

Image Credit: Hafsa Mushtaq, UL Photo Soc

Week 3,
In Focus.
Pages 16
and 17



Amsterdam,
quirky, exciting
and on our
doorstep. Page 6

TAOISEACH OPENS IRISH WORLD ACADEMY

Written by **Colm Fitzgerald,**
News Editor

TAOISEACH Brian Cowen officially opened the Irish World Academy of Music and Dance on Friday Week 3. The multi-million euro facility will now become the permanent home to the Irish Academy of Music and Dance, which is under the direction of Mícheál O'Súilleabháin.

UL President Don Barry praised the efforts of the huge consortium involved in the conception and construction phases of the academy, claiming that the "dream team moved mountains" to bring the project to fruition. He also reiterated his heartfelt thanks to the DLB Cordier for their determined efforts in designing a building that balances practicality with beauty.

The UL Foundation is also most grateful to the financial sponsors of the project including Chuck Feeney, Maev Mahony, Toyota Ireland and Ulster Bank. The Taoiseach, who officially unveiled the memorial plaque, said he was delighted that the

"cultured heritage" of Irish Music and Dance will be nurtured and protected with the construction of the new facility.

Mr Cowen said it was vital that we integrate our musical culture into education, stating that the faculty expects to have around 470 students enrolled by 2013. The Taoiseach praised Mícheál O' Súilleabháin's "unshakeable belief".

Mr O' Súilleabháin described the facility as a "magical place". He compared his first encounter with the building to that of a poem filled with poetic practicality yet retaining its true beauty. The facility features several performance, rehearsal and tuition rooms and spaces, classrooms, and a café operated by Café Noir. The building is noted for its distinct golden dome.



Left to Right: UL Chancellor Mr Peter Malone, An Taoiseach Brian Cowen, UL President, Professor Don Barry, Director of the Irish World Academy, Professor Mícheál Ó Súilleabháin, Paddy Moloney of The Chieftains. Image Credit: UL Press Office

STUDENTS STAND UP FOR PEACE

Written by **Kelly O'Brien,**
Features Editor

MORE than 500 UL students stood up for peace last month by joining in a candle-lit procession across The Living Bridge. The event, coordinated by SU President Ruán Dillon McLoughlin, began with free tea and coffee in The Millstream Common Room where students were also supplied with candles for the event. Shortly after this, participants began to light the way across river Shannon in the name of peace.

The 'Stand Up and Light' procession was planned to coincide with World Peace Day. This day was established by an organisation called Peace One Day, which is dedicated to raising public awareness about the need for a global ceasefire. Founded by filmmaker and actor Jeremy Gilley, the organisation's objective is to establish one day a year

free from conflict and war, one day of global truce. After three years spent promoting this idea, it was eventually realised in 2001 and 21 September was declared an International Day of Peace. "It was absolutely amazing! What a great turn out", said participant Lotte Krause. Andrew O'Doherty said it was "exhilarating" and that it was "the best event UL has seen in years". Students were especially appreciative of the free tea and coffee. Other students were heard singing Journey's 'Don't Stop Believing' in an effort to show their support for World Peace Day. Hundreds of students showed their willingness to stand up for a cause they believe in. While UL held a candle-lit procession, elsewhere in the world people were attending concerts, art installations, tree plantings and prayer sessions.



Image Credit: Brian Condell,
UL Photo Soc

SU MEET COWEN OVER FUNDING CONCERNS

Written by **Colm Fitzgerald,**
News Editor

TAOISEACH Brian Cowen was met with a wave of concern from members of the SU following the official opening of the Irish World Academy.

Protesters lined the road adjacent to UL's Schumann Building and held placards displaying messages of disgust and concern at the Government's education cuts. A high Garda presence was maintained prior to and as the Taoiseach's convoy drove past.

Mr Cowen waved at the crowd of sixty students who had gathered to protest. In a private meeting with the Taoiseach on behalf of UL's student body, Derek Daly, SU Welfare Officer, and Ruán Dillon McLoughlin, SU President, pointed out concerns over increased class sizes, prospective cuts to library hours and other cuts to services in general.

They argued that the student experience is suffering greatly as a result of budget cuts. Mr Cowen commented that no assurances could be given to the SU

that "couldn't be given to anyone else". He claimed he will bear in mind that an increase in the Student Services charge would ultimately cost the exchequer more, as a high number of students are funded by the higher education grant. It is expected that education will feature heavily in the next round of budget cuts this December.



Students line up to protest Government cuts.

News

COUNCILLOR DISMAYED BY ROAD CLOSURE

Written by **Colm Fitzgerald,**
News Editor

CLARE Councillor, Cathal Crowe, has made known his disappointment at the planned closure of the Garraun Road, Clonlara.

The road, which enters the campus near Cappavilla, previously served private residences which have since been demolished. It currently serves some other residences off campus but these will not be affected.

Cllr. Crowe expressed concern that neither UL nor Clare County Council have any short term plans to either re-instate the road or construct a new major entrance.

It is understood that closure of the road was one of the conditions of the planning permission for Cappavilla and other buildings on the north bank of the River Shannon.

A second entrance would significantly ameliorate traffic conditions in Castletroy and the main entrance at peak times, allowing staff and students from Clonlara, Corbally, Ardnacrusha and surrounding areas to access the campus by this faster route.

Cllr. Crowe suggested that the road should not be a free for all but should instead be restricted to staff and students. He insisted he will only support the road closure if alternative access is provided.

CREDITS

Editor – Finn McDuffie
Deputy Editor – Darragh Roche
News Editor – Colm Fitzgerald
Features Editor – Kelly O'Brien
Entertainments Editor – Caitriona NiChadhain
Sports Editor – Mark Connelly
Graphic Designer – Cassandra Fanara
Printed by Impression Design and Print Ltd.
Brought to you by your Students' Union.
Visit www.ulsu.ie to view An Focal online.

Thanks to everybody who contributed to this issue.

Contributors:
Alistair Waddell
Aoife Dowling
Aoife Finnerty
Barbara Ross
Brian Condell
Brige Newman
Christopher Ryan
Conor Forrest
Dan Comerford
David Kelly
Derek Daly
Elizabeth Neylon
Fiona Reidy
Hafsah Mushtaq
Hugh O'Brien

Jason Kennedy
Jordan Balfry
Kate Doyle
Maria Riordan
Mark Delaney
Marlies
Koppelhuber
Meghann Woolfe
Paul Carty
Paul Lee
Seamus Ryan
Sean Reidy
Sinead Keane
Stephen Carmody
Thomas Moriarty
UL Photo Soc
UL Press Office
Vivion Grisewood
Xin Gao

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.
E: sucommunications@ul.ie
to contact the Editor.

Powered by



Paper sourced from sustainable forests



Finn McDuffie - Editor

EDITORIAL

THE UK dairy sector was in the limelight again last week because plans for the controversial Lincolnshire "super-dairy" were resubmitted for approval by local authorities.

The US-styled farm would use 8,100 cows to produce 250,000 litres of milk daily. Would-be super-farmers, Nocton Dairies Ltd., claim "mega-farming" is the only way to stay profitable as supermarkets push down milk prices.

Many farmers oppose the idea. And quite rightly too, because there are a lot of things wrong with it.

Firstly, it would involve intensive, indoor farming practices, which reduce the quality of produce and the welfare of the animals to a pitifully low standard. Animal waste and air quality are further considerations.

But secondly, the idea is nothing but a naïve and greedy response to food industry bully tactics. If the idea were to take off, smaller farms would have no choice but to close up; their competitive advantage lost in an industry hell-bent on reducing milk costs.

But who is really to blame? It's a chain that ends with the consumer after all. Would you betray your principles for a few cents off a pint of milk? If you've travelled Ryanair as I have, you probably would. But that's another race to the bottom.

We get what we deserve. If we want diversity, a better product, higher environmental standards and healthier livestock, we must pay a premium. Biggest is not always best. This might be going on in the UK. But when

England Sneezes, Ireland catches a cold. And we've already got a runny nose.

"This might be going on in the UK. But when England Sneezes, Ireland catches a cold. And we've already got a runny nose."



Image Credit: Hugh O'Brien

COMMUNITY RELATIONS OFFICER ELECTED WITHOUT CONTEST

Written by **Aoife Dowling**

DEIRDRE Wilson was appointed Community Relations Officer last Friday.

Ms Wilson is currently in her third year of a science education degree and has been involved in the Students' Union since she began college in 2008. The aegis of the Community Relations Officer (CRO) is to give back to the Castletroy community.

Ms Wilson hopes to begin her carrying out her duties by gathering students every Thursday to assist in maintaining the upkeep of the community.

She acknowledges that during the academic year students swarm Castletroy and says she hopes to give back to the residents of the community by arranging for repair of vandalised or damaged property and organising litter collections.

Campaign and Services Officer Vivion Grisewood will be working closely

with Ms Wilson. "She will work hard to achieve great things during her term as Community Relations Officer",

Mr Grisewood said. Ms Wilson and Mr Grisewood will sit on a community forum where they will meet with the county council, residents, representatives from the university and local Gardaí. The forum is an opportunity for these parties to come together and discuss issues and potential solutions.

Ms Wilson encourages students interested in taking part in the general upkeep programme to attend the SU at 11am on Thursdays.



Deirdre Wilson, SU Community Relations Officer

MORE FLOODS ON THE WAY

Written by
Colm Fitzgerald, News Editor

AFTER a winter of catastrophic and unprecedented flooding, Councillor Cathal Crowe has warned locals to batten down the hatches for fear of a repeat this year. The "hundred year flood" wreaked havoc through much of Clonlara, Ardnacrusha and Plassey last November. Cllr. Crowe has hit out that of the €13m in European Union flood relief money received, very little of it will go to residences in rural Limerick and Clare affected by the floods.

He has suggested that flood defence walls be built around vulnerable properties and sandbags provided.

A flood relief adjacent to the river has been called unrealistic. He has expressed his concern at the release of large amounts of water from the sluice gates at the Parteen weir at the hydroelectric power station during periods of heavy rainfall, which has caused a degree of consternation amongst local residents.

UL was affected particularly badly by last year's flooding, with the river rising several feet near Thomond Village and the Health Sciences building.

The fisherman's cottage was also flooded. The "black bridge" across the river has been closed since the floods.

News

UL HONOURS ITS FOUNDING FATHER

Written by **Darragh Roche**,
Deputy Editor

UL has conferred an honorary doctorate on Dr Ed Walsh, the founding president of the University and president emeritus.

Dr Walsh founded the University in 1989, making it the first university established in the history of the State. Dr Walsh is renowned for groundbreaking advances in third level education in Ireland and he has been described as a visionary.

Dr Walsh significantly expanded the University with support from private donors and philanthropists. He pioneered a vast range of educational innovations. During his tenure as president, the University introduced the Co-operative Education Programme (Co-op) and the international student exchange

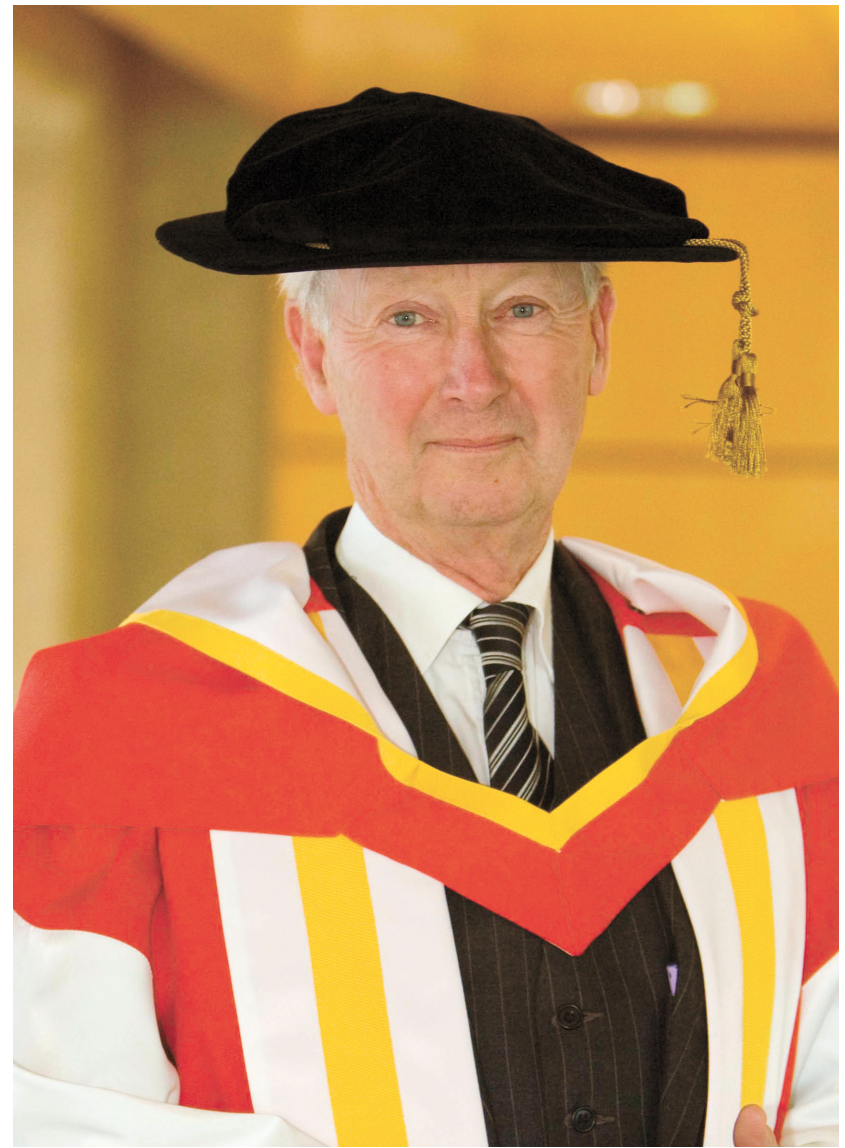
systems Erasmus and Socrates.

Dr Walsh has served as founding chairman of the Irish Council for Science Technology and Innovation, the National Technology Park, the National Council for Curriculum and Assessment, Citywest's Growcorp and the National Self-Portrait Collection of Ireland. He has also served as chairman of the Conference of Heads of Irish Universities and of Shannon Development.

The president emeritus was honoured at a ceremony where five outstanding individuals were given honorary doctorates. Jerry Kennelly, a successful entrepreneur, Frank Daly, former Chairman of the Revenue Commissioners, Oliver Murphy, who established the Irish Wheelchair

Association, and Professor Anya Peterson Royce, a world renowned academic in the area of anthropology of dance were conferred with honorary doctorates.

"This is a very special event," Professor Don Barry, UL President said. "It is the day when we get the opportunity to honour five exceptional people, who have inspired, who have led with courage and passion and have made great contributions to public life, in Ireland and abroad. Today we bestow upon these worthy recipients the University of Limerick's highest honour and a place in the history of this institution," he added.



Dr Ed Walsh accepted his honorary doctorate last week.
Image Credit: UL Press Office

CAREERS OFFICE AND SPIN SW TEAM-UP FOR STUDENT EMPLOYMENT

Written by **Annie Dillon**

THE Careers Fair, organised by the UL Careers Office, will take place in the University Arena between 12pm and 4pm on Thursday, 14 October. A special initiative at this year's event will be the presence of Spin South West who will broadcast their programme from the Arena.

Details of participating organisations are published in Careers by Degrees 2010-2011, copies of which are available from the Careers Service in E0-019. The Careers Office has said the event represents "an opportunity not to be missed if [students] want to succeed in the job market."

According to the Careers Office, "UL graduates have always competed better than average on the graduate employment market, partly because they already have work experience and also because they have a strong focus on finding employment. This positive attitude impresses employers when they come on campus to participate in recruitment events, especially the annual UL Careers Fair."

