



UL Kayakers Compete In The First Cork IV In Seven Years. Page 27.



The Real Reason Sexist Banter Goes Deeper Than Humour. Page 6.

THE END OF THE BEGINNING: KENNY TRIUMPHS



Image: Courtesy FG Press Office

Written by **Darragh Roche**, Deputy Editor

FINE GAEL and the Labour Party will form the next government in the Dáil tomorrow. The parties have agreed to form a coalition government. Enda Kenny will be elected Taoiseach when the house convenes and Labour leader Eamon Gilmore will be appointed Tánaiste. Fine Gael now has 76 seats in the Dáil, which is more than any other party and more than FG has ever achieved before.

Labour has 37 seats in the Dáil, which is an historic high for the party. Labour has also become the second largest party in the country for the first time, beating Fianna Fáil into third place.

The coalition government will be the largest in Ireland's history, with 113 seats. Senior Labour politicians will become cabinet ministers. Michael Noonan, TD for Limerick City, the constituency the University is in, will become one of two ministers in the Department of Finance along with Labour's Joan Burton.

Fianna Fáil has lost all but 20 of its seats in an electoral rout without precedent in the party's history. FF leader Micheál Martin topped the poll in his constituency but most senior government ministers lost their seats, including the Tánaiste Mary Coughlan and the deputy

leader of FF, Mary Hannafin. The Taoiseach, Brian Cowen, who resigned as leader after a failed heave against him, did not run in the election.

Sinn Féin will become the second largest opposition party in the Dáil, with Gerry Adams topping the poll in Louth. The 31st Dáil also has an unprecedented number of independents and the TDs of the United Left Alliance, who are widely expected to form a new political movement on the left of the spectrum.

For many, Fine Gael's victory marks a turning point in Irish history. Fianna Fáil's electoral wipe out may be the beginning of the end for Civil War politics, which have been so criticised in recent years. The opposition will be more left wing than ever before, with Sinn Féin and the United Left Alliance forming a large part of it.

European media have praised Mr Kenny's ascension to power and have celebrated the Irish electorate's resounding punishment of Fianna Fáil, for so long the natural party of government. The first thing on the new Taoiseach's agenda is changing the terms of the EU/IMF bailout, a task the world's media consider mammoth.

UL WINS FITZGIBBON

Written by **Eoin King**

UL are the 2011 Fitzgibbon Cup Champions. For the players, their manager Ger Cunningham, his management team and all those involved, it will probably still sound as good as it did last Saturday week when they beat LIT. It ended what was a fantastic weekend of hurling in Waterford.

After trailing by six points at half time, the UL team manfully pared back the deficit. It was level with a minute remaining. The game went into extra time. Thomas O'Brien won possession in the corner, raced past three LIT men and flashed the sliotar into the goal.

The team overcame losing Shane Dooley to a red card the day before. They overcame LIT, Davy Fitz and all his

animation on the sideline. Six years ago LIT defeated UL in the Gaelic Grounds.

Two years ago they lost out to UCC in the final. For a lot of these players it has been a long time coming. Kieran Joyce accepted the trophy on behalf of the 38 man squad and cited the team's ever present belief.

Patrick Cronin won the man of the match award in the final, after hitting four tremendous points from play, while also starring in an excellent midfield performance beside David Bourke. UL defeated CIT in the semi-final 0-15 to 0-13.

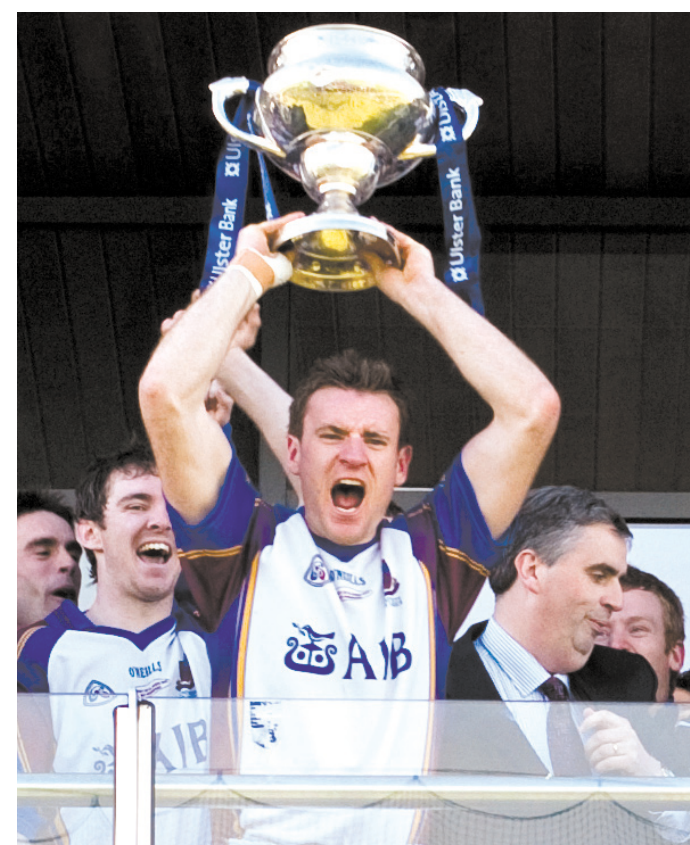
It was a display which illustrated the toughness and composure within the team, especially after they lost one

