by a floodlight malfunction. Well done to the team for keeping their cool and focus on the game. The team resume their playing schedule at UCD where a win will give them a home league semi-final encounter. A match report will appear in the next edition.

The Intermediate team have suffered misfortune in both their games so far this season. Both times out were high scoring games with plenty of action and excitement. A 3-8 to 5-09 loss to AIT was followed by another defeat by NUIG by 5-11 to 8-10.

This side have plenty of attacking prowess however and much is expected of them when championship time comes around. They resume their schedule against CIT.

The Freshers are another UL team who know how to rack up the scores and provide plenty of excitement for spectators. A 4-10 to 3-07 victory over local rivals LIT was followed by an efficient 3-17 to 2-10 win against Mary Immaculate. UL really turned on the style against WIT where they notched eight goals in a wonderful performance. The final score 8-15 to 2-06.

Congrats from UL GAA club to Aisling Leonard, Lorraine Scanlon and Aine Tighe on being nominated for All Stars and again to Aine for winning the golden boot award as top scorer in the intermediate championship and for being nominated as player of the year in the intermediate grade.

UL GAA has issued a call out for all potential goalkeepers, your university needs you. Anyone looking to play football and wants to try as a goal keeper please get in contact with UL Ladies football through the GAA office.

ONE of the first and most important lessons we are taught as we grow up is to never judge a book by its cover. Our parents always told us that looks can be deceiving and that the plainest appearing book can hold inside it tales of fantasy and wonder that capture mind and inspire us greatly.

Take for example third year student Peter McCabe. Having just completed his teaching practice last year and a dedicated student all around, one could be forgiven for overlooking his preferred pastime. Meeting with him this week, I was greeted with an image that epitomised his very existence.

As I approached he sat slumped over his laptop, this seemed to be but the norm for most students in his position, however what was striking was the swollen nose and bruising around his cheek bones. Peter McCabe boasts a very unique skill set, he is a teacher in training and also he is a full-contact Kickboxer and K1 practitioner. This is surely a clash of interests? Not according to Lucan native McCabe. "They're actually quite similar, both take hours of preparation and an ability to control your emotions" he explained.

Fighting out of Dublin's famed Global Kickboxing club under Jimmy Gillan and Jimmy Courtney, Peter has



Being a top sports person takes hours of dedication.

achieved a balance in his life, blending his training and study to gain a better understanding of both. He believes they do in fact complement each other: "The key to both is patience.

Keeping a level head is also very important and is applicable to both." This is a theory that has been proven to work as McCabe is currently in training for the IKF Full Contact Kickboxing Title and also gearing up for the Intervarsity Boxing Competition in which he will fight under the newly formed UL Boxing Club's banner.

The lesson here is that many amateur fighters in Ireland, and indeed the world over, lead these "double lives".

By day they may work or study, but they all share the same desire to spend every spare moment training and trying to grow as fighters.

It's not something most of them choose to be, becoming a fighter finds you and it's very infectious. One can only admire those who dedicate themselves to the disciplined lifestyle that comes with the amateur fighter status.

As Apollo Creed said in Rocky, "Be a thinker, not a stinker!" That is, unless you can do both.

Sports

2011: The Year of the Flanker

Eoghan Wallace

IN a World Cup where none of the world's best fly-halves greatly impressed; Carter, Cooper, Wilkinson and Sexton, among others, were all disappointing for varying reasons, one position did step up and leave their mark on the tournament: the back-row forwards. 2011 was a great World Cup for the flankers and number-eights. Kaino, McCaw, Harinordoquy, Dusautoir, Pocock, Warburton, O'Brien, Schalk and Jacques Burger were all their respective nations' most outstanding players. In the interest of keeping this article tight here's my top five of the tournament.

Richie McCaw: Some dared believe that McCaw was no longer the best openside in the world, but he showed why he's still top dog with some extraordinary performances. He did what was expected of him and brought the All Blacks to World Cup glory, and all that with a screw in his foot.

Imanol Harinordoquy: Despite being quiet in the pool stages; it was in the knockouts where 'Harry Ordinary' was anything but ordinary. He was masterful against England in the quarters. His wonderful performance in the final was only bettered by his compatriot Thierry Dusautoir.

Jerome Kaino: There's a joke in New Zealand saying Superman reads Jerome Kaino comics. The most complete blindside of the tournament.

While McCaw may draw the plaudits it's Kaino who does all the dirty work. A huge tackler and a great ball-carrier Kaino didn't have a single bad game in the competition.

Thierry Dusautoir: Player of the Year for 2011, his performance in the final was reason enough for the accolade, where he cruelly ended up on the losing side. He was immense, leading the French by example and scoring the try which had the whole of New Zealand on a knife's edge.

Sam Warburton: Forget the red card, this man was the reason Wales got to the semis. Outstanding, the most consistent openside of the tournament, Warburton drew criticism before the World Cup for being too young to captain Wales. Now, he's a shoo-in for the captaincy of the Lions in 2013.

And honourable mentions for...
David Pocock: In the game against the Springboks he was outstanding.
Sean O'Brien: Ireland's best player and future superstar. 'In SOB we trust'.
Schalk Burger: The most ferocious blindside in the game.
Jacques Burger: His performance against South Africa was an inspiration. (On a lighter note) Adam Kleeberger's beard: Google it. It's a work of art.



Flankers dominated the rugby World Cup.

NBA and the disappearing season

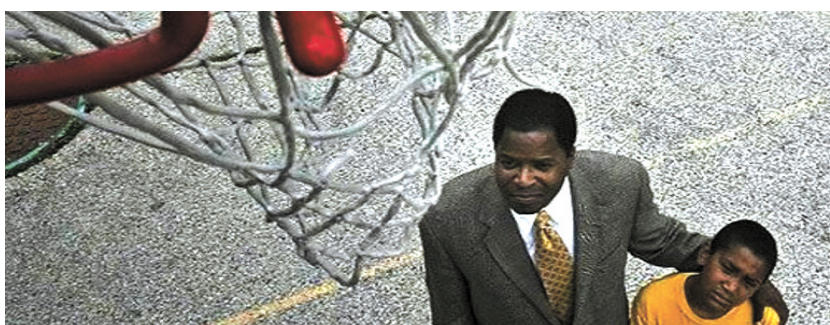
Garry Irwin

LATE October should have seen the opening games in the 2011/12 NBA season. But with the owners and players union still in negotiations it seems like the prospect of a full 82 game season being played is very remote. A shortened season like the one that happened in 1998/99 is still on the cards. That year the season didn't begin until February 5th and the full season consisted of only fifty games.

It has now been confirmed that no games will be played before the end of November, and if an agreement is not penned soon, we might not have any basketball before Christmas or the New Year. The possibility that the whole season could be cancelled is a very real fear for the fans that anxiously await any news of an imminent peace deal being brokered. They remember that in 1999, a deal didn't happen until January. At the moment the owners say they have lost upwards of \$200 million because of the lockout and will lose even more than that with the loss of the November games. They said they are willing to split the revenues fifty/fifty but the players union are holding firm

on their want of fifty two percent. The league say any new offer they give, will have to reflect the losses that they have already incurred. Things do not look to promising between the two parties at the moment to say the least.

If you think the two percent difference is surely not too much ground to make up in the middle, you have to remember that under the last collective bargaining agreement, the players were entitled to take fifty seven percent. But while the owners and players are at loggerheads, it is the fans who suffer. With the hope of an 82 game season all but gone, any season that is salvaged will surely not be as big a crowd puller as in previous years. Is there any point in sticking to your guns on revenue percentages if there is no revenue to split? Night after night, with no games on TV, interest will surely wane on the exploits of millionaire owners and players. The NFL came to its senses and the lockout was ended just in time for the new season to start in full. Hopefully the powers that be in the NBA will see some sense before it's too late.



The NBA season will likely be shortened.

St. Louis Cardinals celebrate improbable World Series victory

Garry Irwin

GOING into the last month of the regular season the Cardinals found themselves ten and a half games back from the hotly fancied Atlanta Braves in the race for the National League sole wildcard spot. But a total collapse from the Braves, who managed just seven wins in their last twenty five games, combined with St. Louis putting together a run of eighteen wins and only eight losses during the whole month of September, three of those wins against the Braves, saw the Cards take up the final playoff position.

Their reward for making the post season was a series against the Phillies where they conceded the home field advantage. But despite being 2-1 down and facing elimination, they overturned the series to win it 3-2, leaving Philadelphia with two vital wins that

stunned the hometown crowd. Next up were the Milwaukee Brewers in the National League Championship Series. These two teams are Central Division rivals and during the 2011 season enjoyed nine wins apiece against each other. With four of the series' seven games being held in the Brewers Busch Stadium, the Cards were cast again as the underdogs. This tag did not phase them as they once again had big wins away from home and took the series 4-2, to advance to their first World Series since 2006. And what a World Series it turned out to be! The Texas Rangers were the beaten finalists from 2010 and had just posted their best regular season record in franchise history going into the series this October. But St. Louis had history on their side; this would be their eighteenth World Series

appearance and would have home field advantage thanks to the All-Star game played in July. What makes the Cards victory improbable was not only that they pinched a playoff berth on the final day, but that they were twice one swing of a bat away from defeat. In Game 6 they were two runs down in the ninth inning and down to their last at bat before tying the game to go into extra innings.

Then found themselves two runs down and down to their last at bat again in the tenth inning. After this second comeback they won the game 10-9 in the eleventh. That they won Game 7 by six runs to two seems like an anticlimax after what came before. But their celebrations will last all winter.



It's the second year in a row that an unfancied side have triumphed at the World Series.

Student Speak

STUDENT SPEAK



This week, intrepid photographer Reiss Barran teams up with your friendly CO Kelly O'Brien to ask students how they're set for the looming exams.

"Fine. Too easy!"

- Emile Kuntz, Philippine Henry, Agathe Villecroze



"Terrible. I'll be alright with some cramming."
- Ruadhán O Feinneadh



"Not OK."
- Ciara Wright



"Grand. Gonna ace them all. I'm fantastic."
- David Hartery



"I'm wearing glasses so I should be OK..."
- Lorna Bogue



"Aw brilliant. Gonna get all A's. I'll be disappointed with any A2's." - Mystery Man #1 - Wins a cinema ticket!



"I'm not really sure yet. Denial seems to be the way to go."
- Dearbhaile Houston



"I dunno, grand?"
- Graham Britchfield



"I'm just gonna look over the notes. SULIS is very helpful."
- Gossi Mangidi



"I'm screwed"
- Maurice Danaher

Lifestyle

A Dating Dilemma?

Emma Hehir

WHAT if he doesn't like me? Will he think I look good in this? What if I say the wrong thing? Dating can be a daunting business, but what happens when you throw in cultural differences on top of the traditional anxieties of dating? While the definition of dating varies from culture to culture, every culture is different and that is what makes inter-cultural dating a diverse and wonderful thing. Anyone who has dated outside of their own cultural background will know that it involves learning about new customs, beliefs, languages and religions. The conventional notion of "dating" can be contributed to the United States where dating is not centered on family and religion but on the basis of attraction. Ricci Smith 21, said: "Dating at home is quite different to here, it is common to date more than one person at a time.

Dating is very relaxed. It's all about figuring out if you really are attracted to that person." Not all cultures practice such an open and liberating attitude towards dating, as religion and family play an important role in the dating rituals of many countries. Less liberating societies such as India continue to practice arranged marriages which limits dating privileges. While this may seem old fashioned and outdated in the Western world it is a respected part of Indian culture. In Ireland, that cheeky smile, flirtatious wink or angry frown can translate an abundance of information on your date's emotions but facial expressions do not offer the same translation in all cultures. While many cultures share common facial expressions such as happiness, sadness, disgust, surprise and fear, there are exceptions to the

rule. In Japan, fear may be interpreted as surprise so a word of warning that fearful face you don when he pops the question may be mistaken for the look of a pleasant surprise. Americans view kissing on the first date as a casual part of dating but in France kissing is considered a very important step to a serious relationship. With such different views on kissing out there it is advisable to be mindful of cultural diversity before diving in for that first kiss - no one wants a kiss to end in a proposal for a serious relationship.

Dating processes certainly differ from culture to culture but that's what dating is all about, learning about new and exciting things. Just remember to understand these differences to avoid embarrassing and confusing situations from arising.



When cultures collide...

Bad-Influence Barbie

Amy Grimes

EARLIER this month, a tattooed Barbie was released by Tokidoki, an alternative American designer, in collaboration with Mattel. The doll in question has pink hair, leopard print leggings and a range of tattoos on her back, chest and arms. A point many people seem to be missing is that she also comes with a cute little dog named, wait for it, Bastardino. So it might be obvious that this doll isn't meant for kids. In fact, Mattel has stated that the doll is intended as a collectible. It's something cool to look at and for obsessed collectors to display in mint condition for the next 50 years, with a \$50 price tag to reflect this. Designers issue collector's versions of the doll all the time, normally they're not so worthy of outrage. One of my favourite comments from a "concerned parent" that's been mentioned in a lot of blogs is: "Is someone on drugs at Mattel???" Can't really believe this at all! Why don't they make a suicide Barbie, complete with rope and gun!"

Look, if you're going to complain about Barbie, there's already a lot to work with, I mean, she can't even hold down a steady job, one month

she's a vet, the next an architect! If a child sees this particular version of the doll and is immediately inspired to go out and get some serious ink, by that logic they should also aspire to have a disproportionate waist, plastic hair and deformed feet. To some degree that's already a reality, there are many women famous for being "real-life" Barbies and that's far more worrying. These people are seriously underestimating the intelligence of your average 7-year-old, and that's saying something.

Many of the parents complaining about the doll seem to think tattoos indicate some deep level of moral corruption. They seem to be disregarding the fact that Barbie is synonymous with an unachievable beauty ideal when perhaps they should be encouraging some diversity in appearance. I'd like to show these parents the art of Mariel Clayton, a photographer who puts Barbie in scenes straight out of a horror movie. It's refreshing to see a boring cultural icon put in new situations, even if that just means making Barbie a little bit of a rock-chick with bad taste.



Barbie gone bad

Inside Enriched Food

Roisin Burke

ARE enriched foods really richer than normal foods? And do we make use of the vitamins put back in foods after processing?

Firstly, there is a difference between enriched and fortified as I recently found out. The reason for enriching foods is due to the method of food processing which strips food of natural nutrients. Enriching is artificially putting back the nutrients lost in the food production.

Fortified is when nutrients are added in for no reason. Soon there will be fortified chocolate: Vita-Choc. It's only a matter of time...

It's a debate as old as organic vs. regular. Are organic vegetables better than normal? Is enriched food better than standard? Sure, there are more nutrients, but studies show they can't be absorbed because of the artificial processing so what's the point? Is it just adding price to the package? Is it a case of thinking you are healthier and feeling healthier?

Is it a superficial trend that will soon come to an end? One thing is certain, we need the nutrients and the best way to get them is first time round, but if that is not possible, and you are at need for nutrients, the next best thing is the enriched and fortified route. Sure, they may not be absorbed in the same amount but they are better than nothing and the alternative is to eat foods with less nutritional value.

There is a lot of talk and concern about whether or not the nutrients can be absorbed in their artificial state but it's a bit like the lottery, if you are not in, you cannot win!

It is better to have them in food and possibly being absorbed and doing the body good than absent from the food and definitely not benefitting the body in any way except on a calorie level. Enriched foods are not the great god-sends the snazzy packaging would have you believe, but they are beneficial and possibly good for you. So the real question is, what's the harm in trying it?



Is enriched food really good for you?

Lifestyle

This is a Man's World?

Jessica Leen

PLAYBOY, founded by Hugh Hefner in 1953, is described in Wikipedia as being "an American men's magazine". Is it really though? It's my understanding that whilst Hugh and some of the team behind the scenes are male, it is the women that are the power behind the page. The women of Playboy are, to some, an exhibition of what girls should not be portrayed to the world as being; sex icons. But have these people opened their minds to the true extent of meaning behind this modern art form? The Birth of Venus is probably one of Sandro Botticelli's most famous works in which he paints Venus, the goddess of love, standing nude on an open seashell with her long, flowing, golden locks draped around her exposed skin.