The Co-operative Education and

Careers Division is running its eleventh UL Careers Fair and expect that this will attract a higher than ever attendance. The Fair is the largest campus-based careers fair in the country and this year will be no exception with almost 100 organisations confirmed. Although this event is targeted at final year students, postgraduate students, and recent graduates, students from all years of study and all disciplines are invited to attend. All sectors of employment will be represented on the day: Accounting, Banking & Finance, Insurance, Law, Retail, IT, Biomedical, Pharmaceutical, Aeronautical, Electronics, Consulting, Administration, Food Processing, Nursing, Education, Professional bodies and others.

In addition to these sectors, there will be a special Postgraduate Study zone and a Volunteering zone. The Fair will cover opportunities in Ireland as well as many international locations, including UK, United Arab Emirates, Japan, Korea, Luxembourg and other EU locations.

NEW CAR PARK OPENS ON NORTH CAMPUS

Written by **Colm Fitzgerald**,
News Editor

A new 380-space car park has opened on the North bank of the campus. The free car park, which has 300 spaces for students and 80 for staff, is located on the site of the old temporary car park. It is intended for this facility to serve the Irish World Academy, Health Sciences building, the new Graduate Medical School and the Pavilion. The latter two projects are still under construction.

The extra parking is one of the first finished parts of the Pavilion project, which will include the creation of floodlit, synthetic, all-weather pitches complete with a perimeter walkway, changing rooms and a restaurant and bar.

Robert Reidy, Director of UL's Buildings and Estates Department, compared this new car park with other parking initiatives on campus. "The Milford and Western car parks are pay facilities because there wasn't funding available to build them and land had to be bought. That's why some are free and some aren't. It's just the reality of it". He explained "where parking is associated with an academic building and where funding permits, we don't have to charge". He also commented that during the first phase of the project, the Cappavilla car park was extended.

Covered cycle parking will be provided on the North Campus. It is expected that that the Pavilion construction project will be completed for the middle of the next academic year.



A plan of the North Campus development.



News

NEWS
IN BRIEF

Drink Aware

Campaign launched
Drinaware.ie has launched a new campaign highlighting the dangers of alcohol to students. Toilets in student bars have been adorned with life-size posters of guys and girls both before and after excessive alcohol consumption, warning about what could happen after a rough night on the town. Drinkaware have also distributed copies of their "No-Nonsense Student Guide" to surviving the college life- debunking myths about hangovers, mixing drink and sobering up.

UL hosts 22nd
International
Barbershop
Convention

While it was not a mass gathering of barbershop owners, the University Concert Hall played host to over 400 barbershop singers last weekend, 1 and 2 October. The event brought a small but welcome boost to the local economy, with this being the third occasion that Limerick hosted the event. Singers from over 25 choruses and eight countries took part.

Bonus points for
higher level maths

The introduction of a common bonus-points system for students taking higher level maths for Leaving Cert has been backed by several colleges. The system, which UL has used for years, rewards students for excelling in the highly challenging exam. UL is the only college to employ the system at present, which rewards students who obtain an A1 with 40 extra points. It is expected that a universal system would encourage more students to engage with the subject.

No winner of C&S
Lotto Jackpot

There was no winner of the €5000 jackpot on Tuesday, 22 September. The next draw takes place Tuesday 5 October in the Red Raisins at 2pm. The jackpot has now risen to €5200. One euro in every two goes back to the participating Clubs and Societies. The winners of the four €25 spot prizes were Eugene Roche, Daniel Keohane, Gaye Hanrahan and Roisin Monaghan. Visit http://www.locallotto.ie/localhome.asp?LL_ID=323&CLB=1 to buy a ticket

powered by 
localotto.ie
EVERYONE'S A WINNER

Scholars Club

becomes ticket agent
Scholars Club has just become a ticket agent for Tickets.ie. This means that any member of the campus community can pop in and purchase tickets sold through Tickets.

They can also be used for local events, so should anyone of the Campus Community be organising a Ticket only event, they can contact Tickets.ie to arrange a listing and have tickets sold through online. To get a sample of tickets available visit www.tickets.ie

LANGUAGES WEEK COMES TO UL

Written by **Colm Fitzgerald,**
News Editor

THE School of Languages, Literature, Culture and Communication organised Languages Week once again at the University this year. The event, which ran from 27 September to 1 October, encompassed a variety of activities including free lunchtime language classes in Chinese, Hebrew and Polish, amongst others, film screenings and poetry readings.

The week was organised in conjunction with the European Day of Languages, which took place on 26 September. The University marked twenty years of Japanese language education in UL during the course of the event. Erasmus students were invited to exhibit their photos during the week long exhibition in the Languages Building in the Millstream Courtyard.

The renowned Bosnian writer Adnan Mahmutovic performed a reading from his novel *Thinner than a Hair* while there was also a screening of his recent film *Washing*. He explained the process of the production of the film from script to finished product. Ailbhe Ní Ghearbhuigh, who is originally from Tralee, hosted an Irish music and poetry event. Students from the Irish World Academy of Music and Dance supplied the music.



Professor Paul McCutcheon, VP Academic and Registrar and Mr T Urabe, Japanese Ambassador to Ireland

UNIVERSITY DEFENDS TRIPLE
PRESIDENTIAL PAY

Written by **Seamus Ryan**

UL President Don Barry defended UL's concurrent payment of a presidential salary to three people during 2007 and 2008 at the Dáil Public Accounts Committee meeting in Dublin on 23 September. Citing "unique, exceptional and very challenging circumstances", he outlined why he, as well as previous presidents Roger Downer and John O'Connor were paid the president's rate of almost €230,000 at the same time. The three concurrent payments came to

light following the release of a special report on Irish universities' resource management and performance by John Buckley, the Irish Comptroller and Auditor General, in mid-September.

Professor Barry explained to the committee that Professor Roger Downer, who stepped down as president due to ill-health in April 2006, was given the title of president emeritus and continued to work with the university's financial donors until his retirement in

August 2008. He was paid by the UL Foundation rather than the taxpayer. He was succeeded by John O'Connor as acting president until Don Barry was appointed as the new president in May 2007. Following the appointment of Professor Barry as president, Mr O'Connor was also given the title of president emeritus and continued to work for the university, taking care of large-scale capital projects until his retirement. He was also paid a

president's salary for the duration. The university has admitted that it did not seek approval from the Higher Education Authority or the Minister for Education for the extended salaries.

The unauthorised payments by UL are dwarfed by unsanctioned payments made by UCD, where twelve members of staff were paid a total of €3m in one year.

LIMERICK DJ
SPENT DAYS IN
BROWN THOMAS
WINDOW

Written by **Conor Forrest**

LOCAL Live 95FM DJ, Mark Whelan, received a warm reception as he arrived at Brown Thomas in Week 3 as part of a unique fundraising effort.

Mark, who presents the breakfast show for the radio station, was in the window of the shop for a number of days. Over the course of the 95 hours, Mark ate, slept and watched television as well as other activities.

The public were able to watch him take part in challenges and tasks with local celebrities.

Proceeds from the fundraiser go to the Ark Children's Unit at the Regional hospital in Dooradoyle and CARI. "I

was a bit nervous about it, but it was for two great causes and that is the reason I agreed to do it," said Mark.

"The money raised will be spent on new equipment and the training and development of staff to maintain their skills, as we are the first paediatric unit that has opened outside of Dublin," said Ms Maloney, of the Ark Children's centre.

A number of other staff members at Live 95FM also undertook tasks as part of the charity event. These included public leg waxing, city walks and fundraising cycles.

STUDENT SUES
QUEEN'S UNIVERSITY
ABOUT GRADE

Written by **Michael Reid**

A graduate has launched a High Court challenge regarding his final university result after he received a 2:2 degree.

Queen's University, Belfast graduate Andrew Croskery, from County Down, applied for a judicial review of the grade in one of the first hearings of its kind.

The court was told how the electrical engineering student could have finished his degree with a 2:1 had he enjoyed better supervision.

Mr Croskery's barrister, Tony McGleenan, said he couldn't appeal against his classification because he had already graduated.

He argued the university's stance violated his client's human rights.

"It is obviously an important case for the applicant," the barrister said. "He claims his employment prospects

have been jeopardised [...] in this competitive job market," he added.

Nicholas Hanna QC, counsel for Queen's University, argued the judicial review application should be dismissed as the court was not the place to solve the matter.

"At the moment all we know is there are protocols in the university for such an application," Queen's University Students' Union President Gareth McCreevey said.

"Academic appeals were ignored by the individual before he graduated. He went ahead and graduated and then appealed. University protocol is that once you graduate, you accept your grade," Mr McCreevey added.

Features

IS IT POSSIBLE TO LIVE WITHOUT A MOBILE?

Written by **Sinead Keane**

A fascinating thought struck me today. As the lights turned from red to green and a bus ploughed through the junction, I wondered how is it we have such a dependence on technology?

The lights triggered the questions. How was I sure that they would turn green at the right moment? How could I trust that I wouldn't get run into by oncoming traffic going the other way? I realised we rely on that over which we have no control, every day. We depend too much on technology. So, is it possible to live life without it?

As an experiment, I decided to switch off my mobile for a week and try to survive without it. A week passed. Then another. I put off the experiment. There was no suitable time to disconnect from the world. As my mobile is the only form of contact with both my family and my employer, I eventually realised that it wasn't going to happen. Life wouldn't run as it always did without my mobile.

Admitting the truth, the fact that my family and boss would need to contact me is probably just an excuse. What college student sits in anticipation for a phone call from their mother? It was

"There was no suitable time to disconnect from the world."

probably the idea of missing texts from friends that I couldn't stand.

When I think of it, the freedom I feel when my battery dies is quite liberating. I don't panic; I don't check my phone every five seconds. It's a weight off my mind. So why, then, can't I switch off my mobile willingly?

I guess part of it is fear of missing out. Most events nowadays are organised by phone or online. Without either of these, how could I know when the next house party is? I don't remember phone numbers or friend's birthdays anymore. My little phone does all that remembering for me. It's my second brain.

I can safely say I won't be giving up my phone anytime soon. After all, the next text could be important!



HIS HOLINESS: BRUSHING IRELAND UNDER THE ALTAR?

Written by **Thomas Moriarty**

YES, I am an atheist. So any positive views I hold on religion are few and far between. I have many personal issues with religion but I feel that many will share my view when I say the Pope's recent visit to Great Britain has been the biggest slap in the face yet to Irish Catholics.

The bare facts are that his Holiness visited Scotland where he met Queen Elizabeth. She whisked him around the UK to great public reception and, when he got back to Rome, the Irish

people had been effectively ignored by God's representative on earth. Recent Irish history is positively steeped in the scandal and corruption caused by Catholic priests.

It is a sad fact that even though child abuse infinitely sickens most of us, its occurrence has many darkly humorous components in our society. Simply mention a priest and you invariably hear someone crack a joke about paedophilia. Bearing this in mind, it stands to reason the Pope would want

to visit our fair country to recognise its people. But he did not. Instead, He thought it would be sufficient to write a letter of apology to Irish abuse victims. Is this enough? I don't think so. It is, in fact, an insult. It is a slap in the face to the victims, to their families and to our nation as a whole.

Ireland is not a secular society and I doubt it ever will be. Even though religion is not as predominant as it once was, the people still take pride in their Roman Catholic background. They

take pride in St. Patrick, in the miracles that have been reported at Knock but, above all, they take pride in their Pope. Catholicism itself teaches love and respect. Where can we, the Irish people, find respect in an inconsequential letter that probably wasn't even written by Benedict himself? The Pope has essentially abandoned this country.

All we wanted was a visit. Instead, we got a letter.



Pope Benedict XVI visits the UK

DEPARTMENTAL NOTICES

Campbells Opening Times

Cafeteria – Main Building – Block C, Level 1

Red Raisins

9.00am – 5.00pm Mon – Thur
9.00am – 4.00pm Fri

Starbucks

8.15am – 6.00pm Mon – Thur
8.15am – 5.00pm Fri

Subway

8.30am – 7.00pm Mon – Thur
8.30am – 3.00pm Fri

Vending Service

24 Hour Service in Cafeteria
Minerals, Sweets & Snacks

Main University Restaurant – Main Building – Block D, Level M

Breakfast Served from

9.00am – 11.15am Mon - Fri

Snack Bar

9.00am – 8.30pm Mon – Thur

Self Service Lunch

12.00pm – 2.30pm Mon – Fri

Evening Tea

4.00pm – 8.30pm Mon – Thur

Hot Food Evening Service

5.00pm – 6.45pm Mon – Thur

Cube Café –

Kemmy Business School

Breakfast Service

8.30am – 12.00am

Snack Bar

8.30am – 5.00pm Mon – Thur
8.30am – 3.00pm Fri

Luncheon Service

12.00pm – 2.00pm Mon – Fri

Evening Service

5.00pm – 8.30pm Mon – Thur

Hot Food Evening Service

5.00pm – 6.30pm Mon – Thur

Café Aroma – CSIS Building

Café Service

8.30am – 5.00pm Mon – Thur
8.30am – 3.00pm Fri

Luncheon Service

12.00pm – 2.00pm Mon – Fri

Café Verde – Health Sciences

Café Service

8.30am – 4.00pm Mon – Thur
8.30am – 3.00pm Fri

Luncheon Service

12.00pm – 2.15pm Mon – Fri

River Café – Millstream

Café Service

8.30am – 4.00pm Mon – Fri

Luncheon Service

12.00pm – 2.15pm Mon – Fri

Café Sportif – Sports Building

Snack Bar

9.00am – 4.00pm Mon – Thur
9.00am – 3.00pm Fri

Luncheon Service

12.00am – 2.00pm Mon – Thur

Vending Service

24 Hour Service in Cafeteria
Minerals, Sweets & Snacks

Café Allegro – Foundation Building

Café Service

9.00am – 4.30pm Mon – Thur
9.00am – 3.30pm Fri

Vending Service

24 Hour Service – 1st Floor
Foundation Building

Minerals, Sweets & Snacks

***Note: All times listed are subject to change depending on the time of year.**

Get well soon from
Clubs and Socs

On behalf of all Clubs and Societies we would like to wish a speedy recovery to Pat O'Neil, the Grounds Supervisor from Building & Estates. Pat has been very pro-active on the issue of pitches and the impending mountain bike pump track.

Features

LET ME TAKE YOU TO AMSTERDAM

Written by **Finn McDuffie, Editor**

"Sometimes a very distinctive scent lingers."

WHEN people start writing about Amsterdam, they tend to get a thesaurus and search synonyms for crazy. Amsterdam is a celebration of the unconventional. But it's also an exceptionally vast hive culture, beauty and fun.

Not too far from the hauntingly beautiful museum district and across the leafy Singelgracht canal, is Vondel

Park (Wonder Park). This expansive, blossoming green offers striking statues and vibrant floral carpets that stretch and wind around the many ponds. It's one of several serene hideaways where natives and visitors go to relax, cycle, play music and bask in the sun. Sometimes a very distinctive scent lingers, but it's not specific to Vondel Park. You can pick it up all over the city. One of Amsterdam's odorous curiosities is cannabis. And sitting amid the always-surprising architecture are cannabis cafés (or coffee shops).

These are located all over the city centre and offer a number of cannabis varieties and products. The shops often host swathes of smoking tourists,

attracted by Amsterdam's quiet tolerance. Another thing that must be mentioned in this respect is the red light district, where prostitution is allowed in a confined and controlled environment. Here, scantily clad ladies stand, dance and wave in shop windows on small cobbled streets, wrapped in red light to make them stand out and to cover their flaws. Aside from the unconventional specialities, Amsterdam's streets hide some fantastic music venues, pubs and a fantastic comedy scene. Behind the regal facades of old merchant houses lies Amsterdam's giggling sore side, which is testament to the indefatigable good humour and tireless pleasance of the locals. A good place to meet these

locals is the Bloemenmarkt (Flower Market), where a vast array of flowers, plants and bulbs bob on the floating stalls of one of the city's oldest canals. The colours, smells and excitement of this animated market are a big attraction.

If you're looking for some local cuisine though, the Albert Cuyp Markt is the best place to get some Haring (Herring). This oily fish is prepared fresh in front of you, and is eaten raw with a gherkin and bread.