of their main men, Shane Dooley. After the game, Mr Joyce spoke of the influence the Offaly man still possessed even though he was not tagged out, "Shane was gutted he missed the final. It was going to be his first final, and he was going to miss it.

I told him to be on the sideline and help us on, and he did that. He was the 16th man that really helped to get us there." And in getting there UL bridged a nine year gap since last winning the Fitzgibbon. They have now won the competition four times.

Read the full report on Page 12.

Two years ago they lost out to UCC in the final. For a lot of these players it has been a long time coming.



Captain Kieran Joyce lifts the Fitzgibbon Cup.
Image: Sean Reidy

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Finn McDuffie, Editor

EDITORIAL

NOTHING makes my blood boil more than a blatant and disregarded injustice. So it was with cathartic smugness that I read of the decision of the European Court of Justice to remove a too long unchecked and deplorable practice of insurance companies.

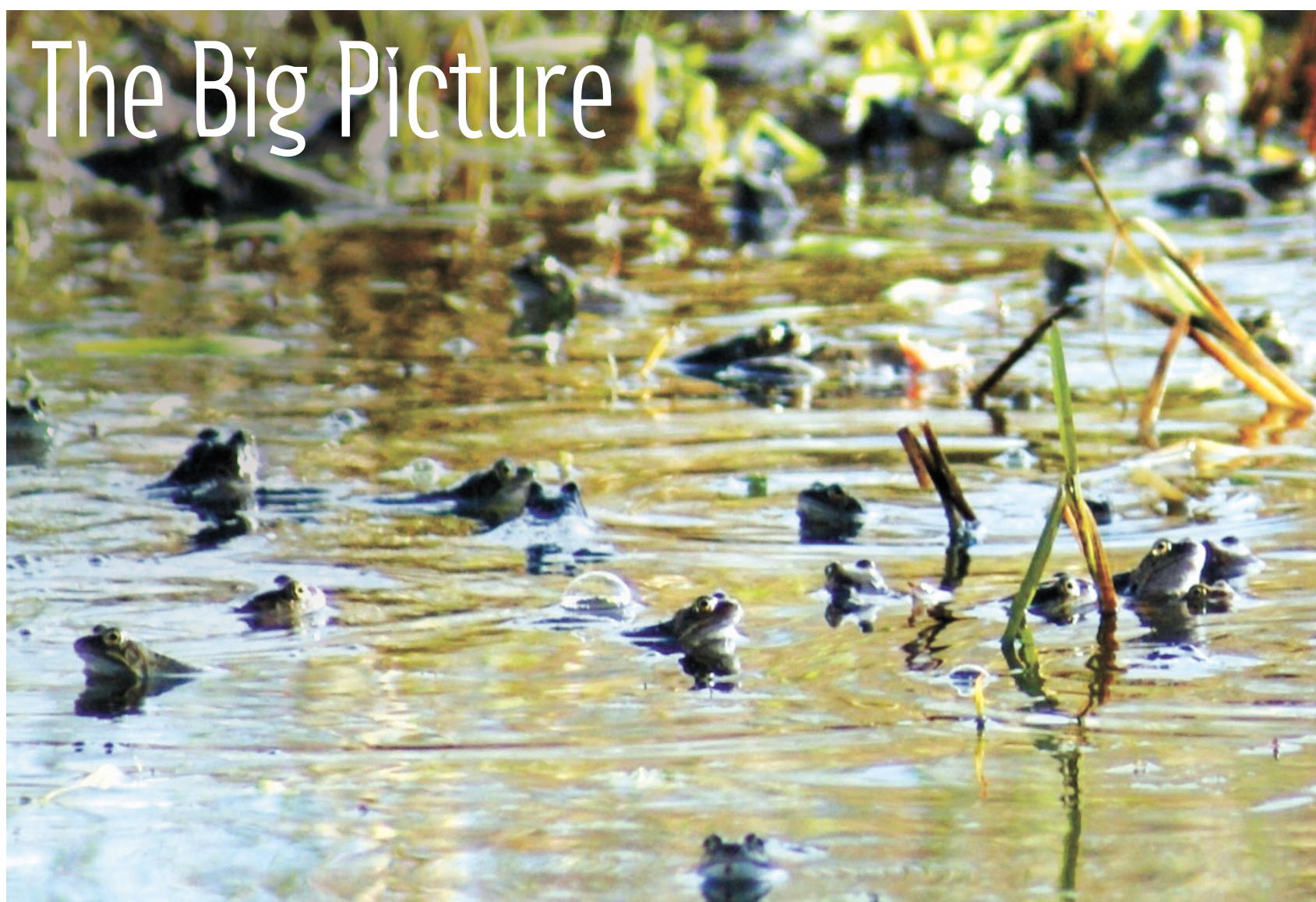
For years, men have had to pay more for their motor insurance than women. Why? Because the insurance companies say we cost more, statistically. One could make the assertion that insurance is a slippery concept at best. The product is abstract, corrupt and wholly inefficacious for the consumer. You pay, you get coverage, you make a claim, you're riskier, you cost more,

