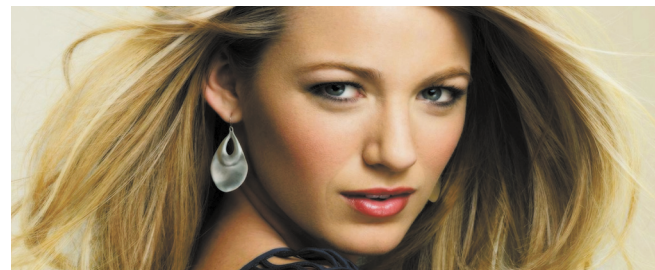




Turn to page 8 to find out why approx. 200,000 people in Ireland suffer from eating disorders.



Emily Maree explains the allure of Gossip Girl Blake Lively - page 11

UL Students back Higgins in Presidential Poll



Presidential Candidate Michael D. Higgins greeting voters on Grafton Street. Image courtesy of The Labour Party.

Kelly O'Brien, Editor

STUDENTS in UL have put their support in Michael D. Higgins in the latest College Tribune poll, which asked 200 students in each university campus who they will be voting for.

Mr Higgins polled top of the UL poll, which was conducted by member of An Focal and ULFM. Thirty per cent of the students who had made their mind up on who to vote for backed the 70-year-old Labour Party Candidate.

The second most popular candidate is Sean Gallagher, who polled 22 per cent in the poll. Gallagher went from being an outsider a few weeks ago to being one of the favourites after a number

of television debates. Early favourite, David Norris came third in the UL poll, with 18 per cent of the vote, while Sinn Fein candidate, Martin McGuinness was the fourth favourite, with 17 per cent of the vote. Outsiders Mary Davis and Gay Mitchell came fifth and sixth, gaining 11 per cent and 2 per cent of the votes respectively. Independent Candidate Dana Rosemary Scallon was the only candidate in the entire poll

to get 0 per cent of the vote. Overall, Mr Higgins was the most popular candidate, gaining 34 per cent of the student vote across Ireland. Mr Norris came second with 25 per cent and Mr Gallagher third with 17 per cent. Mr McGuinness came fourth with 12 per cent. Ms Davis, Mr Mitchell and Ms Scallon came fifth, sixth and seventh, with 6 per cent, 4 per cent and 2 per cent respectively.

Many students said that they will vote, but they are still undecided. Mr Higgins spoke in UL four weeks ago on his ideas for the presidency and how Irish people have been boastful over the last few years. He is currently the bookies favourite standing at 4/9 to win. The election will take place Thursday, 27 October.

News

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Thanks to everybody who contributed to this issue.

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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.

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

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Kelly O'Brien, Editor

EDITORIAL

"The future depends on what we do in the present"
 - Mahatma Gandhi

I'm pretty sure he wasn't talking about the UL Students' Union, but Gandhi sure hit the nail on the head with this one! Right now all involved in the SU, not just Sabbats, but Staff, Class Reps and student volunteers, are paving the way for students of future generations.

It may not seem like it now, to those of us here in the present, but the changes and innovations that are being implemented this year are some of the biggest that have happened in a long time. Last week saw nearly 100 Class Reps attend training in The Kilmurry Lodge. This was an amazing turn-out for the second Council of the year and shows that the new structure being introduced really will deliver on its promise of increased

involvement. It also means a better flow of communication between the student body, student reps, and the University and is the biggest change in the governance of the Students' Union since 1972. The radio station is another huge step in the right direction for ULSU. I'm always wary about using An Focal to plug ULSU and vice versa, seeing as I am in charge of both, but it really has to be said that the station has been going from strength to strength lately and is improving on an almost daily basis. For the first time in a long time, the SU is able to communicate with UL students through a wide variety of mediums; social networking and emails, posters and visual campaigns, the newspaper and the radio station... not to mention the commendable GOAT-ing (Getting Out And Talking) efforts of ULSU President Derek Daly! With the addition of the interactive,

online news site that will hopefully be operational as of Semester 2, it has never been easier for UL students to make their voices heard.

All this and more is happening right here, right now. This is a year of change. UL students across campus now have to ask themselves, "Do I want to get involved?" If the answer is yes, then please do get in contact. There are so many opportunities for students to help us and to help themselves. You could volunteer to help out with one of Tara's campaigns, you could write an article for the paper, you could become a class rep! You may even rack up enough hours to apply for the Presidents Volunteer Award. For more info on any of the above, please email sucommunications@ul.ie

Kelly O'Brien
 Editor



The Welfare Bear, out and about during last weeks Mental Health Campaign

UL hardest university to gain a good degree from

Jason Kennedy, News Editor

AN Irish Times study has revealed that the University of Limerick is the hardest university to get a high honours degree from. The study states students in Trinity College Dublin are far more likely to get a 2.1 degree than students in UL. A 2.1 degree is needed to get into most Masters Courses and an increasing level of employers will only consider graduates with a 2.1 degree or higher. The analysis shows that 34 per cent of graduates in UL get a 2.1 degree, which is 9 per cent below the national average. Around 53 per cent of

graduates from Trinity College Dublin obtain a 2.1 degree, which is 19 per cent more than graduates from UL.

When it comes to 2.2 degrees, the study showed that UL is above the national average of 24 per cent, with 34 per cent of graduates obtaining 2.2 degrees. The only other Irish university to have similar levels of 2.2 degrees is NUIM Maynooth. Fourteen per cent of UL's graduates obtained a first-class honours degree last year. Another 14 per cent of graduates from UL were awarded pass degrees, while another

6 per cent of students did not receive degrees. Overall, this brings UL's honours rate to 80 per cent, which is the national average. DCU's honours rate is 84 per cent, 74 per cent in NUI Galway, 88 per cent in NUI Maynooth, and 89 per cent in Trinity College Dublin.

Staff members at the University of Limerick have already begun to discuss how the university could improve its figures. ULSU Education Officer, Aoife Kenny said that the figures have been noted, "At the recent Science and Engineering Faculty board, the

Assistant Dean of Academic noted the fall in the percentage of 1.1 degrees and 2.1 degrees being awarded by UL.

"From sitting on recent boards on Broadening the Student Experience, I have witnessed from the employers point of view they value the UL degree more than they do for degrees awarded in Universities that give degrees away easier. In my own opinion, the quality of the UL degree stands to a student more than one received from the other institutions."

'Follow your dreams': NASA astronaut speaks in UL

Tricia Purcell

NASA Astronaut, Shane Kimbrough, gave a presentation to a packed University Concert Hall last week. As part of the US Embassy sponsored 'Science 2 Schools' programme, Kimbrough visited LIT and UL campuses to talk about his experience as a member of the STS-126 Endeavour shuttle. The West Point military graduate launched from Kennedy Space Center in 2008. During the Endeavour's 16 days in orbit, Mr Kimbrough, aged 44, clocked up 13 hours walking in space.

The mission of the Endeavour was to provide supplies to the Space Station but also to make repairs to the exterior rotary joints. It was up to Mr Kimbrough and his partner to fix the mechanism of the solar rays which track the sun. Mr Kimbrough also shared his favourite experience in space, saying: "[I loved] looking at our

planet, the different colours, watching thunderstorms progress. I also had the honour of launching a satellite."

While it only took 8.5 minutes for the Endeavour to ascend into space, it was not until the third day when they reached their destination. They then unloaded the new bathroom, kitchen and gym they had brought up for the station's inhabitants. This extra cargo explains why the mission became known as Extreme Home Makeover. The 10,000lb kitchen took no time to install because of course; it weighs nothing in space. Next to this they connected the urine processor, which recycled urine and sweat to make filtered water.

Due to poor weather conditions, the Endeavour had to land in Edwards Air Force Base in California, instead of where they launched from in Florida. It

was the first time a shuttle, coming in at a 20 degree angle and twice as fast as a normal plane, had ever landed on that runway, but they managed a successful touchdown.

Mr Kimbrough hopes to be a part of NASA's next mission, but said it won't be for a few years as they must build a new shuttle, with Russia being the only country that currently has the means to go into space. Addressing hundreds of primary school children he said: "In the next 30 years man will land on Mars, that's some 25 million miles away. Your generation will be sending someone to Mars. Why shouldn't it be you?" Kimbrough ended his note to the younger audience members, telling them to "Follow your dreams wherever they may lead you".



Shane Kimbrough, NASA

Founding UL President launches attack on McGuinness

Colin Clarke

THE founding president of the University of Limerick, Dr Ed Walsh, launched a blistering attack on Sinn Fein presidential candidate, Martin McGuinness. The outburst provoked a walkout by some members of the audience at the Tipperary Literary Festival. "Standing before the judges in The Hague answering questions related to war crimes and IRA activities would appear to be more fitting

that standing before the Irish electorate seeking the highest office in the Republic", Dr Walsh told the audience. He then suggested that Mr McGuinness still had serious questions to answer regarding IRA activities. Referring to the Hume/Adams peace process he said: "Hume facilitated the entry of the IRA/Sinn Fein into the peace process, in return for which they undertook to decommission IRA

arms and disband the IRA and its Army Council. "The former has been delivered, but there are questions about the latter." A further warning was expressed to the audience by Dr Walsh, who said: "While the IRA Army Council may be dormant, we have no reason to relax. As long as it remains in existence, so too, one must assume, does its strategy of using the 'Armalite and the Ballot Box' to achieve its goals." He warned that the IRA's true objective was to control Dublin, not Belfast.

Although Dr Walsh did describe Mr McGuinness as a remarkably able and astute person, he stated that that did not make him a person one could trust. He also said: "We who do not know him would be foolish not to do otherwise." Dr Walsh discussed the brutal past of the IRA and Mr McGuinness's alleged involvement: "No matter how reformed he may be, he cannot shirk legal and moral responsibility for the deeds of the organisation: the IRA's killing of 644 civilians, sadistic torture, kneecapping, kidnapping and the arbitrary destruction of the lives of its victims." This is not the first time that Dr Ed Walsh has produced controversy in a speech. Speaking at the annual Michael Collins commemoration in Béal na mBláth in September, he shocked some of the crowd with his views on Europe.



Dr. Ed Walsh, UL's founding President

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President's Volunteer Award

GIANT SNAKES AND LADDERS
WED WEEK 6: SU COURTYARD 2.30PM
HALLOWEEN BALL TICKETS TO BE WON

News

News In Brief

UL Academics launch 18th Century register of Limerick

A new book 'Pauper Limerick, The Register of the Limerick House of Industry, 1774-1793' by academics in the Department of History, Dr David Fleming and Dr John Logan, was recently launched by Minister for Arts, Heritage & the Gaeltacht, Jimmy Deenihan.

The book is published by the Irish Manuscripts Commission and preserves in print a manuscript register containing the names, age, sex, place of origin, religion, medical condition, and admission and discharge details of 2,747 inmates who were admitted to the Limerick House of Industry or workhouse between 1774 and 1793. It is the only known admission register of its kind in Ireland and its publication will allow scholars and members of the public to identify a social group whose history up to now has been necessarily vague.

UL Student shortlisted for James Dyson award

Product Design and Technology student, Ronan Leahy, has been shortlisted for the International James Dyson Award 2011. Ronan invented a patient transfer system for hospitals called Medimover. Medimover is designed to transfer patients from hospital trolleys to beds without having to roll or lift the patients. Ronan's inspiration for this new medical device came from working as a part-time hospital porter.

"Patients can be transferred easily and it requires far less effort from hospital staff, introducing the double layered rotating fabric system has made this possible. This system greatly reduces the force created by the patient lying on the bed so the Medimover can be pushed between the patient and the mattress."

Researchers evaluate early heart disease risk

Researchers at the Graduate Entry Medical School, University of Limerick and the Department of Paediatrics at Limerick University Hospital have launched a study to evaluate risk in children of parents with early heart disease. The research study will search for evidence of early heart and vessel disease in children and teenagers whose parents have had either heart attacks or heart bypass surgery at young ages.

The research is supported by The National Children's Research Centre and The Children's Medical and Research Foundation, Crumlin. Speaking at the launch of the study, GEMS Director of Research and lead researcher, Professor Colum Dunne said; "Research is a fundamental component of paediatric medicine. We already know that having a parent with a heart disease places the child of that parent at increased risk when they reach adulthood, but we do not have information on the health of their hearts and vessels during youth. This study will begin to address these complex issues".

Second level students descend on campus

All classes were cancelled last Friday as UL welcomed second level students from across Ireland during our annual open days. The open days took place during Friday and Saturday, October 14th and 15th, when hundreds of pupils came to campus to find out if UL could be the college for them.

During the open days there were presentations and demonstrations on all degree courses in the university, as well as stands for each course. University staff also ensured there was plenty of information on admissions, fees, access, careers and co-op work experience. Pupils were given guided tours across the campus, including the on-campus accommodation at the arena.

Fashionistas in search for new talent

Sean Carroll

UL is to showcase some of its model potential this semester, with the Fashion Society's UL Model Search, in association with The Hilary Thompson Modelling Agency.

The Fashion Society is delighted to be working with Ms Thompson, who has long been involved in the industry, being one of the first modelling agencies in Limerick. This competition aims to showcase the talent and ambition that the University's students have to offer to the fashion industry in both Limerick and Ireland. This is the first year of the competition, which was the idea of the Fashion Society's President, Tina Nsubuga. Tina, a model herself, says she notices "the lack of opportunities for aspiring models to get involved in the fashion industry" and decided to do something within the Fashion Society to improve this. The UL Model Search was her answer to this.

Over the summer the Fashion Society has ran a Facebook search looking for potential models. This was publicised on both the ULSU Facebook page and on the society's pages. Applicants had to send in pictures of themselves,

along with their height and clothes sizes. All these applicants are then to be narrowed down into finalists, at a casting session in week 2 with Hilary Thompson. These finalists will then receive training and the final will be held at the Fashion society's annual fashion show.

This year the show is to be held in The Strand Hotel, Limerick. On the night the finalists will model clothes from a number of high profile shops and boutiques from around Limerick city. The models will be judged on the night by a number of guest judges, to be announced of the night.

Whoever wins the Model Search will receive a professional modelling contract with The Hilary Thompson Modelling Agency, along with full model training and other prizes. The event is guaranteed to be an exciting, fun filled night.



UL Fashion Soc strike a pose for the UL Model Search

Blood donation queues lead to donor walkout

Kieran Foley

LIFE-saving blood donors, including students, left a clinic in Castletroy recently because of excessive waiting delays due to strained resources.

There were long delays at the Irish Blood Transfusion Service (IBTS) clinic in the Kilmurry Lodge Hotel on September 27 which was attended by 169 potential donors. A large amount of students from University of Limerick (UL) attended the clinic, but many potential donors left without giving blood, leaving the IBTS without possible life-saving donations. IBTS Donor Services Office Manager Jim Shanahan said the delay was due to the nationwide public service embargo on staff recruitment and it should not have happened, "It's not our intention that people should have to wait that long. It's reasonable that they would want to leave. Our commitment to them is to work and get them through as quickly as possible. We failed on this day and we recognize that," he said, "There are issues with resources and staffing. We are under the public service embargo so we're not allowed to recruit more staff," he added. Many of those in attendance spent over three hours at the

clinic. "People shouldn't have to wait three hours. Our target is to have 95 per cent of donors through in one hour or less. When we fail on that, we have to look at the reasons why," explained Mr Shanahan. "We do appreciate the number of donors that did come out. If the donors are willing to wait, we will get them through. Our commitment to donors is to work as quickly as possible with them," he added.

IBTS Limerick Area Manager Aileen Browne also said the staffing embargo was a reason for the delays experienced in Castletroy. "It would have had an impact," she said, "But it was the volume of people and the pattern in which they came that caused the greatest knock-on effect," she added. Ms Browne said the night in question was the busiest clinic at the Kilmurry Lodge for two years. "It is one of our strongest clinics, but it's quite unpredictable. It's hard to tell when the students will come in," she said. The IBTS spent one day at the clinic however it normally spends two consecutive days on certain visits. It also holds a clinic on the university campus once a year. Ms Browne said those who had left the clinic on Tuesday night would be contacted. "We will try and contact those people and apologize and inform them of other clinics," she said.

Economics' Lecturer shows UL's emigrant potential

Rachael Power

IRISH emigration figures have risen yet again according to the latest CSO figures, with an estimated 1500 people leaving per week. Figures indicate that many of these are younger people of working age. A brief portrait of those statistics was painted in one of economics lecturer Stephen Kinsella's classes, in which 600 students were asked about their intention to emigrate after graduating. Most students held up their hand. "I was talking about the effects of emigration as a safety valve for unemployment in Ireland. I had an iPhone, the question naturally arose, it made sense to take the picture, as I was very surprised at the result. Lots of other people were too" Stephen Kinsella said. The picture was tweeted by Dr Kinsella and retweeted by his followers over a hundred times. It was also published in an issue of the Irish Examiner.

The recent CSO figures confirm statistics in the annual HEA reports carried out on Irish universities, in

which it was reported in the last issue of An Focal that one in eight UL graduates emigrated to find employment. Other universities in Ireland also had similar results. Speaking of a possible 'brain drain' in the country, Stephen Kinsella said: "I can say with total confidence that many senior academics in economics in Ireland have left because of the current situation. If that is replicated across the academy and in other high skilled jobs, then we are definitely going to have a brain drain on our hands."

Despite the rising emigration figures, Head of Careers at UL Mary Sweeney says that all of the graduates that have gone abroad from UL have employment secured there, and that it is a beneficial experience to work in different countries. According to the same figures by the CSO, unemployment rates are slowing down slightly. The HEA survey has shown employment rates for UL graduates is up seven per cent on the previous year.



Students with hands up say they plan on emigrating. PICTURE: Stephen Kinsella

Comment

A little too connected

Colm Fitzgerald, Comment Editor

OVER the weekend I became irate. In an inexplicable fit of frustration, I had a wanton desire to fling my Blackberry as far as humanly possible.

Not because it wasn't working correctly. Oh no, it does that too well! But it was providing me with too much rubbish.

Ironically enough, as if by some interesting coincidence, Blackberry Internet on a global basis today became debased and its various functions have been inoperative all day. It was an interesting test.

My premise for wanting the device, aside from the bandwagon effect, was generally so I could try and be a bit more effective with my time.

Every time I turn on the computer there are gmails, Facebooks, Outlooks, Inlooks, flickrs, journals and a whole load of other sites and platforms flagging themselves for attention.

So, I thought, I can do these things when I'm commuting to college and when I actually go near a computer I can use it for useful things, like essays. Wrong! All it did was exacerbate the

situation entirely. Now there's a whole new aspect to the problem. Checking in here, there and everywhere, uploading photos of entirely useless things for nobody to see.

If you've ever wanted a definition of an apriori truth, the above is probably it. Not only do I get dings and dongs for phone calls and texts, but also for gmail messages, Facebook notifications and emails to my college account.

Before I go and dig out my Nokia 3310 and return to a retro state of bliss, there's a genuine question I'm going to address.

Realistically, being "connected" has arrived at an uncomfortable level. So much so, it has and will continue to compromise social situations, friendships, relationships and a good old fashioned chat. I overheard elderly gentlemen recently say to each other "Sure, there's no calling around to people anymore, they all just talk on their Facebooks and Skypes!"

They're not far from wrong. I'd be far more satisfied to call around to people as a substitute for having conversations on Facebook.

There are several elements to the incessant connectivity which has caused notable upset.

Firstly, I'm not sure I understand the checking in business. Who cares if you've checked in in Costello's,

shouldn't you be having a good time? And who cares if you've checked in at the Library, shouldn't you be studying? (Guilty as charged).

For some individuals it seems to exist only to serve a certain air of what I'd describe as "Oh, look at me!" We really need to know your every move, great!

The infamous summer rioting in England was facilitated and organised by means of Blackberry Messenger. It allowed for huge, encrypted group

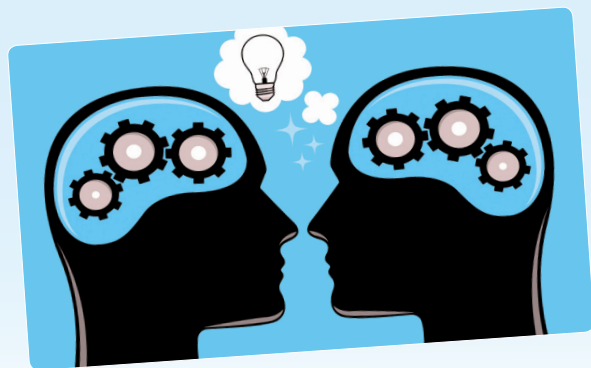
"I'd be far more satisfied to call around to people as a substitute for having conversations on Facebook"

chats. There is an argument that they would have done it anyway, but has this connectivity made it too easy?

The only advantage I foresee for my Blackberry is that I can listen to ULFM on it. I'm still going to find my Nokia though...



Are we too busy telling the world about our lives to actually live it?



HEAD TO HEAD

If you would like a topic discussed here, please email sucommunications@ul.ie

The Age-Old Abortion Debate, often an inconclusive. What do you think, legalise it or not?

Aoife Coughlan

YES!

ABORTION is still one of the most taboo subjects in Ireland today.

Ireland's attitudes towards issues such as drink, drugs, sex and religion are treated to the luxury of conversational but un-politically correct humour. With abortion this is not so.

Unusual as this is for a nation that seems to thrive on controversial wit, it clearly demonstrates the seriousness that abortion commands in Irish society. Unfortunately, that seriousness has meant that real debate on the issue never seems to take place. Abortion, to some, is murderous, sinful, or at the very least un-catholic. I am sorry but I beg differ. I will not attempt to coerce anyone into supporting abortion on grounds of science or religion.

I confess and I am ignorant as to what is the stage a foetus

becomes human in the eyes of science, or when it develops a soul according to religion. These are emotive issues that eclipse the need for abortion with guilt trip tactics. My stance is that more focus should be placed on the female in the position. Why condemn the woman to a sentence of being a mother when she is not ready, not capable and unwilling. Surely a child brought up in these circumstances would not have the quality of life that it would deserve and the mother would not have the path she would have chosen. Both persons are punished for something that is easily rectifiable. Also why condemn just the woman? Nine months of pregnancy and if single she will bear the main disruption to her life, as almost always the woman becomes the principal guardian. This is clear inequality as the male in the situation is left, if not unscathed but less burdened. Gender equality was a fight fought long ago and if I am correct, one that was won. Let abortion uphold this

struggle too. Abortion will not make unprotected sex any more common than it is. It will not increase promiscuity nor will it encourage sex in younger age groups. The media, accepted culture and social values do most of the work in encouraging these undesirable aspects of our world. Abortion is not the problem; instead it can be a solution. These arguments are generic, but how long will it be until someone listens and sees the sense in them? It is not rocket science, quality of life should not be compromised for one mistake. I will put it very simply; some people just do not want children. They must not be given the equivalent of a life sentence when they, pardon the pun, screw up.

Abortion is not a right of women. I do not argue for its place in society on those grounds. To make it a right is to give it status like that of the right to education. It should not be ingrained in culture but in constitution at least.