The last place I'll mention is Dam Square. Not because it's very special, but because it's the last part of the city I visited. A wide, free space and a suitable conclusion.

CO-OP IN THE LEBANON

Written by **David Kelly**

"I couldn't get over the size of the place; it's like St. Stephen's Green indoors."

THE Beirut Walking Tour was an electrifying and thoroughly enjoyable experience. It gave me a chance to meet other likeminded expats, and a chance to delve into Beirut's rich history and tradition. A city that has been destroyed and rebuilt seven times, a city savaged by war, destroyed by earthquakes and giant tidal waves-you'd think that would be enough to deter anyone from living here. But you'd be mistaken.

From my point of view, the Green Line, the Holiday Inn and Martyr's Square were the highlights of the tour. The Green Line separated east and west Beirut during the 1975-1990 civil war. It was also a segregation line; most Christians lived in the east and most Muslims in the west, rarely did one venture to the other side without fear of execution or persecution by one militia or another.

The Holiday Inn was another civil war stronghold. It acted as a sniper hub for Muslim and Christian militias (Phalange, PLO, etc.) who would fire rockets, etc. into their enemy's territory. Before the war it was one of Beirut's finest hotels, and hopes remain that its current owner (the Emir of Kuwait) will restore it once there is stability in Lebanon. Now, it's a dilapidated building that hosts weeds and undergrowth as its sole guests.

A visit to the city mall was another first for me. I couldn't get over the size of the place; it's like St. Stephen's Green indoors. Although the prices can be exorbitant, I still found some items at good value. Having felt seriously homesick over the past few weeks, I decided to go to the cinema. The film was a good laugh, a mixture of action with a hint of a chick flick about it, just the cure I needed.



There are bicycles everywhere in Amsterdam. Pictured is a very typical canal-side scene.

THE ERASMUS PERSPECTIVE

Written by **Marlies Koppelhuber**

MY Erasmus placement in UL has been a positive experience so far. In the beginning it was creepy; arriving in the middle of the night and trying to find a taxi to my new accommodation for example. I still haven't completely found my bearings yet and I often exit the main building not knowing where I am. Lecturers are getting easier to understand and I am able to print and photocopy now, which was a real challenge in the beginning. I've had fun meeting new people, joining clubs and societies and riding my bike on the wrong side of the road (not on purpose, I just don't get cycle tracks here).

Sometimes you feel lost, especially when there's nothing to remind you of your "old" life. You really get to know yourself because of this and it's quite interesting to watch yourself dealing

with new situations. You can either lock yourself in your room or you can just put yourself out there. I decided to go for the latter, not because my room is far too small, which it is, but because I think the time here in Limerick is too short to waste it worrying about your pronunciation of English.

Last but not least, there's one thing everyexchangestudentshoulddefinitely know: do not try to log yourself onto a computer in the postgraduate section of the library; it's not going to work, not even if you change your password several times.

"You really get to know yourself."



The Rafik Hariri Mosque (named after the former Lebanese PM who was assassinated in 2005)

Features

A VICIOUS CYCLE IN CASTLETROY

Written by **Stephanie Day Dallas**

ON the sixth day, God created man. And the following day, God taught man to abuse cyclists. His teachings live on to this very day.

All sacrilegious joking aside, those of us who regularly undertake the perilous pedal to and from campus know that cyclists receive a shocking amount of harassment. I've been cycling around UL for a measly three weeks now and already I've been shouted at, beeped at, made fun of, almost knocked down and egged mercilessly by the occupants of a passing taxi. All of this happens on a regular basis (with the exception of the lone egging incident).

I cycled to college today. Before long, I met two "boyos" of the GAA persuasion strolling towards me without a care in the world, treating my cycle lane as their personal red carpet. These two space-wasters clearly thought that the footpath was for display purposes only. As such, they refused to move until I was practically on top of them and even then only made a half-hearted attempt to walk a smidge closer together.

Now this left me feeling miserably peeved, especially since I'd built up some nice downhill momentum which was totally negated by these idiots. Not unreasonably, I commented as I passed "Lads, you're on the cycle lane" to which one immediately replied, "f**k yourself!" Charming.

Desensitised by three weeks of cycling-related abuse, with the wind in my hair and the sun on my face, I just kept going.



UL's cycle paths cover many kilometers of the UL campus. Image Credit: Sean Reidy

BOUNCERS, GET A GRIP!

Written by **Jordan Balfry**

"We all had stamps on our hands to prove we had already been inside."

THE very word "bouncer" can immediately stimulate debate. They are necessary to ensure the smooth running of major events and to provide a service to nightclubs that allow people to socialise safely. But what happens when a bouncer oversteps the mark? What can we do if they abuse their power, as is so often the case? Can we argue with their authority, can we dispute their decisions and reason with their actions?

Most of the time, a bouncer has every right to refuse entry. Legitimate reasons are intoxication, lack of ID, unruly behaviour and so on. Yet what can we do when a bouncer, for no apparent reason, takes a certain dislike to us or a friend? Many of us have experienced bouncers who are overwhelmed by their temporary power. From personal experience, it is not just refusing entry

that allows bouncer to sabotage a night out. This summer, I went to a popular festival. Spirits were high. I was the designated for the night. We went to the local club and walked right in, no questions asked. After a while, my friends and I went outside to put some high heels in the car. We all had stamps on our hands to prove we had already been inside.

But when we came back, the bouncer stopped us and asked us for I.D. Being completely sober, I said we had already been inside.

The bouncer then demanded three forms of identification, passed a spiteful comment that he wasn't paid to remember faces and told me that my first ID picture was ugly. Although this is a very mild example of how a bouncer can affect your feelings, they have no right behave that way and so many of them do.

If you feel you are unfairly treated by a bouncer, they are now required by law to carry their own form of identification. Just don't stoop so low as to attack their appearance.

NO SMOKE WITHOUT FIRE



Written by **Jason Kennedy**

THROW out your health books, ignore the warnings and forget what you know about smoking, because a new, Irish-based group is planning on setting the record straight on cigarettes.

Forest Eireann, a pro-smokers group, has set up in Ireland and their leader, Cork man John Mallon is making some pretty controversial claims.

One of the most shocking is to "debunk some of the myths about smoking, especially so-called 'passive smoking'". You'd be forgiven for thinking this is nothing more than satire. But this group is legit and Mr Mallon fully believes that smoking isn't as unhealthy as people claim.

"Passive smoking is not the threat that people think it is. I've looked into it and there were no records on smoke related deaths. I had to really look into it to find four smoking related deaths in one year," he says, adding "actually, alcohol is more dangerous than cigarette smoke."

You'd think that with this in mind, smokers and their fags would be welcomed into pubs with open arms, but unfortunately not. According to Mr Mallon, smokers are discriminated against by the government, due to the smoking ban.

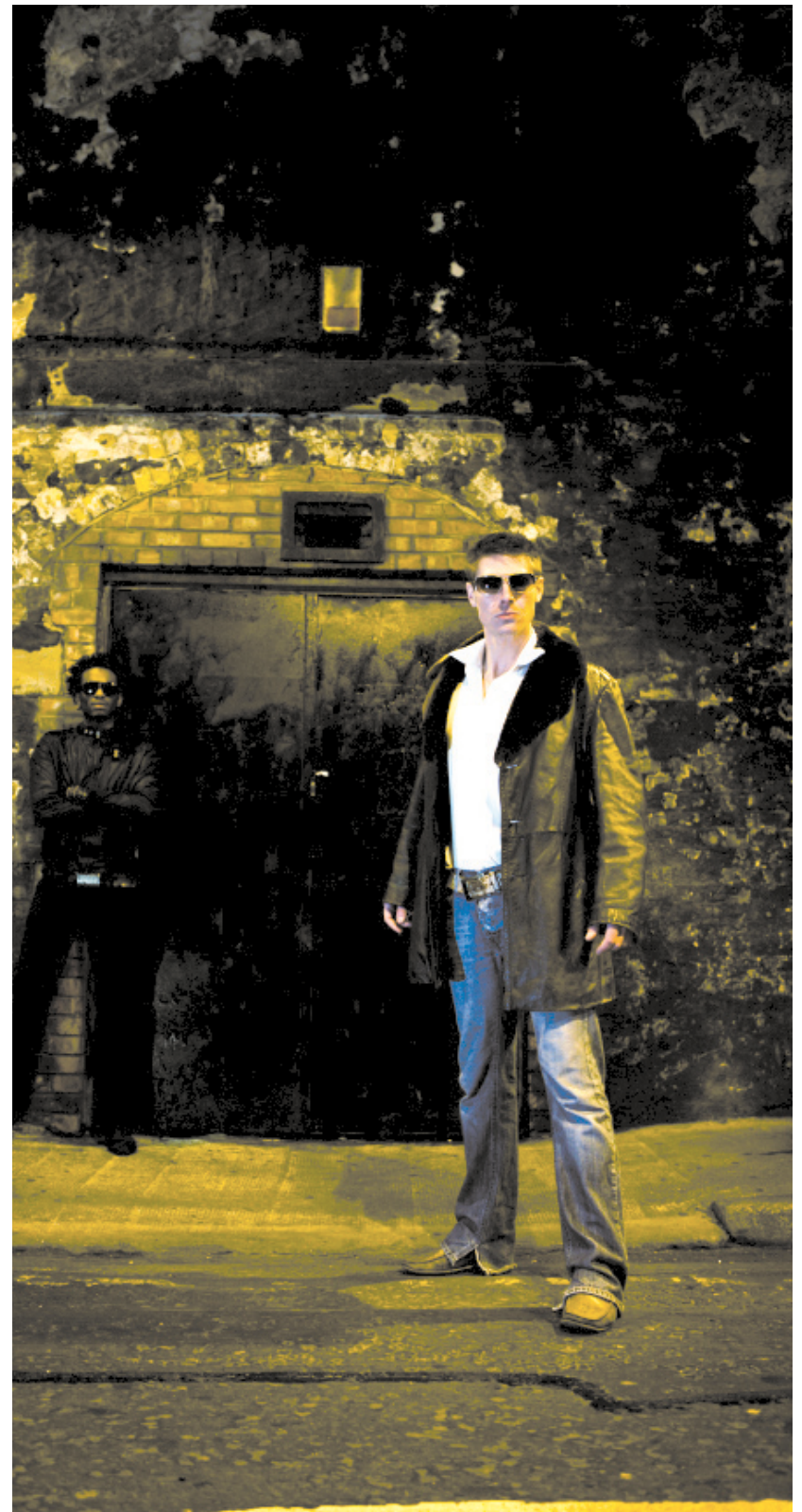
For those that want to quit though, Mr Mallon has the perfect solution. The tip is to start off only having a

cigarette on the hour. So if you miss a cigarette break you have to wait until the next hour.

"Over time then you extend it to every two hours and then every three hours. This way you ease yourself off, so you don't have the anxiety of never having one again."

While Mr Mallon creates a possible argument on the disintegration of the Irish Pub, his arguments can't be taken seriously. Of course smoking is bad for you. Everyone who smokes accepts that. Yet smoker numbers are increasing.

To find out more on Forest Eireann, visit www.foresteireann.org.



Features

THE HARD TIMES COOKBOOK: EXCITING FOOD ON A BUDGET

Written by **Elizabeth Neylon**

I must admit, I did exactly what they say you shouldn't do. I judged a book by its cover.

I find myself drawn to cookbooks with glossy pictures of the food opposite the recipe, which is usually a deciding factor in whether or not I pick up a cookbook. The Hard Times Cookbook looks like a novel and you won't find a picture of any of the recipes between the covers. But the no-nonsense style of the cover reflects its contents: simple and tasty recipes.

O' Cathain bursts the Celtic Tiger bubble of pretentious, overpriced food and brings us back to earth with cheap and cheerful "granny-style food". He emphasizes the importance of self-sufficiency, encouraging us to grow our own vegetables and source locally

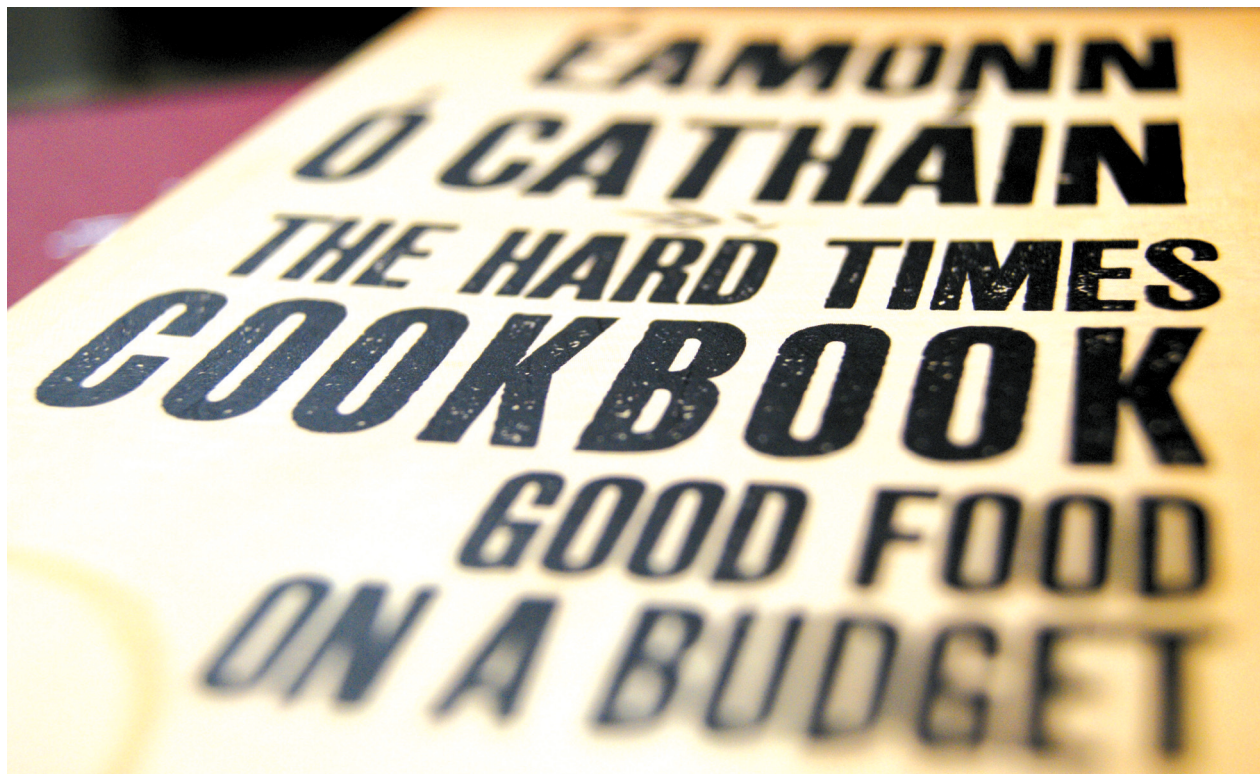
produced meats. He compels us to "look at the fridge and see it brimming with possibilities" and use our imagination when it comes to food. As students, we are already well used to making the most of what we have.

The former restaurateur draws on his time abroad; a strong French and Spanish influence evident in many of his dishes. Not neglecting his Irish roots, he puts an exciting twist on the humble potato with his "Potatoes baked with yoghurt and Cashel blue". Some of the recipes are just that bit too basic, for example "Tomato salad 1" which consists of sliced tomatoes with some vinaigrette on top. I almost expected the next recipe to be bread and butter.

Despite this, the book has many delicious recipes including wholesome

stews and curries, French staples such as the croque monsieur and Breton galette. He rejuvenates broccoli with his "Stir fried broccoli with cashew nuts, garlic and oyster sauce". I would recommend this cookbook, and I for one am very excited about the prospect of trying my hand at cooking several of his recipes, and (the most important part of all), tasting them.