you pay more and when all is done the insurance company goes home with the bread. Facts and figures have dressed these glorified con artists in a cavalier legitimacy.

Statistics have vindicated the blanket administration of compromise. They charge everybody through the ceiling because some of them persist in causing road accidents. But for those of us who fill up on petrol rather than testosterone, the administration of motor insurance thus far has been intrinsically unfair.

We tolerated it without question. But no more. Europe stepped in to end the ruse and the insurance sector can never again set the cost of premiums based on

a person's gender. But the house always wins. While the ruling seems pleasant on the face of it, the ECJ ruling only requires equality between the sexes. It doesn't set the premiums. So now what? Some experts have indicated re-evaluation. They say uncertainty in risk assessment and actuarial reform will spur higher costs for everybody. Naturally, the sector has criticised the decision. Change to fine-tuned scam practices will affect profits after all. But I predict a deeper malaise from the sector. Resilient opportunism has kept it going thus far, hasn't it?



It's March, so the frogs have spawned. This photo of a chorus of mating frogs was taken in late February beneath the north side of The Living Bridge, in a marsh area which has seen several annual mating migrations. There were over 100 frogs in the pool. Image: Finn McDuffie

UL ENGINEERS LAY SIEGE TO KING JOHN'S CASTLE

Written by **Darragh Roche,**
Deputy Editor

CIVIL Engineering students re-enacted the siege of King John's Castle, using their own specially designed and constructed siege platforms.

The students designed the siege weapons as part of their Problem Based Learning Steel and Timber Design module. The medieval siege platforms were designed and constructed on the University campus. The siege machinery was then transported to the castle for the battle. They competed to assemble their siege platforms fastest. Local school children also took part in the re-enactment. The children defended the castle's battlements. King John's Castle is on King's Island in the city and was constructed in the late 12th century, following the Anglo-Norman settlement of Limerick in 1195. King John was Lord of Ireland and then King of England between 1199 and 1216.



Image: UL Press Office

News

NEWS IN BRIEF

FACULTIES OFFICER CRITICISES SAA

SU Faculties Officer, Ms Aoife Kenny, has criticised Student Academic Administration (SAA) for its decision to schedule four exams in the space of five days for final year students of the BBS programme last Christmas.

Ms Kenny now wants to change the way exams are scheduled in future, by ensuring the major options are spread as much as possible, beginning this summer exam period.

An email petition has been arranged whereby the Dean of the KBS, Dr Donal Dineen, and the BBS Course Director, John Garvey, will support such a change of exam scheduling if 150 signatures are collected from the BBS 2011 class.

The scheduling of exams in succession is not against University policy, which says students should be able to complete one exam per day.

Ms Kenny was elected KBS Faculty Office in September 2010 and was promoted to Faculties Officer by Class Reps Council in January 2011.

PSA CHARITY BALL PROVES A SUCCESS

THE POSTGRADUATE Students' Association Charity Ball took place in the Strand Hotel on Friday, Week 5. The event, which saw a performance by Limerick band, Hermitage Green, attracted around 100 people to the charity event. The money raised will go to Pieta House, a centre for the prevention of self-harm or suicide, which was officially established in January 2006.

NUIGSU TO ENTER RECORD BOOKS

NUI Galway students attempted to break a Guinness World Record by organising the largest "Rock the Boat" dance ever. "Rock the Boat" is a well-known song by the Hues Corporation with a unique dance which involves everybody sitting on the floor in rows, swaying back and forth and side to side in time with the music.

The current Guinness World Record stands at 820 people and was set in Tipperary in 2009. The world record attempt is part of the annual College Week organised by the Students' Union which raises thousands of euro for local and national charities.

DOCTORS WARN ABOUT DANGER OF JAGERBOMBS

DOCTORS have warned that the popular Jagerbomb cocktail is dangerous and extremely unhealthy. Medical consultant Dr Chris Luke has said Jagerbombs can cause massive calorie consumption, violent behaviour and unplanned sex. The cocktail consists of a can of Red Bull mixed with a shot of Jagermeister.