If it is not a right, it should most certainly be an option.

Éinde Ó Fathaigh

NO!

ABORTION is morally wrong and denies the right to life of the unborn.

An abortion cannot be morally justified unless the life of the mother is at risk. In no other circumstances should the right to life of the unborn be denied. Pro-choice organisations argue that it is a woman's right, in conjunction with the father in certain cases, to decide whether or not she should have a baby. This so called 'right' is a clear infringement on the right to life of the unborn.

This argument, of course, raises the issue of when a foetus becomes a person. Despite the fact that it is impossible to determine when a foetus becomes a person or can feel pain, the life should still be protected and given the right to life. A foetus can survive

from as early as 20 weeks and with improved technology, this period is becoming shorter.

Although an unplanned pregnancy may at first seem like the end of the world, it must be noted that adoption is always an option. Adoption is favourable to abortion not merely because the child is given the right to live, but also because the mother can continue with her life without the mental health problems that often affect those who decide to have abortions.

A recent study carried out in 2008 found that women who had abortions are 30% more likely than other women to suffer from mental health problems. Furthermore, Ireland is the safest place in the world for a woman to have children, according to The World Health Organisation. Contraceptives such as condoms should not be compared to abortion as no fertilisation occurs and thus no termination takes place.

However, a distinction may be drawn between condoms and

the morning after pill as the use of the morning after pill, similar to abortion, terminates life as fertilisation has already occurred.

At present, abortion is illegal in all circumstances in Ireland unless, through the continuation of the pregnancy, the life of the mother is at risk. Under the Offences Against the Person act, 1861, abortion was made illegal in all circumstances. However, in 1983 the Eight Amendment to the Constitution, known as the 'Pro Life Amendment', guaranteed the right to life of the unborn as well as the mother. Following the infamous X Case in 1992, the Supreme Court interpreted the 'Pro Life Amendment' in such a way that the right to an abortion is lawful if the life of the mother is at risk, including cases in which the mother is suicidal. It is time for the government to introduce legislative reform and clearly outline the law regarding abortion and the right to life of the unborn.

Comment

The presidential debate we should be having



Presidential candidate David Norris

Darragh Roche

THIS election has been a disappointing mix of mudslinging, media mishandling, dramatic poll results and messy sound bites.

On October 27, a man will probably return to the Áras, Fine Gael will be embarrassed and primetime TV will focus once again on the economy. Yet with the review of the ramshackle constitution on the horizon, there's been no discussion of how the presidency could be changed. The clemency letters, the candidates' income, the murky pasts won't have a bearing on constitutional reform. This election was an opportunity for the candidates to discuss the president's role now that we have a chance to change it.

The presidency is antiquated and the nomination system is bizarre. The president has low media visibility because of her separation from daily politics. The president has to work especially hard to be relevant. Mary McAleese is popular but for most people, the Áras is irrelevant, the president spends most of her time visiting schools and hospitals and can't influence ordinary lives.

The president could be given other non-legislative powers: she should be allowed to convene the meetings Mary Davis suggested; she should be allowed to address the nation in 'state of the union' style, without getting every word approved by the Government. And if the Senate is abolished, should the president and her council of state not act as a check on an over mighty Dáil? I hope some ideas like these will be considered. Seven years is a long time to go without electing a president and handing someone an extra seven years without election seems grossly

undemocratic. The term should be reduced to five years, in line with Dáil terms and international standards. More regular elections will keep the president in people's minds and a president who wants to be re-elected will do more to make himself relevant.

The nomination process must be changed. The French Socialists have led the way by introducing primaries allowing all French people willing to pay a euro and register with the party a chance to select the presidential candidate. If Fine Gael had done this, it's unlikely Gay Mitchell would be running; it's much more likely the more electable Mairéad McGuinness or Pat Cox would be. Primaries would also get ordinary voters more involved earlier and might even have produced an electable Fianna Fáil candidate.

The council route should be abolished: most people don't vote for councillors or even know who their councillors are. Instead, independents should be allowed to seek signatures from citizens. In other countries, referenda can be called if enough signatures are collected. There's no reason that couldn't be transferred to a nomination process. Our political system has changed utterly this year.

The fail of Fianna Fáil, the rise of Sinn Féin and the unpredictability of the presidential election mean show things are not going to go back to the way they used to be. Making the highest office in the land more democratic is the discussion we should be having.

Shift for Life Wistful Nostalgia? *Not on your life!*

James McDonagh

Girls from all over Ireland are flirting and having fun right now, but for those guys that can't afford to text Flirt to 57333, the thoughts of approaching that special someone can be a little daunting. The shift has been the favourite past time for Irish students ever since our great grand-parents rubbed up against The Blarney Stone, but what is the exact science of the infamous shift?

Well actually the quality of a snog can be determined by the equation $F \times (T+C) - L$ divided by S , apparently. But for those of us who care more for the stimulation factor as opposed to the simultaneous equation, the hunt for the shift takes on many forms. First and foremost, preparation for the night is key. The preparation between guys and girls vary on significant levels. For example, let's say it's Tuesday night, Angel Lane is on the cards and the taxi is booked for eleven.

From personal experiences of women, the transformation can begin some three to four hours before the first West Coast Cooler is even opened. What takes place is a lengthy shower, deforestation of leg hair, plucking the eyebrows, tanning yourselves and asking your BFF Sally Hansen if you should tan the rear in case the ride is on the cards. This is all before the start of hair and face reconstruction has even begun. Appearance is key to the confidence of most women in that men will find them attractive and thus, leading to the shift.

But speaking as one man to many women, do not fret. Most red blooded males are blind to appearance and would pounce on any women who would bat a fake eyelash in their direction. I had

a girl friend who once said to a guy "Your ugly, but I find it intriguing" and she still got the shift! Girls don't panic, it's the lads that get the shorter straw.

The benefit of having an external sex organ (apart from being able to pee standing up) is that men take on average thirty minutes to one hour to reach shiftable standards. Quick shower, a 'bitta gel, spray on some Boss by Hugo Boss and we're ready to go. At the club we then have to determine our standards and our approach. We could go for the 'Dance Shift', where a drunken two-step in the right direction will either be returned with girls claiming they are lesbians or in success. There is also the 'Aggressive Shift', as I am sure many women have been subject to, where the guy who is so persistent it is bordering face rape that you give in just to get him out and off your face. As the night is fast approaching closing time the 'Desperate Shift' kicks in, your friends are off grinding against their victims and you throw all standards out the window to find someone, anyone, quick! Are we in the day and age where the shift is the key to the heart? Are the days where we ask our parents how they met to hear a romantic story gone? When our children ask us how mammy and daddy got together, what will we say? "Well son, Mom and Dad got very drunk in The Lodge one night and one thing led to another"? At the end of the day the heart wants what it wants but my advice would be to enjoy your nights no matter what happens cause at the end of the day, it's the "Sober Shift" that is the one that will count long after our college days.

James Bradshaw

WHEN I was a kid, my afternoons revolved around 'The Den'.

Ray D'arcy dwarfed my teachers in importance, and every battle between him and that pesky panda Ted was replayed again and again on our sitting room couch.

But no matter how entertaining D'arcy, Dustin and Co. were, they could never compete with the magnificent cartoons that 'The Den' was built around.

'X-Men' was my favourite. Who didn't spend hours dreaming of what magic power they'd like to have? That said, 'Spiderman' wasn't far behind it. 'Teenage Mutant Ninja Turtles' always seemed strangely dated by comparison, but it too was highly entertaining. What's more, all of these cartoons shared a common theme of how those with extraordinary gifts could use them for the good of humanity.

Authority figures were aplenty, each imparting wisdom and discipline. The turtles had their sensei, the mutants had Professor X and Spiderman had his dead grandfather's words: "with great power comes great responsibility". Hidden within were carefully drawn parallels and references to political

and social events. For example, the conflict between Professor X and Magneto deliberately mirrored that which existed between Martin Luther King and Malcolm X, who chose radically different paths in pursuit of the same goal. This was not mere entertainment, this was education, and there was as much moral guidance and character formation in these shows as in any religion class.

"When it comes to books, there has been an abandonment of past treasures in order to make way for vastly inferior works"

Now examine their modern day counterparts. Spongebob is perfectly nice, but did he ever save the world from a villainous plot? Dora the Explorer encourages children to wander about without the supervision of a grown-up, hardly a positive message. In the tweenager category, 'Hannah Montana' fails to match 'Sister, Sister', just as 'Drake & Josh' falls flat when compared to 'Kenan &

Kel'. Where a show like 'Sister, Sister' was effortlessly funny and thoughtful, its modern counterparts are over-acted, and showy.

When it comes to books, there has been an abandonment of past treasures in order to make way for vastly inferior works. Though I never became engrossed in the Harry Potter phenomenon, I respect JK Rowling's ability, not to mention how she has made reading cool again for so many children. Yet how many of those children have read 'Fantastic Mr. Fox'? Or 'Charlie and the Chocolate Factory'? How many of today's primary school children could even tell you who Roald Dahl was? Or Enid Blyton for that matter?

If today's children aren't taught that literature began before JK sat down in that cafe, they'll be immensely poorer for it. In their ignorance, they could even end up reading the Twilight books, for heaven's sake.

In this technology-heavy age, many producers have neglected the subtler arts of story-telling in a way that wouldn't have been acceptable a generation ago. It's time for this to change, and the best way to start is to introduce today's children to the X-Men, and to Mr. Dahl as well. And Christmas isn't far away, you know.

FOCAL Sport

18th October 2011

Volume XX
Issue 4 FREE

With Sagna out for three months, things aren't looking well for Arsenal lately. Turn to page 30 to find out why.



Eoghan Wallace refutes last editions Robbie Keane article. Full story on page 32.

Fernando Torres: busted flush or back to his best?

Liam Toghher

IT has become one of football's most-documented stories of 2011. How did Fernando Torres, a man renowned as one of the game's top players and valued at €55million, suddenly lack the ability to hit a barn door with a machine gun? Facebook users laughed at how Chelsea may have been better off purchasing 294,117,647 Freddo bars. There was even a website, www.hastorresscoredforchelsea.com, where for three months visitors were met with 'NO' in unmistakable capital letters. Was Torres, at 27, over the hill?

The form he has shown in the opening few weeks of the season suggests that the Spaniard is recovering the remarkable ability he showed in his time at Liverpool. The goals he plundered against Man Utd and Swansea were typical Torres in the deft manner that they were scored, although in both games it was what he did wrong that made the headlines.

A horrendous miss at Old Trafford was followed a week later by a needless, but deserved, red card against the Premier League newcomers from Wales. He is currently serving a suspension that will interrupt the swagger he seemed to be getting back, but a player of his quality ought to recover that momentum before long. Already we have seen that

he links well with fellow countryman Juan Mata, who has made a flying start to his Chelsea career. The chemistry between these two is reminiscent of the partnership that Torres enjoyed with Steven Gerrard at Anfield circa 2008-09, a deadly combination that so nearly brought the title to Liverpool. Add in his reunion at club level with Raul Meireles and it appears that Chelsea's midfield will supply Torres with the type of chances that, on his day, he gobbles up for breakfast.

As a Liverpool fan it saddened me that, when news of his red card was read aloud at Anfield, a section of the home support cheered. Reds fans were understandably upset when he left the Merseyside club in January, but they should be thankful to him for his three-and-a-half-year service. After all, he reached 50 goals quicker than any other player in the club's illustrious history and it was his prerogative to move on when he saw fit. I, for one, did not enjoy seeing him struggle at Chelsea last season (except when Liverpool came to town) and I hope, and believe, Fernando Torres will rediscover the form that made him worth €55million.



Will the former Atletico man reach the heights at Chelsea?



Ireland have defied the critics at the World Cup.

Rugby World Cup a Success for Ireland

Jonathan Dolan

REGARDLESS of the outcome of Ireland's journey in New Zealand we have been treated to quite the month of rugby for Rugby World Cup 2011. From our own perspective it was always going to be on how we performed on day 1 against USA. Coming off the back of a series of rather limp displays against France and England we were hoping it wasn't going to be a repeat of the Eddie O' Sullivan charge on France 2007. The match against USA was to be the marker and an impressive display was a necessity for confidence more than anything else. Thankfully that game was seized, however the performance was not as comprehensive as first expected with a 22-10 score line against a nation you would expect bonus

points from. Next stop, Auckland, and a meeting with Australia. The game the team has been preparing for since the draw for the pools were made. Realistically speaking, the winner of the tie would top the group and get the relatively easier path to the final. Not only that, but Ireland have never beaten Australia in a World Cup so there was a lot of history and pride up for grabs. That game will live long in the memory of Irish rugby fans as it was one of the best performances shown at a World Cup by our national team. Every player showed great heart and tenacity to inflict a damaging defeat on the Wallabies and place ourselves atop of Pool C with a 15-6 win. To finish off the group, victories were needed against minnows

Russia and old foes, Italy. Against Russia, it proved a formality with a demolishing 62-12 win with Declan Kidney able to rest his big names and rotate his squad. The focus was then on the Italians, a win needed to guarantee safety and a top spot finish. Italy also had a lot to play for, as a loss meant they would be heading out. The Italians did not make it easy but a blitz in the second half gave Ireland first place with a 36-6 win.

This has been an above average performance in a World Cup from Ireland and one Irish fans were hoping the team would show as they are more than capable with the vast experience they possess and for that the early mornings were worth it.

Sport

Fantasy Football Update

Gerard Flynn

WITH most fantasy football users making the decision to sacrifice defence and midfield players to bring in the likes of Rooney, Dzeko and Aguero, it's safe to say that the time has come to bring quality defenders into your team.

Man United's Phil Jones has become an ever present figure at the back for United this season after breaking through following injuries to Nemanja Vidic and Rio Ferdinand. The Englishman shows no sign of giving up his place in the next few weeks and for £5.9m, he could be considered a bargain buy, especially with two home games in his next three games, the fact that he can play anywhere along the backline and his love for pushing upfield to change a game. If you want to save money for strikers, buying a cheap keeper is a must. Michel Vorm has been excellent so far this season and

with games coming up against Wolves and Bolton, £4.2m seems an enticing price for one of the highest scoring players of the season so far. Sticking with defenders for the moment, José Enrique's form has spilled over into his Liverpool career after a transfer from Newcastle last August. Despite some poor results against Spurs and Stoke, Enrique's performances have been consistent and he has assisted two goals in his last three games for the Reds. £5.1m would be better spent on a defender with Enrique's attacking prowess than on the more established likes of Vincent Kompany and John Terry at this moment in time. In terms of attacking talent that needs to be brought into your team, one very familiar name springs to mind. Emmanuel Adebayor looks like he could have a great season for Tottenham Hotspur this year and his price tag of £8.5m is a fair price for a striker who has already shown that he can assist and score goals in both the Spanish and English leagues. Another striking bargain buy has to be Demba Ba at Newcastle United.

A price of only £6.2m for a return of 25 points in his last 3 games cannot be ignored. Two home games against Tottenham and Wigan are sure to bring in more points for the Senegalese international, while Newcastle's fixture away at Stoke City at the end of the month is just the kind of physical game that Ba does so well in.

Editorial

Sports Editor, Robert McNamara

THE gender issue in sport raised an ugly head during the recent Solheim Cup victory for Europe in Co.Meath.

The blanket coverage of the event in the Irish media was clearly based upon the fact that the tournament was being held in Ireland. Had it not been held in this country, would we have seen and heard so much about it?

A respected national newspaper published one of those awful top 50 sports people of the year pieces at the end of 2010, a blatant attempt at filling space at a quiet time of the year no doubt. Shay Given, a man who had just endured a torrid time at Manchester City after losing his place in the team to Joe Hart, was placed somewhere in the top ten. Katie Taylor, who makes an extremely strong case to be voted one of Ireland's greatest ever sports people, was stuck down in the twenties.

Taylor had just won gold at the World and European Amateur Boxing Championships, to add her already impressive achievements; she is also a former senior Irish international footballer.

This is a prime example of the treatment that female sport gets in the media, it is an afterthought. I won't bore you with statistics but a quick Google search will tell you exactly what percentage of sport coverage is female in the Irish Media.

If you're too lazy, it stands at just over one percent. The Irish Examiner recently ran a 'head to head' piece on the coverage of female sport in the print media. Needless to say that the male writer was peddling the proportional interest debate and the female writer was almost apologetic in her argument. This came in the same edition that featured an interview with Cork player Juliet Murphy, who admitted that she felt like a second class member of the GAA. She has 5 All-Ireland medals on her mantelpiece yet she hasn't played at Cork's premier GAA venue, Páirc Uí



Chaoimh since an under-12 blitz in her childhood. Is there more of an interest in male sport? Yes, of course there is and it is a huge revenue generator.

Does that mean that female sport should be marginalised by the media? No. More coverage leads to more exposure and an increase in interest. In 2011 we really shouldn't be having this debate.

Sporting achievement on a national and international stage deserves a fair share of the sports pages, no matter what gender achieves it.

Temporary form, permanent class?

Tricia Purcell

THE tale of woe surrounding the Gunners recently can be seen quite aptly in the Facebook group: After the 8-2 jokes going on 4-3 weeks, Arsenal have turned in 2-1 big joke. With Bacary Sagna being stretched off the pitch against Spurs in the derby, it seems things are only going to get worse for Wenger's team. Despite successful surgery on his right fibula, Arsenal have confirmed Sagna will be out for three months.

All their troubles seem to have started with the departure of Cesc Fabregas and Samir Nasri at the start of the season. Wenger has not been able to

recover from these two key losses and the question now is will it get any better? He was in absolute denial about these players leaving during the summer and then scrambled to make up for these losses on the last day of transfers, signing Mikel Arteta, Per Mertesacker, Andre Santos and Yossi Benayoun. There is no doubt that these players will help to strengthen the gaping holes Fabregas and Nasri left in the squad but this does not seem to be enough. Team morale is at an all-time low in the club and something needs to be done to drastically change this. The team's potential is evident,

with wins over Swansea and Bolton in the Premiership and another win over Olympiacos in the Champions League so far this season; it is clear the talent is there. Walcott, Gervinho and van Persie can dominate upfront against the best of them, but there is still major weakness in the defense.

A lot of the fault of this is due to the late signings and I think they will perform better over time. Hopefully this will be sooner rather than later. New father, Jack Wilshere, has been tweeting lately that he hopes to be back with the squad by Christmas. Having just undergone surgery on his ankle a few weeks ago, I think, realistically it will be February or March when he returns.

He hasn't been a major loss to the London side, but his Gunners roots are needed now more than ever. At the time of writing Arsenal are currently two points from relegation, and while there is not much hope of them finishing in the top four this year, they will most certainly fight their way back.

Hit the Ice: NHL season gets underway

Garry Irwin

The puck drops on another season of Ice Hockey action this month, where barely a night will go by until next April without some region of North America involved in a sub-zero skirmish.

The Boston Bruins will try to be the first team since 1998 to successfully defend the Stanley Cup that they won back in June.

Their roster is relatively unchanged from last year and if Sidney Crosby can shake off some injuries and actually skate onto the ice early enough in the season they should at the very least make the playoffs.

Last season's beaten finalists Vancouver, whose fans were so upset after losing at home in game seven, rioted across the city, will be monitored closely as to how they react mentally to last year's disappointment; they lead the finals series by two games and still somehow managed to throw it away. They will need to come out of the blocks early this season to help put those games behind them.

Another team who will have to get over their mental stumbling block is the Washington Capitals. In the regular season they are practically unbeatable, especially at home, posting well over a hundred points every season, but somehow they always manage to come up short in the playoffs.

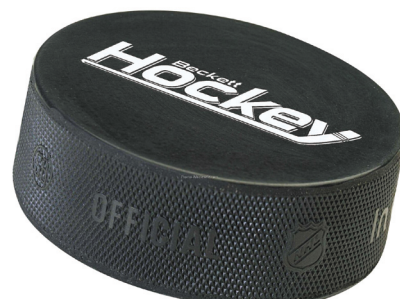
Last season it was to the Lightning, who only had the eighth best record in the league. But last season also saw their star man Alex Ovechkin put up some pretty poor numbers by his standards. If he, Semin and Backstrom

can hit top form then surely, surely, the trophy could be within their grasp.

The other teams who should comfortably make the playoffs are Detroit and San Jose from the West and Philadelphia, Pittsburgh and Tampa Bay from the East.

With sixteen teams to make the post-season, don't be surprised to see a new name on the trophy come the end of the season, as teams scrap for the lower placings and use that momentum to forge their way deep into the playoffs. And remember only 7 teams have managed to lift the Stanley Cup after having the best record in the regular season in the last 25 years.

Looking for a team to support who might be a longshot (a very longshot!), then how about the Edmonton Oilers? Hockey is a religion in Canada, and this young team could put the previous two wooden spoon seasons behind them and surprise a few people.



Arsenal are tipped to return to form. If not this season, then next.

Sport

Forgotten Footballer: Emre Belozoglu

Michael Ramsay

ECSTASY.
Incredulity. Relief.

Three of many emotions that filled each heart of these valiant warriors, dripping with sweat, blood and tears that had been bravely shed along the way to victory. Holding aloft the Holy Grail. Achieving the improbable.

The day was the 23rd of May 2011. The setting was Sivasspor, and Turkish giants Fenerbahce had been crowned champions of Turkey for the 18th time. The talented Turkish playmaker, Emre Belozoglu, held the trophy aloft, marvelling on this fantastic achievement. Fast-forward 3 months, and Fenerbahce have been found guilty of match-fixing, expelled from the Champions League, and banned men from attending their stadiums.

Emre must be left reeling as to how his career has managed to nosedive

so quickly. Emre Belozoglu was born on the 7 September 1980, and soon became enamoured with his father's spectacular football skills. He was soon picked up by one of the Turkish heavyweights, Galatasaray. The fans quickly took to him, as he lit up their squad with his urgency, creativity and delicious left foot, inspiring his new club to eight trophies.

The rich beauty of the Italian shores were enough to seduce Emre into a move north, to the world-reknowned Internazionale. However, the Turkish maestro found it hard to adapt, as his creativity and flair was stifled in favour of the typical Italian defensive mindsets.

Emre was soon on his way in 2005, to showcase his skills on the biggest platform of all – the Premier League. Newcastle United signed Emre for 3.8 million, and proved a popular player up north. However, his 3 year stint

on Tyneside was largely dogged by injuries, and wasn't able to truly fulfil his mouth-watering potential.

'Anti-Emre' campaigns. The very same fans who showered him with adulation and affection only seven years previously, were voicing their disgust at Emre's decision to return home, penning a contract with their bitter rivals Fenerbahce, in 2008. However, it wouldn't take long for Emre's career to suffer a kamikaze fate, with Fenerbahce caught cheating their way to victories, and their fans having caused riots. The empire of Fenerbahce is crumbling around the Turkish genius. The flames of despair are enveloping Fenerbahce Football Club and threatening to take their key playmaker's career with it. As Emre stares into the abyss, he finally realises how opposing defenders have felt for the last ten years – not knowing what the hell he is going to do next...