The year 1486 was not as acquainted with liberal art as is presumably the 21st century, yet Botticelli's creation was viewed as symbolic of the beauty of love and the power of a woman. Should this not be the way we approach our opinions of the work and reputations of the Playboy elite? These women's reputations are nothing to discolour. Marilyn Monroe was Playboys very first Sweetheart of the Month in December 2003 and to this day she remains one of the most iconic women of all time. To accuse modern Playboy

models of being misleading examples of the role of women would be, in my opinion, to tarnish the longstanding reign of Ms Monroe. Though the male brain is factually larger in size than the female brain, it has been proven that women can function equally well in both hemispheres, unlike our male counterparts who tend to be more left-hand side orientated. Where we may acknowledge their difference in superior strengths to ours, I must also acknowledge the different way we view the women of the Playboy Empire; icon or eye candy? Maybe there are some vital thinking skills on the right hand side of the human brain that work in everyone's favour. Money for us, magazines for them!

There seems to be no common ground for modern judgement of the naked body. We all know what's underneath our clothes, but does the bare-all masterpiece of Botticelli's Venus really come with a different message to the Playboy magazine Christmas special centrefold? Renaissance brush strokes and paint texture may differ to the high-resolution graphics of a multi-million dollar earning publication, but at the end of the day who are we looking at?



Hugh Hefner, founder of Playboy



GINGERGIRL'S FOOD UL LOVE...

Helen Keown, Food Columnist

FISH cakes are a great way to use up any leftover fish or mashed potatoes. Use whatever fish you prefer - don't forget we have a fabulous new fish stall at UL Farmers' Market. Mike will be only too happy to advise you on fish combinations.

Fishcakes with homemade tartare sauce

- 300g of poached fish, I like salmon and haddock
- 250g of mashed potato
- 1 red pepper, diced
- 2 scallions finely chopped
- Half a red chilli, deseeded and finely chopped
- The juice of half a lemon
- Salt and freshly ground black pepper
- 1 egg yolk
- Flour for coating
- Fresh coriander

In a large bowl, mix the mashed potato and fish - this may prove to be heavy work so it's best to use your hands.

In a frying pan, add the olive oil and gently fry the scallions, chilli and peppers until soft. Stir the pepper mix into the fish and potato, add the lemon juice and season well. Add the egg yolk to bind the mixture.

Divide the mix into eight or ten balls and flatten with your hand. Dip the fish cakes into a bowl of seasoned flour and shake off any excess flour as you flip the cakes between your hands.

Place the frying pan back on a medium heat, add olive oil and fry the fish cakes, turning until golden brown. Serve with a bowl of tartare sauce (see below) and some lemon wedges. Yum!

Tartare Sauce: Roughly chop six gherkins, a handful of capers and two tablespoons of chopped dill.

Place in a bowl and add five tablespoons of mayonnaise. Season with fresh black ground pepper and chill before serving.

Helen's produce is available nationwide from independent food emporiums and at UL Farmer's Market where you can also purchase her range of breads and chocolate brownies.

Helen also writes a weekly food column for the Limerick Leader and the Limerick Chronicle and is Spin Southwest's resident "foodie".

Want some cooking advice and tips?

Email helen@gingergirl.ie

For a chance to win some delicious gingergirl produce and avail of special offers, follow gingergirl on Twitter ([gingergirlfood](https://twitter.com/gingergirlfood)) or on facebook ([gingergirl](https://www.facebook.com/gingergirl)).

THE BEAUTY COLUMN

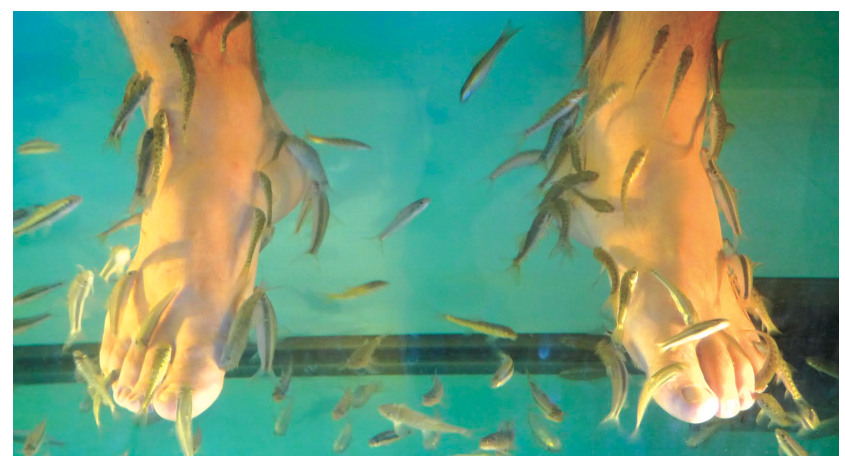
Roisin Curran, Beauty Columnist

It's a bit fishy...

I'M sure by now most of you have heard of the fish spa. If you have, or if you're reading about it here intrigued and want to partake, then let me warn you. You could easily be contracting a disease the minute you put your feet into the tank.

This craze has swept from across the world, it came from Turkey, stopped briefly on an episode of Ugly Betty and hit the high street (including our own Limerick City) with a plunge. These little fish, called Garra Rufa, eat the dead or infected skin of a person's foot. It is sometimes popular among people who have eczema or psoriasis, not that it's a recommended medical treatment. It seemed amazing that putting your feet into a tank of water filled with tiny little flesh-eating fish left your feet supple. And personally,

I cheered for joy when I saw such a salon come to Limerick. But then I asked myself, and now I am asking you, would you use a treatment that has been banned in 14 states in the USA? Standard regulation in all salons is that they must sanitise or throw out tools after being used on a patient. But in this case you can't exactly sanitise the fish and their too expensive to throw away. For all you know, you could be letting fish chomp away at your skin when they've just been chomping on an infected foot. Most fish spa's will check and inspect the feet of patients, but who's to say they're 100% legit? What disease one man had on his foot you could be getting on yours. Currently the Health Protection Agency is investigating the treatment and sanity risks. But until the filed report is released, I'm not risking my own feet to find out.



Are you dunking your feet in danger?

Fashion

A Long, Long Way from Hogwarts

Emma Norris

EMMA Watson was launched into the public stratosphere at the age of 11 when she starred as Hermione Granger in 'Harry Potter and the Philosopher's Stone'.

At the premiere of the first of the magical movies, Watson sported a full length grey, denim dress with lavender python boots and a marabou boa, a million miles away from her current status as Vogue cover girl and fashion icon!

She told 'Teen Vogue' that she opts not to use stylists because "there's nothing interesting about looking perfect", but it's been a long time since Emma has been seen looking less than perfect.

She is rarely photographed in anything but Chanel, Burberry, Christopher Kane and Louis Vuitton. At 21, Emma has a worthy movie

career behind her, a contract with Burberry, and a couple of fashion shoots with just about every glossy magazine out there.

She also has a fashion line with People Tree and a role as the face of Lancôme. In May of this year, she was voted the Best Dressed Woman 2011 by Glamour Magazine, and in February, she was presented with the Style Icon Award at ELLE's Style Awards. Emma is no longer frizzy-haired Hermione Granger, she is a bona fide fashionista.

But it's safe to say that Watson was not born a fashion icon: she has grown into her style after dabbling in every trend known to fashion-kind. From bohemian to vamp, she has tried 'em all, some with more success than others.

She has perfected the porcelain doll look: pretty dresses and red lips. She has a delicate face that was made for ethereal photo shoots. Her Burberry shoots in 2009 and 2010 are stunning with smoky eyes and a serious expression on her face.

She has an air of confidence about her that means she can pull off every outfit she's given, even if

some of them seem too old for her petite frame. Her natural beauty and modern edge make her just right for the campaign, according to Burberry exec, Christopher Bailey.

Equally as desirable is her festival look. She fits right in at the star-studded Glastonbury music festival in 2010 with a Louis Vuitton corset, denim cut off jeans and a relaxed, messy side plait, complete with khaki green wellies.

In August 2010, she stepped out from under the style shadow of Hermione Granger for the last time with a new, much talked-about elfin crop and on to the December issue of Vogue. The sixties-inspired crop, she says, has encouraged her to be braver with her make-up, whether that's working a natural, nude make-up look, or embellishing with dark lips and dramatic eyes.

Her passion for fashion, her natural beauty, and her killer wardrobe: I'm inspired. And incredibly jealous.



Emma Watson in one of her many ad campaigns.

The Original Factory Girl The Highs and Lows of Fashion

Emily Mare, Fashion Editor

IT'S not often that women are so famous for just their beauty, even models claim that their campaigns, runway walks, behaviour and general demeanour have just as much of a part as their face does. But one woman above all others has managed to create one of the most famous names in fashion, music and art history by just a face, and what it inspired. A woman that has been linked to men as famous as Bob Dylan and Andy Warhol and inspired songs, movies and artwork. We're talking, of course, about Edie Sedgwick.

The famous muse had a troubled childhood and from this grew a tormented, innocent beauty that couldn't be rivalled. She brought effortless glamour and style to the 60s with chandelier earrings and black kohl eyeliner, and this sense of fashion and the fact that she embodied style itself, brought her fame a lot more than her modelling and acting.

Many women have portrayed her and tried to act out her story, including Sienna Miller, but have never been able

to capsule Sedgwick's life and beauty. Not only was she a stylish person but she was a trendsetter too. Living in Manhattan, her outfits were quite risqué even for them, and she wore a lot of leotards, mini-dresses and newsboy caps. Sedgwick had a very rebellious aura about her, even in her style. She created a look that snubbed her old money roots and was very bohemian, something that wouldn't have been appreciated in her family. Likewise, she modelled for Vogue as a profile on her as a 'youthquaker', but unlike most of the other models that they use she was never considered part of the Vogue family, due to her excessive drug use and erratic behaviour.

Andy Warhol credited Sedgwick for inventing the mini-skirt in 'The Philosophy of Andy Warhol: From A to B and Back Again', creating a character called Taxi, based on Sedgwick, stating that she wanted to prove to her family back in Charleston that she could live on nothing. This feeble masking of the person he was really writing about was

seen as a huge middle finger to her family who had, in her eyes, destroyed her childhood. She liked to wear long dresses with bare feet and leotards and ballet tights as proper outfits, and this type of bohemian living was seen as a major rebellion towards her former uptown lifestyle.

In 1971, she appeared to have turned her life around, she was married to Michael Post and had stopped drinking and reduced the drugs. On November 15, she attended a Santa Barbara fashion show which was to be her last even public appearance. The next morning, November 16, she was found dead, at the tender age of 28.

Her legacy was not her unhappy private life though, but her idiosyncrasy and her love for beauty. John Galliano, who had a 2005 show influenced by her, said, "Edie danced to her own tune and I imagine, this is what inspired Warhol and Dylan as much as it did me...she created her own identity".

Emma Hehir

ECCENTRIC runway outfits, elegant cocktails dresses, vintage handbags or comfy tracksuits, we all envision and define the world of fashion differently. For some, fashion is all about big names such as Prada, Chanel and Versace, while for others; it's about understated pieces that add a hint of sophistication to an outfit. Yes, we all think about fashion differently, but one thing we can agree on is how deeply engrained fashion is in society.

Love it or hate it, the significance of the fashion world on today's society is inescapable even by the most reluctant of fashionistas. Fashion is no longer about flouncy materials or in season colours, it has evolved into a form of art which we all can identify with, an art which we present from day to day emphasising our personality, reflecting our imagination and encouraging us along our way.

While some might say that this is an overly ambitious viewpoint of fashion, I beg to differ. Whether you love to don the latest fashion trend or sport your own personalized look, fashion has become a form of art that mirrors personality and charisma.

What we choose to wear reflects not only our personal style but also our individual character. Bohemian or chic, gothic or emo, fashion is all about statements. We choose to wear certain trends to reflect the kind of person we want to be and want others to see. This may not seem all positive, but if recreating that current fashion trend gives your confidence a much needed boost, I say why not? The enchanting nature of fashion is staggering. From flicking through a

fashion magazine in the doctor's office to watching the latest trends from New York Fashion Week, we all get a little bit of satisfaction from the glamour and eccentrics of the fashion industry. Sauntering through the shops in search of the latest trend or a unique design is a crusade we all indulge in and may well be considered the fashion world's solution to those dreaded winter blues. The pleasure that can be sought from purchasing a cosy winter jacket or a new pair of boots is undeniable even by those who claim not to advocate the worlds increasing reliance on fashion.

Then there is the sentimental side to fashion, a side at which reminds you of those cringe worthy memories and disastrous style moments that plagued your youth. With trends changing from week to week, the dodgy bob and flared jeans era seems like a distant memory, yet it is funny how those purple low rising trousers buried at the back of a wardrobe spark amusing and bewildering memories of a youth which at times would be best forgotten.

And yet despite the allure of the fashion world and the enjoyment it can bring us the age old debate still rages, is fashion really ethical?

Well I say that is all down to personal opinion, but with designers now embracing eco-friendly fabric and ethical manufacturing like never before, we can all rest assured that there is a space for everyone to enjoy the art of fashion.



MUSE EDIE SEDGWICK WITH ARTIST ANDY WARHOL

Fashion



John Galliano, the disgraced creative director of Dior.

This Fortnight in Fashion History

Marguerite Happe

1914.

EMILIO Pucci, a Florentine fashion designer and politician, is born in Florence to one of Florence's oldest noble families.

Pucci's clothes mostly featured extremely colorful and swirling prints and fabrics, and continue to be sold worldwide in boutiques and department stores.

1960.

The world-famous John Galliano is born on November 28 in Gibraltar. Galliano was the head designer of French haute couture fashion houses Givenchy and subsequently moved to Dior where he worked until June 2011.

On September 8, 2011, Galliano was found guilty of making anti-Semitic remarks, an offence in France, and was sentenced to a fine of 6,000 euro by a French court.

1985.

American fashion designer Christian Siriano is born on November 18 in Annapolis, Maryland. Siriano achieved his design chops after winning the fourth season of the hit TV show, Project Runway.

He was the youngest winner in the history of the show. Soon after winning, he launched his fashion line, creatively named Christian Siriano.

1985.

Gia Johnson-Singh, a British fashion model best known for her appearances in Vogue, is born in London. Singh, who has been named one of India's 50 Most Beautiful People by Femina, is a strong presence on Indian catwalks, especially for Lakme Fashion Week and FDIC Fashion week.

2002.

On November 26, supermodel Gisele Bündchen speaks out about the importance of not wearing fur, saying "I love animals, I would never have a mink coat...now I want to meet the protesters and do whatever I can to save the animals" after meeting PETA protesters.

2004.

Karl Lagerfeld declares that he will never work with H&M again after his previous collaboration with them.

Lagerfeld believed that H&M's ability to produce the necessary number of clothes was "snobbery" and "poor management".

2007.

Donna Karan signs Kate Moss for her spring/summer campaign on November 19.

"The clothes don't wear her, she wears the clothes...she's wild and sexy and someone who has the energy to hang out in the streets, to dance..." said Karan, in praise of Moss.

2009.

South Korean fashion model and blogger Daul Kim commits suicide at the age of 20 on November 19. Daul, a model for H&M, Gap, Chanel, and Topshop struggled with self-mutilation and depression until eventually hanging herself in her Paris apartment.

Slaves to Fashion

Barbara Ross

FOOT binding was the Chinese custom of narrowing the feet to make women more beautiful, feminine and dainty. Binding usually started during the winter months between the ages of two and five, so that the feet were numb, and the pain not as extreme. Each foot was soaked in a warm mixture of herbs and animal blood to soften the foot.

To enable the size of the feet to be reduced to the desirable 3 inches, the toes were curled under, then pressed down and squeezed into the sole of the foot until they broke. The foot was then pulled down straight, the arch forcibly broken. The girl had to stand and walk on her freshly broken and bound feet to further crush them into shape. As the wet bandages dried, they constricted, making the binding even tighter.