GARRET FITZGERALD CRITICISES POLITICAL SYSTEM

Written by **Darragh Roche**, Deputy Editor

FORMER Taoiseach Dr Garret Fitzgerald has said that Fine Gael should form a coalition with the Labour party. The former Fine Gael leader was speaking at a seminar organised by UL's Journalism School on 21 February.

"In elections, people claim more than they're able to do," Dr Fitzgerald said. "If they have a clear majority, it makes sense [to rule alone] but that looks very tricky. Labour are more reluctant to face up to that." Dr Fitzgerald was responding to questions from Tom Felle, Head of the Journalism School and later questions from the floor.

"He [Enda Kenny] deserves to be Taoiseach. We do need strong leadership to get out of this and I hope the Fine Gael/ Labour government can provide this," he said. "I think he was clearly underestimated by the media. It is very difficult for a Taoiseach outside Dublin to govern."

When he was pressed further on the issue of one party government, he said, "You shouldn't have to govern if you haven't got a clear majority, especially now. Fine Gael has clearly moved to

the right. Any party that attempts to fix the countries' problems will adopt policies that appear to be right wing."

Dr Fitzgerald also criticised several aspects of the political system, including the role of TDs.

"Because TDs are competing with members of their own party for seats, they want to spend all their time in their constituencies. National government evolved from local government. Local government was corrupt and inefficient." He suggested that a Fine Gael government would be very difficult, with "independents blackmailing you for five years."

Dr Fitzgerald suggested weakening the whip system and introducing quotas for women candidates: "TDs should be free to give their own views. It shows how indoctrinated we are by the system that we are opposed to a free vote.

Night sittings do not encourage women, it's a mad system." He claimed that a measure of social equality had been lost during the Celtic Tiger and as a result of the cuts but "At the end of this time, we might get back to a more



Image: Finn McDuffie

equal society, which we have lost." He also criticised the failure of social partnership and the reckless actions of governments. "It was foolish of me to underestimate a government's capacity to act stupidly," he said. Responding to a question on Northern Ireland and

Gerry Adams, he said, "He [Adams] says he wasn't in the IRA, which is patent nonsense. And a person like that shouldn't get too many votes."

FINE GAEL TOPS THE POLL IN LIMERICK CITY

Written by **Aoife Dowling**

UL's Young Fine Gael has noted a massive surge in young first time voters and candidates.

MICHAEL Noonan was first past the post in the Limerick City constituency topping the poll with a record 13,291 votes. Mr Noonan's votes far exceeded the quota and provided a surplus that helped his running mate Kieran O'Donnell follow him into the Dáil on the fifth count with 8,774 votes. Willie O'Dea's running mate, outgoing TD Peter Power was eliminated on the fifth count.

The sixth count was a battle between Labour's Jan O'Sullivan, Sinn Féin's Maurice Quinlivan and Fianna Fáil's Willie O'Dea. O'Dea has dominated Limerick politics for three decades, consistently topping the poll and recording huge surpluses.

In the last election his electoral machine pulled in 19,000 first preference votes, more than 10,000 over the quota. Fianna Fáil former minister, Mr O'Dea was elected on the sixth count in Limerick City after receiving 1,656 transfers from Peter Power.

Sinn Féin's Maurice Quinlivan was eliminated in the seventh count with a total of 4,758 votes. Jan O'Sullivan

didn't reach the quota of 8,638 but was deemed elected on 8,520 votes taking the fourth seat.

Other candidates included Cian Prendiville of the Socialist Party who was eliminated on the fourth count with 799 votes along with Independent Kevin Kiely who received 1,306 votes.

FG Noonan, FG O'Donnell and Labour O'Sullivan all paid their commiserations to TD Peter Power. Ms O'Sullivan said that there are five hard working TD's in the Limerick City and Power is one of them.

With the redrawing of the constituencies for this election at least one sitting TD in Limerick City had to lose their seat. The new constituency of Limerick City which replaced Limerick East saw the number of seats drop from five to four which saw Fianna Fáil's Peter Power lose his seat.

UL's Young Fine Gael has noted a massive surge in young first time voters and candidates.

"Much work and time went into the campaign," said a UL YFG press release. "Our members spent evenings out canvassing for limerick candidates."

Melissa Walsh, who was one of those canvassers, said "the power of YFG has really shone through in this election. This new generation has provided fresh new candidates for FG and should continue to supply the future of the party."