Emre: Two balls were better than one for the former Newcastle man.

SPORTS QUIZ

Robert McNamara, Sports Editor

1. What is the name of the trophy presented to the NHL play-off Champions?
2. What is the biggest ever win in Premier League history?
3. The Boston Bruins play their home games on which ground?
4. Steve Nash is the point guard for which NBA team?
5. Who won the 1995 Five Nations rugby tournament?
6. Michael Jordan is famous as a basketball player with the Chicago Bulls. What other Chicago team did he also turn out for?
7. In which year did Nick Faldo captain the Ryder Cup golf team?
8. In which year did Michael Stich win the Wimbledon Championship?
9. Boca Juniors ply their trade in which South American soccer league?
10. Who won the 2010 Superbowl?

Answers
1. The Stanley Cup
2. 9-0 Manchester United v Ipswich
3. TD Garden
4. The Phoenix Suns
5. England
6. The Chicago White Sox minor league baseball team
7. 2008
8. 1991
9. Argentina
10. New Orleans Saints

UL Sports Round-Up

Noreen O'Connell gives us a run-down of some fantastic achievements for UL students.

Aquatics:

Gráinne Murphy was selected for 2011 Mutual of Omaha Duel in the Pool Meet. It was announced that Gráinne has been selected to represent Europe in the 2011 competition (Europe v USA) which takes place in Atlanta, Georgia from December 16-17.

Gráinne will form part of a 22-member women's team. This is the first time Ireland has ever had a swimmer as part of the European Duel in the Pool team. To date, there are athletes from 14 countries within Europe taking part in this competition.

At the 14th European Lifesaving Championships which were on in Alicante, Spain. Ireland won fourteen medals and were ranked 6th in Europe. Well done to all involved, especially the guys who were training here in the University Arena Pool and Joe Murphy who is one of our own Lifeguards.

Well done to Ailbhe Carroll (3rd yr Sports Science) & High Performance Squad who was crowned Queen of the Lake at i3swim taking part in all 3 events over the weekend and Chris Bryan (3rd Yr Sports Science) & High performance was King of the Lake winning all three (Half Mile, Mile and 5km) events.

Hockey:

The UL Hockey Ladies got the Div 1 season off to a great start with a win over Harlequins (Cork). Well done to all involved.

GAA:

Congratulations are in order for all the UL girls involved in the Ladies Football All Ireland finals. Playing for Cork - Ashling Hutchings (4th Yr Business), Claire Keohane (3rd Yr physiotherapy), Angle Walsh (PE Graduate), Brid Stack (PE Graduate), Geraldine Flynn (PE Graduate), Mairead Kelly (Business Graduate), Valarie Mulcahy (PE Graduate), Amy O'Shea (PE Graduate & Cork captain), Norita Kelly (Business Graduate), Laura Cronin (Physiotherapy Graduate) - Playing for Westmeath - Sarah Dolan (3rd Yr PE), Laura Walsh (Sports Sciences graduate & Graduate Diploma in PE), Playing for Wicklow - Niamh Carroll (Irish & New Media Studies graduate).

Cycling:

Stephen Clancy (2nd Yr PE) has had a good season cycling. Stephen won the overall Charleville 2 day race. Stephen is also a member of the U23 Irish development cycling squad.

Mountain Running:

Keith Ryan (NCEF) ran in the World Masters Mountain Running Championships and finished 21st in his category in a time of 58:21.

Sports

Football Talent Home and Away

Andrew Cuneen

LOCAL pride is not the most common thing found in football nowadays with the globalisation of soccer superpowers.

While attention and respect are two very different things, it is a rarity that the League of Ireland gets either.

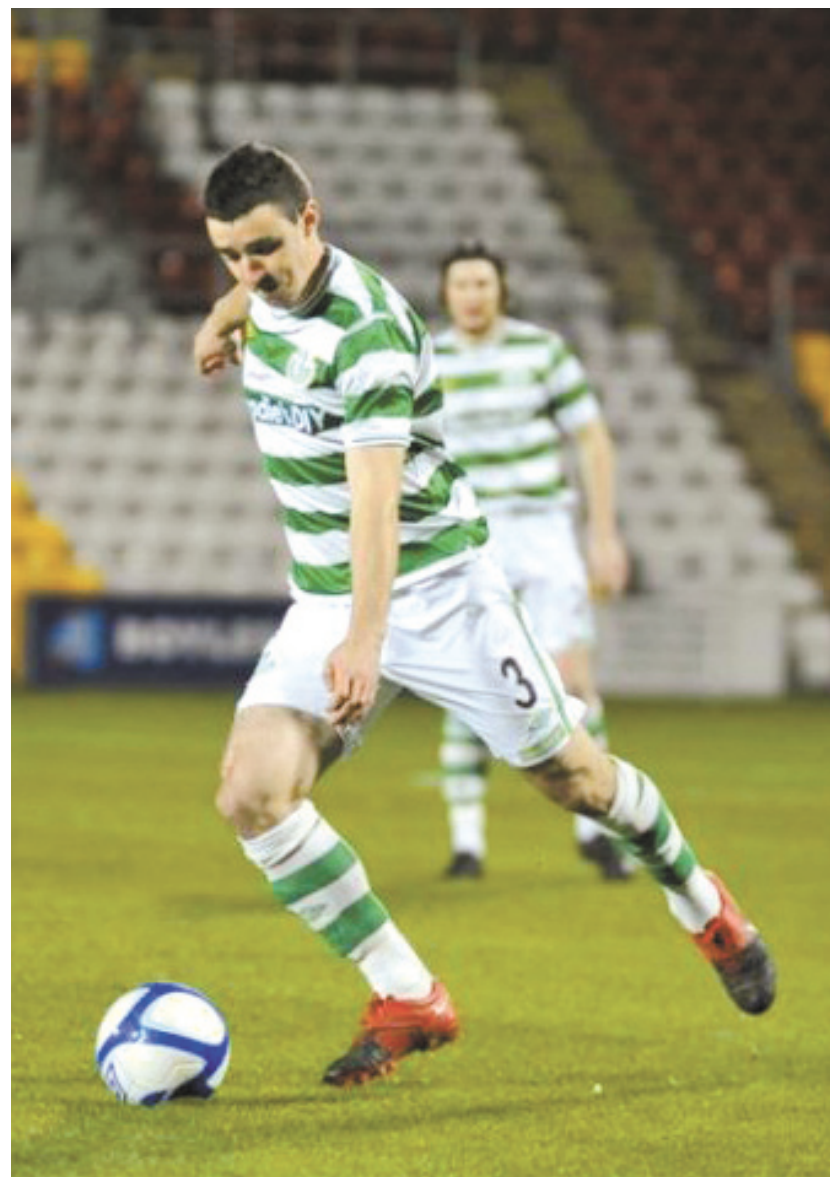
With the term “barstooler” becoming a borderline entrant into the Oxford dictionary, those ignorant of their own nations footballing league representative are still under the illusion that the only quality in terms of soccer ability can come from across the Irish Sea and beyond. With a little investigative research, and a broadening of their mind frames, the doubters will soon see that there have been far more arrivals to the English

shores from home than they may first realise. Shamrock Rovers qualified for the group stages of the Europa League last month, attracting the attention of Aston Villa. The Birmingham based club snapped up Hoop’s star Enda Stevens. Wesley Hoolohan of Norwich had six years at Dublin side Shelbourne before making his move to Livingston in 2007. Seamus Coleman is another fine example. The right back spent three years with Sligo Rovers before shipping off to Merseyside where he was became a prominent feature in the side under David Moyes.

The list is a long one, and examples are not at a premium. The quality is in the country, but without accepting that, the general public won’t change their attitude towards the local game. Shane Long and Kevin Doyle arrived via Cork City, with the latter learning his trade in the south east of the country, with Wexford Youths. These are just the Premier League examples.

The lower leagues boast much of the Irish talent also. Players such as David Forde who is the number one for Millwall came from Derry City. Leon McSweeney was a Cork City hero, Shaun Williams had a number of clubs including the now defunct Sporting Fingal before joining Sheffield United and in Scotland, Niall McGinn of Celtic came from Dalymount Park to grace Glasgow.

People do not have the right to judge Irish football unless they see it. Certain players even opt for this country over our British neighbours. Joe Gamble and Denis Behan, formerly of Hartlepool United, signed deals to secure their futures at Limerick Football Club instead of various British sides who were in pursuit of their signatures. Quality isn’t just on your television; it can be within sight of your bedroom window.



The League of Ireland has plenty to offer in terms of quality.



It was always Robbie’s dream to sign for LA Galaxy.

The Robbie Keane Myth rebuked

Eoghan Wallace

IN Issue 2 of An Focal there was an article titled The Robbie Keane Myth. While it was evident it was a well-researched article, I could not help but disagree with it. In short, the article argued that Robbie Keane is an overrated member of the Ireland squad and an overrated player in general and that his goals should not guarantee him plaudits. I myself have a few counter arguments as to why Robbie should not be so negatively criticised. It may help to read both articles and then decide for yourself which argument holds more weight. Robbie’s 111 caps for Ireland is a testimony to his loyalty to his national team. Since his debut in 1998, Robbie has always been there for Ireland. Take Ryan Giggs for example, an exceptional player, but he has far too often shied away from playing for Wales during his career. Over the course of Giggs’ 16-year international career his total caps amounts to a meagre 64. Robbie’s Irish career has entered its thirteenth year and his total caps are nearly double the Welshman’s. If we were to comb every player’s international goal tally and strip away goals that came

in friendlies and against opposition deemed to be weaker, there would be very few players hitting the 30/40 goal mark. The great Pele scored 77 goals in 92 games for Brazil but if we apply the writer’s method and disregard goals from friendlies and against Minnows (Let’s be honest, every team Brazil played back then were Minnows in comparison), Pele would struggle to reach even half his total tally. As for his argument that Keane is less of a player due to the fact he never played, nor scored, in a World Cup final, I pose the question “Does that mean that 1966 hat-trick hero Geoff Hurst is a better player than Alfredo Di Stefano?” I’ll let you decide that one. While it is true that in the games against the likes of Spain, Germany and Holland that Robbie scored in, Ireland failed to register wins. That is not Robbie Keane’s fault. Ireland’s failings to win those games must not rest on Keane’s shoulders exclusively. He was only one of eleven players on the pitch. One player does not win matches, teams do. Something Barcelona currently exemplifies.

Special Report - Jared Huggins

Cian Liddy

JARED Huggins is a poker journalist and charity activist from Los Angeles. In the past 18 months he has gone from being homeless to becoming one of the most recognisable personalities in poker. His rise to prominence began in February 2010. Jared had been living out of his car in Los Angeles for the previous six months. He found a small apartment to rent for a month but could afford no longer.

During this time Jared was offered a \$100 bonus to play on an online poker site. He quickly lost the \$100 and decided to post the story of losing the money on the poker forum twoplustwo.com. At the end of his bad luck story he included the throwaway line, “not homeless again until the end of the month”. People immediately

questioned Jared’s story. Why was he playing poker if he had no money and why did he have a laptop if he could barely afford to pay for food?

The questions and Jared’s answers began to reveal his unique character and history. He had graduated from the University of Hawaii with a 3.5 GPA in Business Management (equivalent to a top honours degree in Ireland). He didn’t want to sell his laptop to pay for food as he felt it would help him find work. He explained the money was a bonus that he was unable to withdraw unless he played a certain amount. He had underlying emotional problems because of a troubled childhood. He was born in a crack house. His father died when he was nine and his mother is an alcoholic. His troubles snowballed after

drinking while on stress medication. He got drunk and fell asleep in his parked car with the engine running. He was arrested and served with a driving ban. He subsequently lost his job, broke up with his girlfriend, and became homeless. He decided he had to face up to his demons and admit he was an alcoholic. He joined Alcoholics Anonymous and is still sober today. Even though still homeless Jared’s attitude to life changed. He became happier and started to believe in himself again. Jared didn’t know it yet, but this newly found positive attitude would be the catalyst to take him off the streets... Jared’s story is continued in the next edition of An Focal.



Jared Huggin’s story is truly remarkable.

Student Speak

STUDENT SPEAK



This week, intrepid reporter Rachael Power was out and about quizzing UL students on the up and coming presidential election.

So UL, who would you like to see in the Aras?

"I think that people are focussing too much on people's past such as Martin McGuinness, a terrorist in some peoples' eyes is a freedom fighter in others" - James O'Nolan



"I'll probably vote for Sean Gallagher"
- Niall Fitzgerald



"I think that Mary Davis is the best candidate"
- Edel Murphy



"At the moment, I don't think I'd vote for anyone"
- Grainne Connolly



"If the economy is so bad, then why are we wasting money on an unimportant figurehead" - Julian Dalglish



"Love Mary Davis and her Special K ads!"
- Jean O'Donovan



"I don't think there's a great choice of candidates"
- Elaine Freeman



"I won't be voting - none of them impressed me"
- Kelly Moran



"I'd vote for Michael D. Higgins"
- Tasha Shields



"I'm annoyed that it's on a Thursday, I can't vote because I can't home. I'd imagine other students are the same" - Morris Fitzgerald

Lifestyle

200,000 Eating Disorder Sufferers in Ireland

Barbara Ross

It is estimated that up to 200,000 people in Ireland suffer from eating disorders.

Health professionals believe that the true number may be much higher and that the age of sufferers is decreasing into childhood. The media is blamed for the rise in this 'phenomenon' and it is hard to escape the pressure entirely.

A recent study in the UK revealed that children as young as FIVE years old were being treated in British hospitals for eating disorders such as anorexia and bulimia. Anorexia is an eating disorder characterized by reduced appetite or total aversion to food. It is a serious psychological disorder that traditionally affects more women than

men. Bulimia is an illness in which a person binges on food or has regular episodes of overeating and feels a loss of control. The affected person then uses various methods, such as vomiting or laxative abuse, to prevent weight gain. Eating disorders are often emotionally based and are about control but not all cases are like this. No one case is the same. In a world of treating and self-denial, yo-yo diets are often part of the modern female experience.

When we refer to "guilt" and "treats" in relation to eating habits, is it any wonder that little ones are picking up on this too? It seems like a different world for girls today: a toxic mix of celebrity culture and a multibillion euro diet and cosmetic surgery industry. As women, we are told that fat is bad, slim is beautiful. Do we expect our little girls not to notice? Television shows

like 'Toddlers and Tiaras' and 'Pushy Parents' just scratch the surface to the problems that adults are passing on to their children. Toddler beauty pageants and being pushed into the limelight gives kids a bad self-image, robbing them of their childhood.

And of course it's not just girls but boys too. Men can be just as uncomfortable in their bodies as women. In the past ten years the incidents of eating disorders in men has doubled.

Children of both genders pick up habits from their guardians. Eating habits are no exception. Imposing diets on young children has been dubbed "muesli starvation". Teaching children how to eat is as important as teaching them how to read or write. Instilling in them healthy eating habits is an essential part of their education.



French model and actress Isabelle Caro died on 17th November 2010 after a long battle with anorexia.

Energy Drinks Misleading Alcohol Drinkers

Leonie Holly

NEXT time you stumble up to the bar to order a favoured Jager Bomb, think again. A new report has warned that energy drinks tend to mislead drinkers into thinking they are less drunk.

"It is a better option than being a total mess" were my first thoughts but I was quickly proven wrong. A study in the United States stated that drinkers of energy drinks mixed with alcohol were four times more likely to drive while under the influence. A worrying statistic when you think that in Ireland, one in three road deaths are alcohol related.

A second study was carried out in the United States by psychologist Dr. Cecile A. Marcziński. She, along with her colleagues, carried out a test on 56 randomly picked students. She divided the students into four groups and gave each group a certain amount of alcohol, some mixed with an energy drink and others with a placebo.

She found that with or without the energy drink, an alcohol drinker acts more impulsively. However, when an energy drink is mixed in, then

the consumer feels more stimulated. Which, obviously, are ingredients for an audacious situation to unfold with enhanced feelings of stimulation and high impulsivity levels. This is not the only factor to consider though.

Both alcohol and energy drinks are known as diuretics, which means they elevate the rate of urination and the general excretion of water from the body. So, as a combined destructive force, they can lead to more dehydration than would happen after the regular session or worse, severe vomiting and nausea which may lead to more serious health issues in the long term.

Think of one 500ml of an energy drink, any energy drink. Got it? That has around 160mgs of caffeine on average in it. This is the equivalent of FIVE cans of coke. So put this in perspective of having two or three Jager Bombs or Vodka and Red Bulls in a night club, which wouldn't generally be an excessive night out for most students. Worried? You probably should be.



Energy drinks and alcohol are a dangerous mix.

Cuddling: More Important to Men than Women?



We all knew men had a major soft side...

Ann Styles

THE game is up lads, you are all big softies at heart say the findings of a new study from the Kinsey Institute at Indiana University. However, on closer inspection, it is not that simple. The study, which examined long term relationships, found that men needed kisses and cuddles more than women and that this need increased the longer the couple were together.

In contrast, women put more importance on sexual satisfaction, while both sexes agreed that both their happiness and sexual satisfaction grew with the relationship. The study looked at over 1,000 couples in five countries including Spain, America and Japan with ages ranging from 40 to 70 years old. The average length

of the relationships studied was 25 years. However, it seems that physical affection is important at any age.

In a study of physical affection, carried out on college students with an average age of 22, the authors noted that "Although physical affection has been underrepresented in the literature, studies have shown it to be associated with relationship satisfaction, partner satisfaction, psychological intimacy and feeling understood."

Though the Kinsey study may seem irrelevant to the average student in his/her late teens and early twenties, there is no escaping the fact that middle age and long term relationships are a future reality for most, if not all, of us.

This research flies in the face of

popular belief. It has long been held that women are more affectionate and, dare I say it, serial huggers, while men are all macho and sex oriented. But is this "popular belief" a bit of a dinosaur? Have we evolved enough to embrace the 21st century person in all his/her complexity?

There are more than a few who advocate hug therapy as an alternative remedy for many illnesses and its benefits are well documented. So who's to say we shouldn't applaud the mature man and his uncanny understanding of what really matters? Here's to the power of kisses and cuddles. Long may they reign supreme.

Lifestyle

Can you Love Someone without Physical Attraction?

Roisin Burke

YOU can be attracted to someone without love but can you love someone without attraction?

It's just an opinion, but my opinion is "no". People say "don't judge a book by its cover", but that's because you can't have sex with a book.

It's not a case of superficiality; it's a matter of practicality. Why would you tear someone's clothes off if you are not drawn to what lies underneath? We are all attracted to different things and attraction can form from a personality and character just as easily as several trips to the gym, but it has to exist. Attraction is an inherent element of love. Take it away and you are just friends. Of course there are several elements to love. To love someone is so inherently sexual it makes no sense for the idea of romantic love to exist without magnetic attraction.

To love someone without attraction is like baking a cake without turning on the oven, it will never rise. Why kiss a face you don't find beautiful? Why hold hands with someone unless you don't want to let go? Why sleep with someone without every fibre of your being begging to be touched? In theory there are three components of love: intimacy, passion and commitment. The question is: Where is the passion

in intimacy with someone you are not attracted to? I'm not a fan of maths but it's a numbers thing and it doesn't add up. If we're talking love, the main college problem is the last hurdle: commitment. Attraction is and always should be a healthy kick-start to the process. The intimacy follows. It's the last bit that causes difficulties. At college, who wants love competing with the love of college life? Personally, I think it's a case of maturity, responsibility and kindness. You can't fully love someone unless you are willing to commit, just as you can't really love someone you are not attracted to. That's what makes the whole thing so special. It's a delicate balance. You can't make someone want commitment. You can't make someone fancy Brad Pitt (although they should); it's all about getting lucky.

Finding someone who suits you and wants what you want, that's the tricky bit. It's a gamble. It's a risky little game and it can end badly, yet sometimes it works. Some people find what they are looking for.

A lot of college adults grab some real love. The secret is to make the most of the hunt. Enjoy the process and the finish is even sweeter. Sometimes you lose the fight but you are only a loser if you leave the game because then you can never win. Remember, someone, somewhere, has the right digits for you. You just have to look.



People say "don't judge a book by its cover"- but that's because you can't have sex with a book.

GINGERGIRL'S FOOD UL LOVE...

Helen Keown, Food Columnist

I think most of us are more focused and aware of our food budget these days but this certainly does not mean that our meals should lose out in terms of quality or taste.

Ingredients such as pasta, tinned tomatoes, sausages or mince are very good value and offer lots of variation in terms of stews, lasagne, pasta bakes, Bolognese etc.

This rigatoni recipe is real comfort food (or as I like to call it 'hug in a bowl' food) at this time of year.

Sausage rigatoni (serves 4)

- 1 tablespoon of olive oil
- 8 good quality thick pork sausages, skins removed and cut into bite-sized pieces
- 2 garlic cloves, crushed
- 200ml of white wine
- 1 tablespoon of tomato purée

- 2 x 400g tins of chopped tomatoes
- 500g pack of rigatoni pasta
- A handful basil leaves, torn
- Parmesan, to serve.

Heat the olive oil in a heavy-based pan and add the sausages. Fry over a medium heat until golden and cooked through. Tip in the garlic and fry for another minute.

Pour in the white wine and boil until it has reduced by half. Stir in the tomato purée and tomatoes and season to taste. Simmer for 15 minutes until the sauce has thickened.

While the sauce cooks, boil the pasta according to pack instructions and drain. Stir the basil and cooked pasta into the sauce and enjoy with some grated parmesan. Feel free to add some mushrooms or diced aubergines to the sauce for a hearty feast.

A teaspoon of smoked paprika or some fresh chili added with the garlic will give this dish a little heat and even more flavour.

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

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

Want some cooking advice and tips? Email helen@gingergirl.ie

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



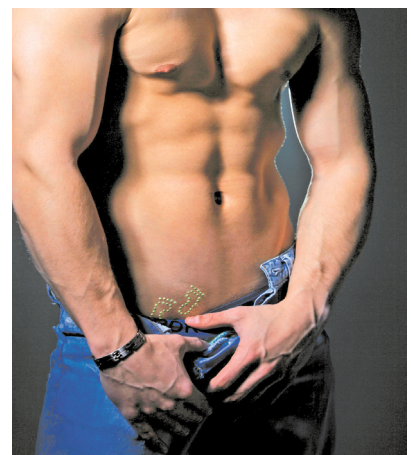
THE BEAUTY COLUMN

Roisin Curran, Beauty Columnist

MALE grooming... We were delighted when they started shaving their chest and tweezing their unibrows.

We begrudgingly allowed them to use the odd sunbed and steal some of our fake tan when needed. We even braved the guyliner for god's sake! But I can honestly admit that I am truly terrified of the next step I hope only a minority of men will take. It's a big bejewelled glittering penis and it's coming our way! Introducing the male version of a vajazzle - the pejazzle. For those of you manly men that are reading this and shaking to the core but can't look away, I will explain the nitty gritty details as painlessly as I can. A pejazzle followed from the female vajazzle, which is basically a decoration of a woman's nether regions with nice pretty crystals. The trend became massive after it was seen on TOWIE and no, I'm not obsessed with the show. Most commonly used are the Swarovski crystals, which Essex lad Mark Wright is supporting; he's launching his own male version of designs.