Victorian corsets were worn tightly laced to achieve a slim waist. The shape of the ribcage was forcibly altered by the corset. Wearing a corset also changed the bustline, raising the breasts upwards and shaping them, flattening the stomach, and improving posture. Excessive corset wearing weakened certain muscles, making it more difficult to maintain posture without one. Corsets were first worn by the Minoans of Crete and were designed to turn the torso into the fashionable cylindrical shape narrowing the waist. Tightlacing was ordinary fashion taken to an extreme. Coinciding with the popularity of corset wearing was corset punishment which was used as

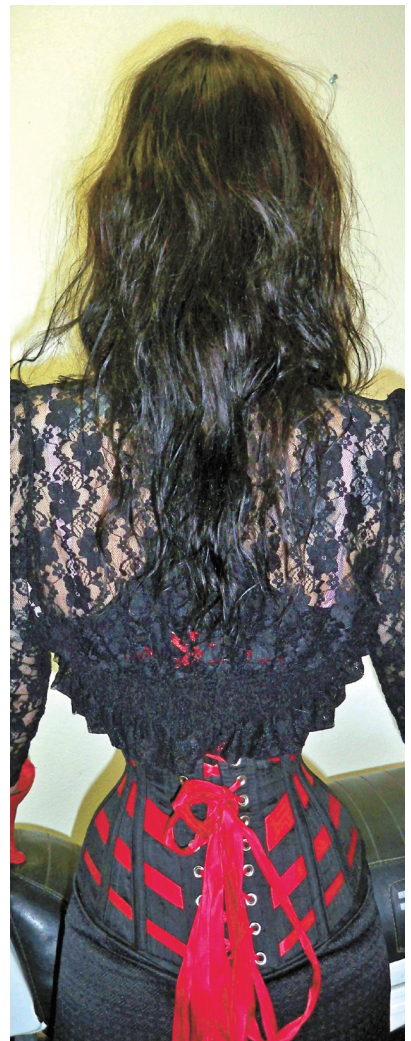
a method to control the wearer who would be unable to run, breath heavily, or eat too much while tightlaced.

Some African tribes are renowned for wearing neck rings, even today. Brass coils are placed around the neck lengthening it. These coils are first applied to young girls when they are around five years old. Each coil is replaced with longer coil, as the weight of the brass pushes the collar bone down and compresses the rib cage.

Contrary to popular belief, the neck is not actually lengthened; the illusion of a stretched neck is created by the deformation of the clavicle. The rings are seldom removed, as the coiling and uncoiling is a lengthy procedure. They are usually only removed to be replaced by a new or longer set of coils.

Modern culture takes a less extreme and permanent approach to fashion trends compared to those fashionistas of the past. Wearing different styles of clothing and dying hair expresses individuality in a much less lasting way, allowing for changes in trends to be more accessible. Make-up, fake nails, false eyelashes and piercings make up the bulk of what the majority of women will now do for fashion.

Suffering to the extreme for fashion may have faded into the past but it seems that this tradition is ingrained in us through our ancestors and fellow fashion lovers.



Victorian corsetry brought to life.

A Tribute to Norma

Louise Harrison

MARILYN Monroe's iconic image is one of legend.

The voluptuous platinum blonde with her beauty mark, red lipstick, white pleated halter neck dress that billows as she stands over a subway grate, is possibly the most loved and known representation of a movie star that has ever been made, and forever it will stay. Monroe is the poster girl of old Hollywood, her curvy figure and daring fashion sense set her apart from other willowy actresses of her time.

Her style received varied reaction as she pushed the boundaries of social acceptance of a conservative post-war 1950's society and squeezed her size 16 curves into skin tight dresses, plunging necklines, strapless gowns, skimpy shorts and tight skirts. Monroe grew into and embraced the persona created for her by 20th Century Fox of the sexy blonde bombshell.

Throughout her career she was both hailed and criticized for her sensual look. However, Norma Jean Mortenson, raised Baker and later Marilyn Monroe, began life as a brunette. In 1944 she joined the Blue Book Modelling Agency, dyed her hair blonde and immediately landed magazine covers and editorials throughout the country.

Two years later, she was signed by 20th Century Fox and groomed into the Marilyn Monroe persona. 'Gentlemen Prefer Blondes' was her first big role where she wore a memorable vibrant



Marilyn Monroe, one of the most famous fashion icons in history

pink satin figure hugging gown. Inspired by Jean Harlow, Monroe always drew attention to her curvy figure. Aware of her growing reputation as a sex symbol, she appeared on the first cover of Playboy in 1953. In the same year, she was also photographed

wearing a halter-neck polka dot dress while impressing her handprints at Grauman's Chinese theatre.

In 1954 she appeared in the white halter neck in the famous scene from The Seven Year Itch and she wore an understated but glamorous dark shift dress while announcing her divorce from Joe DiMaggio.

In 1955 Monroe was photographed wearing a sexy but classic black spaghetti strap dress while having drinks with Sammy Davis Jr. She enjoyed wearing beige, black and cream, but preferred white. She loved to wear fur coats and her favourite designer was Emilio Pucci. In this year, the beautiful star also formed Marilyn Monroe Productions.

However, in 1959, unable to shake her dumb blonde persona, she re-negotiated a contract with 20th Century Fox and starred in Some Like It Hot, where she wore her most sexy see-through dress with tassels strategically placed.

In one of her most famous moments, Monroe sang happy birthday to President Kennedy in a dress that gave the illusion of nudity which she had to be sewn in to minutes before going on stage. It consisted of around 2,500 rhinestones.

Marilyn Monroe's image and style still inspire and fascinate, she is forever young in history as she died at the early age of 36. She was a fashion icon that will never be forgotten, emulated by many but unequalled as the original "Blonde Bombshell".

Puzzle Page

The Cross-focal

Across

- 1. Jan van ____, Flemish painter
- 5. Org.
- 10. Pilgrim to Mecca
- 14. Word repeated before "pants on fire"
- 15. Popular pipe cleaner
- 16. "Two Mules for Sister ____" (1970 film)
- 17. English racing site
- 19. Person with a handle
- 20. ____ quarter (refuse mercy)
- 21. Topsy and then some
- 23. Being-to-be
- 26. 1040 months
- 27. "Ay" follower in Hamlet's famous soliloquy
- 32. ____ and cry (public clamor)
- 33. 1986 Indy champ Bobby
- 34. They may be harrowing
- 38. Norse god, stepson of Thor
- 40. Thwarts

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
20						21			22			
23			24	25		26						
27	28	29				30	31					
32			33					34		35	36	37
38			39	40				41		42		
43			44	45				46		47		
48			49							50		
51	52	53				54						
55						56	57		58	59	60	61
62				63			64	65				
66				67						68		
69				70								71

Down

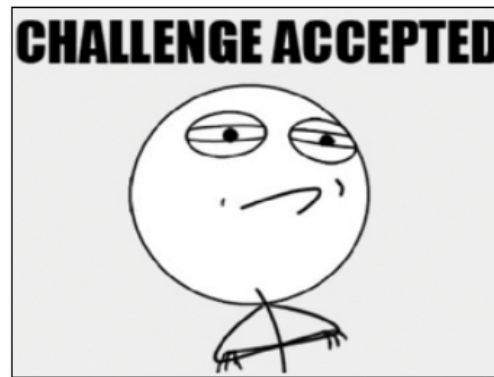
- 1. Ancient Greek city
- 2. Small dogs' cries
- 3. Vineyard container
- 4. Stockholm cash
- 5. Contribute to the conversation
- 6. Sign at a sellout
- 7. Cut at the mill
- 8. ____ account: never
- 9. Hepburn, to Tracy
- 10. ____ acid: vitamin C
- 11. Jewish teacher
- 12. Tottering
- 13. U.K. court types
- 18. Shaker, possibly
- 22. K.P. unit
- 24. American military branch: Abbr.
- 25. Ore. peak
- 27. Therefore
- 28. ____-Hoop (kids' toy)
- 29. Skinny swimmers
- 30. Distance runner Gebrselassie who won the Olympic 10,000m in 1996 and 2000
- 31. Barkin and DeGeneres
- 35. Living room centerpiece
- 36. Network that covers the N.Y.S.E.
- 37. Fit of pique
- 39. Rogaine, it's claimed
- 41. Silk: Fr.
- 44. Tallow component
- 46. Cobalt glass colorer
- 49. Uses a wood
- 50. Ersatz opening
- 51. Saucer-shaped bells
- 52. "... ____ rivulet of text...": Sheridan
- 53. "... ____ I bud again": Herbert
- 56. Price paid
- 57. Nevada Pony Express stop
- 59. Verb accompanier
- 60. Hill you might drive a buggy over
- 61. Gives a "Jeopardy!" response
- 64. Former Mideast confed.
- 65. Use a crowbar

Arrow Word

US TV celebrity, -- Winfrey	Opposite in effect	Fly without engines	Slipped	Booth	Mischievous child	Actress, -- Windsor	Man-eating giant
Pooh's friend				Criminal boss? (2,3)			
Charity (inits)			European mountain		Greek fable writer		Candidate
Raring to go!			Deep in thought	Electrical unit	Rule Britannia composer		
		Inactive drug					Consume
Cast off	Back part			Policy reversal (1-4)	Not different		
Humorous tale	Be short of	Teapot cover	Ecstasy				
					Gasp for breath		
Acquires	Stepped	Make well			Fix firmly	TV tycoon, -- Paphitis	Improvised jazz singing
		Burns (after death)					
Rehearsal (3,3)				Little too quick	Wry		Matures
TV sitcom (2-2-2)	Goran --, tennis player	Age, epoch	Brave lady	Ivy			
				Deft			
Herald's jacket	Pong!				Corrosive compound	Australian marsupial	Extent downwards
				Chatted			
Sticky	Health resort	Eric --, Man Utd legend	Violent tropical storm				
				Grubbier	Park warden	Poisonous snake	
From Madrid?						Dripping wet	Alarm
				No matter which	Decorative band		
Not as fat	Hard knock	Argentine dance				Cane spirit	Public transport vehicle
Domestic task					Seize suddenly		
			Small spot on a potato		Religious teacher		
Ultra-sound test	Couple			Verses			



Do you have what it takes?



Submit your very own Rage Comic today and you could win a pair of Storm cinema tickets!

Submit comics to kelly.obrien@ul.ie

Easy Sudoku

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

Medium Sudoku

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

Hard Sudoku

8							9	2
1	5	9		7				
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Turn to page 17 for Ann Styles' review of latest Ryan Gosling flick, *The Ides of March*

15th November 2011

Issue 6 FREE
Volume XX

A Little Bit Strange

Emma Norris

IN time for Halloween, Iceland's native Björk (not to be confused with ABBA's Bjorn) released her eighth album, 'Biophilia'. Thematically, it's about nature and science.

"Virus" is a love song about a virus and a cell falling in love and documents their "destructive" relationship. The album is the first to come as part of a series of apps with each of the ten songs corresponds to an app which allows users to explore the songs on different levels. The album will still exist in CD and iTunes store format. Ultimately though, it's the songs themselves that define an album, not the gimmicks that go with it. Surprisingly, 'Biophilia' delivers.

At first, the album just sounds like a lesson in science. For the first couple of listens, the only positive thing I could think to say about Björk's latest delve into the bizarre was that it would come in really handy if you were studying for a physics exam. The repetitive refrain of Crystalline ("Internal nebula / Crystalline / Rocks growing slow-mo / Crystalline") teaches us something. However, I am an English student, so whatever it does teach us goes right over my head. (Did you know that "As fast as your fingernail grows, the Atlantic ridge drifts?" Björk taught me that.) The general vibe of the album is like the 3AM playlist of a local radio station. If you turn the volume

down, you can appreciate the strange and quiet sleepiness of it and I think that's Biophilia's redeeming feature.

After six plays of the album, I began to understand what it was about, if not lyrically, then definitely musically. I like to be able to relate to an album and usually it's the lyrics that reel me in. For me, this album doesn't offer much in the line of emotions (unless you happen to be really passionate about science) but musically, the synth beats and Björk's distinctive voice make this album worthwhile.

I want to be a Björk fan. I want to be the type of person who likes Björk, who 'gets' weird music. But I like "It's Oh So Quiet" and that's about as far my relationship with Björk's goes, but even I have to admit that 'Biophilia' is a great album. If you're a Björk fan, you'll like it.

If you're into mainstream music, you probably won't. But if you're interested in listening to something a little bit different, do give this album a go. It'll take a couple of listens but 'Biophilia' will grow on you (not unlike mould or the very crystals that Björk sings about).



It'll take a couple of listens but 'Biophilia' will grow on you.

Drama Soc fully revived with first full-length comedy

Jason Kennedy

LAST week, Drama Soc proved that they could pull off of a full-length comedy. It was the first time in a very long time that the society tried to do

something like that and with some great performances by the cast, they proved that the society is incredibly versatile. The society's performance of

'Allo 'Allo was well attended on its opening night. The play is based on the hit UK television show and follows the life of Rene, the hapless cafe owner in

war-torn occupied France, as he and his wife Edith struggle to keep for themselves a priceless portrait stolen by the Nazis and kept in a sausage in their cellar.

The actor who played Rene was the perfect fit. Whenever something unplanned happened, he acknowledged it with his improvisation skills, which the audience most definitely appreciated.

Despite the fact that the character was having an affair with two of his employees, the actor was intensely likable and made the character his own. Also very impressive was Dan

Mortell, who played one of the head Nazis in the play. His more than occasional bellows of "Heil" left nearly everyone in the front row jumping from the fright of his booming voice and then laughing afterwards.

Overall, the ensemble was quite impressive. There was no one who stood out for the wrong reasons and there seemed to be a good rapport between all of them. The only blunders that were noticeable were a few actors had to be advised of their lines from the side and the lights went on a little bit early when some of the crew were still

preparing the set for the next scene. It was evident that co-directors Tighearnan Noonan and Martin Kehoe put a lot of effort into the production over the nine weeks of rehearsals and it seemed to pay off on the night, and for only €4, you couldn't go wrong for two hours of entertainment.

Over the last year, the drama society has been going from strength to strength, so it will be interesting to see what they bring out next semester.

Arts & Ents

There's No Justice Anymore

Jack Brolly

JUSTICE'S debut was powerful house music that roused a primal instinct within you to dance.

Now they've released a follow up in the form of 'Audio, Video, Disco'. They have described this as "daytime music" and their debut was a "darker" effort. This is most certainly true. Here Justice's sound has become more light

and doesn't have the heavy hits of the first. It serves more as an airy walk through Justice's attempt at rock.

From "Horsepower", the album's opener, to "Parade" the guitars sound like they are being run through an NES. '80s style sequencers and synths whirl in the background with some nice baselines and the guitars provide the melodies over the top. Bands like Ratatat have succeeded with this attempt but Justice have fallen short.

There's nothing here that gets you going and after listening to any track, you'll almost instantly forget it. On

"New Lands" and "Helix" they get rid of the synthesizers and synth infused guitars and replace them with, well, regular guitars. These two songs are basically straight up rock. "New Lands" does it well; "Helix" on the other hand is another forgettable song. The references are sincere but are not as well executed as they should be. The album has hints of glam, prog, and hard rock. 'Audio, Visual, Disco' is the only song on the album that even captures a hint of their former selves. "On 'n' On" is another good song that sounds like a homage to Yes.

Overall, this album just isn't as good as their first. It's easy to see what they were trying to achieve but they stripped away everything that makes their sound so great.

When I pick up a Justice album I expect disco house tracks that you could dance the night away to. If I wanted a rock album, I'd buy one. Just when you think 'Audio, Video, Disco' is going to take off and soar to the heights of their debut, it doesn't. It keeps its feet firmly on the ground.



Gaspard Augé and Xavier de Rosnay

Diving into Youth Lagoon

Lisa Kilkenny

'THE Year of Hibernation' is the first record from Trevor Powers, a 22-year-old student from Boise, Idaho. The album, aptly named after Powers took a month off from college, recording the entire album in his bedroom studio which gives the record an intimate sound teamed with confessional lyrics and a dream pop feel.