CHARITY WEEK RAISES MUCH NEEDED FUNDS

Written by **Finn McDuffie**, Communications Officer

THE SU's annual Charity Week has raised thousands for charity. Though the exact amount raised has yet to be announced, it is expected the figure of €10,000 raised last year will be exceeded. The sunny week's events, which took place from 28 February to 3 March, included sponsored activities including head shaves, hair dying, bungee jumps and many more. The spectacles drew hundreds to the SU Courtyard and campus clubs. The SU has been commended by local Gardaí and the University on the success of the week, despite some grievances from residents in the Castletroy area. The University, An Garda Síochána and Limerick County Council supported the SU in focusing the emphasis of Charity Week on worthy fundraising activities. UL President, Professor Don Barry has applauded the fundraising goals the SU has set for Charity Week and the focus on activities that raise much-needed funds for charity.

Superintendent O'Brien of Henry Street Garda Station pledged to work closely with student representatives and residents to ensure the week was a success. The Superintendent has voiced his happiness about the continuation of last year's initiative whereby student liaison officers worked closely with students and residents. "The Meitheal na Mac Léinn (Student Patrols) initiative which was commenced in 2010 was a great help to the Garda and the Garda reserve last year during Charity Week." Reports from the estates have been mostly positive with some isolated incidents instigated by a small cohort. One student involved in

the patrols spoke of a resident bringing sandwiches to the patrols and thanking them for their litter pick ups, which continued until 4am each night.

A text system was also put in place whereby residents could send a text to a computer which would then redistribute the message directly to all student patrollers. "The system allows our student patrols to respond quickly and effectively to resident complaints," said Ruán Dillon McLoughlin, SU President.

The headline act for Charity Week, the Rubberbandits, had to cancel their gig at short notice due to illness. Alternative arrangements were not decided at the time of print but disappointed ticket holders are asked to keep an eye on the SU Facebook Page by searching University of Limerick Students' Union.



Collectors do their best to look approachable. Image: Finn McDuffie

News

NEWS IN BRIEF

STUDENT WINS MATHS PRIZE

MATHEMATICAL Sciences student David Cleere has won the Critchley Prize for Mathematics. The prize is awarded to the student who obtains the highest QCA in first year in Mathematical Sciences or Financial Mathematics. It was created in honour of the late Dr Robert Critchley, Senior Lecturer in Applied Mathematics (1977-2007).

INTERNATIONAL OFFICE LAUNCHES NEW WEBSITE

THE University's International Education Division has a new website: www.ul.ie/international. The site provides information on Study Abroad and Erasmus for current UL students and staff and also provides information for non-EU applicants. The site was designed by Tricycle Interactive Ltd, a local company specialising in web development, i-phone applications and 3D animation, which was set up by a number of UL graduates.

CAMPUS POWER OUTAGE

THERE was a campus wide electricity outage on Friday, Week 5. The loss of power occurred throughout Castletroy but lasted only a short time. Classes were not adversely affected.

LIBRARY PHASE II CONSTRUCTION TO PROGRESS

THE Glucksman Library is shortly to enter Phase Two of its construction. An annex is to be erected on the large green area to the south of the current building, doubling its overall floor space by 6000m². 800 new study spaces will be provided. It has been suggested electronic "swipe" access to the building may be implemented, putting an end to second level students and those from other third level institutions using the facility.

UL STUDENTS FAIL TO WIN DÁIL SEATS

TWO UL students who ran in the general election failed to secure a seat in the Dáil. Socialist candidate, Cian Prendiville, ran in the Limerick City constituency and independent Kate Bopp contested in Tipperary North. Mr Prendiville is the former chairperson of UL Socialist Youth.



The Glucksman Library. Image: Sean Reidy

PRESIDENT PRAISES GRADUATE MEDICAL SCHOOL



4th Year Graduate Entry Medical School Students from UL, Eimear O'Malley and Michael O'Callaghan with Dr Martin McAleese and President Mary McAleese. Image: UL Press Office

Written by **Darragh Roche**, Deputy Editor

PRESIDENT Mary McAleese visited UL's Graduate Entry Medical School on Friday, Week 5. The President delivered an address to medical students, medical professionals and educators from the region. Her speech was on the theme "Ireland's enduring Contribution to Medicine" and was part of the Medical School's public lecture series.

"The University of Limerick's Graduate Entry Medical School has set the highest of standards designed to ensure the rounded professional formation of highly competent,

confident and caring medical professionals," President McAleese said. "You take seriously the WHO's [World Health Organisation] espousal of social accountability, making it your own duty to be responsive to the needs of the community and of every strata of society. This very lecture series is part of that mission of integrated outreach to the community and we who are part of that community are now major beneficiaries of the advanced healthcare which is now part of everyday life on this island," she added.