If any man is outrageous enough to go ahead and attempt this, you, my good man, are a brave one. Make sure to prep the area first, as in shave it and then clean it with the provided alcohol wipe. We don't want any sticky bits getting caught in any hairy bits now do we? Then simply peel off the design



Ready, set, PEJAZZLE!

(a pair of lips or a cross, whichever makes you feel well hard man) and stick. Congratulations, you now have your very own disco ball for night time when the lights go out. Granted, there are no harmful side effects from this beauty treatment and it can be done either professionally or at home. Technically, there is nothing stopping men from flooding salons nationwide to bling their bits. As the spokesperson for this development and self-confessed pejazzeler, Mark Wright said, "each to their own". He's absolutely right.

If any man gets a pejazzle, he will most definitely be on his own. At least until the diamantes fall off...

Fashion

Fashionable, yes. But is it Vogue?

Roisin Burke

IT'S the modern trend to make everything a reality TV competition and model reality TV shows are no exception. The question is, can they make real models with real careers or is it just an opportunity to appear on TV?

Are these women the future faces of magazines and TV advertisements? Will they be selling you your favourite shampoo or skincare product? Or are these shows just another way of exploiting fresh beautiful faces for a summer season? 'America's Next Top Model' has been running for 17 seasons and 'Britain and Ireland's Next Top Model', formerly Britain's Next Top Model, has been running for seven.

That's 24 model winners in the past 13 years from the reality TV franchise, 'Next Top Model'. But where are those winners now? Adrienne Curry, the original ANTM winner in 2004, went on to model with Wilhelmina Models and posed in several magazines for the year straight after her win, but the opportunities quickly dried up. She

resorted to nude modelling for 'Playboy' in 2006 and again in 2008 but now hosts a radio show on a network she invested in. Lucy Radcliffe, the original winner of BNTM, was signed with the agency 'Models 1' but resorted to opening an A&G Rock N Roll cashmere store in Knightsbridge, London in 2009. A far cry from the promises of world modelling domination whispered during the reality TV competition. ANTM & BNTM both start with 12/14 contestants and over the subsequent episodes whittle these 'lovely ladies' down to one winner through a series of challenges, photo shoots and 'go-sees'. The beautiful faces live together in a house for several weeks under intense surveillance scrutiny and the fights that ensue always make great TV as they crack under the pressure. I blame 'Miss Congeniality'. The evidence proves the careers of these winners are short-lived and the careers of the contestants are comparatively minute. There is some opportunity for modelling, but it is

more delicate than the celebrity jungle or the 'X-Factor' knock-out rounds. There are a few who make something of themselves, quite surprisingly the British girls rather than the American ones. But they are few and far between. The pain and suffering endured by these women through the stressful, competitive hurdles overcome in the show is questionable for the few scattered rewards of fame offered by reality TV success.

There is no greater example of the trivial disposable quality of fashion than this 'fresh face season search'. These models are like expensive summer garments, admired for a term, tossed aside and forgotten for new beauty the following year.

It was the artist Andy Warhol who said: "In the future everyone will be famous for fifteen minutes." A true fashion icon, it appears to be a real fashion rule. Maybe it really is Vogue.



Tyra Banks, the entrepreneur behind the 'Next Top Model' franchise

"The pain and suffering endured by these women through the stressful, competitive hurdles overcome in the show is questionable for the few scattered rewards of fame offered by reality TV success"

Queen of prints

Keira Maher

WHEN Irish designers are topic of conversation, Paul Costello and Philip Treacy designs come to mind. It has only been recently that a not-so-recent fashion designer has crossed my path. Dublin born but London based, Orla Kiely has been described as the 'queen of print' when she started her career as a hat designer. Steadily climbing up the fashion ranks, Kiely is a one to watch.

Born and reared in Dublin's fair city, Orla graduated from the National College of Art and Design in Dublin. Following her dream to be a fashion designer, Orla took the risk to move to New York where she worked in fabric and wall-paper design.

It was in New York that she decided that London was calling her. Here she worked for Espirit while finishing her masters in the Royal College of Art.

Although influenced by her grandmother, it was her father who directed her into the area of handbag design as he noted everybody were sporting handbags and not hats at London Fashion Week.

She came up with the idea of laminating cloth for her handbags as she stated that nobody else in the business had done it yet.

The designer, for whom the 'The Guardian' newspaper coined the phrase "Queen of the Prints", founded the Orla Kiely Partnership in 1997 along with her husband Dermott Rowan. Orla already has two shops in London and hopes to open another one in New York soon. Breaking the U.S

is a difficult thing but I have no doubt that Kiely will be as successful here as she is in Britain, as the Americans are waiting the opening of her new store in New York with anticipation.

Not just a hat and bag designer, Kiely has shown many talents over the years she has been in the fashion trade. Her fashion style has been used in the manufacture of other products such as kitchenware, stationary and even the interior of the Citroën DS3 car as well as a London bus campaign.

Kiely is well known for her bright colours and distinctive designs. Looking through her catalogue, I noticed the block colours and the funky designs. If you like quirky you will love Kiely. Orla is an expert in wool clothing as she completed her Masters concentrating mainly on knitwear. Her style is definitely different to other designers but what I like about her the most is the diversity of patterns and colours she uses in her pieces. A woman of many talents, you are sure to find her trends on the catwalks of most Fashion Weeks around the world.



This fortnight in fashion history

Marguerite Happe

1954. One of the world's most celebrated and well-known fashion photographers, Mario Testino is born on October 30 in Lima.

Flamboyant from a young age, Testino insisted on wearing platform heels and pink flares around campus at the Universidad Del Pacifico. Testino has shot numerous stories for Vogue, Gucci, and Vanity Fair.

1957. On October 23, legendary French fashion designer Christian Dior dies ambiguously while on holiday in Montecatini, Italy. Some say that he died of a heart attack after choking on a fish bone, while popular rumour was that he died of a heart attack after a strenuous sexual encounter. To this day, nobody knows for sure!

1968. On October 20, style icon and former first lady Jackie Kennedy Onassis marries Greek tycoon Aristotle Onassis on his private island in the Ionian Sea. In this time after her First Lady years, Onassis set trends such as wide-leg pantsuits, large round sunglasses, Hermes head scarves, and gypsy scarves.

1980. American fashion designer Zac Posen is born in New York City on October 24. Posen's feminine and creative clothing is worn by actresses such as Natalie Portman, Cameron Diaz, and Clare Danes, but lucky for

us, can now be found in his affordable Zac Posen line for Target.

2002. In October, Gianni and Donatella Versace's most famous designs are honoured in a display at the Victoria & Albert Museum in London. This gorgeous exhibit was truly a symbol of their revolutionary and extraordinary fashion success, showcasing the versatility and technical development in Versace's clothing.

2006. Burberry, a luxury British fashion house, begins selling online in the UK after their American online debut and followed by the E.U in 2007. Burberry is most well known for their tartan pattern and iconic trench coat.

2008. Former fashion designer and fashion critic Richard Blackwell ('Mr Blackwell') dies in Los Angeles of complications from an internal intestine infection. Creator of the '10 Best-Dressed List', Blackwell is remembered for his stinging fashion critiques.

2011. The international expansion of Armani Exchange retail stores will continue, with a Toronto store opening on October 25. Giorgio Armani's fashionable street-chic label is famous for provocative ad campaigns and being the most accessible Armani brand for teens.

Fashion

There's something about Blake

Emily Maree, Fashion Editor

WHEN *Gossip Girl* hit our screens in 2007, it wasn't just the outfits or the backdrop of the Upper East Side that captivated us; it was the beauty of the main characters, especially Blair Waldorf played by Leighton Meester and the gorgeous Serena van der Woodsen, played by Blake Lively.

Four years later, Lively is one of the most famous actresses on the planet, has been rumoured to date A-list celebrities such as Ryan Reynolds and Leonardo di Caprio and is a muse and model for Karl Lagerfeld at Chanel.

The actress, born in 1987 in California, has acted in films like *The Sisterhood of the Travelling Pants* and *The Green Lantern* and has won three Teen Choice Awards. But the last couple of years,

Lively's main focus and achievements have been on her fashion career.

In January this year, Lagerfeld chose Blake Lively personally to become the official face of his 'Mademoiselle' handbag line because of her youthfulness and spontaneity and in March, her infamous Chanel campaign was launched. The beautiful work relationship between the two began at the start of this year but it was back in 2007, when the *Gossip Girl* franchise first kick off where she was introduced to Anna Wintour, editor of *US Vogue*, by Michael Kors and through Anna, she met Karl. The fabulous star, who is renowned for not having a stylist, certainly has an eye for fashion and although she was offered

other contracts, she always turned them down as she was 'holding out for Chanel'. Since, she has become a style icon and regularly features on the 'Best Dressed' list, as well as featuring on the Time 100 Most Influential List in 2011 and winning an Elle magazine Personal Style Award.

Every avid watcher of both *Gossip Girl* and the red carpet knows who Blake Lively is and craves her wardrobe on and off the set. At the end of September this year, she was named as the new brand ambassador for Stella McCartney and will now represent the brand in America, having bonded with the fashion designer over their vegetarianism. She was recently photographed wearing her designs in

a magazine shoot and will continue to represent Chanel, fulfilling her quota as the all-American beauty. She has starred in magazine covers the world over including *Elle* in France, Singapore and Japan, *US Vogue* and *Rolling Stone* with her *Gossip Girl* co-star Leighton Meester. She even has a Louboutin shoe named after her. Not too bad for a 24-year-old girl from California, is it?



Blake Lively, the face of Chanel's 'Mademoiselle' campaign

Sarah Jessica Parker vs. Carrie Bradshaw

Emma Norris

LIKE every celebrity, Sarah Jessica Parker has made a few style slip-ups but in general, her innovative style puts her on the map as a fashion icon.

We might look back at early episodes of *Sex and the City* (cringe!) and question Parker's sanity, but that was the Nineties and the early Noughties and what we young 'uns consider couture fashion had only really reached puberty then.

However, Parker says that the clothing choices were not hers. Carrie Bradshaw was the real fashionista (whether fashion forward or fashion roadkill). Parker played no part in designing her wardrobe. She said of the show, "I have a team of style experts for being Carrie, but I am not Carrie.

I'm not even much of a shopper. I don't feel I need a lot of clothes." She is lucky enough to have inherited some of Carrie's cast-offs though!

The fictional Carrie Bradshaw is a sex columnist, fashionista and freelance writer for *Vogue*. In a Manhattan apartment with about a hundred pairs of unique, designer shoes, she's living every girl's dream (or maybe just my dream). Carrie lives for fashion as we saw in an early episode of *Sex and the City*, she confessed to buying *Vogue* instead of dinner when she had just moved to New York. Her style is a mix of kitschy vintage finds and designer labels. She mentions in the series that Barneys, Bergdorf Goodman, and Saks Fifth Avenue are among her favourite haunts and her quirky ensembles feature turbans, fur, feathers and clashing prints. Sarah Jessica Parker, on the other hand, is not a "crazy shoe lady" (Carrie estimates that she has spent over \$40,000 on shoes, referring to it as her "substance abuse problem"). Parker says that although she loved playing Carrie, their lives are not at all similar. Carrie's life is



Bradshaw showing off her unique fashion sense in SATC

spent searching, and sleeping, around New York for the perfect man and the perfect pair of shoes; Parker's is taken up with her husband, fellow actor Matthew Broderick and three young children.

But maybe Parker's too modest. She's often snapped by the paps looking eccentric and bang on trend.

If you want to steal her style, try something unexpected. Add corsages to your hair, shoes and clothing – everywhere! Underwear as outerwear requires a bit of bravery but is worth it in terms of style brownie points: opt

for a slip instead of a dress or let a bit of bra show. Logo t-shirts and knee-high socks are also great ways to harness a little bit of SJP into your life. Steal some of your boyfriend's t-shirts too: tie 'em up and tuck 'em in and you've got the casual city vibe nailed. And if you want to pay homage to the iconic Carrie Bradshaw, you're going to need a floor-length faux fur coat that just oozes glamour and sex appeal.

What you will be wearing next Spring

Marie Enright

FOR many, it was a chance to see celebrity culture at its best. But, for other more fashion-forward individuals, it was the opportunity to marvel at the creations of 2011.

London Fashion Week has always been known for its bizarre extravagance, not to be rivalled by the Milan, New York or Paris shows. While Paris may be the home of fashion, it is London that took the fashion world by storm.

This year, we saw the re-introduction of prints and bright colours on the catwalk as they featured in nearly every designer's collection in the London shows. Most notably, the designer Mary Katrantzou's show featured many bold patterns and prints in her collection.

Flowers, mainly carnations, were the basis of her prints and they gave the designs a certain feminine yet mature vibe. Not to be forgotten was the breath-taking Swarovski-encrusted gown that featured at the end of the Katrantzou show.

Spotted at London fashion week was actress, model and designer Sienna Miller who was looking classically chic in a Burberry outfit. Guests also included were model Rosie Huntington-Whiteley, the new face of M&S along with Ryan Reynolds, and editor in chief of *American Vogue*, Anna Wintour.

New York Fashion Week was most definitely a star studded event as pop-star turned designer Victoria Beckham, launched her fall collection.

Her runway show featured many pieces designed to feel both comfortable and feminine and transcend from day to night. Beckham's pieces are now more structured with plenty of corsetry, compared to her last collection which was looser, maybe as a reflection on her pregnancy.

The collection which showcased her extensive bag range is reflective of her own lifestyle in which

travelling is routine. This shows her development as a serious designer and fashion lovers were more than impressed with her latest collection. New York Fashion Week was a chance for celebrities such as Naomi Watts, Ashley Greene, Uma Thurman and even fashion rebel, Nicki Minaj to sit front row and be in awe of the talent that was showcased.

Both Milan and Paris Fashion Weeks were definitely not disappointing, to say the least. Milan Fashion Week, which began September 21, brought us floral designs, animal prints, pleated skirts and the revival of both satin and chiffon fabrics.

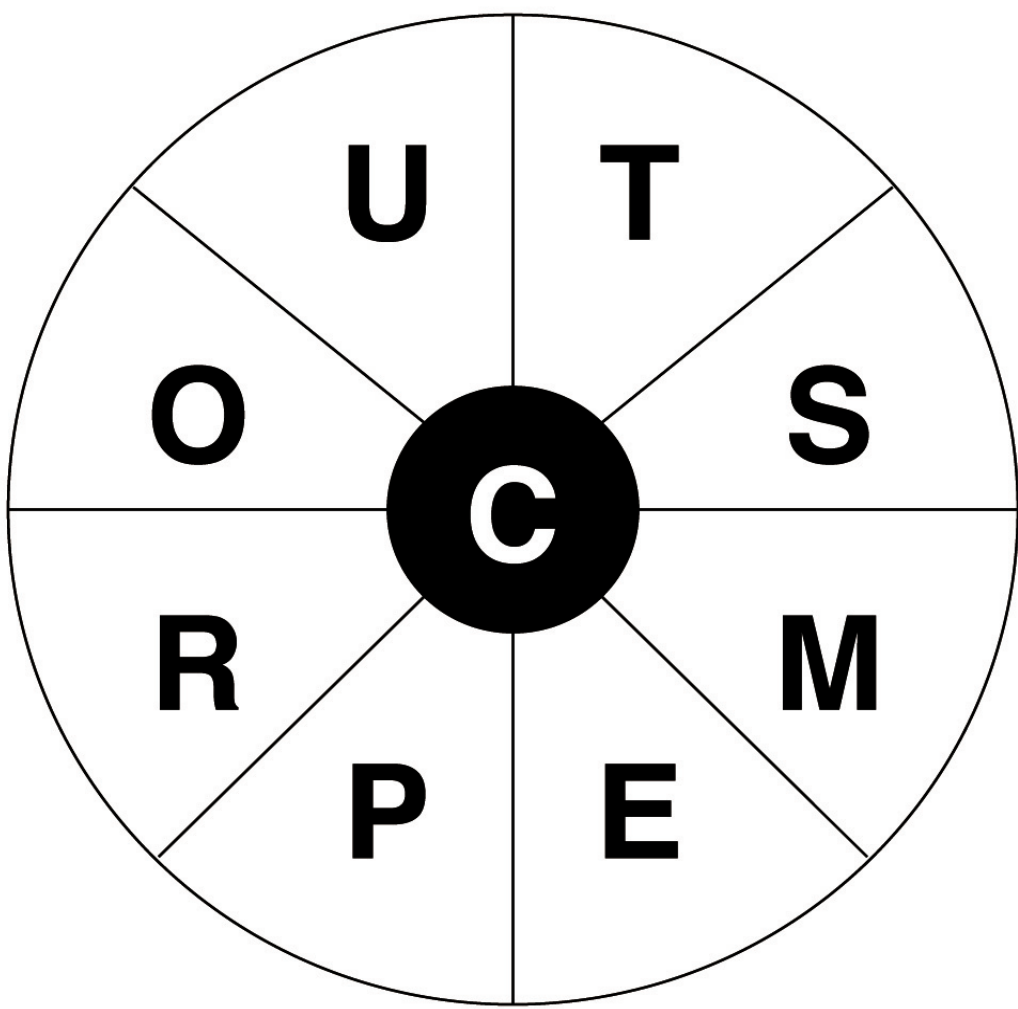
One of the most impressive collections to be showcased in Milan was that of Frankie Morello. While he may be most famous for his men's collections, the womenswear collection this year surpassed many expectations. It included the season favourites whilst also incorporating the designer's own unique taste.

Paris, the home of Coco Chanel, was certainly above par this year as it displayed beauty, not only in its collections but also its sets. The Chanel show was set to an underwater pearl theme which is completely fitting of Karl Lagerfeld, the creative director's elegant style.

Chanel models took to the catwalk in salmon, seafoam and ivory colours with crystal embellishments and abstract patterns. The classic Chanel tweed jacket, collarless summer dresses and unusual conch-shaped bags debuted themselves on the catwalk and were an undeniable hit with fashion lovers everywhere!

All in all, Spring/Summer 2012 is set to be a fabulous and fashion-filled season, with lots of prints, flowers and chiffons, brightening up our days, even if our cruel Irish weather won't do the same!

Puzzle Page

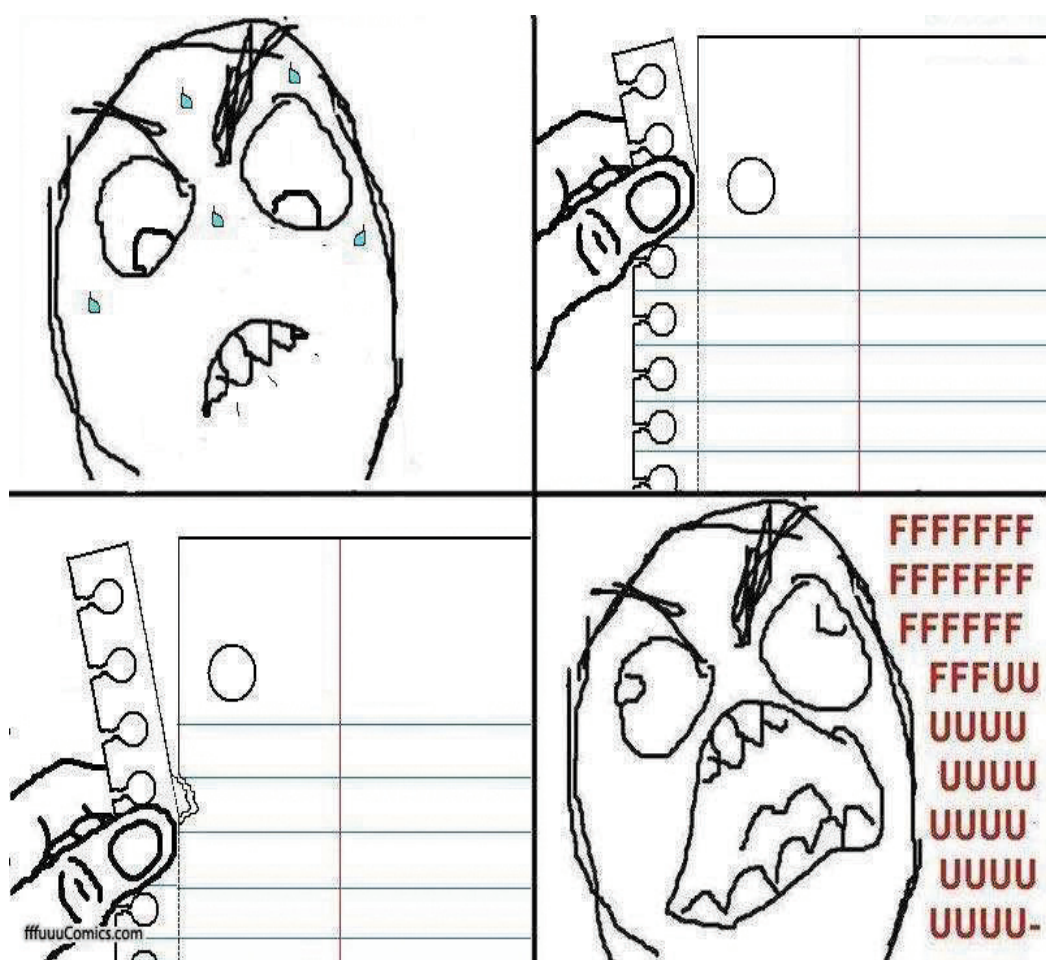


Four Simple Rules:

- Each word must use the central letter
- Each letter can only be used once
- No plurals are allowed
- You may not have words less than three letters long