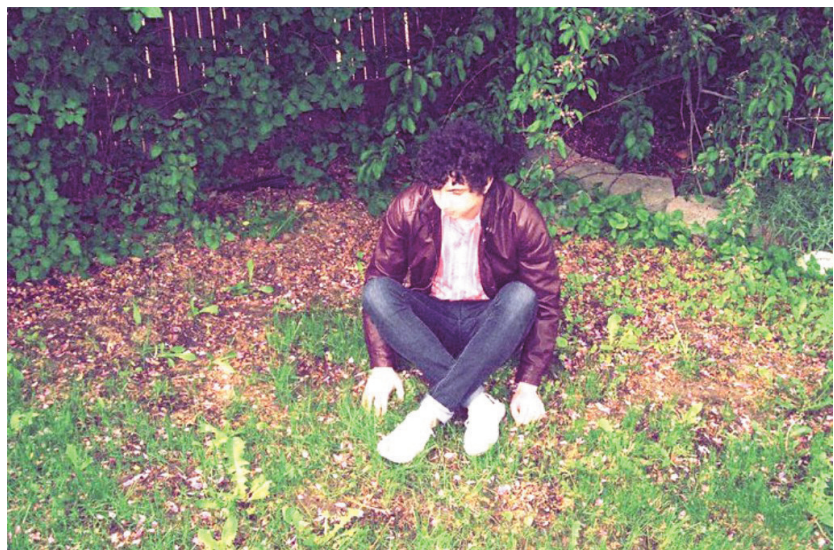
Each track begins softly and seems to explode just at the right moment. Listening to this record is similar to watching something explode in slow motion. Each track is timeless, with its fuzzy guitar riffs, chill wave sound, and soft instrumentals which grow harsher. His grasp on melodies is way beyond his years. Powers' voice on each track is fragile and tender as it echoes through, adding to the foggy dreamy effect.

The eight tracks on the album flow beautifully and fuse really well, however they do not mesh together which can often be the case with an album of this genre. Speaking about penning the tracks, Powers explains that he starts with a memory or a thought and transforms that into melody and lyrics. He creates musical photographs in a sense capturing pivotal moments from his past. Powers has admitted finding it difficult to discuss personal problems, preferring

to express himself through his music. As Powers shares these moments with us, we as a listener feel almost intrusive, it feels as though you are reading a passage from a diary.

Powers has said the album 'Treasure', by Cocteau Twins was a big influence on his music and capturing emotion in songs. This record also has a similar sound to that of Mike Hedreas of Perfume Genius, with Powers admitting that Hedreas was also an influence. Powers has just released the debut single from the record, "Montana" and has also released the video which is beautifully shot and captures perfectly that nostalgic, dreamy feel of the track and album. The album has been well received by critics, and Powers is playing dates across America whilst he juggles completing an English degree. This young musician oozes talent and is refreshing, as he reaches out from his bedroom: "I have more dreams than you have posters of your favourite teams."

Powers has admitted he is still in the experimental phase, playing with different techniques and sounds, meaning he has a lot more to give. He's has left us wanting more, and hopefully he will fill that need in the very near future.



Trevor Powers, the musician behind 'The Year of Hibernation'

Into the Void



Are you brave enough to face Dead Space 2?

Evan O'Grady

TURNS out that in space, no one can hear you scream, especially if your helmet is seeping oxygen and a murderous space zombie is tearing off your face.

The 'Dead Space' series has prided itself in the gory world of interstellar travel, and the nasties that lie beyond our tiny planet.

The game follows the life and many deaths of Isaac Clarke (an allusion to literary icons, Isaac Asimov and Arthur C. Clarke) as he faces off against a horde of once-human monsters the Necromorph and their human worshippers, the Church of Unitology.

The Necromorphs themselves are a vast array of horrific creatures formed by a deadly mind altering virus, the source of which being an artefact

known as the marker. This item holds tremendous power, especially on Isaac. When he first encounters the device, ominous chanting can be heard coming from the monolith, beating into Isaac's and in turn the player's minds. Indeed where the original 'Dead Space' began as a haunted house in space story where our hero sets out to find his missing girlfriend, it does not take long to descend into a trip through hell for Isaac's sanity.

The horrors he faces in reality are matched equally by those inside his own head. This only serves to add to 'Dead Space' 1 and 2's greatest aspect: atmosphere. The set-pieces concerning action will get your pulse racing, but it is the time of calm between each battle that is most unnerving. Picture the scene, you quietly pace a corridor, and hearing a close-by scream or scuffling, you ready your plasma cutter; partly to illuminate your way, but mostly because you rightly expect something to jump out of the dark and attack without warning.

In DS2, you must always be on your toes for the next creeper in the dark. It's easy to feel weary and even sickly

after going through this ordeal, which could be what the sadistic designers at Visceral Games wanted in the first place.

'Dead Space' takes many cues from games before (Resident Evil 4 in particular) but it adds its own flavour to proceedings with upgradeable weapons, armour and in particular the attention to detail in level design. One particularly creepy event is finding a logbook detailing the complaints of a nursery teacher on a space station about the kids becoming violent with the cramped conditions of space living.

Turning the next corner you find the same children, twisted and disfigured, clawing at you with tiny bladed hands and hunting you down through the school halls while a nursery jingle chimes over a loudspeaker.

This is 'Dead Space': if you wanted some happiness you should have stayed on Earth.

Arts & Ents

The Vinyl Revival Dia Is Muire Dít

Roisin Burke

IT'S official: vinyl is making a comeback. Sales of the humble record have risen 40% in 2011. This is the return of analog sound and the reason is clear: sound, clear sound and exclusivity.

Everything can be downloaded nowadays. Internet quality can be questionable but there is nothing dodgy about old school vinyl sound. It is faultless. It is fine-tuned fresh beats. It is incontestable. My mate has a vinyl player and the sound quality really is that good. It's like a live performance; close your eyes and you're there.

I'm sure his massive speakers helped create the ambience, but that's the thing. It is the gift of technology for someone who already has all the new gadgets. Someone who already has an iPhone. The iPad is standard school equipment and their sound system is second to Bono's private studio. Old school vinyl players are making a comeback as the gadget you get for the gadget master. Coming up to Christmas

it's something to keep in mind. The gift for the guy who has everything. A quirky technology trinket that really works. The thought gift that cranks out the tunes.

The novelty item that holds a tune, and that's just the player. The addiction grows with every record. Every purchase is a big deal and it makes music extra special. It becomes more than music it becomes more than a hobby. Every birthday present can be an extra special album. Every album builds a collection of specially selected sounds. Soon there is a library of historic beats waiting to be played individually and exclusively for the owner. It's about having something that can't be bought.

Owning something that is more valuable than its

price and appreciating something as simple as music in a way that brings out its best. Everyone can download internet music, anyone can listen to the radio, but few find the value of vinyl and bring it home.

It's an aspect of the past era of music that surpasses the quality of digital sound. It's a concept of tradition and quality that is growing in popularity and increasing in trend. It's music of selectivity instead of music for the masses. It's the modern era robbing quality from the past. It's the vinyl revival baby!



Radiohead have led a 40% increase in vinyl sales this year

Josh Lee,
Arts & Entertainment Editor

THERE'S something about the DIY attitude, and the constant flow of oh-so hip Tumblr posts that have drawn music listeners into a new generation of hip-hop outsiders. The vicious, no-holes-barred stylings of Tyler, the Creator and his vociferous Wolf Gang ignited a frenzy of rapid fans and abhorred bystanders. Notably, Canadian folk twins Tegan and Sara launched an attack on Tyler's more than liberal use of the pejorative "faggot". 18-year-old Dublin resident Leecs Luther (Alex Chiedu to his mammy) has embarked on the same trail that brought Odd Future such rapid success. A fellow Tumblr user with a similar approach to hip-hop (albeit noticeably less in-your-face) Luther's rapping is intense and concentrated. The production he utilizes is low-key and, belying his young age, has more in common with early '90s RZA than, say, the unadulterated pop pomp of Kanye West. YouTube, like blogs, are an invaluable outlet for this new sub-species of artist. Chiedu has attracted quite a bit of NME-led attention for his three tracks to date, including his

aply-titled debut (and misspelled) "Dia Dhuit". An EP, 'Fish and Chips', is apparently in the pipeline. A member of the blogosphere himself, Luther, like Odd Future, lends himself well to bubbling hype of the Blogspots and Tumblrs. It's a flavour of hip-hop which is more likely find a home on PMPs beside Arcade Fire, rather than shoulder-to-shoulder with Gucci Mane or Wacka Flocka Flame.

Built around a sort of urban outcast counter-culture, Luther's blog is frequently adorned with the masked visage of elusive emcee MF DOOM, favourite of many 'backpack' hip-hop fans. "I hope this music shit you hear from me or anything under my name brings a smile to your face or inspires you cause that's all I wanna do, don't even want fame or any of that bullshit people are so eager for" reads the top of his blog. Well, whether he likes it or not fame is what he will. How much, and whether he can avoid the pitfalls that the internet hype-machine serves up, is yet to be seen.



Irish rapper Alex Chiedu, AKA Leecs Luther

Build your very own Fortress of Doom

Tom Horan

'MINECRAFT' can't be described as a game in the traditional sense and its graphics are laughably basic by modern standards, but that hasn't stopped it selling nearly four million copies.

'Minecraft' recently beat out big-budget releases like 'Portal 2' to win a new arts award at the GameCity videogame culture festival in Nottingham. It was chosen by a jury of non-gamers including actors, politicians and composers. Despite its simple presentation, it won the award for its focus on creativity.

When you start a "game" of 'Minecraft', you're dropped into a randomly generated landscape of coloured blocks. There are no tutorials, and no objectives other than surviving the coming night. The first time you hack at a tree and collect the resulting

material, ambitious ideas start forming as you realise what's possible. What starts out as building a simple log cabin to shelter from the night's monsters then grows into a giant wooden fortress, complete with a moat, mineshaft, and railway system.

The key to 'Minecraft' is that it makes you earn everything you build. Your stone castle is going to require a lot of rock, which you have to mine from the mountains. Of course, to mine this rock, you're going to need a pick axe, which initially will be made of wood, but when you figure out how to mine iron ore, will become an iron pick axe. As you hollow out the supplies of rock, you're going to need to mine downwards to find more, which means building a way to get safely down the mineshaft and torches to provide light

and ward off monsters. The work that goes into making even the simplest of things makes them all the more satisfying, and the lingering threat of the night's exploding cactuses keeps you focussed.

'Minecraft' has no ultimate goal, no ending, and no recognition of your progress through the game, but it still manages to be incredibly addictive and rewarding. Everything you do in the game is for its own sake; you mine rock so you can build a home, you have a home so you can survive the night, you survive the night so you can build a bigger, better home. The real reward is surveying your creation, turning to your friends and saying: "See that volcano fortress of doom? I built that".



Endless possibilities in Swedish company, Mojang's Minecraft

Film

Hollywood Heartthrobs

Barbara Ross

WHAT is it about being a multi-millionaire a-list actor that makes them completely irresistible? Could it be their good looks, their talent, their money or the fact that they are in such high demand that makes them a Hollywood heart throb? George Clooney was and always will be hot. From his time as an ER doctor to playing a land baron in *The Descendants* he is just drop dead gorgeous. The older he gets doesn't seem to matter. The self pronounced bachelor has set many a girl's heart aflutter. Smouldering with suave, his classic good looks are just too much to resist. That's because Clooney is the universal shorthand for star quality. He trails stardust in his wake, even in the least glamorous of situations.

However as time passes he gets more competition for the crown of Hollywood heart throb. Johnny Depp is not only rocking the arty guise but he can make women melt with one look. The fact that he is in a committed relationship and a caring father just seem to make him all the more attractive. He is a versatile actor with a background in music making his rock star good looks all the more alluring. He made pirates sexy again and that is no easy task!

Brad Pitt has been a heart throb for what seems like an age. His career got a major boost when he left America's girl next door Jennifer Aniston for America's bad ass Angelina Jolie. Fans instantly took sides once Brangelina was born and as his look went from perfect husband to super dad his attractiveness level went to super hot. Colin Farrell also known as Hollywood's bad boy is Ireland's hottest export. His wild actions in his early days included partying into the early hours, getting numerous tattoos and heavy addictions to both drink and drugs. His image drove his fans wild and when the birth of his son changed him from bad ass to good dad his attractiveness skyrocketed. Logan Leerman, the new kid on the block, captured hearts playing cocky D'Artagnan in this year's *Three Musketeers* movie. Rivaling Taylor Lautner and Robert Pattinson in the hearts of tweens everywhere he is tipped as 'the one to watch'. Logan may not be the newest face in Hollywood with nineteen films under his belt but his star is quickly rising to a-list level.



Johnny Depp is not only rocking the arty guise but he can make women melt with one look.



Actors Frank Langella and Michael Sheen in the hit movie *Frost/Nixon*

Tricky Dicky leaves his mark on-screen

James Bradshaw

Richard Nixon knew a thing or two about presidential elections. The most voted for politician in history, he competed in three of them, and won two, romping home to a 49-state landslide in 1972. What's more, many say that his razor-thin defeat to JFK was the result of widespread voter fraud, and that had the votes been counted correctly, Tricky Dicky would have become president in 1960. Nixon also knew a lot about the darker side of politics, and the Watergate scandal is still seared into the collective memory of those who watched it unfold. In his acclaimed 2008 drama, *'Frost/Nixon'*, Ron

Howard takes a look at one of the most intriguing aspects of Nixon's chequered career; the televised interviews with the British broadcaster, David Frost. Frank Langella has played Nixon on-stage many times, and this experience is shown by a performance that highlights the strengths and vulnerabilities of one of the most written about and least understood of men.

Michael Sheen's portrayals of such notables as Tony Blair have earned him rave reviews in the past, and in his role as the iconic presenter he fails to disappoint. The real-life clash of these two strong personalities made the

premier *Frost/Nixon* interview the most watched political interview in television history. It also resulted in one of the most poignant moments in political history, which Howard captures so well in one of the film's most compelling scenes. After dropping his guard and uttering an admission of guilt for the first time, Nixon reflects on his greatest failing. "I let the American people down," he says meekly, "and I have to carry that burden with me for the rest of my life." His career died the day he left office, but that interview marked a turning point in Nixon's relationship with the outside world, and in the following decades he managed to re-emerge as a respected elder statesman. Nixon's achievements were impressive; the visit to China, the disengagement from Vietnam, détente. Yet his many failings scandalised the nation, and caused him to be reviled by millions. In *'Frost/Nixon'*, we see the battle between him and his inquisitor, Frost, as well as the battle that raged inside Nixon's own mind and soul. If you want to understand the darker side of politics, or indeed human nature, this is the film for you.

The Adventures of Tintin: From comic book to cinema

Jake Lawlor

The 1920's comic book icon hits the big screen for Steven Spielberg and Peter Jackson's motion capture adventure. The question is why? For many people, Tintin is a forgotten hero from an era which clearly inspired Steven Spielberg. So why should you watch it? As we all know anything that inspires Spielberg is bound to attract his full attention and as a result Tintin is rip-roaringly fun and imaginative. The choice of motion capture was a bold move by Spielberg and he seems to have succeeded where *Beowulf* and countless others have failed. Tintin is the most successful attempt at motion capture yet and delivers an action packed thrill ride of a movie. The story begins with Tintin (Jamie Bell), the inquisitive journalist strolling through a busy market when a model ship catches his attention. After buying it he is approached by the menacing figure of man named Rackham (Daniel Craig) who attempts to buy it from him. Tintin refuses to sell and after his apartment is ransacked it becomes clear that there is more than meets the eye to his model ship. From this point on Tintin is all action including some very entertaining car chases and some truly great scenes from Snowy and an unforgettable North African chase scene that leaves you in awe of Spielberg's imagination for action sequences. Andy Serkis (Gollum) plays Captain Haddock whose love hate relationship with booze provides much

of the humour in story. Simon Pegg and Nick Frost also feature as the dim-witted detectives Thompson and Thompson, adding some comedic impact to the film but not as much as expected. There are also some sly nods at Spielberg's other films, one being the shadow of Tintin's hair under water resembling the shape of *Jaws*, something Spielberg fans recognise and enjoy. All in all, Tintin's subtle charms and old fashioned sense of adventure will capture most audiences. The plot is stylish and delicately woven and the performances are top notch. Best of all Spielberg is on fantastic form delivering an action packed adventure which is reminiscent of *Indiana Jones*. Tintin is imaginative and packed full of action, give it a chance and it might just surprise you.