"Many of the future graduates of the UL Medical School will also go on to serve humanity with great distinction, as so many Irish-born and Irish-trained doctors have done before them," Mrs McAleese said. "When the very first cohort of students graduates from the medical school in June this year, it will be a proud moment in the short history of medical education in UL and the long history of medical education in Ireland. Prouder still will be the chapter that UL's first graduates and staff will help write in the long distinguished

narrative of Irish medicine, which for the first time will include the imprint and unique ethos of UL medical school. I hope it will be the best chapter yet in the history of Irish medicine."

The Graduate Entry Medical School is the first new medical school to be established in Ireland in over 150 years. Its' students and faculty are currently working in 10 hospitals and more than 40 primary care centres.

ULSU BAN ON NESTLÉ ENFORCED IN ERROR

Written by **Darragh Roche**, Deputy Editor

THE SU shop does not sell Nestlé products. This is because a succession of sabbatical officers has believed the SU passed a constitutional amendment banning Nestlé products in 2001. SU Admin Secretary Róisín Monaghan has discovered the referendum merely banned Nescafé coffee and not Nestlé products in their entirety.

Though it is not entirely understood how this mistake was made, it is believed a miscommunication in 2004 may have resulted in misinterpretation of the amendment.

The ban on Nescafé is still binding, but its extension to Nestlé chocolate, such as Kit Kat, Aero and Yorkie, has never been approved by student referendum, which is required to enforce such a ban. The shop board intends to purchase Nestlé products and sell them to students. Other businesses on campus, such as the Paddocks, already sell these bars. There were concerted efforts to boycott Nestlé at the beginning of the last decade. Critics accused the

corporation of promoting baby milk substitutes in third world countries where breastfeeding is preferable and thus causing the unnecessary deaths of babies. This was in direct contradiction to guidelines from the World Health Organisation (WHO). Nestlé has always denied these accusations.

The 2001 ban on Nescafé was proposed by the Environmental Society, which no longer exists. Its then president, Eoin Ó Broin, was the instigator of the amendment and later served two terms as SU president and was on the shop board. But Mr Ó Broin never initiated moves to ban Nestlé while president and only mentioned it briefly in a single An Focal article. Banning all Nestlé products was on the agenda of the Union General Meeting (UGM) in 2002 but was not discussed or voted on because postgraduate students' issues dominated the proceedings.

LECTURER PAYS €100,000 AFTER SOCCER ASSAULT

Written by **Conor Forrest**

A UL lecturer has been ordered to pay €100,000 in compensation to a student engineer who broke his leg following a punch he received from the lecturer during a six-a-side soccer match.

Dr Frédéric Royall, Head of the School of Languages, Literature, Culture Studies and Communication, pleaded guilty at Limerick Circuit Court to causing harm to Hooman Reyhani during a soccer match on 3 August 2007. The game had been organised by staff and students. Following a foul, Dr Royall punched Mr Reyhani in the face, knocking him down. Mr Reyhani, it was heard, fell awkwardly, fracturing his leg twice. Judge Carroll Moran commented on the disgraceful nature of the incident, describing the behaviour as "quite unacceptable, especially for someone with an academic background".

However, he said there was "no question" of sending Dr Royall to prison as he was of "good character" and because of the amount of compensation which had come from his own pocket.

Mr Reyhani is still forced to wear an ankle brace and is now house bound.

He says he can no longer participate in sports activities or even enjoy a walk in the park with his son.

Counsel for Dr Royall said his client "utterly regretted" this incident.

The court heard Dr Royall was immediately and "utterly appalled" by what he had done and expressed regret and remorse, pleading guilty from the outset. Mr Reyhani stressed the case was "never about the money". The Iranian national who has been living in Ireland for 28 years, said that €100 in compensation and a proper apology from Dr Royall would have been a fair outcome. He also criticised the fact Dr Royall was not given a suspended prison sentence.

The judge said Dr Royall would have to be given the benefit of the Probation Act as he had no previous convictions, and because of the €100,000 compensation paid. He bound Dr Royall to the peace for three years.

Opinion

DISGRACED POLITICIANS JUST GO ON LIVING

Written by **Darragh Roche**,
Deputy Editor

ALL politic careers end in failure. This is the unavoidable truism that all statesmen must face: eventually, you will be voted out of office. But most politicians can leave office having some litany of achievements to point to and hold their head high with dignity. They can show the economic growth, the social policies and the foreign relations that form their legacy. Such people become elder statesmen and are fondly remembered in history books. And then there are the others.