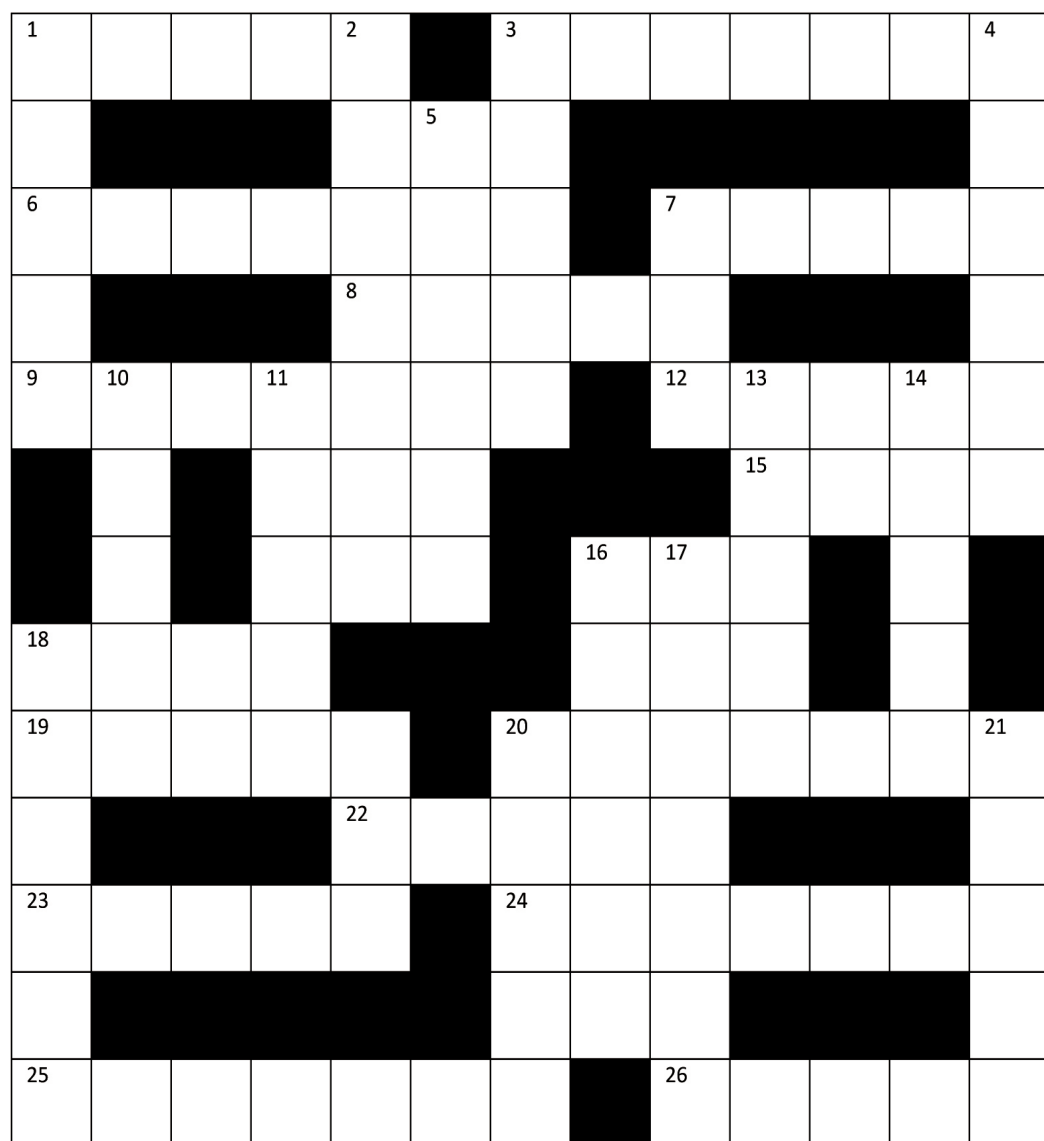
10 Words - Good
20 Words - Very Good
30 Words - Excellent

Rage Comic of the fortnight



Carmody's Crossword

Crossword by Stephen Carmody



Across

1. Winter Garment (5)
3. Dictates of Taste (7)
6. Immortal (7)
7. Alphabetical List (5)
8. African Mammal (5)
9. Improve (7)
12. Organic Compound Group (5)
15. Egyptian Goddess (4)
18. Parental Trait Carrier (4)
20. Destroyed (7)
22. e.g. "There's a lady

23. Show Appreciation (5)
24. ___ Persei 8 (7)
25. Contagious Act (7)
25. English Horse Racing Track

Down

1. Mealtime Prayer (5)
2. Forever (A)
3. Warm & Comfortable (5)
4. Fencing Moves (6)

5. American Ashtray (6) (3,3)
10. Recent Science Award (5)
11. Shoelace Plastic (5)A
13. Copy (5)
14. Current Direction Regulator (5)
16. Seafood (6)
17. Exact (7)
18. Of well-born people (6)
20. Not Right (5)
21. Jean Material (5)

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4				9	5				

Paulie Bleeker or Nick Twisp?
An Focal explores the many faces of Indie
Movie Man Michael Cera. More on page 17.

18th October 2011

Issue 4 FREE
Volume XX



Dance UL and drag act Connie Liebe sends audience wild

Karen O'Connor Desmond

THROUGH dimmed lights, the Dolan's Warehouse audience watched in fascination as an elegant figure, dressed solely in black, sauntered onto the stage. Straddling a chair with her back to the crowd, eight members of Dance UL fell effortlessly into their starting positions around her.

Three more members immersed themselves in the audience, using chairs placed strategically in front of the stage as props. The audience began to hoot and shout excitedly, edging closer and closer to the front, whipping out cameras in anticipation of what was to come. The haunting tones of "El Tango de Roxanne" from 'Moulin Rouge' filled the room and so began the spectacular drag act performance by Miss Connie Liebe.

The performance was all part of the event "Le Disko Bloodbath", which saw a series of drag acts taking to the stage and performing various pieces. Although Dance UL and Liebe's act was sixth, it was evident from the audience's reaction alone that it was well worth the wait. The dance routine was choreographed by Dance UL president, Rachel Horkan along with Liebe herself.

Having rehearsed for two weeks previously, the Gothic themed performance was intricately put together. Costumes and make-up played a vital role in creating a dark ambiance. All members of Dance UL wore flesh-bearing black lace outfits with Liebe sporting an above-the-knee black dress and heels.

The dancer's make-up consisted of chalk-white faces with heavy black lips and eyes; Liebe's was slightly more subdued with red and black lipstick and carefully black lined eyes. As Liebe straddled the chair, the dancer's began to move seductively around the stage.

After turning to face the audience and discarding the chair, the dancer's then proceeded to interact with her, and then with each other in pairs. The five minute long act certainly got the response Dance UL and Liebe was looking for. The dark and sultry nature of it obviously enticed the crowd as they continuously roared praise and applauded throughout the performance. Half way through, the dancers left the stage briefly in which time Miss Liebe expressed her new-found freedom. However, she was soon being mauled

"The five minute long act certainly got the response Dance UL and Liebe was looking for."

by the dancers as she lay on the floor, struggling to break away. Miss Liebe described the dancers as representing "sexual beings", with the act involving an intense build up to what is ultimately sexual domination of herself. The performance ended to ear-splitting applause and shouts of approval, with a member of the audience commenting: "It was a long wait but it was definitely worth it. It's something I've never experienced before and something I won't forget."



Dance UL excite at Dolans

Arts & Ents

D'oh! Has The Simpsons overstayed its welcome?

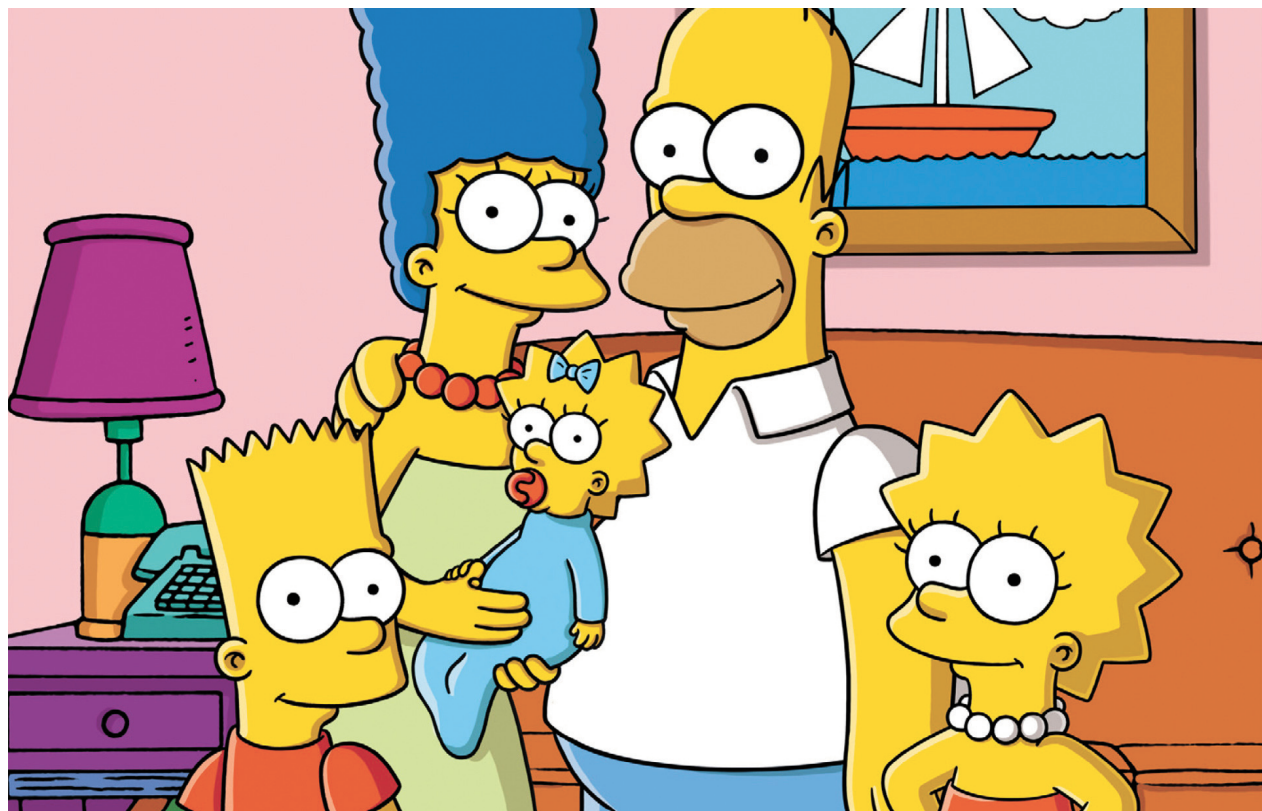
Josh Lee, Arts & Ents Editor

SINCE their crudely-drawn debut on 'The Tracy Ullman Show' in 1987, the Simpson family have grown to be some of TV's most cherished characters. Homer, Marge, Bart, Lisa and Maggie have become ubiquitous figures on the modern pop culture landscape, Homer's trademark 'd'oh!' even entering the Oxford English Dictionary in 2001.

But the programme may yet become another victim of the world's teetering economy. At the beginning of this month, US network Fox admitted that, "under its current financial model", the show would not live to see its 24th season. Fox is looking for its principle

cast members, who earn a reported \$8m (€6m) a series, to take a 45% pay cut so that "The Simpsons [can] go on entertaining audiences with original episodes for many years to come". While Fox expects the show to go on, is the end of 'The Simpsons' not long overdue?

The family have morphed into churlish caricatures of their former selves, with plots increasingly revolving around madcap antics and the zaniest of humour; where once heart-warming (and coherent) stories formed the programme's nucleus (Homer and Bart's effort to win a soapbox derby in the 1991 episode



The Simpsons may not live to see another series - but is that such a bad thing?

"Saturdays of Thunder" springs to mind). But the show has dug its talons firmly into the flesh of the average TV-watchers' consciousness to the point where, for many, watching it is not an obligatory exercise but an unconscious expectation: despite a creeping consensus that the show has long since jumped the proverbial shark, an average of 7.1m US viewers have tuned into the current season.

Armin Tamzaria, and more ridiculously 'Fit Tony', are characters I'm sure a lot of us would prefer were never conceived. "The Principle and the Pauper", in which Seymour Skinner is revealed to be, in fact, not

"The family have morphed into churlish caricatures of their former selves"

Seymour Skinner (a revelation which has seemingly since been bemusingly forgotten) was lambasted by critics, with one commenting:

"A blatant, continuity-scrambling plot twist of this sort might've been forgivable if the result had been as funny or sharply satirical [...] but alas it's emphatically not."

It will no doubt be a sad day when the flagship of popular culture that is 'The Simpsons' eventually makes its

way into the sunset, but a dignified departure is not really an option at this point. As its voice actors scramble for bloated pay checks 'The Simpsons' is being left in a cultural limbo: the one-time pioneering great that no one seems to want to put out of its misery.

Trudging through Tarantula

Patrick Finbar Craig

'TARANTULA' is Bob Dylan's only fictional book, written in 1966. It is a mixture of stream-of-conscious prose and poetry.

The book is definitely bizarre, but perhaps interesting because of its peculiarity. However, it is difficult to decode the meaning of many lines and many argue that is because there is no meaning to it.

One line of the book did top a list entitled 'Top Five Unintelligible Sentences from Books Written by Rock Stars' in an article by Spin. The line was: "Now's not the time to get silly, so wear your big boots and jump on the garbage clowns." After

reading the book I'm more surprised that sentences from 'Tarantula' didn't occupy all top five places.

To say the book is devoid of any meaning, however, in my opinion would be wrong. There is some stuff in there about religion and '60s society but Dylan certainly doesn't articulate himself as well in his fictional writing as he does in his song writing.

Some lines that appear as if they were meant to be powerful and weighty just come across as forced and gaudy. Perhaps Dylan is writing in a very cryptic and abstract manner.

Maybe there is more meaning in it than I can grasp. Of course, you can read into and read into things and find something, find metaphors, find symbols, find comments on society, religion and humanity, but I can just image Bob Dylan laughing at all the conclusions of literary critics because most of the book seems like Dylan



Bob Dylan

wrote down random things that were just at the top of his head - although reading random thoughts of a music legend is in itself an interesting thing.

The book has been described as everything from a masterpiece to complete nonsensical rubbish. Which is it, is hard to say. I found myself somewhere in the middle. It is a fascinating book that anyone interested in the song writing process should read. Reading the book cover to cover can be a bit of a trudge but picking it up and reading a few pages at a time can be enjoyable.

Draw your own conclusion, enter the debate and read it for yourself.

Reinvigorating the Familiar

Jack Brolly

MASTODON have always built on their last release and added something new. If you look at the period between their first LP, 'Remission', and their last, 'Crack the Skye', that over times these changes have morphed them into a different kind of beast. On 'Crack the Skye' they took a step back and explored new sounds and clean vocals took priority over the harsher ones they used previously. Despite these changes, you know a Mastodon album when you hear one. It might be their tales of mythological creatures and, naturally, paraplegics having an out of body experience and ending up in Tsarist Russia. Whatever it is, it's always quintessentially Mastodon. The Hunter is far removed from the long epics that populated their other albums. They've mastered the art of song writing, making this their most cohesive work yet.

Lyrical, it's the same old. Songs about sex in space, meth heads in forests and more. "The Sparrow" is probably the most beautiful and delicate song they've written. On "Creature Lives" they use vocal harmonies and a chorus

that will become Mastodon's anthem and rouse crowds around the world.

The guitar tone is a typical satisfying sludge crunch. "Spectrelight" uses this to good effect with Scott Kelly of Neurosis providing his husky vocals on top. "Bedazzled Fingernails" is one the most original riffs I've heard for a long time in metal. It sounds like something you'd expect on an Adebisi Shank album.

Brent Hinds and Bill Kelliher still put their godly guitar skills to good use on songs like "The Octopus Has No Friends" and "Blasteroid", both of which open with a rip roaring wail of duel guitar harmonies.

Instead of clinging onto the aggression which dominated their earlier work like so many older bands do without much success, Mastodon have replaced it with an optimistic outlook that you don't see much in the metal genre. They have proved that they're one of the most exciting and innovative bands around. The Hunter is a typical Mastodon album that sounds nothing like a Mastodon album. Just like the rest.



Atlanta sludge metal band, Mastodon

Is there life after Charlie?

Roisin Burke

CAN 'Two and a Half Men' ever be the show it once was without the effervescently intoxicated character of Charlie Harper, famously played by Charlie Sheen?

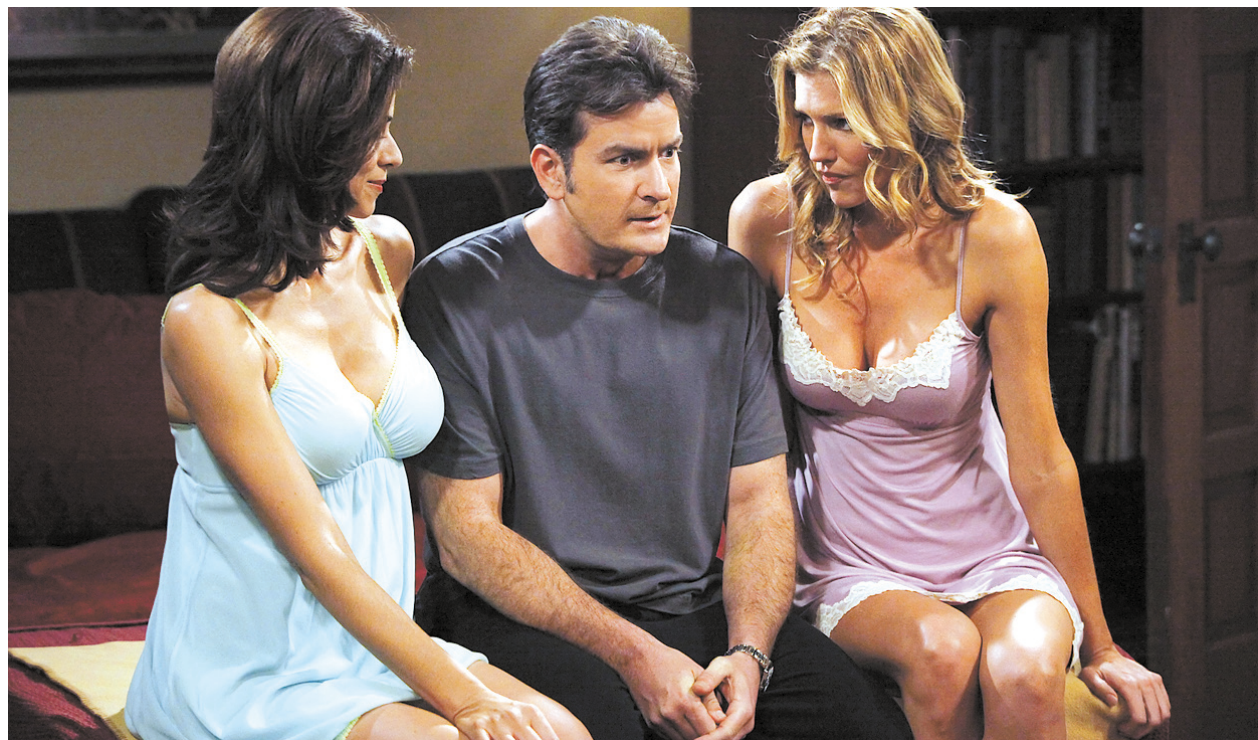
Just as the show was inspired by a real Hollywood character of the sixties, Charlie Parker, the reason for watching the show was the ever notorious, comically scandalous, larger-than-life personality of Charlie Sheen.

For those of you who don't know, Charlie Parker, the original musically talented, substance addicted celebrity singer was a renowned jazz musician, infamous for creating the genre 'Bebop' which, at that time, was a phenomenal success. His existence was a mix of chaotic entertainment and entertaining the masses until he died watching 'The Dorsey Brother stage show' on TV in a hotel room. He never lived with his brother, Charlie Sheen, as we all know, lives much the same lifestyle, although his talent is questionable. The uncanny similarities in attitude and character to the original brought the show to life. Between these two legends there was

the fairy-tale creation of a quirky, safe laugh drama, 'Two and a Half Men'.

For eight series, Sheen enthralled millions with his nonchalant quips and careless disregard for 'normal' living. Labelled "the biggest hit comedy of the past decade" by The New York Times, it was a resounding success. Unfortunately that has all come to an end. Charlie Harper is dead.

Hello Ashton Kutcher AKA 'Walden Schmidt', a minted cyber-geek with a broken heart of gold. The Charlie era is well and truly over. Walden Schmidt is a carefully created polar opposite to the scathing Harper reign. To start with, tall, dark and handsome are an appealing extra viewing incentive. He is a lovable puppy lost in unrequited affection for his ex, something unimaginable on or off screen for the former star. Money means nothing to him despite having billions compared to minted and loving it Charlie. So the end of one legend and the beginning of a very different other. Can this pretty face and adorable character heal several nations of broken hearts? I think he already has.



The Marmite Man Charlie Harper on an average day

St. Vincents allure not so strange

Jack Brolly

IT has been two years since Annie Clark released her second LP, 'Actor'. It saw her voice soar over pop melodies and experiment with some dirtier sounds in the background.

Now, on her new album 'Strange Mercy', she turns the experimentation up a notch to create something that is perversely beautiful.

St. Vincent's sound plunges into the murkiest depths and reaches heavenly heights all at once.

The opening song "Chloe in the Afternoon" really sets the tone for the rest of the album; strange synths, an off-kilter drumbeat, a dirty guitar tone, and Annie's brilliant vocals warbling over it all. None of which seem to sync up correctly, adding to the unsettling feel of it all.

"Cruel" opens with some strings that wouldn't be out of place in a Disney movie and the guitar again here has a slight distortion to it. "Cheerleader" has refrain that sounds like a signal of intent for this whole album: "But I, I, I don't wanna be a cheerleader no more".

One of the most demented songs on the album is "Northern Lights", which constantly builds until everything explodes euphorically.

The lyrical content here seems to be slightly darker too. Annie sings about "being cut open" and she threatens, "If I ever meet that dirty policeman who roughed you up / No, I don't know what".

'Strange Mercy' works well as a complete set. It has a unique sound throughout making it one of the essential albums for music fans this



Singer-songwriter Annie Clark, better known as St. Vincent

year. It signals more experimentation than we've seen previously. St. Vincent has bested herself and created a monster that must be heard to be

believed. Annie Clark has proven that is no longer a cheerleader, she's a dark figure at the forefront of pop.

Ethereal and Earthy: Blake and Bon Iver collaborate



James Blake

Fintan Walsh

This October will reveal the emergence of the decade's most intriguing fusion of musicians.