All in all, Tintin's subtle charms and old fashioned sense of adventure will capture most audiences.

Film

Mr Smith Goes to Washington

Tom Horan

Since 1939, not an awful lot has changed in politics. Layers of bureaucracy still hinder quick thinking, big industry and the media still call the shots, and 'Mr Smith Goes to Washington' still holds relevance.

Following the unexpected death of a senator, the governor of an unnamed western US state is charged with finding a temporary replacement. He's urged by an industrialist to pick a corporate stooge, who won't "talk out of turn", but on the advice of his children instead opts for Jefferson Smith, head of the Boy Rangers. James Stewart's Mr Smith is probably the most wholesome character ever committed to film, and so begins a tale of ruffled feathers in Capitol Hill. This film couldn't be more patriotic if each copy came with a cheeseburger, and misses no opportunity to show Smith's reverence towards Washington's many monuments to freedom and democracy. Despite this it's also critical of the government of the time. As soon as Smith steps off the train, laden with luggage and his carrier pigeons, he's in awe of the Capitol Dome and wanders off from his keepers like an absent-minded child. What follows is a montage designed to make right-wing Republicans weak at

the knees, full of close ups of the US forefather's monuments superimposed by fluttering flags. Smith's fist day at the office is not what he expected though, he's disregarded by the staff, laughed down by senators, and misquoted by the press. He has few allies and most of them are just unbearably upbeat kids who say almost nothing but "golly!" and "neato!" Smith's not a politician, only a naïve country boy, and when you combine this with Jimmy Stewart's ability to play the meek everyman, you have a character that you root for out of pity as much as for his ideals.

The film attempts to criticise the complexities of Washington's Senate by explaining them to the audience. It initially succeeds in making a believable good v evil story out of the tedium of passing a bill in congress, but the ending is lost in a sudden wave of schmaltz. It's as if during editing they realised the film was twenty minutes too long and so chopped off the coherent ending. This film adores democracy, the USA and all its citizens, as long as they're not politicians.



Black and white politics

Contagion: A case of film flu

Roisin Burke

I expected more. I think that is this is its downfall; it looked promising on the poster.

It is a serious story about a lethal airborne virus epidemic that kills millions of people and causes chaotic panic for the rest. Add an adulterous wife, a distraught husband and careful father, a freelance journalist hungry for success, a list of dedicated medical professionals...

Result: One boring film. In summary it is a slow paced script about a fast paced illness and a lot of confusing sub-components that muddle the audience along the way. It appears to be a documentary type recording with no genuine purpose.

Lacking a sustainable aim, the film drifts along a formidable path of nothing. Characters die, bodies are buried, scary concepts of disease are discussed but nothing happens. That is the real killer.

The whole thing just coasts through 106 minutes of screenplay without evoking any emotion. The star studded cast of aging talent; Matt Damon, Gwyneth Paltrow, Laurence Fishburne, Kate Winslet and Jude Law are not a youthful display of Hollywood meat but satisfying none the less.

Despite the acting talent the film itself is sub-par. Too many elements spoil the main plot, there is not enough light script to make the movie enjoyable and little action to make the whole thing flow. No flow and no comedy



Gory scenes abound in Contagion

equal no good. It reminds me of the concept of marital sex. No foreplay or new moves, just the same tired routine over and over. That describes the script of this film. Death and panic, over and over. No connection with the audience and no empathy for the characters.

The drama is buried under a complex script of too many actors and moral dilemmas to keep track off. The clever ending link to the beginning, revealing the cause of the deadly disease, is lessened by the abnormal need for the film to end and the lack of comprehension or understanding for the actions of the personalities we are supposed to feel sympathy for.

In brief, this movie fails in every way. It doesn't connect to the audience, it doesn't evoke an audience response, the plot is too complicated to follow and the action is too slow to care.

The director Steven Soderbergh won't like this review but then I didn't like his film. I call that even.

The Ides of March: Ruthless reality

Ann Styles

George Clooney's latest foray into the director's chair has produced an intelligent and, realistic portrayal of modern day politics and politicians in America.

"The Ides of March" is tailored to an American audience as it assumes first-hand knowledge of the American election process. That said it is not difficult to follow with superb acting and directing throughout.

Set on the eve of the Ohio presidential primary the film opens with campaign press secretary Stephen Meyer (Ryan Gosling) behind a podium, preparing the stage for Governor Mike Morris (George Clooney). Meyer is an experienced yet idealistic campaign worker seduced by Morris' charming rhetoric. As he tells Times reporter Ida Horowitz (Marisa Tomei): "I don't have to play dirty anymore because I've got Morris." Ida tellingly reminds him that Morris is a politician and therefore he will let Meyer down sooner or later, as they always do. Opposing campaign manager Tom Duffy (Paul Giamatti) approaches Meyer in an attempt to poach him as Morris is a real threat to his candidate. This coupled with an affair between Gosling and young intern Molly (Evan Rachel Wood) almost leads to his unravelling.



Ryan Gosling in The Ides of March

Philip Seymour Hoffman is the very credible campaign manager for Morris who causes the proverbial to hit the fan when he fires Meyer not realising that he has information that could scupper Morris' chances. It is, surprise surprise, about the seedier side of politics (one we are all too familiar with). Do you do the right thing or do you win? This is a battle that Gosling enacts convincingly, with his supporting cast giving strong performances throughout. If you go to the cinema to relax and release, if you want to be uplifted and reassured then this is not the movie for you. Despite a

sterling cast and insightful screenplay, it leaves you deflated by the jaded cynical realism that is, unfortunately, already present in our everyday lives. If, however, you enjoy a sharp engaging political drama then this is one to watch. Personally I still have faith in our innate goodness and will continue to do so despite it being rather unfashionable or as some say, naïve.

So in this land of Bertie and Brian and bubbles bursting I vote for a little less back-stabbing and a little more back-slapping in our cinema listings.

Travel

South Africa: The Rainbow Nation

Zaria Serfontein

SOUTH Africa is known not only for its diversity in cultures but also for the variety of physical landscapes.

The sheer size of the country and the different climates result in areas that are completely different to one another; from the semi-arid desert plains of the Kalahari to the forest covered mountains of Tsitsikamma.

On the border between Zimbabwe and Mozambique lies one of the country's greatest gems. The Kruger National park is a game reserve that is roughly the size of Wales. There you can expect the authentic African Safari experience. Whether you have a passion for animals, an enthusiasm for photography or a craving for adventure, the park offers a wide variety of holiday packages to suit your needs. With a bit of patience and a lot of luck you may very well find yourself spotting a lion crouching in yellow dry grass, or an elephant uprooting a tree as though it were nothing more than a toothpick.

If you're travelling in the summer and wish to avoid the soaring temperatures and over-crowded holiday spots, you might want to try visiting Tsitsikamma, located in the heart of the Garden Route. Here, the scenery is vastly different to landscapes in the north. The area has incredible cliff faces, evergreen forest with giant trees and deep river gorges that lead into the sea. Tsitsikamma hosts a vast range of exciting ventures. The Canopy Tours are a great attraction in the area and seeing the forest from 30 metres above ground is truly an experience not to be missed. You travel by zip line to and from platforms ecologically attached to the trees, all the while looking out for the elusive Narina Trogon and the Vervet monkey. For those who are in search of an adrenaline rush, you can't go wrong by diving head first into the Bloukrans River from the world's highest single span arch bridge. At 216 metres high, this is the second largest commercially operated bungee jump in the world.

Lastly if you're fond of big cities and urban scenes, it would be difficult to

find a city more beautiful than Cape Town. Built on the southernmost tip of the continent, the city is surrounded by water. Be prepared to experience four seasons in one day though. The climate of the Cape is very temperamental and can quickly change from a bright sunny day to a downpour. Visiting Table Mountain should definitely be at the top of every tourist's to do list. The view of the city and the Atlantic is breath-taking and if you're brave enough to brace the cold waters there are lots of surfing hot spots along the coast. Finally, for all the shopping enthusiasts, Cape Town is scattered with shopping malls and the streets are lined with hundreds of small stalls selling hand-crafted African jewellery, sculptures and art.

South Africa is definitely worth a visit for those in search of something different. Along with the amazing scenery, the list of activities is endless and there's something for everyone, no matter what you're interested in.



With a bit of patience, you may very well find yourself spotting a lion crouching in yellow dry grass, or an elephant uprooting a tree as though it were nothing more than a toothpick.

Erasmus in Spain

Alana Walsh

ANOTHER two weeks have flown by; I cannot believe I am sitting down to write the last diary of the semester. Shockingly, last week we had rain, something I thought was a foreign concept here but it does exist and it was quite the shock to the system. Thankfully they do not receive as much rainfall as Ireland here so it is possible that that is our rainfall for winter practically out of the way.

Last weekend a few of us decided to get out of Granada for a night so we headed to Malaga for a bit of exploring. Trust us Irish to hunt down the local Dunnes and Primark stores in the city; it really is the little things you miss from home! Being tourists, we boarded the Malaga tour bus to see as much as possible of the city. Highlights included Castillo Gibralfaro on the outskirts of the city which provided us with a complete view of the city and harbour, truly something worth seeing and also the Alcazaba, another old castle situated in the city centre. Surprisingly temperatures were mid twenties, extremely pleasant and warm for the end of October.

Today is Halloween and many of us from the different Irish colleges are gathering tonight to celebrate in costume. With time passing so quickly

the realisation of how short Erasmus is for us UL students is hitting home, our other Irish friends here from the likes of NUIG, UCD and Trinity College are here for the full academic year and already we're all dreading the goodbyes. Currently the only saving grace is that exams here start late January until mid February so we stand to have some extra time here after Christmas. The flip side is that we stand to miss the first month or five weeks of the new semester in UL, perhaps a sacrifice well worth making in order to stay a little longer in our beloved Granada.

So as this is the last diary of the semester I guess it's fitting to evaluate how Erasmus has been for me so far. I have been blatantly honest before about how college can be difficult due to the speed and different dialects of spoken Spanish but this was to be expected and honestly every other aspect of Erasmus makes up for it. I have undoubtedly made friends for life here, pushed myself to try things I never would have dared to do before (like open mic night!) and I have so much more left to do and see here, bring on Madrid, Barcelona and wherever else we decide to travel to, Spain is my oyster. Adios!



The view of Malaga from Castillo Gibralfaro

Erasmus in Sweden



Växjö, Sweden

Adam Leahy

SIN é as the man said. That's it. Is é seo mo deireanach gcolún Erasmus. My last column. As usual, I am stricken with my old difficulty, what to say? Should I extol the virtues and beauties of Sweden? I'm not sure. Are there any? Would it be more fitting to boast handsomely and arrogantly on how everyone should totes go for a semester abroad on Daddy's credit card? Not quite. I can't tell you what you should do with your life; only what I did with mine, and what I plan to do.

Things can get very sticky on Erasmus. Many people, though they will never admit it, find it awfully difficult to adjust. I did. Homesickness, as I have said in a previous column, comes all too easily and has been known to stick around like an uneaten Kebabish Garlic Cheese Chip on the kitchen table of the Cappavilla of the mind. It is hard

to adjust: different cultures, different people, and a different life.

Despite this I have actually had an amazing time here in Växjö. But if I were rude enough to recommend anything at all, it isn't the college I would recommend, rather the people. Again as I have said before it is people who make an experience, not a place. I haven't gotten to know many (any) Swedish people, as a very shy race they're about as chatty as a pack of Tibetan monks, but I have met many others, lovely English people, Germans, Belgians, the odd Korean or two. Living with 13 other people may seem like a chore but it has been an absolute pleasure. Bonds form quite like those being formed by our first years right now; roommates, classmates, friends of friends colliding to form a wolf-pack in which they'll dwell for the next four

years. As good as making new friends on Erasmus is, it is the one thing I regret about the whole experience. It is going to cost me a bloody fortune over the next few years visiting all these people. Well, as the man said, sin é. That's it. No deep revelations, no advice for future Erasmus students. All that's left for me to do is to thank the editors and the two people who actually read this column for putting up with and reading my ego-rants over the past twelve weeks. To all the people I have missed and left behind at home and the rest of the English and New Media crowd still strewn across the world, all I can say is this, there better be one huge party when I get back.

Travel

Sinead Keane

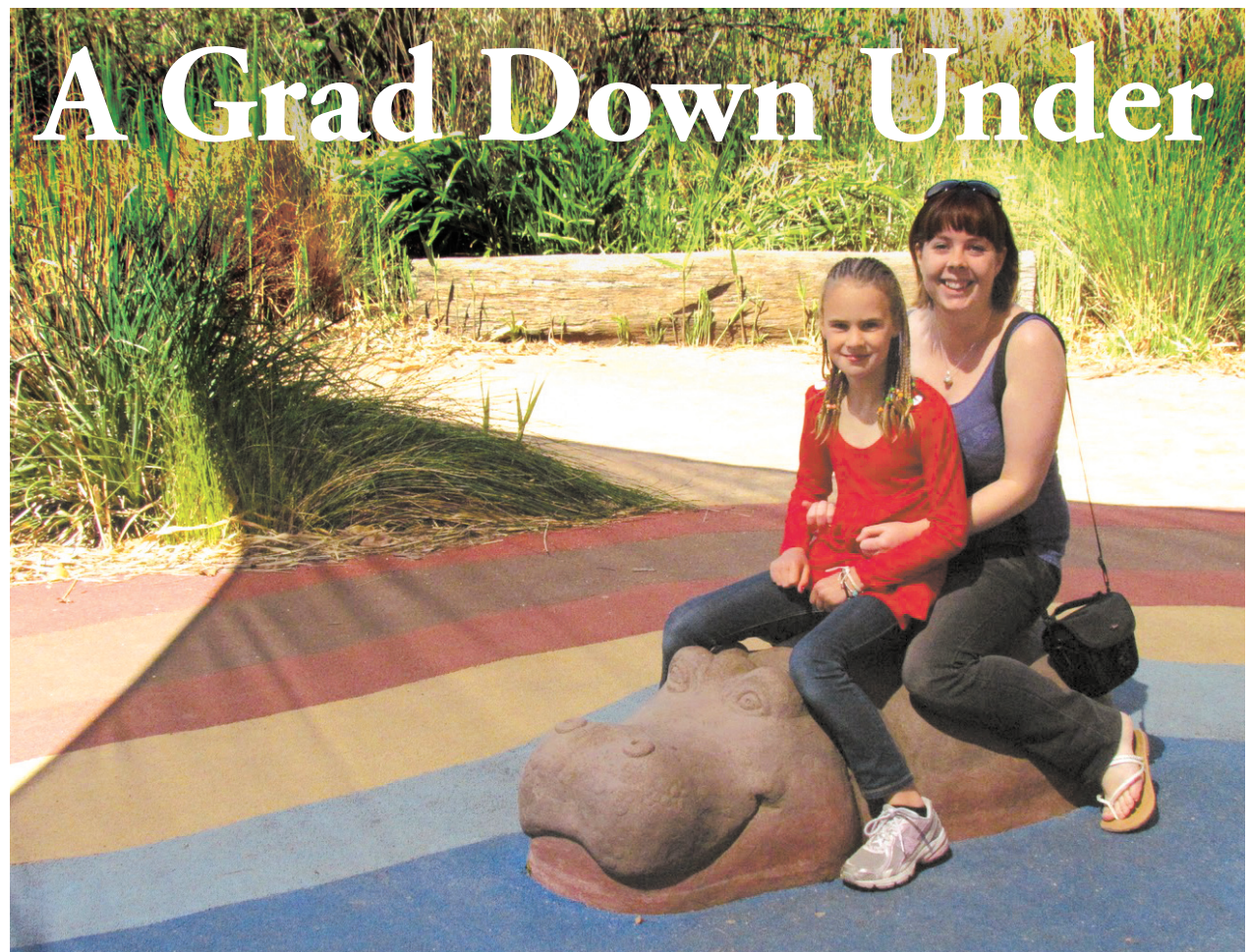
A WHOLE month. I can hardly believe it. A month since I've seen my family, my friends and a pack of Taytos. I can't even begin to think where the time has gone; it seems like I've barely touched ground on Australian soil.