If you would like to win a copy of the book, please send the best recipe-on-a-budget you can muster, to sucommunications@ul.ie



Chicken Quesadillas

Written by **Elizabeth Neylon**

Ingredients:

Large flour tortillas
Grated cheddar cheese
One chicken breast cut into bite-sized pieces
Half an onion, finely chopped
Tin of re-fried beans
Salsa sauce
Handful of chopped red peppers or veg of your choice
Sour cream (optional)
Olive oil
Salt and pepper

Method:

Turn the oven onto a low heat so that you can keep the ingredients warm as you cook them. Heat a frying pan with some oil and add the chicken, season with salt and pepper. When the chicken is cooked through, generously coat the chicken with salsa sauce and place it in the oven to keep it warm

Next, cook the veg and onion together in a pan with some oil and transfer them to the oven when they're cooked. Spread a layer of the re-fried beans onto the tortilla wrap and place onto a dry pan on a medium heat without oil and make sure it's bean side up. Sprinkle a covering of grated cheese on the bean layer, followed by a layer of chicken and veg. Be careful not to overload the

tortilla because you now have to fold the tortilla onto itself in a half moon shape.

Once the tortilla is nicely browned on each side and the cheese is melted, it's ready to eat. Serve by slicing the tortilla into what look like pizza slices with the sour cream and some leftover salsa sauce to dip. Dig in!



Quick and tasty: Chicken Quesadillas

THE BEAUTY COLUMN

YOUR STYLE, YOUR SHAPE, YOUR CAMPUS!

Written by **Maria Riordan**

THIS is your quick guide to campus fashion. It's back to college for another year and Freshers who may be used to wearing a uniform now have the opportunity to wear what they like; be it a dress or a ski suit. As autumn approaches, we want to know what's in style because everyone wants to look good. Fashion is all around us, from hair extensions to football boots, everyone has enjoyed splurging on style. Here are latest trends to keep everyone up to date with the trends on the high street.

This year, ladies, why not break from the traditional black and try camel. You'll be sure to see this camel-tastic colour palette all over the high street. It's synonymous with luxury and wealth; Cashmere knits and pashminas which are 'bang on trend' this season. This colour may not be for everyone but choose a few key pieces wisely and you will look great.

Ladies should consider a camellicious block tunic dress from Topshop, it ticks all the boxes and only costs €34. Suede camel boots from River Island are an autumn staple. Combine them with jeans or a dress for an edgy look this season. There a bit pricy at €95 but they're well worth it.

As for the guys this season we have the hottest looks; a classic leather jacket from F&F at Tesco's is a

must-buy at only €45. For casual wear, you can't beat a hoody and trainers but don't forget a classic t-shirt to complete the ensemble.



Leather Jacket



Camel Dress



Camel Boots

WASTE NOT WANT NOT

Written by **Paul Carty**

Three pieces of advice on how to save cash in the kitchen.

Cook together!

COOKING is cheaper if you buy in bulk. You should really try to streamline dinners by sharing with a housemate. This will result in more productive kitchen as everyone is not cooking at different times. You might even get the entire house on board and have a family dinner every night. One more thing; share the tasks! A simple way to do this is if one person cooks the other washes up.

Shop around!

You can save a lot of money just be shopping around. Always keep an eye out in the papers for deals at the different supermarkets. Don't forget to check out the Farmers' Market every

Tuesday in the SU Courtyard or the Milk Market in town on Saturdays for fresh, local produce. Remember, quality can be better than the brand names. So try different varieties of one product before you settle.

Rob!

An Focal is condoning stealing? Not quite! While robbing supermarkets will likely land you in jail, the authorities at home will probably be less severe. Of course Mammy may get irritated to find her cupboards barren on Monday mornings. But she won't like to see you starve either, so take full advantage of your weekends!

Personally I tend to go for the expensive items - toilet paper, olive oil and rashers mysteriously disappear from our house every Sunday night and my shopping bill is always "mysteriously" lower as a result. It's all very mysterious.

Student Speak

You! Yes, You!

Are you in this issue of Student Speak?



An Focal Features Editor Kelly O'Brien and Photographer Alistair Waddell got out and about, in search of your words of wisdom.

So guys, what are your thoughts on Brian Cowen?

Alison Doyle, Denise Fitzgerald and Aine Howard

"The drink thing has been blown out of proportion... But it's still really funny."



Paul Barry and Pauric O'Conor

"We wanna party with Cowen!"



David Clarke

"A drunken mouth speaks a sober mind."



Emily Stickland and Tessa Shiels Roberts

"I did the same thing at work. But I was stacking shelves, not running a country."



Hugh Fitzpatrick

"I love Fianna Fáil... and beer."



Clíodhna Horan, Sabrina Barry and Margaret Doyle

"People are over-reacting to the drunk thing. Fabulous guy! Love the suits."



Alex Aust

"Who's he?"



Shane Lowe

"It's closing time Cowen. Good Luck!"



Darragh O'Brien and Keith Naughton

"Brian Cowen's a drunk. Some man for the lish."



Shauna Coghlan

"He can't be sacked for drinking. Sure he's Irish!"

Letters

AN FOCAL LETTERS TO THE EDITOR

The Editor, UL Students' Union, Castletroy, Limerick. T: 0860435304 E: sucommunications@ul.ie W: www.ulsu.ie
An Focal endeavours to accommodate all letters as far as legally possible. All parties have the right of reply to letters printed herein.

Sir, - I was disheartened to see [the SU's email encouraging a] 'Protest against Brian Cowen's Cutbacks!'. I mean no disrespect, but this sounds to me a lot like a mindless protest!

The country is haemorrhaging money, we need cutbacks. I would much rather see students protest for smarter cutbacks; intelligent cutbacks, that will promote efficiency and make this country better.

This mess of an economy should be seen as an opportunity for real change. Cutbacks should be embraced! Cut back on lazy thinking! Cut back on self-serving 'public servants'. Cut back on cronyism.

To protest against cutback in general is ridiculous. We are third level students, we need to portray ourselves as more innovative and forward thinking than that.

Again I would like to emphasise that I mean no disrespect. A protest with a strong, clear and informed message could be a great unifying force within the student community.

- Yours, etc,

MARIAN DINEEN

Sir, - Today was a perfect example of protest only being desired when it suits the surrounding authorities.

Yesterday (23 September 2010), an email was sent around calling for participation in an anti-budget cuts protest at 11am today. The date and place was chosen deliberately to make a statement on the day of Brian Cowen's official inauguration of the Irish World Academy of Music. This was sent at very short notice, I may add; only half a day before the inauguration. Normally, an anti-budget cuts protest would get at least a "semi-decent" turnout since it concerns everyone. However, last minute, the location and time of the protest were changed without written notification to anyone. When I arrived in front of the Millstream Building to protest, nobody was there. I went to the inauguration ceremony of the IWA and there were a handful of student protesters... But nobody else wanted to draw attention to the budget cuts at the sight of Brian Cowen. This shows how politically indoctrinated the whole public sector can be.

QUITE INTERESTING

Olympus Mons, a Latin term meaning "Mount Olympus", is the tallest known volcano and mountain in our solar system, located on the planet Mars.

The central edifice stands 27 kilometres above the mean surface level of Mars (about three times the height of Mount Everest above sea level). Olympus Mons covers more square kilometres than Ireland. This, combined with its shallow slope (2.5 degrees central dome surrounded by 5 degree outer region) means that a person standing on the surface of Mars would be unable to view the upper profile of the volcano, even from a distance, as the curvature of the planet and the volcano itself would obscure it.

Recent budget cuts have converted education into a luxury for students. UL should make it their prerogative to make Brian Cowen's life as uncomfortable as possible when he is on campus - he decided the budget cuts we are ALL suffering from and he did not care that he was making our lives uncomfortable. You may argue we need to make a good impression on the Taoiseach to secure funding. Well, for all he cares, we're not relevant in the Southwest! The continuing withdrawal of funds in the region, e.g. the devastating blows to Shannon airport, and Dublin-centred politics have done irreparable damage already. Now, if you want to prove that people still have free speech on campus, print this ranting angry, letter in An Focal.

- Yours, etc,
RITA SZYMCZAK

Sir, - I wish to express my thanks to all those who donated and supported the fundraising for my Row across the Atlantic earlier this year. I presented €4,500 to a very appreciative Milford Hospice [last week] and I know this money will be put to really good use. The work done by the staff, committee and friends of Milford is truly exceptional and I would encourage others to give what they can to this organisation.

Thanks again for the support.
- Yours in adventure, etc.

MIKE JONES

Sir, - I'd like to say a big thank you to everyone who supported last week's very successful IT Services fundraiser for two worthy causes. A special word of thanks to those who donated items such as the lovely home-baking goodies and those who helped out with the catering and other duties. The total amount raised was €712.98 with half (€356.49) going to Milford and half to Aware. Thanks to Anne Madigan's and Kim O'Mahony's Books for Charity scheme which donated €100 of the total.

- Yours, etc,
DECLAN MAGUIRE

Sir, - I'd just like to say a massive thank you to all that sponsored me for the Kilkenny Half Marathon which took place [two weeks ago]. I'm glad to report that under perfect running weather conditions, I completed it in 2 hours and 12 minutes, I was very happy to see that finish line!

With your help I've managed to raise € 1,061 in aid of The Alzheimer's Society of Ireland. I am overwhelmed by everyone's generosity and hope that this money will benefit the Society and their work.

- Yours, etc,
EMMA KELLY

Sir, - I want to bring to the attention of the SU a problem I have recently noticed in the Castletroy area. The traffic situation in the vicinity is becoming a huge obstacle in the mornings before lectures.

This morning, I left my Brookfield apartment at 8.25am to catch the bus to UL for my 9am lecture. Because of the bumper-to-bumper traffic stretching from UL right out as far as Brookfield Hall, the bus was stuck in traffic to and from UL until 8.55am. In my eyes, any vehicle that takes half an hour to drive a stretch of road that normally takes less than five minutes, means that there is definitely something wrong.

Consequently, and more importantly, I was 20 minutes late for my 9am lecture, and I wasn't the only one! Something needs to be done.

Thinking about it, I understand that it is a difficult problem to solve. But there are ways to reduce the early morning traffic. Staff do need to drive to work and thus not much can be done there, but most students live in the Castletroy area. If there were more public transport options available to students, they may be less likely to use their car in the morning. And if students can ditch their cars and use public transport, another problem in UL could be resolved: the car-parking issue! And how about the local primary school? Do they have a bus system in the mornings? This isn't just a university problem, it's a community problem. And it needs to be resolved as soon as possible!

- Yours, etc,
SINÉAD KEANE

OVERHEARD IN UL

Excerpts from the hit Facebook Page

A lecturer to his class: "Put your phones on vibrate lads. It's more fun that way."

Girl: "So what do you think of the new condoms?"

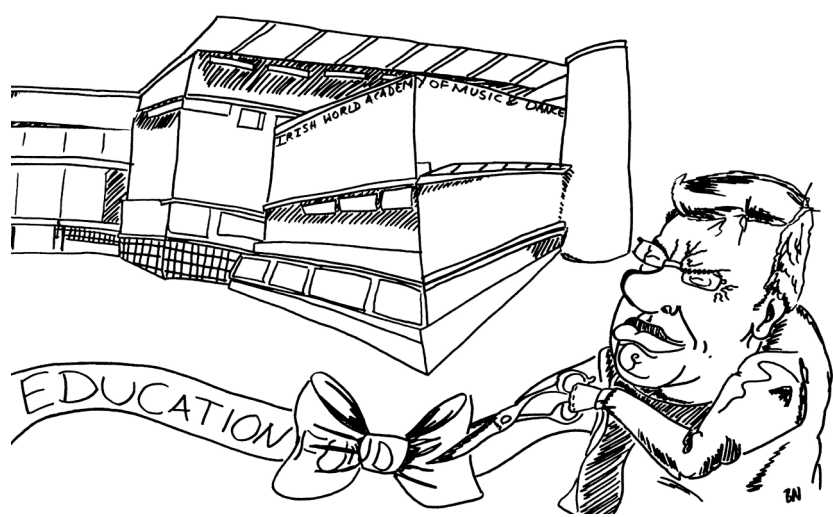
Guy: "They feel a bit different."

Girl: "That's because they're latex-free."

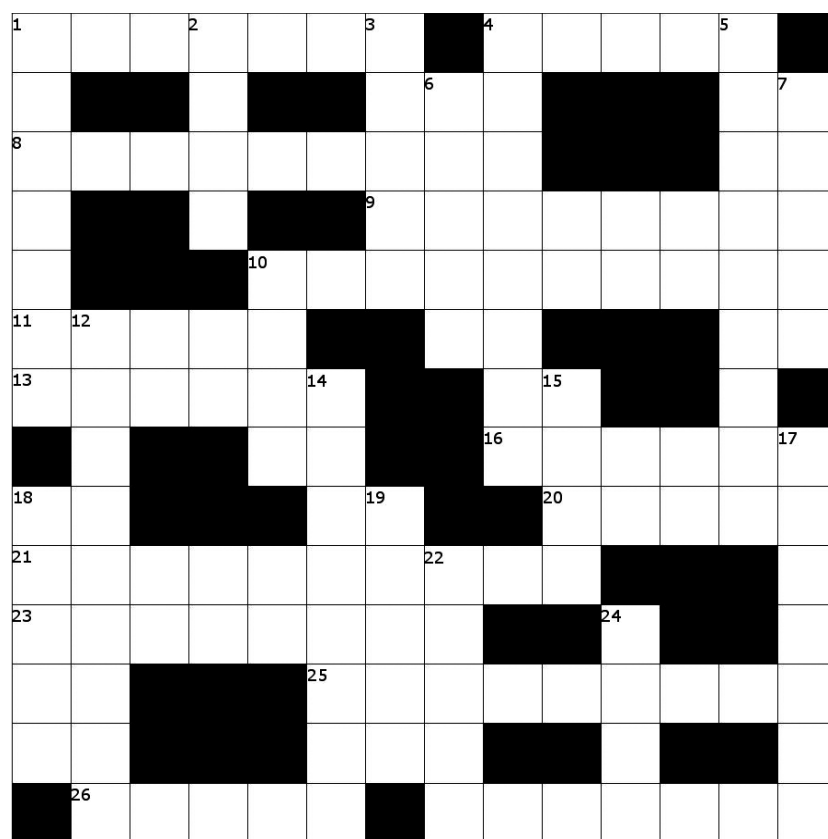
Guy: "You're lactose intolerant?"

A guy walking to Kilmurry: "We're going to the National Aquatic Centre. We're gonna see some erotic fish!"

A student to group of friends: "I saw three gingers on my way into college today. I made a wish!!"