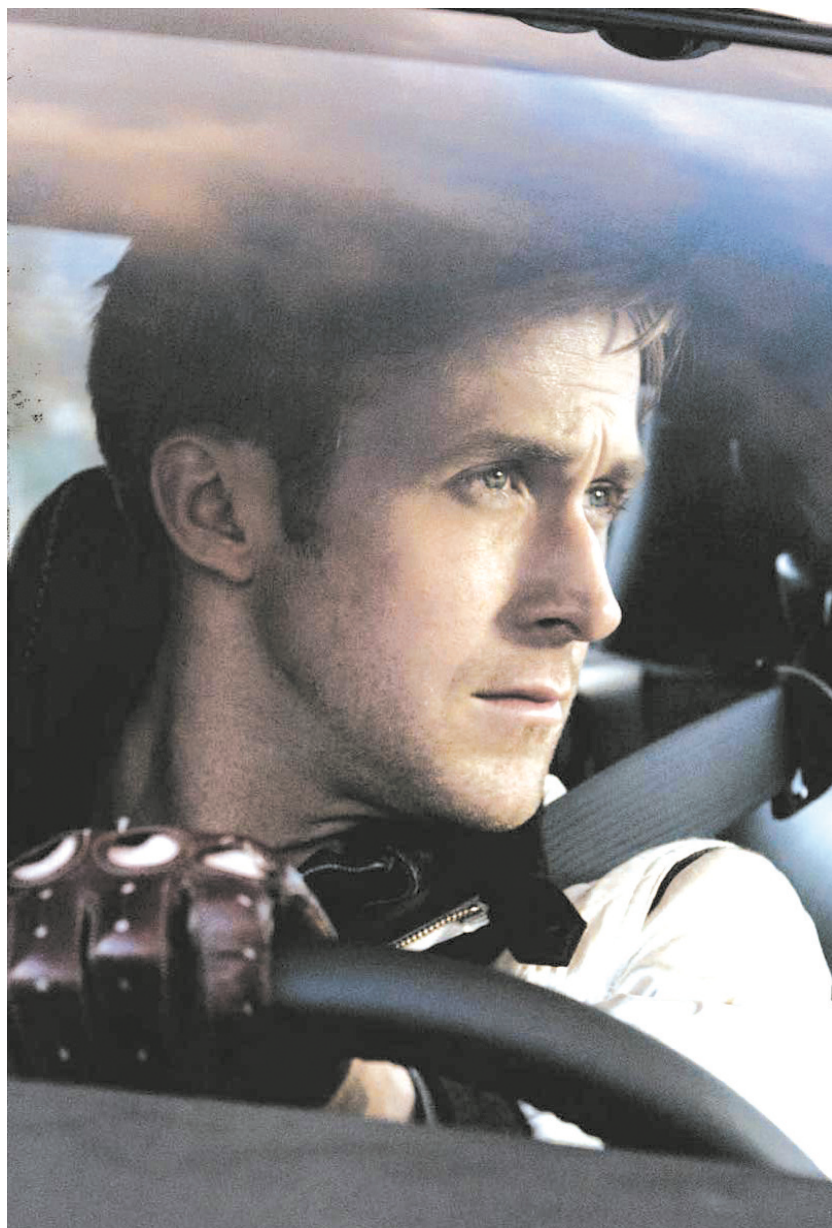
Not only is it the prestige of London experimentalist, James Blake, and 4AD's Bon Iver which makes the 'Enough Thunder' EP exquisitely alluring, there is also quite a fascinating background story to it all. The relationship began after Pitchfork favourite, Blake, stated that the Wisconsin band was a key influence in his music. Vernon, having heard this, broke the ice at the world's most prestigious indie festival, SXSW in Austin, Texas, and began to discuss the prospects of a potential short release. What is even more mesmerising regarding their new professional bond is that all the music produced was done via email, which is a style of music composition more

associated with the underground or minor independent electronic scene. As well as the intricate background, this Atlas EP will hold a major significance in music history, though it will be little in the public eye.

It will be the first time in history that two major artists of opposite ends of the musical spectrum (post-dubstep and indie folk) will fuse and generate a pristine sound. It's even more weighted than that, as this year, both musicians released eponymous LPs. And both have been universally acclaimed by majority of indie critics.

"Fall Creek Boys Choir", which can be listened to on YouTube, is the teasing extract from the forthcoming debut of the London-Wisconsin act, incorporating Blake's distinctive minimalist electronics and his audible infrequent beats, all blended delicately with Vernon's sonorous vocals. It is, indeed, one to watch out for.

Film



Ryan Gosling in Drive

Drive: more film noir than high octane

Jake Lawlor

WITH a title like Drive you'd be forgiven for expecting a high octane joy ride not unlike Fast Five.

However this is where Drive dares to be different. Ryan Gosling, Hollywood's man of the moment plays The Driver, a nameless and mysterious young man who works part time as a stuntman and mechanic. Living alone, the Driver keeps to himself, but he has another source of revenue; as a getaway driver for LA's criminals. His isolated existence is disrupted when he falls for his neighbour Irene (Carey Mulligan), a single mother involved with a petty criminal called Standard. This is where shit hits the fan (Pardon my French) for The Driver. When Standard is released from jail with a huge debt to a gangster he met inside, he recruits The Driver to help him rob a bank to settle his debts. Needless to say the job goes horribly wrong and our protagonist ends up with a price on his head. Gosling's career continues to grow with roles in Crazy, Stupid Love (out now) and The Ides of March (coming soon) showing

his incredible range. His performance here is measured; he manages to hold the film together with his silent ponderous character which will remind some moviegoers of Steve Mc Queen. In fact, everything about this movie seems nostalgic. The director, Nicholas Winding Refn was heavily influenced by crime dramas and the movie feels like a subtle nod to the 70s crime thriller Bullitt and the 80s crime drama To Live and Die in LA. The latter contributes to a Vibe that is unmistakably 80s, from the punchy euro pop soundtrack to its stark screenshots of illuminated skyscrapers and dark skies. The dialogue is sparse but the soundtrack describes The Driver in more words than he can ever say. As for the supporting cast their performances were equally as important as Gosling's in making this a hit, and they have succeeded. Carey Mulligan initially a doubt for the role of Irene is outstanding. Playing a slightly angelic character she gives The Driver back some of his lost innocence. While Albert Brookes pulls off one of the performances of his career as the chilling villain Bernie Rose. Drive isn't a Flashy movie but is it is a slick piece of LA noir so sit back and let it take you for a ride.

You wait for a great actor, then two come along at once

James Bradshaw

A little while ago, I watched 'Charlie Wilson's War'.

As an American politics junkie, I don't know why it took me so long, but boy was it worth the wait. Philip Seymour Hoffmann was his usual brilliant self, with the under-rated Amy Adams also turning in an excellent performance. But what makes this film truly magical is the presence of my favourite actor and my favourite actress; Tom Hanks and Julia Roberts.

When I think of Tom Hanks, a lot of things spring to mind. There's the image of a dishevelled man talking to volleyball while stranded on a Pacific Island. Also there is the ruthless businessman pursuing his love interest and rival, online. And then there's

Forrest Gump relating the final chapter of his life story at Jenny's graveside, in what was possibly the most beautiful scene in cinematic history.

As for Julia Roberts, where do I begin? 'Pretty Woman' is one of those rare love stories that it's entirely acceptable for a straight guy to like, or in my case, love. This wasn't Julia's first film but it was the one that propelled her to worldwide stardom, making her everybody's favourite "girl next door". Erin Brockovich will always be my favourite though. Roberts' portrayal of the sassy single-mom and legal clerk won her an Oscar, and more than made up for that god-awful accent in 'Michael Collins'.

So imagine how great it was to finally watch them sharing the screen, Hanks as the womanizing, cocaine-snorting Congressman, and Roberts as the Christian socialite who persuaded him

to seek aid for the Afghan rebels. It was like being a kid again, having Batman come to your birthday party, and then seeing that he's brought Spiderman along too. A great actor can make a film on his or her own but when you have two working together, magic can happen. In 'Charlie Wilson's War', it certainly does.

Off-screen, Hanks and Roberts have been modest, generous and suitably reserved when it comes to their private lives. Apart from a few misdemeanours such as leaving Kiefer Sutherland at the altar (that was Roberts, not Hanks); they have each provided an outstanding example for young actors following in their footsteps. Yet their greatest legacy lies in the film archives, and more importantly, in the hearts and minds of millions of viewers.



Midnight in Paris

Louise Harrison

This is a fantasy, romantic-comedy, set in Paris, written and directed in true Woody Allen style. Gil (Owen Wilson) a famous screen writer from California and his fiancée Inez (Rachel Mc Adams) accompany her parents on a business trip to Paris. Gil's return to Paris has re-kindled his ambition to be a serious novelist and his obsession with the bohemian Paris of the 1920's. They bump into friends of Inez, know-it-all Paul (Michael Sheehan) and his adoring wife Carol (Nina Arianda). In an effort to escape his fiancée nagging and her adoration of Paul, Gil takes a midnight stroll and gets

lost in Paris. A 1920's style car drives up and the occupants encourage him to jump in and take him to a party where he meets F. Scott Fitzgerald, Hemmingway, Gertrude Stein (Kathy Bates) and falls instantly in love with Pablo Picasso's mistress Adriana (Marion Cotillard). He returns night after night and the same car picks him up. Until one night as he walks with Adriana, a horse and carriage picks them up and takes them back to the 18th Century which is Adriana's golden age. They meet Edgar Degas, Paul Gauguin and Henri de Toulouse-Lautrec. Woody Allen has managed to humanise famous

artists and writers that history holds in great esteem and flesh out their characters with comic effect. The message of the film is apparent in Gil's last conversation with Adriana when she tries to convince him to stay in 18th Century Paris with her. Gil realises that escapism is not the answer. No matter where you are born in history everyone is human and searching for something. Allen also suggests that "lasting relationships are built not on lust or love at first sight, but on understanding based on shared tastes" said Chris Tookey, Mail Online. Gil returns to the present, deals with and makes the necessary changes to his life to make him happy. He then goes for a walk in the rain in Paris and meets his future with optimism. Midnight in Paris premiered at the 2011 Cannes Film Festival and was released first in North America in May 2011.

In the States alone it has become Woody Allen's highest-grossing film, taking \$50m at the box office.

Film

50 years of Breakfast at Tiffany's

Jennifer Armstrong

You can't help but wonder how the writer of the truly harrowing story *In Cold Blood* could possibly give birth to the character that made Audrey Hepburn a household name.

But he did. Truman Capote couldn't have fathomed how amazingly iconic one Miss Holly Golightly would become, yet here we are, on the 50th anniversary of its release. People still hang the classic Audrey poster on their walls and still gift the DVD when in doubt of what else to give. The reason? It never fails. A dreamy Oscar winning Henry Mancini score and an even dreamier George Peppard magically mix well with Hepburn's delightful and charismatic performance, producing one of the great romantic comedies.

Watching Ms. Golightly as the young socialite dash around the fashionable New York is perhaps what gave birth to the modern phenomena of shows such as *Sex and the City* and *Gossip Girl*.

It all started with coffee outside a jewellery shop window, and one unforgettable starlet. The movie itself is filled with moments of humour, tenderness, sadness and love. Beautifully adapted by Blake Edwards, he flawlessly creates a magical world where a cat can be called Cat, past identities can be forgotten, and where a lady can be allowed to drink as she pleases without the demand of respectability. As Holly wonderfully requests to Peppard, 'Promise me one thing: don't take me home until I'm drunk, very drunk indeed.'

A triumph of its time in regard to colour and picture quality the movie was nominated for five Oscars and although it was not Hepburn's first leading role, it did lead to other major

parts for the young actress such as *My Fair Lady* which further cemented her worldwide fame. As the original New York Times review of 1961 states, 'Above all, it has the overpowering attribute known as Audrey Hepburn'. A truer statement cannot be found, for throughout the entire 115 minutes of movie gold Hepburn constantly bursts through the screen and into our hearts as the mother of class and style.

If you care to jump on the Audrey admiration train, her earlier movies such as *Roman Holiday* and *Funny Face* are well worth a look, while her later films such as *Charade* with the charming Cary Grant is undoubtedly one of her best. The life lessons to be found are priceless as Audrey herself wisely remarked, 'Everything I learned I learned from the movies.'



Audrey Hepburn as socialite Holly Golightly

Indie Movie Man

Karen O' Connor Desmond

THERE is nothing quite like an Indie movie. They are quirky, off-beat and what some may call an "acquired taste". If they are your cup of tea then you'll know that once you lay your eyes on the screen you are hooked on this genre. One actor can't seem to get enough of Indie films either.

His gawky and somewhat awkward presence on screen suits this genre down to the ground. His demeanour is not something that can be learned, but rather something that is natural to him. If you were to invent the perfect Indie movie actor, it would be him. It's none other than Michael Cera. In 2007, Cera starred in Indie teen movie *Juno* as Paulie Bleeker. After sleeping with Bleeker, rough and rugged 16-year-old Juno becomes pregnant. Bleeker and Juno come to deal with the consequences

of their actions together in a heart-wrenching coming-of-age drama. *Nick and Norah's Infinite Playlist* released 2008 sees Cera plays high-school student Nick O' Leary. Nick, a member of Queercore band "The Jerk Offs" crosses paths with mysterious and awkward fellow student Norah Silverberg. Drawn together through their passion for similar music, a request for Nick to be Norah's boyfriend for five minutes while sailing through the rock clubs of New York City, strikes up an unexpected flame. While trying to impress their sometimes other-halves, Nick and Norah find solace in each other's self-doubt and baffling band "Where's Fluffy". Then in 2009 *Youth in Revolt* hit cinema screens. Cera is Nick Twisp, an odd but likeable teen with an interest in the finer things in

life such as Sinatra and Fellini. While on a family vacation with his trailer-trash mom and her boyfriend, Nick falls head over heels for enticingly free-spirited Sheeni Saunders. However, with interference from family, distance and jealous ex's, this love affair proves to be very difficult. Unscathed by this develops a troublesome alter-ego, Francois, sporting an ascot and moustache and with a cigarette always in hand. Francois will let nothing get in the way of his love for Sheeni, causing Nick to be led down a road of humorous self-destruction. If you've never seen an Indie movie before, I'd highly recommend the above. Just one and you'll be hooked.

Music to Our Eyes

Eoghan Cannon

Movies without music would be like an episode of *The Simpsons* without Homer; it just wouldn't work!

Music features quite heavily in nearly every movie released these days, and it adds an enormous amount of depth to how much we enjoy our overall cinema experience.

In recent years, audiences have seen a major shift towards more and more movies that have a score composed by a well-known artist. Hans Zimmer is an obvious composer that springs to mind, with his most memorable scores featuring in *Gladiator*, Nolan's *The Dark Knight*, and *Inception*.

He is definitely the juggernaut in composing scores for movies, ranging from soft piano strokes to massive blasts from his orchestra.

Another notable mention goes to Alexandre Desplat, who gave the final two *Harry Potter* and the *Deathly Hallows* movies that sense of foreboding doom that always hung over the trio until the end.

With the change in pop music becoming more dance and electro-orientated, film scores are also beginning to follow suit. Daft Punk and The Chemical Brothers have both lent their beats to writing scores for action movies in the last two years. The results were a high-paced feast of madness, and the music no doubt influenced our satisfaction.

Daft Punk had a futuristic element which featured dominantly in their score, while The Chemical Brothers stroke a balance between playfulness and the feeling of a high-octane car chase; both worked flawlessly well. 2010's *Tron: Legacy* was one of the first movies that I noticed had been completely composed and performed



by a more mainstream artist, and the end result was a whopper of a movie score. The movie itself was rather good, heavily depending on CGI, but Daft Punk's score was so loud and epic that it was easy to forget about the thin-on-the-ground plotline. It was a whole new experience for cinema-goers, and one that has hopefully started a domino effect that will benefit everyone.

The brilliant *Hanna*, released earlier this year, had its soundtrack composed by The Chemical Brothers' high-octane music, which provided a whopper of a motion picture.

Each fight or chase scene in both movies amped up the music quite heavily, and eardrums popped everywhere; it was awesome. So reader, that's all I have room for.

But in the world of movie scores there is space for almost everyone's favourite music.



Travel

Inter-railing Adventures in Amsterdam

Keira Maher

In the first issue of An Focal, I wrote about my trip to Krakow. Here, details of my summer of inter-railing continues.

Heads fresh from Brussels, Amsterdam was the next stop on our tour. Excited and nervous all at once we couldn't wait to get there. When we did eventually get there, we had to go to the international office to reserve our seats for our next train journey to Berlin. Then we had to find out how to get the tram. I was confused as hell, all of this detailed planning was hard but we eventually got there. Our hearts were full of pride when we passed an Irish bar called "The Irish Pub", how original! Stepping off the tram was an experience... not because I haven't stepped off a tram before but because the smell of weed hit me like a ton of bricks. Everybody was smoking it. Perhaps that was why people seemed so calm and relaxed. When I'd pictured Amsterdam I imagined it was going to be a constant college party but amazingly it offered much more than that. We stayed in the very compact Mannix Hotel, which

was really more of a hostel. Our room had three bunk beds all cramped into one tiny space. A word of warning for those considering inter-railing: you wouldn't want to be claustrophobic. That evening we got ready for our first night out on our trip, a pub crawl. I forget what the name of the pub crawl was and to be honest I do not know how I remembered any of it as free shots and drinks were thrown at us. We met loads of internationals, especially Australians and Americans. With six bars and a night club, I don't know how we did it but we were committed to having a good time! The next day we went to the incredible Anne Frank museum. It was really touching and the house is a must see. We went to the flower markets and, of course, we had to visit the infamous Red Light District. I didn't know what to make of it, seeing prostitutes like that was a very surreal experience for a group of Irish students. You might think Amsterdam is simply all drugs and sex but there's more to the city than that, the flower markets are a beautiful sight and the Anne Frank museum will make an impact on anyone. There's plenty for everyone to do in Amsterdam, the place is a college student's dream.



Amsterdam bridge at night

A Grad Down Under

Sinead Keane

I certainly picked a great weekend to arrive in Australia.

The first weekend in October is always a frenzy of activity in every home in the country.

The reason? The big Aussie Rules football final. Football is the single biggest obsession in Australian hearts and minds; every single person has their favourite team, their favourite player, their own passion for the game. Even the Irish who have come over here have chosen their own team to cheer for.

The excitement builds all the way through the season and no matter which teams are in the final, the country comes to a standstill for those

two vital hours while history is made. I've never been terribly interested in sport, I've never even been to a GAA match! But even I found myself thrust into the centre of the craze last weekend. Barely over my jetlag, I ended up watching the final at a huge house party with screaming jumping fans and an excess of alcohol.

To say Australians are obsessed is an understatement. It's a religion; the passion for your own team is unwieldy and overwhelming.

There is no such thing as a second team or a general affection for Aussie Rules. Your team is your team; you were born into it. And those born into the Geelong Cats team were in for a fantastic weekend last Saturday.

The media coverage around the final is bordering on ridiculous. The week before you are bombarded with tv



The Geelong Cats team celebrate their victory

shows, newspaper articles and radio updates on every aspect of the game. Then the day before the game both teams are paraded like gods through Melbourne city towards the stadium in front of tens of thousands of people. There is no escaping the frenzy.

Even now, three days after the match,

analysis and commentaries are still blaring out from our tvs and radios, and there is no sign of it stopping anytime soon! I don't remember hysteria like this about Irish sport. Even rugby doesn't occupy every citizen's mind for days at a time. I must admit it is a little overwhelming but it is all

in good spirits and I thoroughly enjoyed myself all weekend.

One thing is for sure; I will certainly have to work a little bit harder on my passion for footy to match that of real Australians. At least I have a whole year to work on it!

Co-op in AOIFE

Caitriona Ní Chadhain

The office has become a multi-cultural establishment since my last Co-Op diary with the introduction of three Italian interns. I'll be living as well as working with them for the next few months up to Christmas.

Picking up on a good bit of Italian so far and the fact that they love to cook is another big plus!

Ballinasloe Life magazine came out last week so we spent the Friday morning delivering door to door. Plenty of disgruntled dogs snapping at our heels and the rain pouring down kept us on our toes!

I had my Coop visit later that day with one of the Journalism lecturers.

I was able to show her my first copy of the magazine and she seemed pretty impressed by the work I had done.

My boss had asked me to do out a work plan of all I had done in the first six weeks, this came in pretty handy for the Coop visit and gave me something definitive to show on the day.

It's a good idea to keep something like this, if I didn't have it I probably would have forgotten to mention a lot of things.

The rain and the wind have been doing their darndest to sweep myself and the Italians from our bikes for the past week.

We've trucked on through and have so far resisted the urge to call for taxis. It's roughly a four-mile

journey each way in and out to the office every day. A bit of a trek and this being the week of the Ballinasloe Horse Fair, it's been an experience to say the least getting to and from work every day!

Apart from that I've been sending out plenty of press releases for AOIFE (Association of Irish Festival Events) and doing my best to keep on top of everything.

My to-do list is getting bigger every week while the days are getting shorter!

Travel

Erasmus in Budapest

Darragh Roche

IRELAND may not lead the world in many things but when it comes to talking, we top the table.

Foreign friends have marvelled at the mental and verbal acrobatics needed to keep up with Irish conversations, as they flow from subject to tenuously related subject with impressive ease.

'The banter' is as much a part of Irishness as lake isles, craic and Eurovision. In this respect, Hungary is like another world.

The Hungarians I've met are many things: they are polite and helpful, they are dog lovers, they are loungers, they shamelessly indulge in PDAs and they drive like lunatics. But they aren't chatty. Hungarians go to coffee shops to do paperwork or read newspapers. Even in a busy lunch hour, the noise never rises above a low murmur. On a packed metro in rush hour the only speaking comes from the automated message.

I have a lecturer from England who sometimes tries desperately to make our class a friendly chat; her anecdotes and asides fall on deaf ears. These are good people, but they have yet to discover 'the banter'. The dominant feeling in Budapest is one of languor. Lounging seems to be an institution. Nowhere is this better expressed than at the National Museum. The grounds of this neo-classical fortress are open to all, free of charge.

Benches surround statues and busts of great Hungarians while the many tall trees, horse chestnuts, willows and oaks, shade the visitors from a beaming sun. People litter the steps leading up to the grand entrance of the museum. And there are cats. I saw five cats, three of them jet black, just lying under bushes and trees. Do they live here? Are the cats just an unremarkable reality of the National Museum? I'm afraid to ask in case it's culturally sensitive. On this same street is my host university. Again, giant trees shade wrought-iron benches while the stone faces of



The National Museum in Budapest

the university's favourite sons look stoically on. It's a bit like Trinity College in Dublin, except it looks less like a prison when the gates are closed. Nobel Prize winning physicists, poets and politicians have all studied here, including the current prime minister and two former presidents, among others. Given this illustrious lineage, I may

unwittingly be sitting with Hungary's future leaders. The time to ingratiate myself is now. As ever, I'm following the news from home.

As Ireland descends into what looks like the most unpredictable presidential election in history, I can only look on and cross my fingers. Ireland will have changed by the time I get back. My

short time here has given me a different perspective on home, with all its faults and foibles. Being on the outside looking in has its advantages and though I may be far away in another country, in a city most Irish people have never seen, I'm still watching with bated breath. I hope I'll find my country as delightful as I find this one.

London: A Diverse Destination

Róisín Delaney

WHEN most people hear of London they immediately think of next year's Olympic Games, the Royal Family or the recent UK Riots. However, on my recent visit to the city I discovered there is much more to Britain's largest city.

Landing in Heathrow Terminal 1, you face a 15 minute walk to get to the closest underground station. The Piccadilly line, transferring the population of Dublin a day, is never a quiet or air conditioned journey to central London. Still, the impeccably fast train delivers passengers to central London in half an hour.

My 4-day trip to London was with UL's Journalism Society. The Society was privileged to take a once off tour of Sky Studios. We also met Rachel Weiss, an Irish born Sky Sports broadcaster. The BBC was next on our list, however after seeing the behind the scenes of Sky Studios the state-owned broadcaster couldn't compare.

Travelling to London in the autumn is a wise choice. Firstly, the streets, hotels and restaurants are less crowded as this is the off-peak season. Secondly, for those interested in shopping, try to visit Oxford Street in the evening time as the majority of shops stay open until 10 o'clock during the week. To keep the shoppers' momentum going, visit the Westfield Shopping Centre in West London for all the brands that are hard to come by at home. Travelling from Kensington to Camden by Tube, we saw all the cultures of London. I was pleasantly surprised to find that every person we met was extremely kind and helpful, especially the people working in the underground stations.