Setting myself up in any foreign country is hard but this time I've only felt the occasional twinge of nostalgia about leaving my beloved UL behind. Despite loving every minute of life Down Under, I can't help but think of my family and my friends at home and wonder: did I make the right decision?

I think of home every day, be it through texts from my friends, Facebook messages from my sisters, or even by hearing an Irish accent on the street. I miss spuds, I miss Barry's tea. I miss the Wicked Chicken and the coffee at Javas. Heck, I miss everyone! I've spent four years building up my home here in Limerick. In the depths of my FYP, Australia seemed like such a great idea, a fresh start from the college stress that dominated my last year in UL.

I didn't realise how much I would miss home. Despite being a bit homesick, I have some exciting things ahead of me here. I start my new job next week in a big department store in the city. I am looking at cute little townhouses to rent with some new friends. I am going to my first music festival after Christmas. There is still so much for me to do here; I don't have a local pub yet, a favourite coffee house or even my own address yet. It's always difficult to determine whether you are on the right path in the right country. Maybe I'll hate my job, struggle to find a house and maybe Australia will fail me. But I've got to try it out first, right?

This article is the last direct link I have with An Focal and UL. It's sad that I am finishing up with An Focal, but I am thinking of it as a sign; I am now going to find an Aussie paper, try to volunteer and continue my writing. I'll try out my new job and my new house, and maybe I'll end up staying. If it doesn't work out, I'm sure you'll see me back on Limerick soil, drinking coffee in Javas and reading An Focal. In the meantime, I'll give the Aussie life a proper go. I'll let you know how I get on!



Sinéad Keane pictured at a Safari park with her little cousin. Follow Sinéad's travel blog at <http://sineadacrossthepond.blogspot.com/>

Erasmus in Budapest

Darragh Roche

HAS it come to this? My final correspondence from Budapest reminds me of how quickly the time has passed here and how soon I'll be back cluttering up Java's and causing a fuss in the SU. So, one last trip through the cobbled streets and misty bridges in the city designed by confectioners.

Everywhere I go the sound of leaves crunching underfoot accompanies the murmur of the crowds, now wrapped up warm in thick coats, hats, and exaggerated scarves. The city is discontented. Recent protests are just a taste of much more to come. After Christmas, things will start to get serious. Protestors have pledged to elect an alternative president. Hard to believe that when they fill the streets, I'll be viewing it from the Irish Times foreign pages. The days are short and the sky is dull and I have no idea when I'll be here again. I live in a part of town I wouldn't visit, and my apartment building is Soviet, it may not be here

in 10 years. My university will, though. It's been on its current site since the 19th century; that makes it a constant, along with the lion guarded bridge and the fabulous cathedral. When these realities become memories, I'm sure I'll hop on a plane and come back, but who can say when? There's such a lot of world to see between Limerick and Budapest, and I still haven't been to America. But am I sure I even want to leave? There's nothing in Limerick to match the beauty of the twin cities, from the legendary witch-haunted hills to the elegant, baroque tenements. And yet, I don't think I'll ever master Hungarian, which is tricky for a chatty person. I'm irresistibly drawn back to the little island where Michael D. will be president and where a pint awaits me because of his success. I once spent a week in the Netherlands, a flat, brown country beset by cyclists and reeking of weed. When you're away, you forget just how green Ireland is. You realise

why it has a reputation only when you take the train from Dublin to the provinces after not seeing the rolling fields for a while. I imagine an explosion of green after four months in the city of golden leaves. I've made the Dublin-Limerick trip many times, and never get tired of it. But for now I'm content to stroll the tree-lined boulevards and browse in the overfull second-hand bookshops. This is a city of side streets where curio shops sell busts of Lenin and Communist badges, where Jews from around the world come to see where the founder of Zionism was born, where coffee and Catholicism are at home just up the river. This was the home of kings and emperors, saints and poets. It is the furthest outpost of the Ottoman Empire, flavoured by east and west. And it's the most beautiful place I've yet visited.



Protesters in Budapest demand the holding of new elections in Hungary.



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Exam Tips

Essential Study Tips

ARE you lost?

Do you feel completely overwhelmed by the sheer amount of work that is expected of you with such little time left? Don't worry. You're the same as a lot of people and there is absolutely nothing to be gained from getting worked up about it or losing hope.

Put away your phone, log off Facebook, and stop wandering around the house or the library aimlessly! Here are some tips to help you pick yourself up and get going again. Grab a hot cup of something nice and read these pointers. Once you're finished, you should feel much better and hopefully, you'll be back on track!

Plan

Take some time to plan your study using a timetable. If you think that you can do four hours on the first day, aim to do three on your timetable. That way if you do four, you've gotten more done than you expected and if you just manage three, you're not disappointed that you weren't able to hit your target. It also gives a good idea of what a realistic and reasonable goal is for you.

Start small

If you find the amount of study that you have to do overwhelming, then start at the very beginning. There's no sense trying to learn the most complicated elements without knowing the basics.

Eat regularly and healthily

It can be really tempting to eat take-aways and microwavable meals when you're studying because you don't have the time to cook good food, but often the quickest food is often the worst for you and consequently your brain. Start planning early. If you've a bit of time this week cook a couple of meals and freeze them. Most things freeze and it's just as easy to microwave a home-cooked meal as it is to microwave a shop bought one. As well as that, if you live in a house/apartment with a couple of people, take turns cooking dinner. Things like omelettes and pasta bakes with loads of vegetables are really good foods to keep you going during exams and they're very easy and quick to make.

Study in groups

If you and a group of your friends want an easy and relatively fun way of studying, then study together. You can pick up loads of tips and information from each other. However, be warned that if your friends aren't as dedicated as you, group study can be a distraction rather than a help.

Take regular breaks

It's really important to take regular breaks during study. The human brain can only take in so much, so if you've had that feeling that "nothing is going in", now you know why. Breaks that include brisk walks, a short jog, or any form of exercise are the best as they increase blood flow and alertness. So if nothing is going in, go out!

Treat yourself

Studying is all about motivation and a great way to motivate yourself is to reward yourself. If you do well, meet a target, complete a difficult section, then reward yourself with something – an hour off, a drink or two, whatever you enjoy.

Identify your learning style

Identifying whether you study better by listening, reading or kinesthetics (moving, touching, writing and doing) can really aid your study. There's no point trying to force yourself to learn in a way that doesn't suit you.

The Centre for Teaching and Learning offers a quiz that will help you figure out your learning style on their website. So for example, if you learn better by listening, then why not record yourself speaking your notes – ok you'll feel a bit silly but it could really help your learning!

DON'T PANIC,
WE'RE HERE
TO HELP

An Focal has compiled some information you should have going into an exam. This information will help you to avoid the many pitfalls associated with exams.

Don't panic, your Students' Union is here to give you a helping hand. So, if you need further information, advice or just a chat, please use us! That's what we're here for. For exam and education queries, simply email your Students' Union Education Officer, Aoife, at sueducation@ul.ie

Best of luck from your Students' Union!

Exam regulations explained

- The University is very strict when it comes to what's called authorised and unauthorised material.
- Essentially, authorised material is anything that students are permitted to have during an exam.
- For example authorised materials would be the exam script and rough work paper, which are given by the invigilators. It could include non-programmable calculators, dictionaries, reference texts, books and anything else the lecturer may have deemed necessary.
- There cannot be any writing on authorised materials, unless expressly permitted by the lecturer.
- Students are not permitted to write anywhere other than on the exam scripts, rough work paper or the question paper.
- Unauthorised material could include notes of any kind, writing material that has not provided by the invigilators (even if there is no

writing on it!), writing or markings on any part of the body or clothing, electronic devices including mobile phones and any extra material that has not been expressly permitted by the lecturer.

To avoid being accused of a breach in regulations, which could amount to cheating - WELD:

- **Wash** your hands of any marks or writing.
- **Ensure** that your calculator and other materials are compliant with regulations.
- **Leave** your phone off in your bag or by your desk.
- **Don't have anything** on your desk that hasn't been expressly permitted by your lecturer or the invigilators.



Exam Tips

EXAM DAY-ESSAYS

Why planning ahead will help you stay on track

ARE you one of these people who launches full force into an essay without planning anything? Do you see planning as a waste of 10 minutes that could be spent writing frantically? Have you realised yet that if you plan, you won't have to write so frantically or at the very least your frantic writings will make sense?

No? Yes? Read on.

Time

Planning your time in answering essay questions is extremely important.

To state the obvious, the idea is to divide up your time according to your marks so you don't end up minimising your marks.

No matter how great you think your paper is, if you've only done two questions and left the third, you've

eliminated the possibility of getting 33% of the marks in the paper. Remember even if you get top marks in both completed questions, that only leaves you with 66% in the paper.

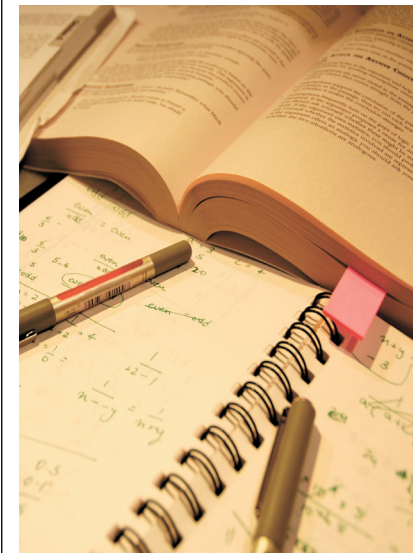
Read

Read through the whole paper. Become familiar with the questions you are being asked and remember that two questions on the same topic can differ greatly.

Plan

It's a good idea to prepare a plan of how you will answer any question. Preparing an outline of your answers is important for many reasons: it can help you to stay on track and remember important details and it can be counted towards your marks in the event that you don't get your question completed.

The Famous 5 to avoid Failure:



5. Eat a small meal before your exam

It's very difficult to concentrate with no food in your system. According to all those Kellogg's ads a couple of years back, the children who had eaten breakfast had much better concentration than those who hadn't.

So listen to the corporate propaganda (and some scientific studies) and have a snack. For those of you who find it tough to eat because of nerves, try having very small amounts regularly.

4. Check how long your exam is

Mistaking the length of an exam happens to so many people each year. So be smart because there's a big difference between two hours and two and a half!

3. Make sure you have your student ID card

Each year, countless students are seen sprinting through the corridors of the Main Building in an attempt to make it to SAA and back before their exam starts. If you don't want an added layer of stress going into your exams, don't be one of them.

2. Wash your hands

Not only can it help you to avoid Swine Flu, but it can also help you to avoid an appearance in front of the University Discipline Committee for breach of Academic Regulations (formerly Academic Cheating).

1. Attempt everything

Teachers said it in the Leaving Cert and it hasn't really changed much. You're a hell of a lot more likely to get marks for writing something than leaving a blank page!

Even if you think you know nothing, you might know something. So if you're not as prepared as you thought you were, take a breath, think back and do your best to write something relevant. Even if you think you're waffling, you might be doing ok.

ulsu

Drowning in exam Stress?

Don't Panic.
Your Union is here to help you.

Turn over for hints & tips.
or email
sueducation@ul.ie

ULSC compete in Dingle

Lauren Joslin

If the first event is anything to go by, ULSC have a very promising season of sailing ahead of them! UL sent two teams to compete in the first of the IUSA championships.

Teams from all over the country converged on the picturesque town of Dingle in Co. Kerry for a weekend of competitive sailing. UL1 sailed extremely well and were soon at the top of the Gold fleet competing against teams from NUIG and Trinity.

UL1 progressed to the finals and came up against a team called The Seniors. The Seniors team was made up of students from various universities who had graduated this year, many of which were familiar faces. Unfortunately, UL1 were beaten by The Seniors at the

last mark. However, as many members of the team were friends, they didn't feel too hard done by. Of course the loss was also made easier by the fact that The Seniors won't be competing at the next event. UL1 are now at the top of the Gold Fleet going into the next event, a fantastic position in which to begin the season.

UL2 had an equally successful weekend. Taking to the water on Saturday morning, UL2 had no problem fending off competition from the likes of UCD and CIT. They soon progressed to the top of Silver fleet missing out on a place in Gold to UCC by only one point. The finals of the Silver fleet took place with UL2 racing against UCC1 in a "best of three"

races scenario. Unfortunately, due to an unavoidable collision causing a capsize on the start line, UL2 lost the finals of Silver fleet. However, finishing in second place in the Silver Fleet is still a very promising start to the season.

It was a fantastic weekend for all involved. ULSC resume training on Lough Derg this weekend to ensure they maintain their iron grip at the top of the IUSA sailing circuit! The next event is held in Blessington, Co. Wicklow some time during mid-November.



UL sent two teams to compete in the first of the IUSA championships.

UL Trampolining Club - WINNING!

Grainne Ni Hodhran

AS the semester draws to a close, the Trampoline Club have exceeded even our own expectations of success!

On Thursday of Week 8 we hosted the Halloween Late Bar in the Stables, tramp style! Face-painting, crazy costumes, prizes and random antics made it a great night all round

The Stables excelled themselves putting up the venue as well as sponsoring us Xmas Daze tickets for the raffle. A special thank you to them and massive congratulations to the lucky winners. Also, a big thanks to Nancy Blakes, Supervalu Charleville and Storm Cinema for their sponsorship, it was really appreciated.

Following the baunts and haunts of the Late Bar it was straight bounce on to the Munster Open hosted by UL Halloween weekend. Friday night kicked off the weekend in style with some pre-competition beverages which toasted the 'healthy competition' between UCC and UL with a perplexed Queens lost

in translation. Saturday morning dawned all too soon but it was time to get bouncing. As the fight for the cup is part of the closed Munster competition, Queens could only attempt personal and team glory while UCC and UL fought hard for the hardware.

UL were the outright heroes of the day and came away with 12 medals, the team plaques and of course most importantly the Munster Open Cup. Pried from the clutches of UCC it is now returned to its rightful home, safe for another year.

Another night out rounded off the weekend nicely with some great laughs, lunging and general madness. Huge thanks to our coaches and gymnasts, especially head Coach Elaine for starting the competitive year off so well.

Next weekend is the biggest competition of the semester, Intervarsity's, where our bed hopping adventures take us to Cork. Spurred by our success we have been training hard and hoping for more!



UL were the outright heroes of the day and came away with 12 medals, the team plaques and of course most importantly the Munster Open Cup.



Pick up a copy of

'Cellar Door'

*UL's first
Literary Magazine*

Available Tuesday Week 8

Cellar Door

There's more to life than meets the eye...

UL Athletics Waxing Success

Kevin Moore, ULAC PRO

ON Wednesday October 26, the UL Athletics Club held their first fundraiser of the year in the Arena Sports Bar.

Many of our male athletes, who would usually be seen strutting their stuff on the track, the riverbank, or Maguire's fields, arrived that evening in their usual running attire (short shorts!) but not for the usual 'threshold'.

The first victim who stepped forward on the night was Michael Carmody, recent Munster Novice Cross Country Champion, stilling buzzing from his win. Michael feels no pain, or so he showed! From here on we had our waxers in the form of UL Athletics Ladies Captain Jessie Barr and many

of our female athletes, whom only revelled in the joy of inflicting pain on their male counterparts. Don't you worry girls, us guys never forget and we will get our day!

The night in numbers:
300 wax strips,
2 home waxing kits,
14 pairs of legs,
2 chests,
1 armpit,
2 ass cheeks!

Much needed funds were raised; over a thousand euro on the night. More came in before and has been coming in since. A big thank you to all who contributed, clubs like us need all the fundraising we can get and it's much appreciated. A thank you is also due to our main waxer on the night Jessie Barr, who was mistaken for a professional beautician on the night by many due to her pink tunic. A thank you to the sports bar for the use of their facilities on the night

and for the food they supplied. And last but not least our male athletes, some of whom surrendered over 21 years of hair growth! Videos and photos from the night are on our website (ulathletics.webs.com) and Facebook page.