Credit: Brige Newman



Clues:

Down:

- 1 - Large Mass of Ice (7)
- 2 - abv. Missing(4)
- 3 - Protective Bone(5)
- 4 - With Class, Elegance(8)
- 5 - Allows flow of Charge(9)
- 6 - Boot Shaped Country(5)
- 7 - Subject of Discourse(5)
- 10 - Urban Legend(4)
- 12 - Recalling Past Times(9)
- 14 - Those Better Off Are This(8)
- 17 - Annoys(7)
- 18 - Frighten(5)
- 19 - Scratchy(5)
- 22 - Japanese Car Company(5)
- 24 - Correct A Mistake(4)

Across:

- 1 - Mourns(7)
- 4 - Poisonous(5)
- 8 - Hot-Air Balloonists(9)

- 9 - Angular Distance from Equator(8)
- 10 - 1,000th Anniversary(10)
- 11 - Find Pleasure In(5)
- 13 - Turn(6)
- 16 - Portable Computer(6)
- 20 - Blinding Reflection(5)
- 21 - The Ability to hold Charge(10)
- 23 - Astronomical Calendars(8)
- 25 - From Bhutan(9)
- 26 - Hiding Place(5)
- 27 - To the Highest Degree(7)

Last Editions Answers:

Across: Sultans; Thaws; Drainpipe; Coalesce; Deactivate; Atone; Relief; Carlow; Maori; Inadequate; Biannual; Espaliers; Light; Amateur
Down: Sidecar; Thin; Spica; Theatric; Spectator; Epoch; Greed; Deep; Technical; Frequent; Fame; Windsor; Bible; Quasi; Alpha; Diet

Poems and thoughts

Written by **Barbara Ross**

The Sun has to Set

Don't cry for me
I've not gone far
Just out of reach
Just out of sight
You can still hear my laughter
For you to join
Still see my footsteps
For you to follow
I taught you my jokes
So you would know life had to be fun
I taught you my life
So you knew how to work hard
I died
So you knew it all had to end
For every physical beginning
Has a physical end
But know this
My love for you
My family
My friends
Will go on into eternity
As my legacy to you all
As a last farewell
Before the dawn

Busy

Well I guess you've been busy
Too busy for me
To catch up
To try
To fix what we once had
Too busy
To be friends
You seem to have your

priorities in order
Good for you
For someone who has no free time
You never seem to do anything
I guess I'll see you
Whenever you decide
You have the time

Do something, Anything

Another chapter is complete
Another obstacle overcome
Another hurdle has been cleared
And it's time to move on
Now is the time
To grab life
To take advantage of every opportunity
To make every day worthwhile
It is our time
To shine
To show what we are made of
To take control
Freedom comes at a price
Responsibility
Sensibility
Fun
Make the most of what you have
Don't see a day wasted
Or let a night pass
With regret
Life doesn't last forever
It is but a fleeting moment in time
Be spontaneous
Leave your mark in the dust of forever

Regretted Tattoo

With each scar
There's a story mapped
Upon my skin
A souvenir
Left forever
To gather dust
On me
Caused by you
But self-inflicted
All the same

Union

THE PRESIDENT'S COLUMN



Written by **Ruán Dillon-McLoughlin**, ULSU President

MONEY talks, they say. Well it's certainly money at the centre of all talks at the moment in the University. Whether it's cutbacks within Departments, three staff receiving presidential wages or some of our vice presidents receiving unauthorised allowances! Money really has been the topic of conversation. On top of that is the challenge of trying to find where your €1500 is being spent and trying to lobby our government not to hit students with more funding cuts. We are having fun fighting these battles.

The situation is as follows. If we keep receiving cuts as we have been, we can wave goodbye to essential academic features, such as tutorials. We already have a situation where some tutorials have become biweekly and where tutorial sizes have reached the size of large lecturers. Cuts are now hitting the bone and the effects are highly visible. If we are to provide a top class education at UL, then these cutbacks can't continue. It is your education that suffers. These cutbacks aren't sustainable. We outlined this clearly in a private meeting with Brian Cowen on Friday, 24 September. We need our Government to look at education in the long term, it's your future and it's our country's future.

WELFARE WATCH



Written by **Derek Daly**, Welfare Officer

LET this be a lesson to you all! I sent a very tetchy email to the Dean of KBS, VP Academic and Registrar and the President complaining about something.

Let this be a lesson to you all: never send something at 6pm on a Friday when you've had a bad week

To add to my woes, I was out with friends the following night and we were attacked walking home. I was fine, but the other two lads were stabbed, one badly, which led to a night between A&E and the Gardaí. But we live and learn. Let this be a lesson to you all: get a taxi.

Taoiseach Brian Cowen was on campus, so we arranged a protest. Of course my Fianna Fáil colleagues weren't too harsh on me, but jokes were exchanged. We went ahead regardless with a peaceful roadside protest. Minister Peter Power is a friend of my family and when he saw me protesting he stopped the car and spoke to all of the protestors, introducing himself. Ruán and I later met with Biffo to outline our concerns. Let this be a lesson to you all: a bit of compromise will get you a long way.

ENLIVENING EDUCATION



Written by **Aoife Finnerty**, Education Officer

WHILE I give advice on studying and exams, I also co-ordinate Class Reps (Rep). Does your class have a Rep? Do you know who he/she is? If you don't, why don't you?

Class Reps are very important. Did you know that without them, you wouldn't have access to annual repeats because they wouldn't exist? Being a Rep is a fantastic experience, but it's also one that carries responsibilities and commitments. So if your Rep has never emailed or spoken to your class, come and talk to me about it because that's their job! Similarly, if there's a big education problem in your class, I should know about it through your Rep. If you have an idea of something you'd like to see in UL, anything from a gig to a protest to an addition to the SU shop, bring it to your Rep. If your class doesn't have a Rep, why not consider being one? With responsibility comes reward. It's a great way to meet friends and get advice on a range of issues. There are regular social events and informal training sessions. There's also the Class Reps Office; a great facility for work and socialising.

E: aoife.finnerty@ul.ie for more information on availing of this enriching opportunity.

CAMPAIGNS BRIEF



Written by **Vivion Grisewood**, Campaigns and Services Officer

SINCE the Union has quietened down a bit, I've been able to concentrate on campaigns again.

Week 5 is Mental Health week, and there is quite a lot going on here on campus. We have a beat boxer, a dunk tank and the Association of Irish Choirs are performing in the SU Courtyard. We also have Dance UL, the Trampoline club and Men's Rugby club on board. They're going to give us some demonstrations during the week! There will also be some free stress balls, free lolly pops and free t-shirts to anyone who volunteers some of their time. So get involved with your Union!

I have also put up signs in Milford grange, Oaklawns and Elm park, reminding students to try and enjoy themselves and to also respect their neighbours, both student and non-student.

These signs are Chuck Norris approved, so I hope everyone takes notice and respects their neighbours!

If you are passionate about these campaigns and/or just want to get involved, please email me or drop in to see me. E: vivion.grisewood@ul.ie

WORDS FROM THE PSA



Written by **Dan Comerford**, PSA President

THE PSA AGM will take place on Tuesday Week 5, 5 October at 1pm in the PSA Common Room. PSA Exec will be elected and should an individual want to review the constitution, he must show up at the AGM.

The exec is responsible for running the PSA. It consists of Vice-President/treasurer, Publicity officer, Events Officer, Community Inclusion Officer, PSA President and Mary I Rep. Tea and coffee will be provided. If you have any queries of these positions then contact me

The number of students looking for financial assistance has been huge. Please remember if you are having financial difficulty to come and talk to me. There are two main forms available, financial aid and Student Assistance Fund. Check out the website for more info or contact me right away.

Your course needs a class rep. Please make sure that you have full representation. Not only is it beneficial for your class, your lecturers but also yourself.

You will get to meet so many people, and the experiences you get by being a rep will benefit you greatly in life. If you are interested in becoming a faculty rep then please let me know.

MENTAL HEALTH WEEK: A PROBLEM SHARED IS A PROBLEM HALVED

Written by **Paul Lee**

THIS is a very important week in UL. This campus community is a microcosm of society and has all the factors that can compromise mental health. I have had personal experiences of the worst effects poor mental health can bring, such as suicides amongst family and friends. I am more acutely aware than most how depression coupled with an inability to talk about an issue can play havoc within a person's mind. I also have an acquaintance who attempted to take his own life with an overdose of prescription medication because of relationship problems but fortunately for him, he came around the following day and recovered.

It was this incident which provided a life threatening "shock therapy". He could see a bigger life picture. He had a family and good friends to lean on, which his problem had blinded him

to. Fast forward a few years and he is married and very happy with his life. Life is indeed a marathon and not a sprint.

It is always darkest before the dawn but the challenge is how we manage as friends or family to listen and not dismiss issues friends raise. What might be trivial to us might well be eating away at a person over a long period of time and has a very debilitating effect when this mental trap is developing.

My belief is that when you consider the saying "a problem shared is a problem halved", the solution is family. Obviously I am going to champion Clubs and Societies as one mechanism as I have been submerged in sports all my life and many of the people I was exposed to through sporting activities developed into great friendships which still endure.

COUNSELLING AND MENTAL HEALTH IMPORTANCE

What is mental ill-health?

MENTAL ill-health refers to the kind of general mental health problems we can all experience in certain stressful circumstance. For example, work pressures can cause us to experience poor concentration, mood swings and sleep disturbance.

Such problems are usually of temporary nature, are relative to the demands a particular situation makes on us and generally respond to support and reassurance.

All of us suffer from mental health problems at times, and such temporary problems do not necessarily lead to mental illness but being mentally unhealthy limits our potential as human beings and may lead to more serious problems.

Mental illness can be defined as the experiencing of severe and distressing psychological symptoms to the extent that normal functioning is seriously

impaired. Examples of such symptoms include anxiety, depressed mood, obsessive thinking and delusions and hallucinations.

Counselling at UL

The Counselling Service is a professional psychological service available to students to assist them on their progress through University life, with all of its incumbent stresses and strains.

Appointments are confidential and the Service works within the Irish Association for University and College Counsellors 'Code of Ethics and Practice'. The Service is available to all undergraduate and graduate students of the University.

If you need to, why not visit the Counselling Service? The UL Counselling Service sees over 500 students a year for a wide variety of reasons. There is a daily drop-in service from 11:00 to 12:00 and 15:00 to 16:00 in CM073. Email counselling@ul.ie or phone 061202327



Entertainment

THE OTHER GUYS GOOD FOR A LAUGH

Written by **Roisin Healy**

DIRECTOR Adam McKay's latest project *The Other Guys*, starring comedic madman Will Ferrell and action stalwart Mark Wahlberg, promises big laughs and for the most part follows through.

The movie was directed by the same man who brought us 'Anchorman', 'Talladega Nights' and 'Stepbrothers'. So it must be said, the film has a good pedigree.

Wahlberg stretches his comedy muscles in his role as temperamental Detective Terry Hoitz, a daring and ambitious New York cop who has made a career-shattering mistake.

Hoitz has been partnered up with his worst nightmare; by-the-book detective Allen Gamble (Ferrell), who is more than happy to stay at his desk doing everyone else's paperwork.

This buddy-cop spoof follows the odd-couple detectives' calamitous attempts to replace fallen NYPD heroes Danson (Dwayne Johnson) and Highsmith (Samuel L. Jackson).

Hoitz and Gamble disagree at every turn, and Gamble's naivety and Hoitz's short temper make them the laughing stock of their department. But when Gamble decides to follow a hunch

about a suspicious paper trail, despite Hoitz's complete disinterest in the case, the duo find themselves in way over their heads.

The film's humour is sometimes crass, but that's what we have come to expect from Ferrell and frankly, it is the gross-out humour that makes this film.

Ferrell shines in this movie; he keeps the laughs coming throughout the film with a performance that is mostly understated in comparison with the loud, obnoxious roles audiences are used to seeing him play.

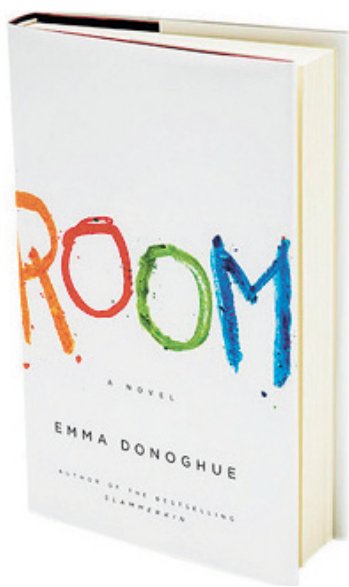
As a major Mark Wahlberg fan I was slightly disappointed with his part in the film. While he does have some hilarious moments in the movie, his frequent outbursts do get a little tiresome and repetitive.

Michael Keaton is ridiculously funny as odd-ball Captain Gene Mauch and he and Ferrell bounce well off each other.

The Other Guys will not be winning any Oscars, and the cops-and-robbers storyline may be a little worn, but it is a very good comedy that is worth seeing if you just want to sit back and relax for two hours.



ROOM SHORTLISTED FOR MAN BOOKER PRIZE

Written by **Ruth Whittle**

Little, Brown and Company

WRITTEN by Irish author, Emma Donoghue, *Room* invites us to enter the minute microcosm inhabited by mother and five-year old son. The four walls of this one room are quite literally the son's entire world.

Imprisoned in this room for eight years, the mother was impregnated by her captor and gave birth to her son, Jack, in the room. Like a Plato Cave, Jack's only contact with the rest of the world are the skylight and the television, all of which he refers to as "outer space" and does not deem them to be real.

Jack's reality is within the room – he reads, he eats, he does physical education, he talks to his friends on the television like Dora the Explorer. However, one day after his fifth birthday, his mother reveals some unbelievable truths, shattering the world he knows.

This book is told elegantly through the eyes of young Jack. His wide-eyed innocence is touching, the mother's profound love for her son is tangible. It welcomes us to look at the world in a different angle, to open our eyes, to become closely aware of the world in which we live and that which we do not know. This book won't allow you to put it down – it's warm, thought-provoking and touching. A must read.

The winner of this year's Man Booker Prize will be announced on the 12 October.

MAIGHRÉAD RETURNS FOR NOVEMBER ELECTRONICA

Written by **Annie Dillon**

BASED in London, Limerick-born Maighréad will return this month for a home gig in Dolans. Described as a "self-styled electro-pop songstress", she will perform a mix of synth, electronica and pop with a "killer" voice.

Her music marries heavily-emoted lyrics with 80s-inspired funky instrumentation and arrangements. Singled out by *The Irish Times* as "one to watch", Maighréad "has a fine

handle on the ins and outs of synth-pop machinations, vocal projections and sussed song writing."

Maighréad's visual show is provided by Mark Video, who has worked with Roisin Murphy, Yazoo and Kayne West amongst others.

A new digital release of her song 'In the beginning' produced with DJ duo Disco Damage, is available for download this month with Aztec Records, and will be



Limerick girl returns to Dolans

included in her set at Dolans.

Maighréad's Limerick show takes place Friday, 19 November upstairs in Dolans. Doors at 9pm until 2am. The cost of entry is €10. For more on Maighréad, see www.maighread.com.

UL MENTAL HEALTH WEEK
2010

Tuesday 5th Oct

WHAT	WHERE	WHEN
BEATBOXING WORKSHOP	- SU COURTYARD	12, 2, 4
LAUGHTER WORKSHOP	- CONTEMPLATIVE CENTRE	11, 1, 3
UL MENS RUGBY	- SU COURTYARD	12-2

Wednesday 6th Oct

WHAT	WHERE	WHEN
FREE TEA AND COFFEE	- SU COURTYARD	11
DUNK TANK	- SU COURTYARD	11-4
REACHOUT	- SU COURTYARD	11-4
UL TRAMPOLING CLUB	- SU COURTYARD	12-2

Thursday 7th Oct

WHAT	WHERE	WHEN
THERAPEUTIC MUSIC WORKSHOP	- IRISH WORLD ACADEMY	12,30
DANCE UL	- SU COURTYARD	12-2
FREE STUFF	- SU COURTYARD	12-3

PROUDLY SUPPORTED BY



Entertainment

WATERBOYS FRONTMAN PUTS YEATS TO SONG

Written by **Barbara Ross**

THE Waterboys will be performing 'An Appointment with Mr Yeats' on Thursday 4 November in the INEC in Killarney at 8.30pm.

This show merges the literary word of W.B. Yeats with the musical styling of rock band The Waterboys.

The Waterboys vocalist Mike Scott has been writing musical accompaniments to Yeats' poetry since 1988 when he first set 'The Stolen Child' to music.

He performed many of these in 1991 at the Abbey Theatre during the Yeats International Festival but this show will contain many never before heard compositions.

This project has been more than twenty years in the making, but Scott stresses that his intention is not to treat Yeats' work as a museum but to "connect with the soul of the poems as they appear to [him]".

'An Appointment with Mr Yeats' features an extended Waterboys line-up including fiddle maestro Steve Wickham, new Irish singer Katie Kim, Dublin singer-songwriter Joe Chester and many more.

The show encompasses twenty years of Yeats' poems, spanning both famous and lesser known works, from the cynical to the romantic, the political to the mythological, all invigorated with the energy and enthusiasm of The

"From the cynical to the romantic, the political to the mythological, Yeats' poetry is invigorated with the energy and enthusiasm of The Waterboys."

Waterboys. Scott's love of literature is firmly embedded throughout the work of The Waterboys. He has also put the writings of Robert Burns, James Stephens, Kenneth Grahame and George MacDonald to song.