The climate of southeast England is idyllic for Irish people. The sun was beaming down on tourists and residents alike with Hyde Park full of people sunbathing in October, a sight that we Irish will never witness in St.

Stephen's Green. To take advantage of the weather and the lifestyle London has to offer, travelling fifty minutes with Aer Lingus is not a hard effort to see the sun.

Socialising with friends could never be easier. Central London has thousands of bars. Some close at midnight, while others continue on until 3am. There is a large scale of competition between nightclubs, especially in the bustling area of Leicester Square, delivering great promotion deals to socialites.

Despite the upcoming Olympic Games next summer, the recent looting and the wedding of the century, the streets of London has much more to offer. Take the advice of someone who has definitely caught the travelling bug, London has so much to offer that it could be anyone's favourite destination.



London at night

Erasmus in Spain

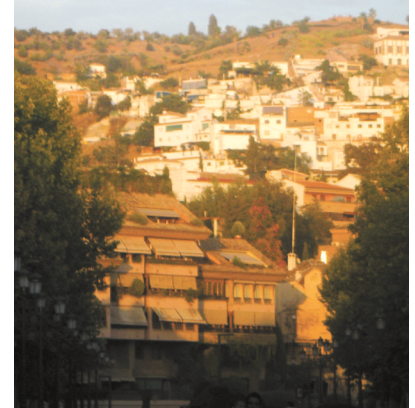
Alana Walsh

THE Erasmus adventures (or misadventures, more appropriately) have continued in Granada.

One of the highlights of the past week was a Sunday trip to the beach with the majority of the UL group here. We successfully got the bus to a beach located an hour away from the city, the weather was gorgeous, the water was beautiful and clear and a lovely day was had until it became apparent most of our group had received a scalding! Bless us Irish, one girl wore factor 50 and she is still applying after-sun in copious amounts to try and avoid peeling. A recent low point was a terrifying encounter with a cockroach in my room, dear God those things are nasty looking. I got a chest infection last week and had to go to the doctor here. The whole visit was conducted through Spanish so I now have a thorough knowledge of some medical terms. I left with a prescription and a sense of accomplishment. I have to say, the European Health Insurance Card is a handy asset when you get sick abroad, there was no hope I would have been seen to had I not produced mine considering I had not registered with a local medical centre. Classes are proving to be difficult, the first lecture I attended was a medieval history module, it was a horrendous two hours long and might as well have been in double Dutch. Currently there is a rather big sense of disillusionment amongst the group, university here is very different to home but here is to hoping we find our feet and Spanish tongues soon. I have signed up for Spanish as a Foreign Language course with the Modern Language Centre here, my time slot is 8.30am to 11.30am on a Tuesday and Thursday, delightful eh?

College here starts as early as the ungodly hour of eight thirty and given that the city is FULL of students it takes about an hour to commute to college, there's no such thing as living on campus and rolling out of bed ten minutes before your first lecture of the day. All in all the effort of getting used to here would definitely make a person nostalgic for UL. The language difference feels more like a blockade than a barrier at the moment, fingers crossed next time I write things will be looking up in that area.

"The language difference feels more like a blockade than a barrier at the moment."



Albayzin region of the city!

Advert

it's coming...
26.10.11



Clubs

ULSC Beginner's Weekend



ULSC floating just off the coast of Galway

Lauren Joslin, ULSC PRO

BEFORE choosing a destination for our beginner's weekend, there were a number of factors to be taken into consideration. Our first task was to find somewhere that was suitable for sailors of all levels as we brought those who had never set foot aboard a humble Topaz as well as the more experienced sailors, for whom these types of weekends have become a regular occurrence during their time at university. Secondly (or perhaps more importantly, depending on your viewpoint!) we had to find somewhere with the sort of nightlife that Ireland is famous for. Of course, where better than Galway city to give our beginners their first taste of the ULSC way of life?!

So on Friday the 24th October 15 of us went West for what promised to be an exciting and hectic weekend (and it is safe to say Galway didn't disappoint!).

That evening we experienced a lot of what the city had to offer, from quaint pubs to buzzing music venues. Saturday morning we took to the water and enjoyed a great day of sailing and by the afternoon those who had never sailed before were soon familiar with all the basics. Despite the apparent tiredness invoked by the day's activities we couldn't pass up the clear opportunity of another night out in Galway (although this did not last very long given the severe fatigue brought on by 8+ hours of great sailing). Sunday dawned and we headed off for another few hours sailing before packing up the UL Wolves jeep and heading home, stopping off at the famous Cliffs of Moher; a stop most appreciated by some of our International beginners. A great weekend enjoyed by all who attended. ULSC gained some great new members and it would be hoped some great new friends!

Are we human? Or are we bouncers?

Gráinne Ní Hódhráin,
Trampolining PRO

Over the half way mark and the trampoline club are looking forward to another whirlwind few weeks to finish out the semester in style.

Basking in the glory of setting a new world record, the Trampoline Club began the semester on a high and sought to continue the fun filled activities that made last year such an unprecedented success. ULTGC are all set to host the Halloween late bar in the stable on the Thursday of Week 8 giving the entire campus a chance to do the monster mash tramp style. Face painting, games, promotions and prizes for the best dressed on the night.

Tickets are just €5 and available from committee members who will be floating around in week 8 or on the door on the night. The festivities won't finish there for our distinguished athletes! The provincial Munster Open Competition, founded two years ago by the club, will take place on Friday and Saturday in the PESS building. The new competition was brought about to provide newbies and old faces alike with a chance to practice new routines in a comfortable environment before the pressure of a bigger stage. It also helps people get better acquainted with our neighbour committee and competitors alike. The event is of further benefit to

the club as it allows our newly qualified judges and coaches a chance to prove their skills and gain some experience before being thrown to the wolves at Intervarsities at the end of November.

With nights out organised for both the Friday and Saturday nights we look forward to showing the Corkonians what Limerick city is all about, and for the first time in the Competition, the Queens tramps. Anticipation for Varsities, being held in UCC, is mounting with so much fresh talent

having caught the bouncy bug! We hope this year will replay the glory of 2009 when we brought home the Shield, defeating six other Universities to the title. For anyone who is interested but hasn't signed up or made it to a training session yet, it isn't too late; there's still plenty of time to get some moves together in time for Varsities. Check us out on Facebook for full information on training times or drop us an e-mail at ultrampolining@gmail.com



Crazy antics from the UL Tramps!

Find your limits. Then break them.

Hi, I'm Neal (aka Bubbles), and I take part in some of the clubs and societies on campus. Now let me start off by explaining something...

I AM LAZY. I'm a gamer, I play a bit of everything and thus don't get up to much physical activity other than walking to and from the college.

I consider myself a tad overweight or at least more overweight than I'd prefer. I'm not very flexible either which can be a major bummer.

Thankfully, I had the right mind to give Parkour UL a try and I'm getting more out of it than I expected. For this I'm very grateful and am looking forward to seeing how much I will improve throughout the year.

When I started 3 weeks ago I only had a rough idea of what was involved in Parkour and had no idea how difficult it could be for someone as unfit as myself. It really isn't just simply learning how to do big jumps.

It really is intensive training, I found it more effective than going to the gym. The main difference is instead of using weights and equipment you are just using your own body to it's max... finding your limit then breaking through it. It really is more about discipline and improvement to things like balance, endurance,

flexibility and stamina. Also everyone is so helpful and very encouraging. They are all sound and now I consider them good friends. Like I said, I'm only 3 weeks in, but I'm already seeing results. I knew that I would see results eventually after I experienced the first training session, but did not expect things to improve so fast. I'm delighted!

On day one I could only precision jump up 2 steps on the stairs, now that's improved to 4, almost 5. Before I could only jump 4 feet, now it's 7. I can keep up with the training itself for longer without getting completely out of breath and needing a drink of water. And speaking of water, I'm drinking a lot more of it and managed to cut out sugary drinks (Oh how I miss them so!) so I'm actually saving money in the process too.

Another way parkour has surprised me is that now I just wanna train and practice more as opposed to playing games. Anywhere I can when walking somewhere I try balancing on narrow walls and rails.

I run around a bit more. I do stretches if I'm standing still for too long. I'm able to jump further and higher, with more confidence.

I can do all the cool jumps from wall to wall, running and climbing... they are all just neat perks you become capable of as you get stronger, healthier, faster and tougher.

I can't wait to see how I am a month from now, probably be down a shirt size or two!

Clubs

Windsurfing the West Coast



Gerald Flynn

The windsurfing club has had its first trip and fundraiser (our beach party) of the semester and both were a complete success. The Trip, which took place last weekend in our usual haunt, Castlegregory Co Kerry, had a mix of Irish, American, Scandinavian, French (Oui oui), German, and Dutch members. The meet and greet took place on Friday night where everyone decided to put their boxing skills to the test on the hostels very own punch-o-meter. First up for the lads was the French windsurfer Maxime who managed to get a whopping 780, next was America's very own Chris Dulis who managed an 820+, but in the lead was our driver and Irish born Paul Austin who scored an 870. Several girls had a go too; Anna from Sweden hit somewhere in the 400's, our own captain Emily O'Grady scored a ladies 370. The competition was finished by Finland's own Kati who silenced the lads with a score of 805. The next day everyone hit the beach and took to windsurfing like ducks to water. The wind was perfect for a beginner's session as was the sun

for those who came in off the water for a short break. It's safe to say everyone got a bit of colour that weekend. A failed attempt at a bon fire that night due to high winds didn't dull the spirits of the troop, instead strengthened their resolve to perseverer onto the house where some of our past members were doing some late night Irish dancing. The sun was out in full the following day giving everyone a tan as the sailed along Scraggane bay. The buses and vans were quiet on the way back home as everyone was exhausted from the weekend's activities. All that activity resulted in a brief reunion in the lodge as the infamous beach party was held to raise money for the club. Help came from all members to make was one of our best beach parties yet. Right now we are trying to think of some new themes, Pirate, Zombie surfer (for halloween) let us hear your suggestions on facebook just google "ulwc" and you'll find us. Or e-mail on: ulwc.committee@gmail.com



The UL Rowers on their Killarney trip

UL Rowing Club: Run Series and Killarney Trip

Nicola Griffin

The weather Gods were looking down on us for the first of this year's Winter Run Series last Thursday night. We were delighted to see over 120 people flock to the Boathouse to take part in the first of the three 5k runs of the series. The runners drew plenty of attention as they ran around the UL campus! Well done to everyone who took part. Results are available at www.ulrowing.com/winterrunseries. Apologies to those whose time was missed due to bunch arrivals on the line. A video camera will be in place in future to solve this problem. The Series continues this Thursday 6th October with another 5k run. Registration

begins at 6.30pm at UL Boathouse, with the race starting at 7pm. To get to UL Boathouse, enter the main gates of UL, at the first roundabout take the first exit, and the next roundabout take the first exit again. Continue straight on until you meet the river.

Entry is E5 or E3 for students. Prizes will be given for best overall male and female at the end of the Series.

Killarney Trip

Over forty rowers set off for Killarney bright and early Saturday morning for the first of this year's trips. After everyone had a sleep on the bus, we set off on boats across the Lakes of Killarney from

Ross Castle to Muckross House. From there, we headed up to Torc Waterfall and then continued to the top of Torc Mountain. It was a challenging hike, but the end result was well worth it. After showers and food, we headed out to experience the Killarney nightlife, which everyone seemed to enjoy! It was a great opportunity for the new rowers to get to know each other and also the senior members. Fundraising is now beginning for ULRC Race Night, which is being held in the Stables on Tuesday Week 7. More details can be found on Facebook by searching for ULRC Race Night.

The UL Ninjas Spirit Soars



The UL Ninja's celebrating at the Galway Open

Áine O'Donnell, PRO

For the first time since Ultimate came to UL, the Ninjas had more than one team entered into an Open tournament. An incredible number of 52 players turned out in force for the team's first tournament of the semester, the Galway Open. These 52 were then divided into 3 teams: UL1, UL2 and UL3.

The first team consisted of mainly experienced players and a few newer members who have shown exceptional progress in recent training sessions. UL2 and UL3 were made up of our new players who have spent the last few weeks coming to terms with the basics of the sport. Daragh Kelleher (head coach) commented on the progress the two teams made over the weekends expressing his delight at their improvement in such a short period of time. While this year the ninjas plan to take Intervarsity's, our focus for the Galway open tournament was upon

our beginner's experiencing their first Ultimate tournament. The tournament kicked off early Saturday morning and all of our players were eager to get their turn on the pitch.

UL1 began placed in the top seeded while UL2 and UL3 began in the second group seeding. Hopes were high approaching the end of the day, with captain of the first team Patrick Moran every bit convinced that UL could finish within the top four. Meanwhile UL2 and UL3 were determined to play some solid Ultimate. The two teams met in two relatively competitive but extremely enjoyable matches, with both the second and third team determined to outdo the other. Each team certainly put their best foot forward and for people who have only been playing Ultimate for little over a month the experienced players of UL were certainly made to acknowledge the improvement of each

individual that weekend. One might go as far as to suggest that the UL's experienced players may want to watch their backs and step up their game given the rate some of our new players are advancing!

The open trophy was not the only prize on offer that weekend. Ultimate is not just about the sport, the spirit of the game is equally if not more important. Not only is there a trophy for first place but also a reward for the most spirited team. While the UL Ninjas did not manage to clinch first place in the overall rankings, something equally fulfilling happened that weekend. Not only did we run away with the Spirit prize, the three Ninja's teams finished first, second AND third in the final tally of Spirit scores. An amazing feat, made even more extraordinary by the fact that UL2 and UL3 players had never previously participated in a single

tournament and it was our rookie team UL2 who were deemed most spirited.

When asked to comment on how he felt the three teams had performed that weekend, UL1's Team Captain "The Pa" Moran replied: "Our rookie players in particular did themselves proud. Each of them played at a level so far beyond their level of experience would suggest. This has put down a serious marker for the future of UL Ultimate."

UL ultimate has certainly shown significant progress since even just last year when the Ninja's finished in their highest ranking in Intervarsity's to date. The results of this tournament and its meaning for the future and progress of Ultimate in UL is certainly significant. This year has already seen a lot of old records broken and new records set and even just this semester the Ninjas have experienced many firsts, first time having more than one team, the

first ladies team and first time winning spirit at a tournament. Hopefully this series of increasingly good fortune will continue and extend to another first and the Ninja's claiming the honor of first place at this year's Intervarsity. A goal that seems to be coming more and more viable as each week passes. In the words of the classic Ninjas mantra: Believe It!

UL1 MVP: Conor Carey
UL2 MVP: James Moore
UL3 MVP:
Takahiro Iwasaki (Rookie)

Details of each match can be acquired by E-Mailing us directly at ulnjinjas@gmail.com. For information regarding the history of the Ninjas, previous tournaments or training times please do not hesitate to visit us at our website at www.ulnjinjas.com

UL Ladies Hockey Club Report

Sorcha Carey

It has kicked off to a great start! Division one travelled to Cork to play Harlequins, who ranked 2nd place in the league last year, and came home with a victory of 2-1.

Although 1st half left them 1-0 down from a short corner in the last 2 minutes, they triumphed to a great win during the 2nd half. 2 goals were scored from play by Sorcha Carey, with help from mid-fielders Elaine Breen, Eadaoin Moore and captain Stephanie Peters. The last 2 minutes of the game Harlequins were rewarded a penalty flick, which left the UL ladies thinking that they were

going home with a draw. But legendary goalie Elaine O'Flynn knocked the ball straight back out before it got a chance to hit the backboard, keeping the score at 2-1.

Next week they will travel to Cork again to play Bandon, who ranked 4th place in the league. This will should be fun for Rachelle Nyhan, since she transferred from Bandon to UL his year. This game should be an interesting one because both teams have as much of a chance as the other.

Great excitement is evident amongst the girls as they wait for Irish Coaches, Paul Revington (Irish Senior Men) and Gene Muller (Irish Senior women) to train with them on the 4th of October. This is a huge privilege for the girls.

Paul coached South Africa men at the Athens Olympics and World Cup in 2006! Gene coached South Africa women in 2000 Sydney Olympics. He also coached Canada men!

What's better news is that all ladies hockey players are welcome to join for that session, whether you play with UL, with another club or haven't played in a while. This is once in a lifetime opportunity for some, so don't miss it! Anyone who wishes to participate can come along on the 4th of October at 6.15 and bring 5 euro!

Keep an eye out for details on their Interfaculty tournament which they are organising to take place next month! Great fun to be had!

UL Athletics Leg Wax Fundraising Drive

Kevin Moore, UL Athletics PRO

THE male members of UL Athletics will soon be testing their pain threshold at the hands of their female counterparts. The club are beginning a fundraising drive which will conclude with a leg wax at pm on Wednesday October 26, in the Arena Sports Bar. Our fundraising officer Diarmuid Crowley has done a great job in organising this event. On the night there will be free finger food and €3 drinks all night in the bar followed by a club night out.

This year we have decided to reduce the number of fundraising events. By doing this we can ensure we do these events better and make it a more successful event for the club. Fundraising is a fundamental part of any club or society to ensure its future sustainability and help from all members and non members will be very much appreciated. The club will

soon be releasing the names of the boys that want to donate their legs, chests, buttocks, feet etc. to the waxing cause and go down in history as martyrs of the UL Athletics Club!

Girl members, you will play your vital part by being the delightful wax-ladies on the night, I'm sure there will plenty of volunteers for that! So please, whether you plan to be a waxer, a waxee, a spectator or just a supporter - please try to do your bit to help raise money for the athletics club as it is such an important part of its development and hope to see all on the night. Check out ulathletics.webs.com and facebook.com/ULAthletics for updates.

Socs

Journalism Society takes London by Storm

Robert McNamara,
PRO UL Journalism Society

IN the space of five days, the Journalism Society of UL infiltrated three of the largest news corporations in the world, putting in place relations that will serve to benefit and enhance the experience of future members. The Times, the BBC, Sky News and Sky Sports News were all visited in a trip that was a once in a lifetime opportunity for those who were lucky enough to travel on the society's inaugural trip.

At the Times we were greeted by one of the most prominent sports journalist in Britain, Tony Evans, Football Editor of the award winning paper. Mr Evans time was at a premium as he was putting together the sports pages for Monday's edition of the Times. Yet still, he was good humoured, patient, accommodating and completely down to earth despite his lofty post and evident talent as a writer.

At the Beeb, we got to see how the broadcasting giant operates its programme schedule around the world and provides a news service that dwarfs any other media outlet there is in sheer size. The best part of the trip was yet to come. Rachel Wyse, the only Irish

presenter on Sky Sports News met us for a chat and took us into the studio where it was a privilege to watch a live broadcast being put out. It was surreal to see ourselves on the studio monitors passing behind the presenters who were oblivious to our presence.

It was down to the sheer cheek of Co-chairman Gary Whelan, who organised the trip, that we were given the access all areas treatment at Sky, an organisation that normally do not sanction tours. Rob Kirk, Senior News Editor at Sky News kindly granted us entry to the Sky campus, at Osterley in South-West London, because of a nostalgic fondness for Limerick. Mr Kirk had spent time in the city in the early part of the last decade when he was working on the Irish version of Sky News. I commented to Mr Kirk that Limerick must have seemed quite small and parochial in comparison to London and the huge city like campus that Sky is situated on. For a moment, Mr Kirk paused and replied, "I quite liked Limerick and after all, London is not the world." For five days, it sure felt like it was to us.



UL Journalism Society with honorary president Rob Kirk, former Senior News Editor at Sky News.
Image: Darren Mulryan

The Abortion Debate

Brian O'Connor

ABORTION, the ever contentious issue, was the topic of debate last Thursday.

Featuring guest speakers, including Professor William Binchy of TCD and Malachi O'Doherty of QUB.

First to speak was David Hugh Hartery of UL Deb U. Hartery asked the audience to consider women's independent choice to have or not have an abortion.

He stated that consent was a major issue in deciding that choice. David argued that state morality had no business in interfering with the individual choice of a female. Particularly in rape cases, he added, the female did not consent to sexual activity and did not consent to pregnancy. One of the speakers that opposed the motion

was Professor William Binchy, of Trinity College Dublin. He described humanities values and beliefs as cores to mutual interdependence. William cited four studies that showed an increase in mental illness, substance abuse and suicide of women who have had abortions. Contributing to the proposing argument was Malachi O'Doherty, Writer in Residence at Queens University Belfast.

O'Doherty asked if the state and the institution of law had any right to tell us how to act.

Speaking against the motion was Stephan Brady of Youth Defence. Stephen cited profit figures of \$1 Billion annually for the US abortion industry. He stated that in Britain selective abortion occurs with the rejection of Down syndrome foetuses.

Brady provided a figure of 1 Billion abortions carried out in the last 20 years. Next on the podium and for the motion was Muireann O'Dwyer of the NUIG Lit&Deb. She stated that society is failing Irish women, with five thousand travelling abroad each year for abortions. O'Dwyer questioned state control of choice, and reminded the audience of state involvement at the Magdalene Laundries.

Concluding the debate Michelle Coyle, UL Deb U, spoke against the motion. She told the audience that there was no agreement on the time when life begins in the womb. Michelle stated that Ireland does not have a death penalty and asked why it should have abortion. A vote was taken and the proposing motion "Should Ireland reconsider its position on abortion" carried.

UL Photo Society

Nadine Delaney, Photo Soc PRO

The UL photo Society have been excitedly braving all nature has to offer.

On September 18, members travelled to the Burren, Co. Clare to catch the sunset among the wildlife in the Burren National Park.

The weather bore no effect for the lucky few who signed up for our first Photo Soc trip.

We left UL at 9am and arrived at the Poul nabrone dolmen, a megalithic tomb, which was our first stop around 11am. We were quite fortunate with

the weather to begin with and got nice sunny spells. The rest of the day included a scenic drive along the West coast of County Clare, famous for its limestone rocks, lunch in colourful Doolin, a stop in Ailladie where we met a few dozens of OPC enthusiasts and a final stop at the impressive Cliffs of Moher for more photo opportunities.

We also had our first fundraiser of the semester. We would like to thank everyone that turned out for our table quiz on October 5 in The Arena Sports Club. A full house made way for a great night and a quality competition between all tables involved as they battled on areas such as general knowledge and photo trivia rounds.

A huge thank you is extended to all of our sponsors of the winning prizes and spot prizes for our raffle: The Arena Sports Club, Canon, Aidan Lynch, Liam Wallace Butchers, O2 Wireless Commercial, O'Mahony's Bookshop, Storm Cinema's Castletroy, Next Door Off Licence Groody and Medicare Castletroy.

Apart from trips away, Photo soc actively run competitions and workshops throughout the years that are free or discounted for members.

Currently running is a portrait competition for high resolution photo's only (i.e. no camera phones accepted). Photoshop sessions are currently ongoing every Monday and will be for the next 5 weeks.