In other news, a word of congratulations to siblings Jessie and Thomas Barr both of whom were nominated for Under 23 and Junior Athlete of the year at The National Athletics Awards held last Saturday November 12 in Dublin.

Our athletes will have competed in the Irish Intersvarsity Road Relays in Maynooth by the time this paper is published. Both our men's and ladies teams are looking very strong this year and we will have high hopes of claiming gold in both categories after recently winning the Munster equivalent. The men have only once won this competition back in 2001 and the ladies on four occasions the last being 2003. To see how we got on, check out our website.



UL Athletics Leg Wax, Jessie Barr (Senior Waxer), Cian Mc Manamon and Finbar Horgan on the night.

Success for UL Badminton Club at ISBT

Natalie Brown,
UL Badminton Club PRO

THE UL Badminton Club took part in the Irish ISBT (International Student Badminton Tournament), over the October Bank Holiday Weekend October 28-31, which was held in the UL Arena. Teams from all over Ireland, and some European teams, competed in the event. UL had a team of 28 players, with many playing in their first ISBT.

Each Player competed in two of three categories, singles, doubles and mixed doubles. The strongest players were ranked A and less experienced players were ranked D. Double teams were formed randomly by the organising committee to encourage socialising.

Each category first played in a round robin format and the top two players/teams of each category met in a final on Monday afternoon.

It was a very successful weekend for UL being represented in ten of the seventeen finals on Monday afternoon. The team results are as follows:

Section A: Ladies Doubles Winner: Jana Sommer, Mixed Doubles Winner: Jana Sommer

Section B: Mens Singles Winner: Sean Richmond, Runner-Up: Thomas Schaffer. Mens Doubles Runner-Up: Sean Richmond. Ladies Doubles Winner: Denise Duggan. Mixed Doubles Winner: Denise Duggan.

Section C: Ladies Doubles Winner: Rachel Harrison. Mixed Doubles Runner-Up: Carragh Lynch

Section D: Mens Singles Winner: Trent Schalk. Mixed Doubles Runner-

Up Colm Cunniffe. UL also received prizes for the highest average game points scored in both the male and female category.

The winners of these were Jana Sommer and Sean Richmond. UL also claimed second best team of the weekend. While badminton was played during the day, players partied each evening.

This years theme was 'Horror', so on Sunday night in the Sports Bar everyone was in fancy dress, ranging from 'Disney Zombie Princesses to vampires and devils.

A great weekend was had by all who took part. UL Badminton Club had further success on the court on October 23, when they took part in the Haynes Shield, a badminton competition ran for club teams in Munster. After a long days play, UL emerged victorious and took home the shield. Team: Jana Sommer, Virge Pesti, Adeline Lecluse, Eoin Walsh, Albert Chui, Andy Gordon, Sean Richmond and Terence Wong.

Next up for UL Badminton Club are the games in the Limerick League, where we have three teams competing, and we look forward to our next ISBT in Enschede over New Years. You can follow the clubs progress on our facebook page and website.

Castleconnell Head of River

Nicola Griffin

SATURDAY October 22 saw the UL Rowing Club compete in their first Head of River of the season, Castleconnell Head of River. Despite the torrential rain, there was a great turn out.

Among those representing UL were James Brinn and Niall Kenny, who won the Mens Senior Pair. Female crews also did well, winning both the Senior Quad (Alice O' Sullivan,

Stephanie Kearney, Kate O' Sullivan and Nicola Griffin) and Intermediate Double (Kate O' Sullivan and Nicola Griffin). Ger Sheahan came out on top of the Intermediate Sculls, with Alice O' Sullivan also winning Senior Scull.

The highlight of the day was the Bulls and Bears Race which consisted of two eights, made up of the top 8 pairs who competed on the day. Two

foreign oarsmen who are studying at the University of Limerick, Rob Weitemeyer from Canada (a double World Championship medallist) and Christian Vennemann from Germany, teamed up with rowers from University of Limerick, Athlone and Neptune to win the event.



The UL Rowing Club competing in their first Head of River of the season, Castleconnell Head of River

Models and Photographers

Billy Roche

Saturday October 22, UL Photo Soc and UL Fashion Society teamed up for UL's first Fashion photography workshop.

Ten models and ten photographers descended on the Students' Union for the day taking over the whole building and getting a rare opportunity to learn from experts in the field of modelling, make-up and studio photography.

The day started with the photographers and models getting a crash course in posing from Aisling Danagher. Describing how to achieve good posing as well as classic Tyra Banks poses as 'ugly pretty' and 'smising' (that's smiling with your eyes for those of you not in the loop).

Afterwards the photographers prepared the studio sets while the models were taught how to apply make-up for photo shoots by Sarah Hamilton of Beauty and the Bride. Once the models learnt the difference

between out on the town make-up and what makes the camera happy, the group spent a marathon 6 hours taking photos in the three studio set-ups. Models and photographers were looking for photos to pad their portfolios or simply to start one, for prospective clients.

Beginners and seasoned models and photographers alike had something to learn for the experts on the day with each model and photographer getting the chance to take a beauty pose, high-key fashion pose and low-key ¾ length pose. Each a basic, but must have for any modelling portfolio.

At the end of the day, with hundreds of snaps taken, the Union was returned to its former glory and the models and photographers parted ways to meet later for a photo viewing and critic.

If you are interested in being in front of or behind the camera, get in contact with UL Photo Soc at www.photo.ul.ie or UL Fashion Soc at www.theulfashionsociety.com



Image: Billy Roche

UL PHOTO SOC

CHRISTMAS PHOTO SHOOT

SUN 27TH NOV

ULSU BUILDING

FROM 2-5PM

contact photoul@gmail.com

UL WOLVES

Photographic Society
University of Limerick

Lit Soc visit Dublin

Seonaid Murray

8am on a wet, dark Saturday morning and Lit Soc are on the move heading up to an unsuspecting Dublin! We hit the streets of Dublin and walk where our literary heroes have walked before us. It was probably raining on them most of the time too. Bags are deposited and I make a quick de-tour for a coffee and come across Michael D. Higgins on O'Connell street singing, 'Cockles and Mussels' and 'Fields of Athenry'! The writer's museum is our first stop and what a wealth of information they have there. It is well worth a visit. There is a recording of James Joyce reciting some of his work and many first editions of Irish novels and plays on display and lots of memorabilia from the writer's lives. I was particularly impressed by a letter Brendan Behan wrote to his family from a trip to Hollywood, USA. In it he describes meeting Frank Sinatra and Fred Astaire, among others!

We then hopped on the Dart out to visit the James Joyce tower in Sandycove. The weather was perfect: brisk wind, roaring sea and absolutely lashing

at the top of the tower. This is where James Joyce was said to have got his inspiration for some of the action in Ulysses, so we all stood at the top of the tower and soaked up all of the creative inspiration floating about. We headed back into Dublin for a meal and a pint of the black stuff. A marathon game of charades was had; it turns out we are all excellent at this game and also have several comedic geniuses in our midst. We then had some improvisational writing. On Sunday we explored the Yeats exhibition at the national library. There are videos, photographs, and recordings, writing scripts, books, texts, art work and more on display here. There is even a lock of Yeats' hair and his Nobel Peace prize! The exhibition really is testament to such a complex and fascinating artist.

Dublin was then treated to the Literary Society wandering the streets for a while, shopping, pondering, eating and exploring. Then we were for home, armed with our new literary knowledge and a few new friends.



UL Lit Soc at the James Joyce Tower, Sandycove

ULKC - The Paddling Continues



Mark Barrett, ULKC PRO

Andrew McGuinness on Top Drop

THE week following the Wicklow trip this year was packed full of paddling for the ULKC kayakers.

After braving the daunting Jackson Falls in Wicklow, the first year kayakers were hyped up and ready to push themselves further.

On November 3, the club packed up their gear and made the trip to Newport. The Clare Glens River is quite an advanced run and has a ten

foot drop at the very beginning. We set out and got the cameras ready for the beginners as they paddled over the biggest drop they had done so far.

After being talked through what the best line to take was and how to paddle over the drop, we hopped in our boats and threw ourselves over.

Some people tried the challenge just once but most did the drop over and over again. Much was learned and it was a fun day overall.

Following this long day on the water, some paddlers took to Gowar in Limerick city. The six foot wave was the ideal spot for kayak surfing.

With the experienced people throwing down advanced moves, the beginners were just happy to catch the wave.

This year so far has had lots of paddling and with Wales coming up, this is unlikely to stop.

Outdoor Pursuits Club

Katherine Davis

The Outdoor Pursuits Club's Halloween weekend trip of the semester kicked off at 6am on October 29, on a miserable and dreary morning. Despite the early hour, everyone was in good form and we had all the gear loaded to be on the road for six fifteen.

Looking along the bus you could see that just about everyone was in various states of slumber or unconsciousness as we began the lengthy trip north to Donegal. Besides a brief stop to allow ourselves a leisurely breakfast, we didn't halt until we reached Ireland's highest sea cliffs at Slieve League, situated on the Atlantic coast of Donegal. Though not as famous as the Cliffs of Moher, they stand nearly three times higher and we were blessed with clear weather and an awe-inspiring view as we went on a short hike in the vicinity. Our journey wasn't over yet so we trooped back onto the bus to reach our hostel in Donegal.

Errigal is the highest mountain in Donegal, part of the Derryveagh mountain range and we got to stay in a hostel right at the foot of it, surrounded by beautiful scenic countryside, as well as the majestic peaks of the 'Seven Sisters'. The quartzite exposed on its upper slopes, gives the mountain a particularly imposing appearance. After a long tiring day, with a journey worthy of Amundsen behind us, we settled in for the night to prepare for the hike the next day. For once Daylight Savings Time did us a favour, allowing us an extra hour of rest before we had our breakfast and began our day. Conditions were cloudy but dry. For the beginning of the hike we had to endure severe boggy terrain before finally making it up onto the scree of the mountain as we continued

uphill. Mist came in, along with heavy winds but we were able to negotiate the route to the summit without much difficulty. Unfortunately we weren't able to receive the view we deserved after our labours, but there was a great feeling of accomplishment none the less that kept everyone's spirits up as we began our descent.

The trip back across the bog didn't matter as our next port of call was the beach at Carrickfinn to enjoy the sea one last time before winter. I'd hesitate to describe the northern Atlantic as warm, but a word like bracing or refreshing might be more fitting. Fair play to those who braved it (the majority of us I am proud to add).

Our physical exercise over for the day, we headed back to the hostel to prepare our evening meal and decorate the place for our Halloween party that night. With an excellent spaghetti Bolognese dish served up by some able volunteers to save our hunger, we adjourned to put on our costumes before attending our Halloween soiree.

Our hall suitably decorated to ensure a festive flavour, we were lucky enough to have music courtesy of Marco Peters, our own resident DJ who was happy enough to take requests all evening, including unusual requests such as 'It's Raining Men' and of course the classics like 'Thriller'.

Regardless, it was a fantastic night and I for one, know I thoroughly enjoyed myself.

And of course the costumes worn by the members on the trip were in the spirit of the evening, an impressive standard all round. The next day, it was with some regret we departed Donegal, the fact we had another long



Members of OPC on their latest hike

bus journey ahead of us may have contributed to it! But it wasn't a day wasted entirely on transport back to UL. We took several scenic stops, the most significant being the site of W.B. Yeats grave at Drumcliffe, in the shadow of Ben Bulbin, the mountain fittingly described in his last work.

It was with some relief that our weary group eventually arrived in Limerick around 10pm, fortunate not to miss too much of the festivities. Bidding each other our farewells, it was the conclusion of another successful trip this semester and a great way to celebrate the long weekend. Congratulations to everyone who went, I hope you had a great time. And a special thanks to everyone who helped organize it.

Ógra S'inn Féin start-up notice

Séig'in Ó Ceallaig'

Ógra Shinn Féin Ollscoil Luimnigh will be setting up in UL in the next few weeks. Anybody who supports Sinn Féin or is interested in joining, please send your student and/or non-student email, and contact number to ograsol@gmail.com.

We will contact you about upcoming meetings and events, which will also be posted on our facebook page, Ógra SF Ollscoil Luimnigh.

At the moment Sinn Féin is the fastest growing political party and in the presidential election Martin McGuinness received nearly a quarter of a million first preference votes.

But Sinn Féin is the only political party in the university without an Ógra, so it is only right to give students the opportunity to join or find out about Sinn Féin and its policies.

The aims of the society are to bring together members and/or supporters of Sinn Féin, to discuss the party, its views and what we can do in UL.

We will also be trying to gain support for the party, and will be holding student events. So if you share the views of Sinn Féin that the current system is a complete failure, and you believe in Republicanism, Socialism, Equality and Unity, then join our facebook page and we will be moving one step further to a better Ireland.

Fine Gaelers Rally in the Mid-west

Anthony Woods

Fine Gaelers young and old welcomed An Taoiseach Enda Kenny, former presidential candidate Gay Mitchell and Minister for Finance Michael Noonan with great applause to a rally in the Greenhills Hotel attended by hundreds of supporters.

A huge crowd from UL Young Fine Gael attended the meeting held on Wednesday, October 19. Organized as part of a series of rallies around the country, there were speeches by all three guests with a great reception from the audience. Minister Michael Noonan spoke of our on-going success in securing Ireland's economy and how we are doing better than predicted in securing the nation's future. Although unsuccessful in the election, Presidential hopeful Gay Mitchell gave an enthusiastic speech on his view for Ireland if here were to become president. UL YFG was proud to be active throughout the election with great numbers out canvassing nearly every night coming up to the election. We would like to commend Gay on his brilliant campaign and wish him all the best in the future. Finally, the man himself, An Taoiseach Enda Kenny, gave a rebel rousing speech on how Ireland is on the road to recovery and the government's aim to make Ireland the best small country to do business with by 2016.

UL Young Fine Gael Still has much planned for the current semester with a table quiz on November 10 and a talk on the Arab Spring by Pat Breen TD in late November. New members are more than welcome so don't hesitate to get in contact with us.

Gaeilge

An Cumann Gaelach ar thuras go dtí an tOireachtas

I mbliana chuaigh an Cumann Gaelach ar thuras go dtí Oireachtas na Samhna 2011 i gCill Áirne, Co. Chiarraí. Téann an chuid is mó de na cumainn gaelach ann gach bliain agus bíonn chraic ag na mac léinn ar fad le chéile agus ní raibh sé dada difriúil i mbliana.

D'fhág muid Ollscoil Luimnigh tráthnóna Dé hAoine bhain muid spraoi as an tiomáint ó dheas ach nuair a sheas muid istigh i mbrú óige Neptunes bhí an buzz le aireachtáil san aer. Bhí cóisir gléasadh suas eagraithe do na mac léinn ollscoile san oíche in Óstan an Brehon.

Mar is gnáth bhí cúpla culaith an-aisteach ann ach bhí craic mhaith againn. Ansin chuaigh muid chuig Óstán an Gleneagles chun beagán damhsa ar an sean-nós a dhéanamh. Bhí rud ann do chách.

Bhí seomra mór ann le ceol traidisiúnta chun damhsa gaelach a dhéanamh agus bhí seomra eile ann le ceol saghas nua aimseartha.

Chuala muid banaí ar nós na Rubberbandits agus go leor eile. Bhí oíche an-mhaith againn agus lean an chraic ar aghaidh go maidin sa mbrú óige. Sílim go raibh sé thart ar a sé ar maidin nuair a chuaigh mé a chodladh.

Dhúisigh muid maidin Dé Sathairn agus b'fhada linn go mbeadh muid in ann leanacht ar aghaidh leis an gceiliúradh. Chaith muid an lá ag siúl timpeall Chill Áirne.

Ní dhearna muid dada ró-chraiceáilte mar níor theastaigh uainn a bheith tuirseach agus oíche mhór eile romhainn. An oíche sin rinne muid na rudaí céanna. Rinne muid beagán damhsa ar an sean nós agus d'éist muid le banna ceol Na Fíréin. Bhí oíche fada eile againn ar an Satharn. Taispeánann an tOireachtas go bhfuil an teanga fós láidir.