He said, "I grew up in a house full of books so literature and language have always been important to me."

Tickets for the show cost €38.20 and are on sale now from the INEC Box Office. Special accommodation packages including tickets are available from neighbouring hotels The Gleneagle and The Brehon. For further information Tel 064 667 1555 or log onto www.inec.ie.



The Waterboys vocalist, Mike Scott

NEW RTE SHOW SEEKS LIMERICK'S SINGLE LADIES

Written by **Toto Productions PRO**

TOTO Productions (producers of Style Wars) and RTE Two seek female volunteers to take part in our new dating show this Saturday, 9 October in Limerick city. The show, Jennifer Maguire's One Night Stand, is a new six-part, prime-time RTE series which airs in October and has already received significant media coverage.

Johnny, Francis and Greg are three guys (www.facebook.com/rteonenightstand) looking for some fun, confident girls to

come and date and have a laugh with them this Saturday in Limerick.

Toto Productions would love to hear from some cool UL girls to show these boys what's what and why more shows should take place in Limerick.

If you and your friends think you would be up for it, are outgoing and fun, get in touch!

Contact Sharon on 0419834794 or 0877855770. Email your contact details to sharon@totoproductions.ie



THIS IS THE SECOND ALBUM OF A BAND CALLED ADEBISI SHANK

Written by **Liam Corcoran**

WATERFORD band Adebisi Shank's second album, 'This Is The Second Album Of A Band Called Adebisi Shank', is not only the sound of a thousand simulated rainbows energetically throbbing to orgasm through a spasmodic audio stream, it is also, crucially, the sound of good 'underground' Irish music finally getting the international recognition it deserves.

The album was unveiled online for free a week before its official release. It has definite Japanese influences, the band has toured extensively in Japan and has a strong fan base there. These influences can be heard in the delicate eastern tinkling at the end of Logdrum, in the steady rise of electronic staccato in the first track, International Dreambeat, and the thunderous, stampeding bass line of Genki Shank.

'This Is The Second Album Of A Band Called Adebisi Shank' soundly thrashes the vacuous happy-indie scene drivel which has been increasingly prolific in recent years. It's refreshing to see that in an environment where wearing the right cravat seems to say as much about you as your musical ability, Shank remain purely about the music. The band isn't interested in letting music become just a job. It seems Adebisi Shank has mastered the art of 'the difficult second album', and every band has to cross that hurdle once. The future for this relentlessly explorative group is certainly bright.



Adebisi Shank performing for their album promotion



dolans warehouse

Tues 5th	The Cast of Cheers	8pm €7
Thurs 7th	General Fiasco early show / age 14+	6pm €9
Thurs 7/14th	PANIC! free before 10.30 Falling Planes 7th	8pm €5
Fri 8th	Kate Nash	10pm €20
Sat 9th	Wallis Bird Bobby O'Keefe	8pm €13
Fri 15th	Cathy Davey Bobby Noonan	8pm €21

www.dolanspub.com 061 314483

Entertainment

ANGELINA JOLIE IS WORTH HER 'SALT'

Written by **Paula Jane Murphy**

MANY women dislike Angelina Jolie because, they say, she stole Brad Pitt from Jennifer Aniston and seems to be able to hold on to him like a stolen pair of shoes. These women are blinded by jealousy and should re-evaluate their view of Ms Jolie. Had Tom Cruise got the lead in 'Salt', this film would have been another noisy and forgettable testosterone fuelled round of machine gun fire. Thankfully, director Phillip Noyce thought better of it. Ms Jolie makes this film look cool yet realistic in a way that few other actresses could.

Mr Noyce, whose film credits include 'Clear and Present Danger', 'The Bone Collector' and 'Rabbit Proof Fence' has made a respectable movie.

Kurt Wimmer, author of 'The Thomas Crown Affair' and 'Law Abiding Citizen' to name a few, is the creative force behind this feature. Any piece by Mr Wimmer was always going to a sophisticated screenplay.

Evelyn Salt, played by Jolie, is the main character. A high-ranking CIA agent, she becomes a fugitive when she is accused of being a Russian spy. It's

'The Bourne Identity' with a girl. The chase that follows a mesmerising escape from CIA headquarters is slick, and truck hopping aside, it's not completely outlandish. What made Jason Bourne more likeable than Bond was that it constantly felt as though he might not make it, the next assassin might actually take him out, this is the case with Salt. The film keeps things smart and stylish, Salt makes bombs from bleach, she is not a superhero and still gets shot. This is a woman as tough as any James Bond.



Jolie plays espionnage extremely well

WORLD FAMOUS CLARINETTIST TO PERFORM IN UNIVERSITY CONCERT HALL

Written by **Barbara Ross**

JORG Widmann, a German clarinetist, will play with The Irish Chamber Orchestra in the University Concert Hall on the 7 of October at 8pm.

The Irish Chamber Orchestra will play an assortment of Mozart's classics and will also perform on the 9 October in the RDS Concert Hall in Dublin.

Jorg Widmann is a highly respected clarinet player, composer and conductor. He has performed with many distinguished orchestras, soloists and chamber ensembles worldwide.

He will perform his own composition Ikarische Klage, inspired by a poem by Charles Baudelaire which offers a musical interpretation on the mythical figure of Icarus. Icarus ignored instructions not to fly too close to the sun, and fell to his death while trying to escape Crete by means of wings made by his father.

Widmann is Professor of Clarinet and Composition at the Freiburg University of Music and is also the Cleveland Orchestra's Daniel R. Lewis Young

Composer Fellow. He has served as resident composer with the Salzburg Festival, Oxford Chamber Music Festival, Dortmund Konzerthaus, Essen Philharmonic and the Heidelberg Spring Festival among others.

The show will contain Mozart's Great G Symphony which is considered to be one of his most popular works and contains some of his most well known pieces in music.

The performance will open with Mozart's popular Idomeneo Overture from the

opera Idomeneo described by Albert Einstein as "one of those works that even a genius like Mozart could write only once in his life".

The Irish Chamber Orchestra gets financial support from the Arts Council to present Jörg Widmann and the Irish Chamber Orchestra in Limerick and Dublin. See www.irishchamberorchestra.com for details.

FIGHT LIKE APES RETURN WITH A SECOND HELPING

Written by **Amy Grimes**

THE Body of Christ and The Legs of Tina Turner is a dynamic second offering from Fight Like Apes. Last year the Dublin band played The Stables and the minute the music started I was in love. Their synthesized sound, energy and stage presence blew me away. I bought their debut album the next day and have hardly stopped listening to it since, so I was obviously excited to review this. Thankfully, I wasn't disappointed. The sophomore attempt is where most bands flounder, but FLA have the formula for a raucously good album down. Released just before they played Electric Picnic, it has all the traits fans know and love. Lead single 'Hoo Haa Henry', with its sing-along chorus, is sure to win the band some new followers. The song titles continue where the album name

left off, with gems such as 'Waking Up With Robocop', 'Indie Monster' and 'Katmandu' being personal favourites. 'Jenny Kelly' and 'Come On, Let's Talk About Our Feelings' are obvious releases and sure to be crowd-pleasers at future gigs. Lead singer MayKay's vocal range shines throughout the album, but in 'Lightbulb', she has a tangible vulnerability to throw us off just when The Apes were at risk of becoming predictable.

The oddly philosophical lyrics, MayKay's banshee-like screeching, Pockets' deep backing vocals and their trademark B-movie samples have all returned with a bang. As a second album, The Body of Christ is a reason to be proud of the Irish indie music scene.



Fight Like Apes

THE HURLERS BAR

Castletroy, Limerick

Monday's

MONDAY NIGHT MADNESS!!!

FANTASTIC student promotional deals
Free entry, DJ and BBQ from 9:00 p.m.

Tuesday's

COMEDY NIGHT/TRAD NIGHT

Comedy night with live performances on stage in back bar area
Live Trad music in front bar area from 9:30 p.m.

Wednesday's

Wednesday Night ACOUSTIC MUSIC Sessions

Live music sessions, back bar area from 9:30 p.m.

Thursday's

BEAT THE RECESSION

Amazing student promotional deals offered in back bar area from 9:00 p.m. for the night

To find out all about our student special offers each week, check out or join our facebook page 'Hurlers Limerick' where we advertise weekly all upcoming events, bands and special offers

Arthur Guinness Day

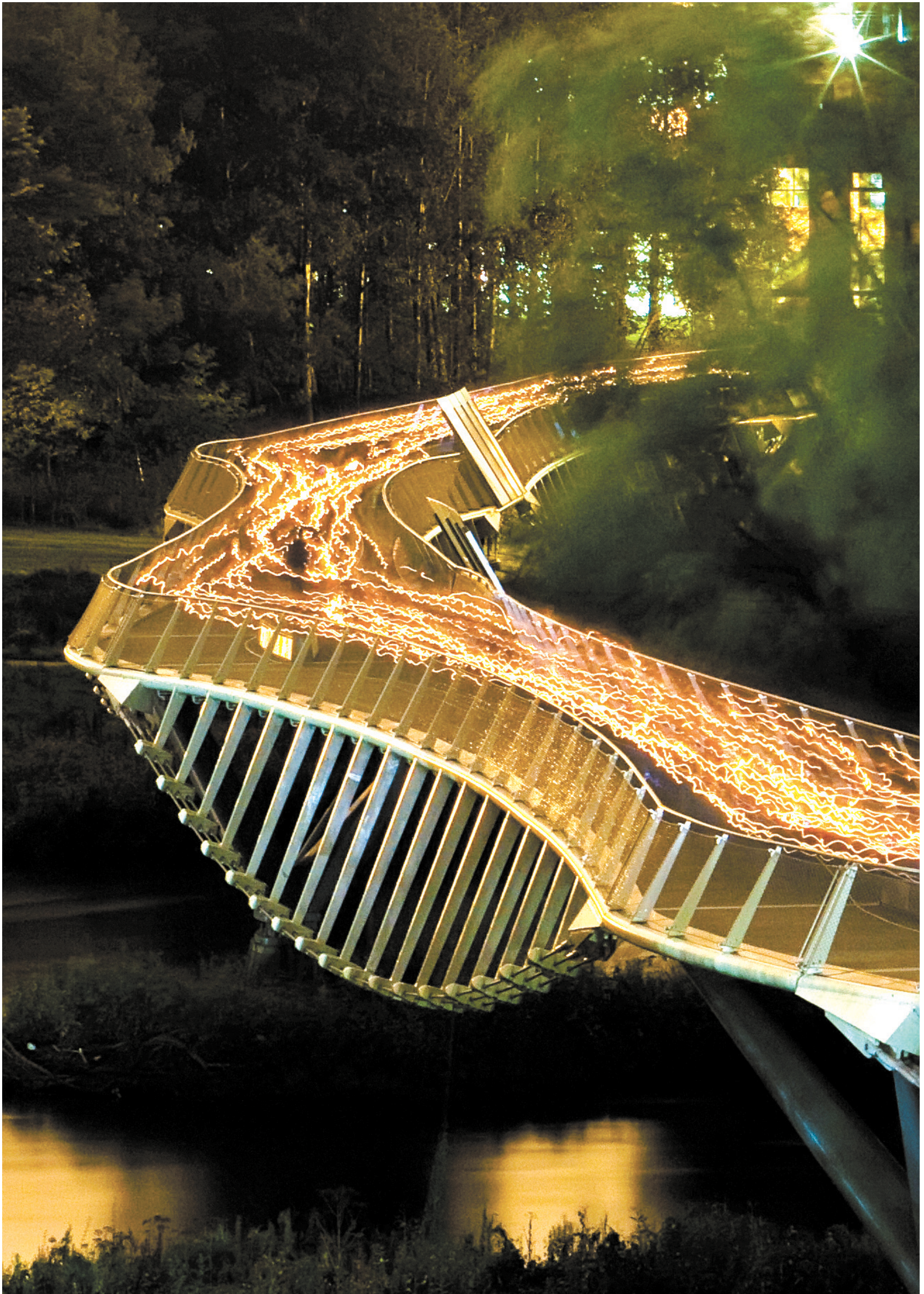


Week Three, In Focus

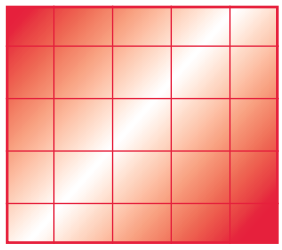
The second Arthur Guinness Day took place on Thursday, 23 September. Hundreds of you poured your own pint in Arthur's honour. These images were taken in the SU Courtyard and The Scholars Club. On Tuesday, 21 September, over 500 of you walked across The living Bridge, candles in hand (pictured right). The event was one part of a global campaign for world peace, coordinated by Peace One Day.



Peace One Day



As reported on page one, hundreds crossed The Living Bridge by night to highlight Peace One Day.



The Grid

Exclusive communication for Clubs and Societies.

Attention C&S PROs! Send content for The Grid to sucommunications@ul.ie before Friday, 8 October to benefit from your space in the next issue.

Clubs	Handball Training in the PESS building from 7pm, Mondays and 8.15pm, Thursdays. E: ulhandball@gmail.com or Facebook "University of Limerick Handball Club".	Rowing See page 19 (right) for latest news.	Societies	History No submissions received. Visit registercs.ul.ie
American Football No submissions received. Visit registercs.ul.ie .	Judo Meetings: Monday 7:30pm to 9pm at Claughan Club, Childers Rd, and Thursday 8:15pm to 9:45pm in the PESS.	Sailing No submissions received. Visit registercs.ul.ie	Anime and Manga No submissions received. Visit registercs.ul.ie	International Friday Week 4, 1 October: Film Night: Intermission, Venue: Jean Monnet (tbc), Time: 7:30pm (tbc). Friday Week 5, 8 October: Event: Guitar Hero, Venue: Stables, Time: tbc
Archery No submissions received. Visit www.ulac.tk or email ularchery@gmail.com .	Karate Shotokan No submissions received. Visit registercs.ul.ie	Skydive No submissions received. Visit registercs.ul.ie	Architecture Upcoming this semester - FKL Architects, LiD Architects and the Sofa Quiz hosted by Darren Monaghan. Don't forget the next 20x20 night on 1 November! Facebook, Twitter or societyofarchitecture.blogspot.com	Law No submissions received. Visit registercs.ul.ie
Athletics No submissions received. Visit registercs.ul.ie .	Kayak Check out www.ulkayak.com for the latest info on trips, pool and outback river sessions! For those of you who missed Fresher's night, there will be another social night soon!	Soccer No submissions received. Visit registercs.ul.ie	Christian Union No submissions received. Visit registercs.ul.ie	Medical Terry Fox Run in support of the Irish Cancer Society huge success! Thanksgiving Food Drive for Midwest Simon Community October 4-8th. Watch for posters on how to donate if interested.
Badminton The Limerick badminton league starts in the coming weeks. UL teams are being compiled. If you want to be considered, contact a committee-member. Matches work on a home and away basis.	Krav Maga No submissions received. Visit registercs.ul.ie	Softball No submissions received. Visit registercs.ul.ie	Computer No submissions received. Visit registercs.ul.ie	Music No submissions received. Visit registercs.ul.ie
Basketball Senior Women's training Mon and Wed 21:30-23:00. Senior Men's Training Tues 20:00-21:30 and Thurs 21:30-23:00. Fresher Women Thurs 07:15-08:30, Fresher Men 07:15-08:30. For more see http://www.ulbasketball.skynet.ie/	Ladies Hockey No submissions received. Visit registercs.ul.ie	Sub Aqua We are thrilled to welcome our 42 new members! Following pool and lecture training in Week 2, we enjoyed a social at the Scholars and the Lodge. Qualified members have been frequenting Portroe Quarry, and several participated in an underwater clean-up day on 25 September.	Cumann Gaeilge No submissions received. Visit registercs.ul.ie	Ogra Fianna Fail No submissions received. Visit registercs.ul.ie
Boarders Look out for the Halloween Surf Trip, 31 October to 1 November. Visit ulboarders.com	Ladies Rugby No submissions received. Visit registercs.ul.ie	Tae Kwon Do No submissions received. Visit registercs.ul.ie	Debating Union Debate: Security is more important than individual freedom. Thursday, 7pm, Jonathon Swift Theatre (B1-023) All welcome.	Out in UL Email outinul@gmail.com Facebook – OutinUL soc Outinul.wordpress.com Visit twitter.com/outinul
Capoeira Classes at 6pm on Tuesdays in the PESS Building Dance Studio and at 7pm on Wednesdays in the PESS Building Hall. Visit ulcapa.webs.com for more.	Men's Rugby No submissions received. Visit registercs.ul.ie	Tennis No submissions received. Visit registercs.ul.ie	Development Concerned about global issues, Human Rights, Fair-trade? Meeting every Monday at 6pm. E: uldevsoc@gmail.com	Photographic Thanks for all the photographs this issue. Regards, Finn Editor
Chess No submissions received. Visit registercs.ul.ie	Mountain Bike No submissions received. Visit registercs.ul.ie	Trampoline No submissions received. Visit registercs.ul.ie	DJ No submissions received. Visit registercs.ul.ie	Poker No submissions received. Visit registercs.ul.ie
Dance UL Meetings: Mondays from 6:30 to 8:30pm, Tuesdays from 6pm to 7pm, Wednesdays from 6:30pm to 8:30pm Dromroe Village Hall. Visit www.uldance.ie or search "Dance UL" on Facebook	Outdoor Pursuits (OPC) Caving, Climbing, Hill Walking, Mountaineering and Orienteering. Keep up to date with our activities by joining us and checking the club message board regularly www.ulopc.com . E: Info@ulopc.com	Ultimate Frisbee No submissions received. Training: Tuesday and Thursday from 6pm Maguire's Playing Pitches Visit www.ulnijas.com	Drama No submissions received. Visit registercs.ul.ie	Socialist Youth No submissions received. Visit registercs.ul.ie
Fencing Meetings: Tuesdays from 7pm to 9pm (practice), Fridays from 6pm to 7pm and 7pm to 8pm (coached training). Main Hall, PESS Email ulfencing@gmail.com	Parkour Training: Monday 9pm to 10.30pm in the PESS Gym, Thursday 7pm – 8.30pm in the PESS Sports Hall. Search "Parkour UL" on Facebook for updates.	Water Polo No submissions received. Visit registercs.ul.ie	Enterprise & Finance No submissions received. Visit registercs.ul.ie	ULTV No submissions received. Visit registercs.ul.ie
GAA No submissions received. Visit registercs.ul.ie .	Pool & Darts No submissions received. Visit registercs.ul.ie	Windsurfing With two awesome trips down, there are still plenty more planned for this semester. These include our Beach Party and More Windsurfing Trips.	Games No submissions received. Visit registercs.ul.ie	Young Fine Gael No submissions received. Visit registercs.ul.ie