We've seen so many of them in recent years: politicians whose failures mount exponentially, whose popularity goes through the floor and who leave office hated, regretted and with little chance of redemption. These people aren't invited to sit on panel shows or to join think tanks. Their names and faces are associated with disaster and it follows them like a loyal puppy all of their days and after they die, their lives are neatly dissected by broadcasters and newspapers to see exactly where they went wrong. So, is there life after political disaster? Brian Cowen, the

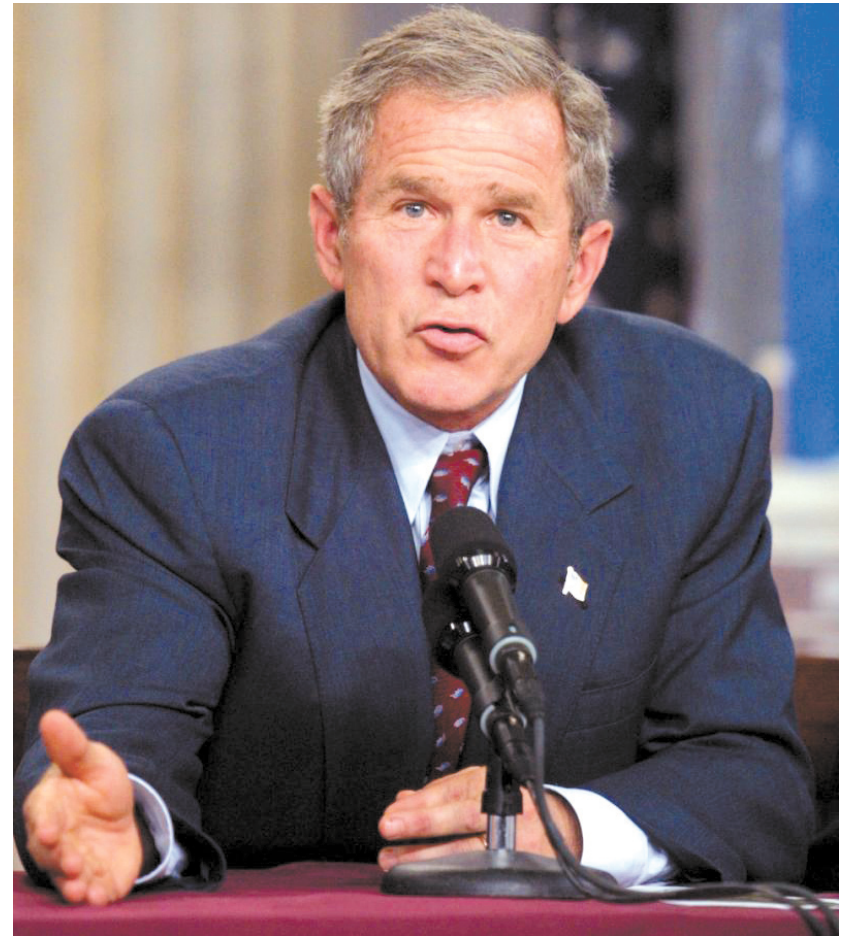
least popular Taoiseach in Irish history, has a quiet future ahead. He may look to former US president George W Bush, possibly the most reviled person on Earth towards the end of his tenure, who has quietly dissolved into the wallpaper of world affairs. No-one wants to hear from either of them anymore and surely that's something such calamitous leaders ought to embrace. It's far preferable to disappear than to become the constant target of media scorn. But then, these political animals live off limelight and column inches.

The swift and precipitous fall of world leaders is nothing new. Often, a single event can make a nation throw its former favourite to the lions. For Richard Nixon, that event was a bungled burglary. After Watergate, the revelations about Nixon's illegal activities, contempt for due process and incredible paranoia destroyed any chance he had of a positive legacy. He escaped eternal ignominy when his successor, Gerald Ford, pardoned him of all offences, saving him from prosecution. Nixon lived for 20 years

known as the worst man ever to lead America. That is not an easy weight to bear. Imagine, then, the fate of the man who trusted Hitler. British Prime Minister Neville Chamberlain claimed in 1938 that he had brought "peace in our time" following a discussions with Hitler. A year later, in the broadcast that announced the start of World War II, he whimpered about Hitler's broken promises and dishonour. His initial refusal to leave office led to the creation of the wonderful phrase: "For the love of God, go."

So, as our disgraced politicians contemplate the long, empty years ahead, they should perhaps think of all those who came before them. Ultimately, Cowen's tenure may be a footnote in the first stage of Irish history, the stage dominated by the Civil War. His autumn years will be by far the hardest, but how many of us really care and will we buy his book?

"We've seen so many of them in recent years: politicians whose failures mount exponentially, whose popularity goes through the floor and who leave office hated, regretted and with little chance of redemption."



THE AFTERSHOCKS OF MUBARAK

Written by **Aoife Coughlan**

OUR recent general election served to highlight the role we citizens play in our own government. It is our privileged position that is in contrast to the lives of many. The upheaval over the past few weeks in Egypt is a definitive event in the quest for the democratic rights sought by all people. The toppling of President Mubarak will, in my opinion, precipitate the fall of other leaders of Middle Eastern and North African states and force a change in singular, hierarchical leadership.