D'fhreastal os cionn 10,000 ar Chill Áirne le linn Oireachtas na Samhna 2011 agus iad ar fad ag iarraidh blas a fháil den teanga agus den chultúr. Tá muid ar fad ag siúl go mór leis an Oireachtas an bhliain seo chugainn i Loch Garmáin.



Gléasadh suas. Damhsa ar an Sean-Nós.

Oireachtas na Samhna 2011

Don dara bliain as a chéile is thíos i gCill Áirne i gCo. Chiarraí a bhí ceiliúradh á dhéanamh ar Oireachtas na Samhna. Is féile mór é seo a bhíonn ar siúl ag an am seo gach bliain, féile a thugann Gaelgóirí na tíre le chéile chun ár cultúr agus ár dteanga a cheiliúradh le chéile le spraoi, ceol agus craic. Bhailigh na sluaite san INEC idir an 1ú agus an 6ú Samhain agus bhain siad sult as na comórtais ar fad, comórtais do dhaoine óga agus do dhaoine fásta.

Is iomaí athrú atá tagtha ar an tOireachtas ó réachtáladh an chéad ceann i Seomra Cruinn an Rotunda i mBaile Átha Cliath ar an 17 Bealtaine 1897. Mhair an comórtas sin ar feadh leathlae agus deirtear gur fhreastal thart ar 1,000 duine chun an naoi comórtas a fheiceáil.

Ón am sin i leith, bhain tábhacht ar leith leis an taobh sóisialta agus caidrimh den Oireachtas. Chuir na cainteoirí ó dhúchas agus foghlaimeoirí na Gaeilge aithne ar a chéile agus is oilithreach bliantúil a bhíonn ann anois dóibh. Nach iomaí buanchairdeas agus cleamhnas a d'fhás as an Oireachtas.

I mbliana tháinig na mílte go Cill Áirne agus bhí rogha bhreá de 40 comórtas acu le breathnú orthu.

Ceaptar gur fiú beagnach €5 mhilliún d'eacnamaíochta Chill Áirne an tseachtain seo. Glacann daoine as gach coirnéil den tír páirt sna himeachtaí agus i mbliana ghlac eachtrannaigh páirt i roinnt de na comórtais. Tá liosta bhreá imeachtaí ar fáil thar na laethanta idir damhsa ar an sean-nós, agallaimh beirte, lúibíní, amhránaíocht agus an ceann mór, Corn Uí Riada. Thosaigh Corn Uí Riada mar atá a fhios againn an comórtas anois thiar i 1972.

Bhuaigh Treasa Ní Mhiolláin é an bhliain sin agus bhuaigh sí arís i 1979. Ar na réalta móra eile a bhuaigh an Corn seo tá Éamonn Ó Donnchadha as An Mhí (3), Nóra Mhic Dhonnacha (3), Nan Tom Taimín agus Máirtín Tom Sheáinín Mac Donnacha le péire an duine. I mbliana tháinig Jimmy Ó Ceannabháin as Ros Muc, Co. na Gaillimhe sa chéad áit agus bronnadh Corn Cuimhneacháin Sheáin Uí Riada, bonn óir agus €1,500 ar Jimmy.

Sa dara háit bhí Máire Ní Chéileachair as Corcaigh agus bronnadh bonn airgid agus €600 uirthi. Bronnadh bonn chré-umha agus €400 don tríú háit ar Éilís Ní Chonghaile as Ráth Chairn, Co. na Mí. Bhí seachtain mhaith ag Éilís mar bhuaigh sí comórtas Sean-Nós na mBan agus Corn Phádraig Mhic an Rí, bonn airgid agus €500.

Tháinig Eibhlís Uí Thuama as Béal Átha an Ghaorthaidh, Co. Chorcaigh sa dara háit agus bhuaigh sí bonn chré-umha agus €300. I gcomórtas Sean-Nós na bhFear chríochnaigh Aodán Ó Ceallaigh as Rinn Ó gCuanach,

Co. Phort Láirge sa chéad áit. Bronnadh Corn Cuimhneacháin Chiaráin Uí Chon Ceanainn, bonn airgid agus €500 ar Aodán. Fear óg as An Spidéal a bhí i Ciarán Ó Con Cheannain agus is é an buaiteoir is óga é ar Chorn Uí Riada nuair a bhuaigh sé an comórtas amhránaíochta i 2008. Faraor, bhásaigh Ciarán go tubaisteach cúpla mí ina dhiaidh, i mí Feabhra 2009. I gcomórtas na lúibíní bhí an lá leis na Céilleachair as An Rinn, Port Láirge nuair a thug Sorcha agus a deartháir Ógie leo Trófaí Foras na Gaeilge, bonn airgid agus €600.

Fuair siad an ceann is fearr ar na sean ionadóirí Joe Ó Dónaill & Ray Mac Mánais, beirt a thug leo bonn chré-umha agus €300. Rinne Foras na Gaeilge urraíocht ar an gcomórtas Agallamh Beirte chomh maith. Bhuaigh Mairéad Ní Cheallaigh & Caoileann Ní Dhonnchadha as Baile Átha Troim, Co. na Mí Trófaí Foras na Gaeilge, bonn airgid agus €600. Is i dteach Uí Dhubháin san Aird Mhóir i gCill Chiaráin atá Corn TG4 don comórtas Rince Aonair ar an Sean-Nós arís i mbliana.

Bhuaigh Gearóid Ó Dubháin an comórtas seo anuraidh agus thug a dheartháir, Páraic, leis an Corn, bonn airgid agus €1,000 i mbliana. Is beirt mhac iad seo leis an rinceoir cáiliúil Seamuisín Devaney. Bhí neart comórtais ann do na hógánaigh freisin agus iad san iomaíocht ó Faoi 12 suas go dtí Faoi 18. Ghlac siad páirt

i rincí aonair ar an Sean-nós, Dreas Cainte, Amhránaíocht ar an Sean-nós, Scéalaíocht, Agallamh Beirte agus Lúibíní. Tugadh na boinn ar ais go dtí contaetha ar nós Tír Chonaill, Baile Átha Cliath, Gaillimh, Corcaigh, Chiarraí, An Mhí agus Ros Comáin.

Tá Oireachtas na Samhna 2011 thart anois agus muid ar fad ag tnúth go mór le féile 2012 nuair a réachtálfar é thíos i Loch Garmáin. Beidh an tOireachtas ar ais i gCill Áirne arís i 2013.



Sean Ó Riada

Union

THE
PRESIDENT'S
COLUMN

Derek Daly,
President

Now that all the hectic part of the semester is pretty much done from my side of things, I'm hoping to get around to many of the campaign issues that you guys elected me on.

Some of you may have noticed the heated discussion relating to freeing up Fridays afternoons on the ULSU Facebook page. This is something I committed to investigating, as well as getting some extra library hours close to exam time.

As well as the request for you guys to tell me what it is you want in terms of student facilities in the last edition, we've set up a survey and as part of a conference I've gotten funding for I'll be able to see some of the best student centres in the world first hand and report back on them and how they work for students.

Also keep an eye out for details on the open general meetings I said I would establish where you can come and ask questions with no agenda put forward by the Union other than to welcome you and ask you to come and give us your ideas. All students' unions exist to represent students; we need your direction and input to lead the way.

As always I'm on Supresident@ul.ie or follow me on twitter [@ah_lads](https://twitter.com/ah_lads)

Mind yourselves!

Derek Daly
President
061 202326 | 086 043 5300
supresident@ul.ie

WELFARE
WATCH

Tara Feeney,
Welfare Officer

Howdy folks!! Awh can't believe it's the last issue of An Focal for this semester. Where does the time go eh? Just want to say a big thank you and well done to Kelly and all the students who contributed to this fantastic publication. All the late nights paid off! I suppose I'll give you a general update about what's going on in the wonderful world of Welfare. Next week I'm travelling up to the big shmoke (Dublin) to attend the ProYouth induction. I will then be the ProYouth mediator for UL.

I suppose you are wondering what is ProYouth. ProYouth is an eating disorder prevention programme which targets people who are at risk of developing an eating disorder, I think it is something that UL overlooks. Body image is something which affects all of students, whether it's over exercising, under eating or overeating. I can't wait to get started on it! I won't have another article in before exams so just want to say good look to everyone. I know it's really hard to think of anything else but studying coming up to exam week but just remember to take some time off for yourself. If anyone is finding the stress of exams really tough and feel like it's too much, my door is always open. Thinks that's all, oh and a big thank you to all the students I've got to know over the last semester. You've been great. I really have loved every minute of the job. Enjoy Christmas (I know it's early but I won't get to say it otherwise)

Toodles,
Tara Feeney
DP/Welfare
061 202519 | 086 043 5301

ENLIVENING
EDUCATION

Aoife Kenny,
Education Officer

Hi hi!

So its week 11 and dear lord it's been a busy few weeks. Last week I was in Dublin with the nursing class reps helping to fight for fourth year placement pay.

I'll be organising a ballot for all student nurses who will be allowed to vote on whether they will accept the pay cut. Along with that the Fees protest is this week. Make sure you come on Wednesday because all of us marching for one day could save you €5000 in years to come.

Why should we have to put up with a government who are going back on their word? At the moment it feels like the Irish Government doesn't care about what they are doing to the future generations, do we all want to be living out of the country in 5 years' time because we can't afford to pay back our graduate tax! Fighting for students' right aside remember exam time is only around the corner, so study study study! If you need grinds, check out the grinds register on the ULSU website.

Any issues or problems regarding the upcoming exams call into me or talk to your class rep!

Enjoy Xmas days everyone!

Later,
Aoiffs

Aoife Kenny
VP/Education
061 203491 | 086 043 5302

CAMPAIGNS
BRIEF

Paddy Rockett,
Campaigns and Services Officer

Hi all, at this point we are coming to the end of Movember and you guys are hitting up the Stables for Christmas days. Have a great time and let loose before you knuckle down for those big exams. During Study Week we will be running free tea and coffee and a listening ear for all your stressful exams. During Exam week we will be doing up a de-stress room so if an exam goes bad you can vent and relax.

Last Week saw Irelands first ever Lube Party, to be honest it was a crazy idea at the time but it twinned raising money for the Fees Protest and Raising awareness of sexual health. We expected to get enough for one bus but we ended up having the place packed out and it was unreal! Congratulations to all who took part and a huge thank you to the Hurlers the Craicwhores and all of the people that helped out on the night it was a Great success! With regard to Fees here are the details:

Sign up in the students Union Reception.

Busses will leave from Stables Courtyard at nine o'clock.

Attend the Fees workshop all day.

Tuesday (TODAY) the 15th to make posters banners and something mad to make UL stand out in this National Protest. For more information contact cso@ul.ie

Best of luck in your exams and happy Christmas and have a great new year!

Paddy Rockett
VP/Campaigns and Services
061 213542 | 086 0435303
sucso@ul.ie

WORDS
FROM THE
PSA

Sarah Jane Hennelly,
PSA President

Hi All,

I hope you are all getting on well. I know this is an extremely busy time of year for everyone, but think, the end is in sight... until Christmas anyway!

If you have any queries regarding exams, timetables, supervisors, graduation etc please send me an email. I'm here to help, even if it's just for someone to chat to, I know it's a stressful time and a problem shared and all that!

PSU had its Annual Fancy Dress Party in Scholars Thursday October 27. As usual it was a great success, with some amazing costumes! Thanks to all who made the night such a good one.

Christmas days are coming up also, they are being held in the Stables. Generally not such an attractive event to Postgrads, the PSU will be hosting "An Alternative Christmas Days" in Scholars. There'll be good music, drinks promos, and much more.

Details of the event are to be announced, so keep an eye on our Facebook Page (UL Psu) and my emails! It will be a great night to blow off some steam after all the deadlines!

All the best,

Sarah Jane Hennelly
PSU President
061 203473 | 086 043 5305

UL students break world record

Sharon Whelton

A GROUP of students from the University of Limerick, along with ULSU Campaigns and Services Officer, Paddy Rockett, can now boast of being Guinness World Record holders following their recently successful attempt.

The group made the trek to Dublin on Saturday, October 22 to raise funds for The Bone Marrow for Leukaemia Trust, by staying on the Dublin Eye for over 24 hours.

"A huge amount of students were involved in UL's record breaking attempt for Bone Marrow and Leukaemia Trust," Mr Rockett explained following the record attempt.

"I have a huge fear of heights, and within three minutes I wanted to get off, but the guys in the pod kept me there." The group lasted a massive

24 hours and 30 minutes in the pod, therefore creating a new Guinness World Record. "I shared the pod with Reiss Baron, Will Reidy and Maurice Danagher," Paddy added. "It was scary at the start and very isolated, but after a while our pod was the place to be.

"We sang for hours and at one stage we had Radio One in our pod, where we rocked out a serious cover of Florence and the Machine's 'Cosmic Love'."

Dedicated to supporting patients and families living with leukaemia,

lymphoma, myeloma and other blood diseases, the Bone Marrow for Leukaemia Trust continues to support the St James's Hospital stem cell unit supporting patients, the hospital and the medical team in providing the best possible care.

The support breaks down into four main areas: the patients themselves; the Burkitt unit and day care centre; accommodation outside the hospital for those who cannot commute and research and development into better methods of managing and curing the various disorders. The group have so

far raised €2,056 and are continuing their fundraising campaign until Christmas for the cause. "I would never have met some students if it wasn't for this," Paddy finished. "I would like to say a huge thank you to the students of UL from myself and the Bone Marrow and Leukaemia Trust."

Interview

Little Sparks with Delorentos



Jack Brolly

An Focal's Jack Brolly catches up with Delorentos (above) at the Halloween Ball

In 2007, Delorentos released 'In Love with Detail', their debut album. It was nominated for a Choice Music Prize and in Best Irish Album category at the Meteor awards.

In 2009 they followed it up with 'You Can Make Sound'. Now they're gearing up to release their 3rd album, 'Little Sparks', and an accompanying EP. After highs and lows, Delorentos have kept on chugging since their formation in 2005. An Focal recently caught up with Kieran and Rónan of Delorentos to see what we can expect from the new

LP and what keeps them going after all these years. "Delorentos started about 6 years ago. Kieran, Ross and Neil had been in a band together previously and they lost a member and were looking to start a new band. I had left another band; we were all involved in music, so we all just got together for fun. I hadn't been playing for a while and they were doing a gig for fun and we just got on really well" Rónan explains.

They have released two well received albums and their method has been the same for both. "We all write songs individually and then we write songs collectively. Over a period of time, the best songs get finished, the best songs go into contention to going on an album and the best songs get released. Sometimes I write songs with Rónan,

sometimes Ross writes songs that I finish and sometimes I write songs that someone else sees something in. Basically that's our "method"." says Kieran. "When it started out it was just the four of us in a room for hours and hours thrashing out on our guitars trying to get something that sounded musical. I suppose now we're improving as songwriters, we still spend quite a lot of time thrashing out on our guitars but we also have a set up in our practice space where we can do bits of recording and I guess technology helps as well in that kind of way." adds Rónan.

Delorentos reformed after announcing their split in 2009. We asked why they even considered stopping. "I guess for me I was the villain in this piece." Rónan says with a wry smile. "We had

isolated ourselves and after gigging so hard with 'In Love with Detail' for two years, we spent two years pretty isolated just working on these songs and I found that maybe made me go a bit crazy. So I was really glad to get into the studio at the time and it was weird because being part of the industry I lost a bit of focus on the music and how enjoyable that could be. I sort of went from a situation where I thought, "I can't be in this anymore" to going into the studio with just 3 guys and Gareth Mannix, who produced it at the time. We really had a blast and just enjoyed making music. I guess it refocused me and that's why I do this and thankfully everyone agreed that we could continue to do it."

After all this they're still readying their third album and an EP for release, what

could we expect from it? "We made a magazine with the EP and it's gorgeous. I don't normally use the word gorgeous unless I'm describing a particularly rich chocolate cake. [Laughs] It is really beautiful and I'm really proud of it. I brought it home and I showed my girlfriend and I was gleaming" chuckles Kieran. "It's probably the deepest collection of songs we've written and the most personal collection of songs we've written." Rónan adds. 'Little Sparks' will be released in January 2012 and 'Little Sparks' EP is released November 18.