ROWING CLUB WINS HISTORIC VICTORY

Written by **Meghann Woolfe**

“The September Championships end a very successful season for the club”

ON a gorgeous day in Inniscara, the UL Rowing Club made history. It became the first club ever to win the Men’s intermediate two minus, four plus and eight in one season. Stephen Penny and Liam Rice rowed in all three and won the intermediate two minus with just over a length. This has been quite the season for the two students, who represented Ireland at this summer’s Home Internationals Regatta in Cork.

A smaller UL team competed at the September National Championships but the crews packed a punch. Alice O’Sullivan was up against tough competition from Bantry and Shandon RC in the semi-final and final, but in the end was victorious, winning the

Women’s Novice 1x by two lengths.

The September Championships end a very successful season for the club. It won six national championships, the treble for the Men’s Inter squad and three for Ms. O’Sullivan. This is the first time the Rowing Club won a women’s sculling title and the second time the club has won the Men’s Inter two minus, with Beijing Olympian Cathal Moynihan and Paddy Quinn winning it in 2005. The momentum from this successful season will spur the Club to further greatness. The club has recently recruited a very promising novice men’s and women’s squad, along with the talent in the men’s and women’s inter and senior squads. The Rowing Club is very proud of those involved and couldn’t have done it without the tireless effort of coaches James Mangan and Eugene O’Brien and Ger Sheehan who helped Alice O’Sullivan throughout the season and even lent her his boat.



Image above: Ger Sheehan and Alice O’Sullivan

Image below: Liam Rice, James Brinn, Eugene O’Brien and Stephen Penny.

FITNESS POLE DANCING

INTERESTED?

Email
sorchatelli@yahoo.com

PARKOUR RECRUITS 100 NEW MEMBERS

Written by **Kate Doyle**

PARKOUR’S membership reached over 100 as curious students discovered one of UL’s newest clubs at this year’s Clubs and Societies Recruitment.

The club was established in April by parkour enthusiast, Conor Hurley, and began with only a handful of members. After a successful recruitment drive this semester membership has soared.

“We had 70 people our first training session. That was brilliant – that was amazing,” Club Chairperson, Conor Hurley, said.

Mr Hurley cannot believe the success of the club and the committee plans a fun-filled year of “Jams” and trips abroad. It is not just the Committee

members who are impressed, the members themselves seem to be enjoying the new club. “The people are really friendly, it’s a lot of fun,” Elaine McDermott, a third year Sports Science student, said.

The specialised manoeuvres carried out when practising parkour make fitness and training essential.

“Our aim is that all our members will increase their agility and that they have knowledge of the fundamental movements of parkour,” Mr Hurley added.

UL’s Parkour Clubs is one of only three in Irish universities and one of the club’s aims is to raise awareness of

parkour in Ireland. “It should be more recognised in Ireland as a sport. I think that if the community starts getting organised clubs and having regular training it will raise awareness of the sport,” Mr Hurley concluded.

The club is always looking out for future traceurs (parkour practitioners) so come to a training session.

Training sessions take place in the PESS building on Monday 9pm to 10.30pm, Wednesday 7pm to 7.30pm and Thursday 7pm to 8.30pm.

You can email the club at ulparkour@gmail.com or search “Parkour UL” on Facebook.

AN UPDATE FROM THE C&S OFFICE

Written by **Paul Lee**

GREETINGS! As of 24 September, there are 3517 unique and activated C&S membership accounts. These are fully paid up. There are another 656 “pending”, where an expression of interest in joining a club or society has been provided but the individual has yet to meet the committee and pay their membership. Altogether, that’s a possible 4174 unique individual members.

There are 1852 active multiple memberships where people have joined and paid up for more than one C&S. If all the “pending” multiple memberships materialised, combined book memberships would break the 7000 mark.

Membership types are broken down further if the more analytical reader wishes to see the overall demographic.

This really is extraordinary data which we intend to use in a three year plan for C&S. In terms of a strategy, monitoring of growth rates, retention rates, marketing and plans for future development, these statistics offer

a very interesting challenge. Plans are already underway to survey our membership in Semester 2.

You can join a C&S any time during the year. Simply log on to www.registrecs.ul.ie.

Current lists of C&S committees and their contact details are on display in the notice board outside the main C&S Office in the SU Building, if you wish to follow up directly and activate your membership.

Following the first C&S Council Meeting on 22 September, the new student Executive members are: Clubs Officer: Keith O’Neill (Outdoor Pursuits Club), Clubs Ordinary Exec Member(OEM): Eamon Heavey (Men’s Rugby), Clubs OEM: Darren Simring (Krav Maga), Societies Officer: James Heslin (Games Society), Societies OEM: Andrew O’Doherty (Enterprise & Finance Society), Societies OEM: Jennifer Allen (Anime & Manga Society).

NEW GERMAN SOCIETY LAUNCHED

Written by **Michael Reid**

Sprechen Sie Deutsch? The new UL German Society has a place for everyone with a taste for German language and culture.

Learning a language is never easy but the most common advice of any teacher or lecturer is to immerse oneself in German to the greatest extent possible.

Native speakers can meet Irish students in a relaxed social environment and enjoy a different cultural experience. German film screenings, a weekly language practice group and trips both at home and to Germany are some of the possible events the society hopes to hold.

An introductory meeting will take place on Wednesday the 6 October at 6.30pm in C1058 in the Main Building, near the Charles Parsons Lecture Theatre. There will be finger food in the Stables afterwards.



The UL Nature Society Lough Boora Organic Farmon Sunday, 26 September

Sport

IS RUGBY PRICING FANS OUT OF STADIUMS?

Written by **Paul Carty**



THE alarming swathes of empty seats in the new Aviva Stadium told its own tale as Ireland eased past Andorra in their Euro 2012 qualifier. Obviously the €70 ticket was too much to stomach for fans to see Ireland beat a team of part-timers. Exactly how this will translate to the IRFU's autumn internationals remains to be seen.

The IRFU has pursued the sale of ticket 'packages' in order to sell out the Aviva. It was €340 for the four match package on a take them all or none basis until media attention forced the IRFU to back down and offer the games as two match packages. A further climb down has seen some single tickets being made available for the Argentina (€90) and Samoa (€50) games.

Interest in Rugby surging in the country after the success of Munster, Leinster and the national team, the demand for tickets is still high, though not at the ferocious peak of a few years ago. The heavyweight clashes against

the All Blacks and South Africa will be sell outs though it is difficult to see 50,000 people parting with almost €100 to see Argentina.

It looks like the ticket prices are here to stay with the financial obligations of the new stadium requiring service and the Government's decision to pursue a free-to-air agenda which will prevent Sky's dollars flushing into the game. The deal with Aviva has also shackled the IRFU to the stadium which prevents them from ever taking advantage of Croke Park's extra 30,000 seats for the big clashes.

Munster's recent clash with the Ospreys would have sold out Thomond Park in previous years however pockets of empty seats littered the venue where just 18,400 made their way to the 26,000 capacity stadium. Munster has been quite pro-active in offering packages and deals, especially for families, and they also offer 20% off for students.

IRELAND WOMEN IMPRESS AT WOMEN'S RUGBY WORLD CUP

Written by **Fiona Reidy**

THE Irish women's rugby team achieved their best ever finish in world rankings after the 2010 Women's Rugby World Cup which was held in Surrey Sports Park and Twickenham at the start of September.

After three tough pool games Ireland finished level with Canada and Australia on ten points after beating Kazakhstan 37-3 but lost out on a best runner up semi-final spot, with Australia securing the spot in the end after a comprehensive win over South Africa. Ireland then had a disappointing loss to the USA whom they had beaten earlier in the

tournament. They then played Scotland in the eighth seed game which they won 32-8. This result seeded the amateur side seventh improving their ranking by one place after finishing eighth in the 2006 World Cup in Canada.

UL Women's Rugby are well represented in the Irish squad with eight past students and players in the current squad. Among these players is the Irish Captain Fiona Coghlan, who studied PE in UL and graduated in 2005.

She described her UL experience as "amazing and it gave me the foundations of where I am today. Without college

rugby I doubt I would have ever taken up the sport. The nights out in the lodge after matches are memorable and also the many tours we went on". Fiona talked about the honour it is for her to captain her country and how she never expected to go so far in such a short space of time when she took up the game in first year. Her unassuming nature is refreshing, and her dedication to this tough challenging sport is evident especially throughout this gruelling intense world cup campaign.



WORDS OF WISDOM FROM THE VOICE OF GAA

Written by **Paul Carty**

AS the man who signified the sound of Sunday for many Irish households decides to hang up his microphone, An Focal chronicles some of Mícheál Ó Muircheartaigh's greatest moments in describing GAA matches in the way only he could.

"Colin Corkery on the 45 lets go with the right boot. It's over the bar. This man shouldn't be playing football. He's made an almost Lazarus-like recovery from a heart condition. Lazarus was a great man but he couldn't kick points like Colin Corkery."

"1-5 to 0-8. Well from Lapland to the Antarctic, that's level scores in any man's language"

"Pat Fox has it on his hurl and is motoring well now...but here comes Joe Rabbite hot on his tail...I've seen it all now, a Rabbite chasing a Fox around Croke Park!"

"He grabs the sliotar, he's on the 50.....he's on the 40.....he's on the 30..... he's on the ground."

"Sean Óg o Hailpín...his father's from Fermanagh, his mother's from Fiji, neither a hurling stronghold."

"Teddy McCarthy to John McCarthy, no relation, John McCarthy to Teddy McCarthy, still no relation."

"... and Brian Dooher is down injured. And while he is, I'll tell ye a little story. I was in Times Square in New York last week, and I was missing the Championship back home. So I approached a newsstand and I said

'I suppose you wouldn't have the Kerryman would you?' To which the Egyptian man behind the counter replied 'do you want the North Kerry edition or the South Kerry edition?' He

had both, so I bought both. And Dooher is back on his feet..."

"Anthony Lynch, the Cork corner-back, would be the last person to let you down - his people are undertakers"



Voice of the GAA: Mícheál Ó Muircheartaigh

OKTOBERFEST

SCHOLARS 3RD BIRTHDAY

IN ASSOCIATION WITH
ULSU AND UL BOARDERS

THURSDAY 7TH OCTOBER
WEEK 6



GERMAN BEER HALL

BEER AND FOOD PROMOS ALL DAY
INCLUDING PRETZELS, BRATWURST

BAVARIAN GAMES, GERMAN BEER PONG

PRIZES FOR BEST DRESSED GERMAN

FUN AND GAMES START AT 7
LIVE MUSIC FROM 9.30

ALL PROCEEDS GO TO CHARITY!

Sport

SPORTS EDITORIAL

Written by **Mark Connelly**,
Sports Editor

Sport in UL: For the Elite or for the Students?

UL has boasted some of Ireland's finest sporting facilities for some time. It has attracted an impressive range of athletes and become known as a hub of world class sporting excellence.

This is something which UL students ought to be proud of. But at a time of a dearth of trophies and medals among the college representative sides, particularly in GAA, I believe we must scrutinise just how well the college's students are being served by the University in this regard rather than continuing to vainly trumpet the names of top athletes.

The student population has benefitted from the presence of the Arena facility since 2002. But we cannot continue to ignore the reality that most students involved in sport here are members of the GAA, Rugby and Soccer clubs. The primary requirement of these organisations is good quality, floodlit pitches that allow them to train at the University at whatever time proves most convenient for them.

What they have are Maguire's fields. We now must question why the University has invested so heavily in sporting infrastructure yet continues to preside over a situation in which the Sigerson Cup team had to rent the use of pitches.

I believe this situation casts the university in a highly unfavourable light. It's obvious that UL has prioritised the needs of a small band of elite athletes ahead over the requirements of those who actually wear the UL jersey and study for this institution.



It is simply shameful that UL continues to trumpet its credentials as a sporting institution by boasting the presence of athletes, such as Gráinne Murphy (who doesn't study here). These athletes do not represent UL students and have not contributed to

the cost of our infrastructure while simultaneously refusing to invest in the up-grade of the embarrassingly substandard Maguire's fields that facilitates students who do.

Mark Connelly – Sports Editor

THE FOOTBALL QUIZ

- 1: Who was awarded 'Man of the Match' in this year's All-Ireland Football Final?
- 2: Who is the current coach of the Australian Rugby union team?
- 3: In what city did Atletico Madrid win this year's Europa League final?
- 4: Who managed Limerick in this year's All Ireland Senior Football Championship?
- 5: What is the name of West Bromwich Albion's home ground?
- 6: Who scored Kilkenny's goal in this year's All Ireland Hurling Final?
- 7: Who is the only man, other than Rafael Nadal or Roger Federer, to win a Tennis Grand Slam event in the last two years?
- 8: Who won the 2009 Europa League?
- 9: Who are the two Italian teams competing in this year's Magner's League?
- 10: Who did the USA beat in the final of this year's World Basketball Championships?