Our Halloween and Christmas family portrait shoots are coming up and are currently being organised.

The Halloween photo shoot is for kids in Halloween costume and will have a Halloween themed backdrop while the Christmas family portrait session will be a more traditional family portrait setup. Details regarding price and times for these events can be found on the photo soc website <http://photo.ul.ie>

For more information on these competitions and on membership (no its not too late to join!!) Please visit the photo soc website at <http://photo.ul.ie/>.

Membership will allow you to attend workshops for free or at a discounted rate, to borrow photographic equipment and also offers you opportunities to cover UL events.

UL ZOMBIE WALK
WEDNESDAY WEEK 8
5PM @ MILLSTREAM
COURTYARD



ULFORUMSOC@GMAIL.COM

Socs

UL Development Society wants YOU!

Clíodhna Cotter, UL DevSoc PRO

Want to get involved and volunteer? Don't know where to start? Why not join the Development Society!

Some of you may be wondering what the DevSoc is so I'll give you a quick sum up of what we're all about. Our main aim is to raise awareness about development issues, human rights and global justice. We encourage members to actively contribute to the local and global community by volunteering, organising events or getting involved

in one of our working groups: Kive (Microfinance), Fairtrade and Amnesty International (human rights).

This year we're really trying to focus on getting out there, getting involved and volunteering. We are also organising a volunteering trip abroad for next summer! If you are interested in global issues (or if you're clueless and want to learn more) and you want to get involved with volunteering, then this is the society for you. As we're all settling back into the swing of things it's now time for the societies to really start doing their thing. The

Development Society is all hustle and bustle at the moment as we prepare for our first fundraiser of the year, a clothes swap! Personally, I think it's a genius idea. Not only is it motivation to tackle that wardrobe full of clothes (half of which are never worn) but also you're getting new clothes just for doing it! As part of our Amnesty International workgroup, we're organising a Mad Hatters tea party in the next few weeks. During this event we'll tackle serious issues of mental health while also having a bit of fun. All proceeds will go towards helping people suffering from

mental health problems. We'll also be attending the Amnesty International Intersocieties in Dublin from the 4th-6th of November. The price is €20, which includes all the talks, food and accommodation. We'll organise cheap transport for the trip too!

If you've any ideas/questions feel free to drop us an email on uldevsoc@gmail.com, or leave us a comment on Facebook at 'UL Development Society'. If you want to get involved we meet every Monday at 6pm in B1005. Look forward to seeing some of you soon!

UL DebU reaches final of Edinburgh cup and hosts Pro-Am competition for new debaters

Evana Downes

UL Debating Union wishes to congratulate David Hartery who reached the final of the Edinburgh Cup last weekend.

Despite losing the final on the motion "THB the world was safer during the Cold War", UL Debating Union managed the feat of reaching 2 Scottish debating finals in a row.

In addition to the success of our established speakers, the Union would like to congratulate all new speakers who participated in the initial rounds of this year's Pro-Am competition at 7pm on Thursday, 6 October in B1023 (the Jonathon Swift lecture theatre) and C1060.

The competition, sponsored by McMahon O'Brien Solicitors, aims to introduce new debaters (the 'Ams') to debate formats and competition techniques in a relaxed environment by pairing them with more experienced members of DebU (the 'Pros').

As in most debates, teams speaking in proposition/opposition to the motion are picked at random, and a preparation time of fifteen minutes is allowed as soon as the motion is announced.

After this time, the debate begins. Speeches are seven minutes long, with the first and last minutes being 'protected time' during which an opposing debater cannot offer points of information to the speaker.

Congratulations are offered to Michelle Coyle and Katie Alice Murphy, David Hartery and Keith Francis, Stephen Egan and Declan Mills and Anthony Kennelly and Sarah Guerin, all of whom have qualified for the final stage of the competition.

The final round will take place at 7pm on Thursday, 20 October in B1023 (the Jonathon Swift lecture theatre) and will be followed by an EGM during which a number of committee positions will be filled. Members and non-members alike are very welcome to attend on the night.



Members of UL Dev Soc

Oh the Drama!

Jennifer Armstrong

If you've been thinking about joining UL Drama, or simply just trying your hand at something new, then be assured, it's not too late!

It's been a busy semester already what with weekly workshops, a mystery tour, a trip to the Loft to

see some fantastic plays and two major productions in rehearsals for November! However, we still have plenty more to offer with Wednesday workshops getting bigger and bigger, more trips in the pipelines and also improvisation workshops on the way. Next semester will also aim to accommodate more major productions and opportunities will be open for anyone who has a script they'd like to direct or even an original piece they'd like to try produce.

Drama's possibly the best way to meet some great new folk and broaden your theatrical horizons. With coop in the future for many students, it's a great thing to have some experience in, and not only that but it will be

invaluable in building confidence when it comes to interview time! If you're still not convinced, come along to a workshop and try it out, you never

know what you're good at until you give it a chance. Workshops, if you're so inclined, are every Wednesday at 6.30 in the Jonathan Swift Theatre (B1023), and are conveniently free with your society membership!

For more details on scripts and plays contact productions@uldrama.ie and for any other info in general throw us a line at info@uldrama.ie.

We'd be more than happy to answer any queries, questions or concerns... and life problems... we do great with the life problems.



Focal ón Eagraitheoir

Féilim Ó Flatharta

GO raibh maith agat do gach duine a thug cúnamh dom leis an eagrán deireadh.



Bhí cúpla botún ann, ní mé a scríobh an alt “An bhfuil na jacks ar ais”, scríobh Seán mac Donnacha é sin agus freisin sé Tómas Ó háilín a scríobh an alt “cluiche ceannais peil na mban”.

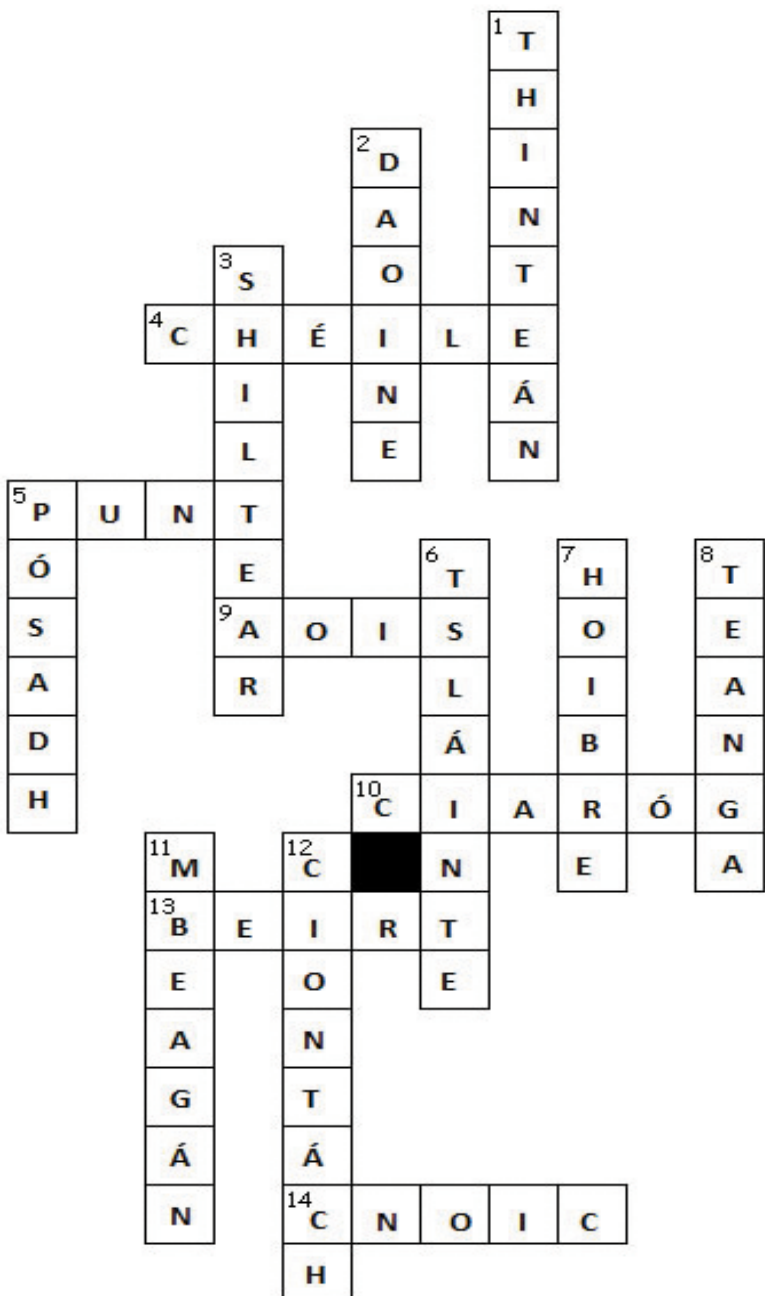
Tá brón orm faoin mbotún sin bhí easpa cumarsáid ann. Céard atá suas le Facebook le déanaí.

Gach lá a bhíonn mé air bíonn rud éigin nua ann nó bealach níos fearr chun comhrá a dhéanamh le do chairde. Tá Facebook níos measa ná bean ag fáil réidh le dul amach, ag athrú agus ag athrú agus ag fáil ar nerves gach duine, sin é facebook anois.

Tá na sean laethanta maith imithe nuair a bhí tú in ann dul air agus chraic a bheith agat, anois tagann pop up mór, an bhfuil tú ag iarraidh facebook mobile” nó rud éigin mar sin. Ach rud maith faoi Facebook

ná go bhfuil sé I ngaeilge, ach ní le shin a rá go bhfuil muid speisialta mar tá Facebook ar fáil I dtimpeall céad teanga. Ach fós tá sé go maith go bhfuil ar có chéim leis an chuid eile don domhain. Coinnigh bhfuair altanna ag teacht.

Freagraí Crosfhocal



Croich do phionta do Arthur

Ciaran Darcy

Tá sé a sé a chlog ar an 22ú lá de Meán Fomhair agus tá an chuid is mo de na daoine san ollscoil istigh sna stables nó ceann dena lithe tábhairne timpeall an chathair ag chur pionsa sa spéir do ‘Arthur’!



Ach nílím mar pháirt lucht leanúna don “black stuff” mar sin rinne mé rud éagsúla an lá Arthur seo. Chuaigh mé go dtí an chathair go dtí ceann amháin dena ceolchoirm a bhí ar siúl timpeall na tíre i gcomhair an lá. Thosnaigh an ceolchoirm lé Sharon Shannon ceoltoir iontach lé cailín na Gailimhe mar croi an leagan (mar sé an t-aon amhrán a bhí ar eolas agam agus an chuid is mo de daoine a bhí ann).

Tar eis é sin bhí ‘Royseven’ grúpa rock gealladh a bhí den chineal céanna de U2 óg, ach ní raibh siad chomh maith le ‘Bono’ agus ‘The Edge’. Bhí grúpa rock eile ar an gcéim tar eis ‘Royseven’ ní raibh fhios agam an t-ainm den grúpa seo mar bhí gach daoine ag feithimh ar ‘Calvin Harris’ anois agus nuair a shíúl sé amach ar an gcéim chaill gach daoine san áit a gcuid agine.

Thosaigh an leagan le “Im not Alone” bhí gach daoine ag súil go mór le oíche

iontach leis an dj is fearr sa domhain os a gcomhair, ach ní tharla sé sin, bhris ‘turntables’ Calvin Harris ar an dára amhrán agus bhí ‘na techies’ fiche nóimead ag deisiú an fhadhb. Bhí misneach agam go mbeidh sé fós mar oíche den scoth nuair a tháinig ‘Bounce’ agus ‘Feel so close’ ar siúl

ach ní é sin an cás, dimigh Harris tar eis amhrán amháin eile mar bhí ceolchoirm eile aige in Ibiza an oíche ceanna. Ach in ainneoin leo síúd bhí oíche iontach agam ag dhéanamh rud éigin eile sseachas a bheith ag ól i gcomhar an lá ar fad.

Is ait an mac an saol

Sonny Wool

Bhí an-chaint ar Phól an t-ochtapás le linn Chraobh an Domhain sa sacar anuraidh nuair a thomhais sé na foirne a bheadh an bua acu i gcluichí éagsúla. Bhuel anois agus Craobh an Domhan sa rugbaí ar siúl sa Nua Shéalainn tá a síceach féin acu thíos ó dheas. Roghnaigh caora darb ainm “Sonny

Wool” go mbeadh an bua ag na All Blacks ar Tonga ina gcéad chluiche. Tá an caora ainmnithe i ndiaidh imreoir na All Blacks, Sonny Bill Williams. Cén chaoi ar roghnaigh sé an fhoireann bhaile? D’ith sé an féar a bhí faoi bhrat na Nua Shéalainne seachas an féar a bhí faoi bhrat Tonga. Bhí sé gléasta

i ngeansaí dubh don ócáid agus bhí an lucht féachana thar a bheith sásta leis nuair a roghnaigh sé an fhoireann bhaile. Tá seans gur ar an mbord do dhinnéar an Domhnaigh a bheadh sé dá mbeadh an rogha mícheart déanta aige.



Union

THE
PRESIDENT'S
COLUMN

Derek Daly,
President

Week 7 Already. The whole semester is flying by. Get into the Library lads, because exams are coming fast and furious. I'll be working with the Library and Security in coming weeks to try and have the hours extended at exam time. At a time of budget cuts it'll have to be smart and cost neutral, so any ideas I'm really open to! Nominations area open again for Council (closing Friday Week 7 @ 6pm) there are 18 places up for grabs. Check out the ULSU website for more information. If there are any questions or concerns please do come and talk to either myself or Róisín, our Democracy Development Officer. Much of my time has been consumed with finance over the past few weeks and that's pretty much on a sustainable footing for the moment, but it does need further scrutiny into the future and the Council restructure aims to deliver that scrutiny. Apart from all of that, my recent weekends have been consumed with my favourite hobby, canvassing. Anyone can get involved in politics at some level. Your background doesn't matter and you can choose a party for yourself, but be involved, be part of the New Ireland. You don't have to become a TD or Councillor, but have your say! As always I'm on SUPresident@ul.ie or on twitter @ah_lads

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

WELFARE
WATCH

Tara Feeney,
Welfare Officer

Good day UL! Can't believe it's week seven already, where does the time go. Hope you're all keeping well! "Mind Your Health" week has just passed. It was a great success and thanks to everyone who helped out. Hope we got the message out but more importantly that it reminded you to take care of yourself. Oh and thanks to the Welfare Bear, we couldn't have done it without you! It's especially important in these dark and dreary months to prioritize your mental wellbeing. It's just as important as your physical health. If you do just one thing, make time in the day for just you, forget about everything and everyone else and chill out for a bit. You'll be surprised of the benefits. Also, keep a caring eye out for your friends, classmates and housemates. If you notice a change in behaviour or withdrawal from college or friends, take some time to ask if everything is okay. They may just need someone who will listen. Guess what is coming next week.... SHAG Week! Woop Woop! It's going to be shagadelic, with loads of fun stuff going on. Let me know if you want to get involved! Think that's about it, Until the next An Focal, Cheerio,

Tara Feeney
DP/Welfare
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ENLIVENING
EDUCATION

Aoife Kenny,
Education Officer

Hey everyone, O my god, it's Week 7! Where has the semester gone? So, updates from the Education Office. I had the first new and improved Class Rep Training/Council in the Lodge last Wednesday that went very well so thanks to everyone involved. Along with Class reps, I had the first Coop office forum, which went extremely well that the University has actually asked me to run a number of forums per semester so that the Coop office receives feedback straight from the students rather than just emails with a number behind it. As well as sorting communication with the Coop office, I had the INMO (Irish Nurses and Midwifery Organisation) on campus talking to the First year students in the Health science building. It was a really successful afternoon and news of a student nurses protest to be held in Dublin in November but dates and other details are yet to be confirmed. So in anticipation for this I will be fundraising my little heart out so that we can get as many busloads of students up to Dublin to represent the nurses, because what will happen in 10 years' time if these pay cuts continue? And remember, be a Class rep. Laters!

Aoife Kenny
VP/Education
061 203491 | 086 043 5302

CAMPAIGNS
BRIEF

Paddy Rockett,
Campaigns and Services Officer

Mental health week has been and gone and the response, particularly online, was fantastic! But we need your feedback. Mental health is an issue that needs constant attention so we'll be making it a big deal over the year. So Halloween ya? Gonna be some craic! Keith your Ents and promotions manager has been working like a Spartan over the past few weeks for this epic night. Next week is SHAG week and boy is it gonna be FILTHY! The aim of this week is to break the taboo of silence with regard to sex. Keep an eye out for all the activities this week and be sure to grab all the free stuff. And so onto the next one MOVEMBER! I have been looking forward to this for months now and a lot of planning and preparation has gone into it. Be sure to look out for info and get ready for a long month and bringing new meaning to the term 'Tashing on' And finally, always know that we here at your Students' Union are here to advise you on Mental health, sexual health, a Halloween costume.. and everything in between.

Paddy Rockett
VP/Campaigns and Services
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sucso@ul.ie

WORDS
FROM THE
PSA

Sarah Jane Hennelly,
PSA President

Greetings Postgrads! Half way through the semester now, I hope it's going well for all of ye! Firstly, the Postgraduate Students' Association is now to be renamed The Postgraduate Students' Union! Nice eh? This was passed in our AGM in week 3, which saw the election of the new PSU Executive Committee 11/12. These include Deputy President Claire Gallery, Events Officer Chloe O'Mahony, and Tony Sheridan our Publicity Officer. Faculty Reps include Joanna McDarby for AHSS, Grainne Walshe for Science and Eng and Tony Sheridan for EHS. A great bunch, it's going to be a great year. The PSU will be hosting its Annual Halloween "Rocky Horror Picture Show" Fancy Dress Party on the October 27 in The Scholars Bar. There will be a prize for Best Dressed, with finger food, plenty of drink promos and spooky surprises in store. If it's anything like last year it's one not to be missed. Live DJ on the night, free entry, plus a free bus to Costellos after... what more could ya want? Fancy Dress is a must; get your fish-net stockings out! See you there!

Sarah Jane Hennelly
PSA President
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ULSU Elections

Derek Daly, ULSU President

So we have come to the point where the restructuring process has been approved by the AGM and it now time to act and elect a further 15 Councillors. There are 3 positions vacant from the Week 5 close of nominations.

What positions are available?

Equal Opportunities Interest Group

- Equal Opportunities Chair
- Disabilities Councillor
- Mature Students Councillor
- Home International Councillor
- Visiting International Councillor

Recreation Interest Group

- Recreation Chair
- Activities Councillor
- Entertainments Councillor
- Sports Councillor

UL Experience Interest Group

- UL Experience Chair
- Campus Facilities Councillor
- Community Councillor
- Cooperative Education Councillor
- Professional Placement Councillor
- Student Services Councillor
- Volunteering Councillor

What do you have to do?

- All members of Council are responsible to the students for the direction of the Union in terms of policy.

- Council is the body which holds elected officers and staff to account on behalf of students.

- Researching facilities and initiatives that may be of benefit to UL students

- Establishing and communicating the views of students to the relevant stakeholders within the Union and University

- Attending monthly meetings with the Chair and other Councillors in your interest group

- Addressing issues that arise with the Head of relevant services relating to your area.

- Maintaining a close working relationship with the other Councillors in your interest group and interest group Chair

- Promoting and encouraging feedback relating to your area

- Liaising with the Chair of

Council to ensure information passes to all students

- Promoting Union campaigns and engagement amongst students

- Maintaining a log of all issues arising relating to your area, their status and date of resolution to be sent to the relevant chair or officer in weeks 3, 7 and 11 of each semester, or more frequently as necessary

- Attending all scheduled Council Meetings, General Meetings and relevant Council sub-committee meetings

- Working as part of the Students' Union team to ensure the effective democracy and engagement

What's the benefit to you?

- Gaining a comprehensive understanding of how the Union and University operate

- Developing your confidence to take on important tasks

- Gaining an insight into the views and opinions of others

- Developing communications, listening, negotiating, people and other transferrable skills valued highly by employers

- Networking. You will have the opportunity to interact with the most senior staff members in the relevant departments

- **Recognition on your transcript for volunteering**

Questions can be emailed to SUElections@ul.ie or SUPresident@ul.ie

Interview

American blood, Irish soul

Respected poet speaks at UL

Jason Kennedy

RESPECTED American Poet, Ed Madden, can't become an Irish citizen. He is one generation off of being legally allowed Irish citizenship, despite spending a lot of time in the country over the past three years and becoming a research fellow in NUIG last summer.

Despite this, Mr Madden still has a special place in his heart for Ireland. He spoke to *An Focal* before a poetry reading in UL.

Mr Madden's ancestors settled in South Carolina where they turned to Protestantism, which Mr Madden said was the given thing to do at that point in time. "Irish people who emigrated to the South of America generally assimilated into their surroundings. They turned from Catholicism to Protestantism. Irish emigrants who moved to the northern areas generally stuck in their own communities and didn't really change.

"There is a lot of Irish in me though. I feel like I grew up in a 19th Century home. My Grandmother had ten children. They were eight boys and two girls and those eight boys became farmers and those two girls married farmers."

Mr Madden believes that his ancestors came from Galway, which is where he's based when he's in Ireland. He claims that Galway is one of the most beautiful places that he's been to. "I lived in Claddagh and it was totally beautiful. I loved walking up and down the canal.

One time I was walking down along it and a pheasant flew over it. I was staring at it and a man that was there just told me that it was a pheasant. He said that they tend to come out here because there are foxes on campus. It's amazing."

Despite not being based in Ireland, Mr Madden has been keeping a close eye on our news and is a big fan of some of the country's well-known artists. Mr Madden also said that he's interested in the Irish presidential election.

"I was following the David Norris campaign and I was quite interested in it. I was really sorry to see it implode that way that it did. I'm looking at Dana now too. She seems like quite the character. "One thing I also wanted to do while I was here is to take a

picture with the statue of Joe Dolan in Mullingar. He's just like the Tom Jones in Ireland. I was looking at pictures of women tossing knickers at him.

"My major dislike here is that there is nowhere in this region that can do good Mexican food. The food here is delicious though. I love oysters.

One of the best meals I've had was made here, like fresh oyster, lemon and basil leaves. It's like a little piece of ocean on your tongue."

Mr Madden was in Limerick to read from his two current poetry books 'signals' and 'Prodigal: Variations'. This is not his first time in Limerick, but there is one attraction in the city that he really wants to see. "I really

"I was following the David Norris campaign and I was quite interested in it. I was really sorry to see it implode that way that it did."

want to go to that stadium where the local team beat the New Zealand All Blacks. Thomond Park. I'd love to go to that museum and look at what it was like." Mr Madden says that his favourite thing about Ireland is the craic that can't be found anywhere else. "I really enjoy the craic and hanging out with my friends that make me laugh. It seems like everyone in the pub is your friend."

Mr Madden's poetry books are available online. His third poetry book, 'Nest' will be released in 2013.



Poet and Author, Ed Madden