Answers
1: Daniel Goulding
2: Robbie Deans
3: Hamburg
4: Mickey 'Ned' O'Sullivan
5: The Hawthorns
6: Richie Power
7: Juan Martin Del Poro
8: Shakhtar Donetsk
9: Bennetton Treviso, Aironi Rugby
10: Turkey

CORK ARE WORTHY WINNERS OF FINEST CHAMPIONSHIP IN DECADES

Written by **Mark Connolly**,
Sports Editor

GRAHAM Canty's ascent of Hogan Stand to collect the Sam Maguire following so much heartbreak in previous years was a fitting climax to one of the finest championship seasons ever seen.

It will be remembered as one where the spoiling tactics and negative play were replaced with skill and cadence that saw the country's most complete side finally take the honours they so richly deserved.

To see the quality of this year's football we only need look to the number of candidates for the Footballer of the Year Award. Bernard Brogan is the obvious choice with his scoring prowess. He almost single-handedly fired an otherwise impotent Dublin into an All-Ireland Final.

Martin Clarke was the brilliant conductor of a fine Down attacking orchestra with his range of passing picking holes in defences all over the country.

And who can ignore Dermot Earley's contribution to the Kildare cause as he ruled the skies of Croke Park before his injury became a critical factor in the Lillywhites' ultimate demise.

Despite of their many critics, it was eventual champions Cork, whose match winners led them to glory.

"This was one of the great championships that will be remembered for years to come."

Aidan Walsh is simply brilliant and the 20-year-old has already re-drawn the boundaries of midfield play.

To see these exciting talents finally allowed to thrive and showcase their talents in close matches loaded with psychological intrigue served to make this one of the great championships that will be remembered for years to come. Who will forget the unexpected rise of Dublin into a serious title contender before dramatically imploding in the last 20 minutes to Cork while the rebels own ability to come from behind having wilted so often in the past was admirable and makes them worthy champions.



Young Cork fans enjoy the built up to this year's final

Sport

EURO 2012 - IRELAND V RUSSIA PREVIEW

Written by **Paul Carty**

FOLLOWING two solid, if unspectacular, victories against Armenia and Andorra, Trapattoni's Irish side face what is arguably their toughest test in the group when Russia roll into town this weekend.

With the Russians coming off the back of a surprise home defeat to Slovakia, Dick Advocaat's side will be desperate to raid the Aviva Stadium for three points to set them back on their way.

Ireland's conservative style may continue under Trapattoni with Paul Green likely to start in place of Keith Andrews, who has yet to feature for Blackburn this season because of an injury.

The Irish management is most concerned with the fitness of Richard Dunne, who is a doubtful.

In his place the Irish defence will most likely shift around to see Sean St Ledger and John O'Shea command the centre half berths with the nightmare scenario of Paul McShane and Kevin Kilbane as full backs.

It's not all doom and gloom though. This Russian team will likely go straight on the offensive against Ireland, which will suit Ireland perfectly. Despite

"It's a massive test for Ireland and one which we must get a result out of"

being blessed with the attacking talents of Andrei Arshavin, Bilyaletdinov and Pavlyuchenko, Russia is a team that can leave itself open to counter-attack. Recent defeats to Slovakia and Slovenia suggest that they're not quite the heavyweights some would make them out to be. It's a massive test for Ireland and one which they must get a result out of if they want to qualify for Euro 2012. Expect a tight game with few goals and with the likely counter-attacking nature of the game playing into the Green Army's hand don't be surprised to see Ireland serve up a 1-0 Trapattoni special.



Giovanni Trapattoni

NEW ERA PROMISES ENTERTAINMENT AND SUCCESS FOR IRISH RUGBY

Written by **Mark Connolly** -
Sports Editor

AS the evenings close in and we notice that autumn chill start to bite, we have at least the comfort of knowing that the Heineken Cup is winging its way around to us again and this year's edition promises, with the new rule changes that favours the attacking side at the breakdown, to be more entertaining than ever. I also expect the three Irish sides to benefit from changes that, judging from this year's Tri-Nations series, will radically change the spectacle and revolutionise the role of the open-side flanker.

According to statistics, the ball was kicked by less than half the number of times compared with the previous year's Tri Nations. That means that we can expect to see far more in the way of attacking running rugby in the true spirit of the game with the role of the back three and the back row rising in prominence.

We can expect this to benefit rugby fans as ponderous aerial ping pong which had blighted the game as a spectacle for fans so cruelly in recent years is phased out and the advantage is handed to teams that move the ball at pace.

In theory, this should benefit Leinster who has always played a game based around fast ball and continuity while

not employing the now outdated 'groundhog' open-side since the departure of Keith Gleeson three seasons ago. The also possess a running back row and counter-attacking back three that would cause problems in the high-octane games that we can expect to watch this Autumn. Yet serious problems have already emerged under new coach Joe Schmidt with the rock solid defence that characterized the latter part of the Cheika era crumbling as dramatically as the Berlin Wall. With a tricky pool, I expect them to struggle to qualify.

Munster, by contrast, has started this year very positively with encouraging Magnier's League victories imbuing them with a confidence not seen since their last Heineken Cup victory as they appear to have adapted to the new rules with an enthusiasm sadly lacking from their disinterested looking eastern rivals. With forwards custom made for the new era like Denis Leamy and David Wallace allied to scoring threats behind the scrum in the form of Dougie Howlett and sensational new talent Felix Jones, expect them to be a serious force in this year's European Cup.



Sport

FORGOTTEN FOOTBALLER

Written by **Mark Connolly**,
Sports Editor

Who remembers Djimi "Tragedy" Traore?

IN its 18 year history, the English Premiership has surely never played host to a player as much maligned and simultaneously successful as former Liverpool left back, Djimi Traore. Signed in 2002 by compatriot Gerard Houllier, poor positional play made him struggle to earn the confidence of the Anfield faithful and earn the unenviable nickname "Djimi Tragedy".

He also struggled to earn the trust of his manager as his career entered the doldrums only to be unexpectedly revived by Rafa Benitez upon the Spaniard's arrival in 2004. Yet question marks persisted over Traore's competence. He put his team out of the 2005 FA Cup with a spectacular own goal following an ill-advised attempt at trickery in his own six yard box. Yet his season ended in glory as he played a starting role in Liverpool's dramatic Champions' League final triumph in Istanbul despite his truly woeful personal performance on the night.

That proved to be the high point of his

career as he was soon sold to Charlton Athletic where he was quickly deemed surplus to requirements. A similarly unsuccessful at Portsmouth followed, where the Champions League medal holder was to fall so far out of favour with Harry Redknapp that he failed to even obtain a squad number.

A three month emergency loan spell was to follow at then Championship outfit Birmingham City following an injury crisis at the club. The hapless Traore only managed to add himself to the injury list and make just one solitary appearance as a late substitute at Watford.

He has since found some rare stability and game time since his July 2009 switch to AS Monaco in his native France where he remains a Stade Louis Two hero.

"He struggled to earn the trust of his manager as his career entered the doldrums."



Djimi "Tragedy" Traore

PLAYER TO WATCH: JACK WILSHERE OF ARSENAL

Written by **Paul Carty**

Who is he?

He's the latest superstar to come off Arsene Wenger's youth conveyor belt. Strangely enough for Arsenal, he's also English having started out in the Arsenal Academy at the tender age of nine. The last home-grown player to make it at Arsenal was none other than Ashley Cole.

The Good

Blessed with a fantastic left foot and an instinctive eye for the incisive pass, a spell at Bolton last season seems to have brought him on immensely. Wilshere has made a blistering start to the new season turning in outstanding performances against Braga and Spurs. He's impressed so much that Fabio Capello saw fit to hand him his first senior England cap against Hungary in August.

The Bad

Wilshere has kept up the trend of England Internationals finding trouble wherever they go; he was arrested after a brawl outside a nightclub in London.

The Quote

Bolton manager Owen Coyle had this to say about Wilshere: "He came with a certain reputation and I'm sure some of the boys were keen to see what he was about," he recalled. "But the first day's training he took a whack off Kevin Davies in a tackle and straightaway was happy to give him one back. I thought, 'If you're willing to go toe to toe with my captain son, you'll do for me!'"

The Future

It all looks rosy for Wilshere, he's fast becoming an integral part of the Arsenal set up and could well see himself becoming the fulcrum of the team when Cesc Fabregas packs his bags for Barcelona. Wilshere is the heir apparent to Fabregas' throne.



Keeping up the trend: Jack Wilshere

HEINEKEN CUP ROUND ONE PREVIEW

Written by **Paul Carty**

London Irish v Munster

McGahan's Munster side face into what is surely their toughest test in Pool 3 this weekend. Munster have had a workman-like campaign in the Magners' League so far with two decent away performances in Scotland. A lengthening injury list is set to hamper Munster efforts at the Madejski Stadium and it is vital that Keith Earls and Jerry Flannery are fit for this one if Munster is to have any chance against in form Irish.

Leinster v Racing Metro

The 2009 Champions find themselves in the group of death this year with fast improving Racing Metro likely to provide a very stern opening test. Joe Schmidt's team have been inconsistent and stuttering so far and even with a full strength team of Heaslip, O'Driscoll, Sexton and co. are going to have it very tough to see off the French side.

Ulster v Aironi

Having beaten the Magners League debutantes away already this season, Ulster will fancy themselves to have a relatively comfortable evening in Ravenhill against the Italian side. Ulster has grinded out some good wins against Ospreys and Edinburgh so far this season and although they are blessed with decent attacking options in Andrew Trimble, Simon Danielli and new signing Ruan Pienaar it would be a surprise to see the men from the North run up a big score. Expect a typically physical performance from Ulster who will no doubt capitalise on any mistakes made by Aironi. Nothing less than an easy victory will suffice here.



The Heineken Cup

Interview

MUSIC AND MUSINGS

Johnny Flynn talks to An Focal

Written by **Caitriona Ní Chadhain**,
Entertainments Editor

AS you can hear in his lyrics and see in his rapt gaze, Johnny Flynn is a man who puts a lot of thought into the world around him. There are times when you can see his mind wandering from the stage as his thoughts carry him somewhere further afield.

In The Scholars recently, after only a few bars of 'The Churlish May', he stopped suddenly and admitted he "was thinking of something else there and lost it all," before calmly starting up again.

So how does Johnny feel about pouring his heart out to a room of strangers? "The first couple of times

you play a song that's somewhat new it feels like you're letting people in on this thing that's private to you, but after a while those songs have a life in the space between you and the audience, you have to respect that."

As a strong contender on the English folk scene where he plays alongside the likes of Laura Marling and Mumford and Sons, hopefully Johnny will soon get the recognition he deserves as more than just a support act for the Mumfords.

Johnny met Laura Marling around four years ago when she came to see one of his gigs, the pair hit it off and have

since collaborated on a number of songs including a cover of Jeffrey Lewis' 'Travel Light'. Laura also appears on Johnny's new album *Been Listening*, where she provides vocals for 'The Water'. Johnny remarked "she's really cool, she's a great performer." When I asked him about his affiliation with Jeffrey Lewis he said, "It's quite funny because he's been one of my favourite musicians since I was about 19, and these days I come home and Jeff might answer the door."

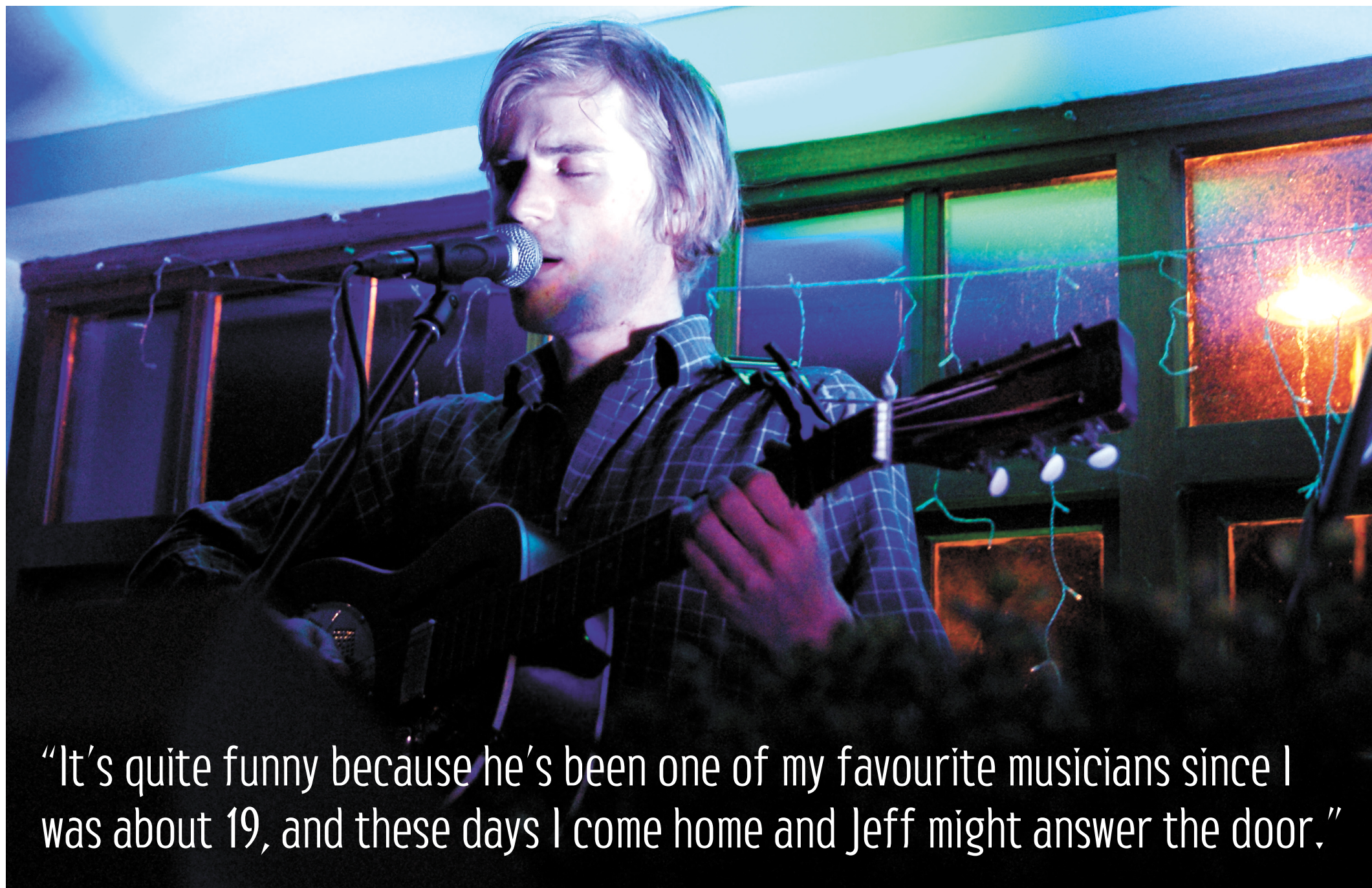
Supporting Johnny in the Scholars Club on 22 September was Fiona Maria Fitzpatrick, a Cavan singer songwriter

and one to look out for in future. She had no difficulties filling Laura Marling's big shoes as she accompanied Johnny on vocals for 'The Water'. Her gentle and quirky voice served as the perfect platter for the mellow musings of her music.

I asked Johnny about reactions to his new album. "We're not a mainstream band so people are catching up to us quite slowly. When people know the songs they have a really strong heartfelt reaction to it, which is really special." "It's been amazing actually, it's cool releasing new stuff and seeing how people respond to it." 'Been Listening'

is a great album from start to finish and a goldmine for fans of thought provoking folk melodies.

Johnny Flynn is one of those seeds planted on the earth to create poetry and music from life. His voice is strong and effortless, just like his lyrics and instrumentation. Favourites such as 'Brown Trout Blues' and 'The Box', offered the small crowd gathered in The Scholars a peek into the workings of this talented mind.



"It's quite funny because he's been one of my favourite musicians since I was about 19, and these days I come home and Jeff might answer the door."

Image Credit: Christopher Ryan



**CHUCK NORRIS LOOKS AFTER HIS
MENTAL HEALTH.
YOU SHOULD TOO**

UL MENTAL HEALTH WEEK, 4TH-8TH OCTOBER