It stands to reason that once one country instigates change and succeeds, neighbouring countries will also demand and receive it. If we look back on history we find proof that the latest revolutions in Libya, Bahrain, Morocco and Yemen should follow suit in usurping their old regimes. The post-World War Two era saw victory for Communist Russia, thus surrounding countries emulated the doctrine. Under Soviet influence, governments modelled on Communism took power in Bulgaria, Czechoslovakia, East Germany, Poland, Hungary and Romania. In 1954, the Communist Viet Minh took control of what became North Vietnam. This caused the French to withdraw from the region known as French Indo-China. Now independent countries such as Vietnam, Cambodia and Laos would adhere to Communism. This is the basis on which American president Dwight D Eisenhower coined the term the "domino theory" in the 1950s. In the 1980s, we saw how revolts in one country send tremors of change to its neighbours. This time, the revolts were against Communism. Started by Lech Walesa and workers of the Gdansk shipyard in Poland, they spread throughout the country. By 1989 civil resistance had forced an end to Communism. This inspired



Exiled Dictator, Hosni Mubarak

similar activity and ultimately success in countries such as Hungary, East Germany, Bulgaria, Czechoslovakia and Romania. Furthermore, that the countries in question are below first world standards only consolidates my opinion that they will accomplish their aims. This is in adherence to Noam Chomsky's theory of the "threat of a good example." Chomsky says "The weaker and poorer a country is, the more dangerous it is as an example... some other place that has more resources will ask, 'Why not us?'" The economic deficiencies of the rebelling countries are only serving to intensify the escalating protests. Once ideology spreads it is very hard to revert back to old ways of thinking. Ideology

accompanied with previous success lends itself to motivation, insistence and pressure; this is a winning combination that cannot be ignored. The revolts in the Middle East typify this, leading me to believe that the process of change will eventually be fruitful. Leaders without the unyielding support of unquestioning subjects can be prepared to be afraid of their own power. 'The buck stops here' has never been more apt. The buck, being oppression, economic instability, totalitarianism and violence cannot be passed beyond the leader. And so I anticipate the fall of other leaders in these regions. The people have spoken and not even deaf ears will stop the bugles of rebellion.

TABOOS ABOUT TATTOOS?

Written by **Barbara Ross**

WHILE talking to an Erasmus student from Sweden recently, the subject of tattoos entered conversation, I for one have always been fascinated by the subject. Finally taking the plunge and getting my long awaited tattoo was one of the best days of my life.

Therefore, I was surprised to find that while the tattoo culture is still in its infancy here in Ireland it is well into its teenage years in Europe especially in Sweden. This Swedish student revealed to me that it is incredible uncommon to see people without tattoos in her country.

This said, Ireland is still a bit prudish about tattoos. When I was deciding on where to get mine I was conscious of being able to cover it for future career reasons. It is important that future employers and clients cannot see our artwork (and that is what a tattoo is, art) as it would be detrimental to the continuation of working for or with them. Irish people have the mentality of a prudish OAP when it comes to things like tattoos, piercings or even dyed hair outside the 'normal' colours. Any show of individuality seems to be frowned on.

We may use them to decorate our bodies with pretty pictures or little reminders and messages, but they were once thought to have medicinal properties. 'The Iceman' made headlines in 1991 after being discovered five thousand years after he died. He bore fifty seven tattoos and archaeologists think they may have been used to treat arthritis.

Bringing things closer to home the Celts who arrived on our shores in around 400 BC left behind them a legacy rich in culture but we would never know today that they were famous for their use of body art.

Many tribes such as the Maoris use tattoos as a way of signifying a special event that needs to be celebrated in a tribesman's life. They receive their first one when they enter manhood and leave their childhood behind.

To get a tattoo is a big decision because it is permanent and the laser treatment which could remove it is very expensive and extremely painful. So if you make the hard choice to get one why should you be made hide it from the world? If you've got it flaunt it, may not seem like an appropriate phase to use here but it's true.

Those who have ventured in to the subculture of the tattooed know that while it is in an individual decision it is also a way of showing your individuality. What's the point of being an individual if no-one knows?

Features

SEXIST BANTER GOES DEEPER THAN HUMOUR

Written by **Darragh Roche**,
Deputy Editor

THE successful rebrand of casual misogyny as banter is symptomatic of the complacency of a society that veils its endemic sexism in the trappings of “edgy” humour, institutional hypocrisy and barefaced lies. You can put a ball gown on a pig but it still won’t fit into polite society. Time and again we are faced with prejudice veiled as irony or sexism re-packaged as harmless chatter. But it is a kind of creeping malignance that is perilous to ignore for too long.

Here is the false premise upon which casual prejudice, of any kind but especially sexist prejudice, is based: equality has been achieved, equal rights are a reality. Therefore, any suggestion of the inequality or inferiority of the other sex is surely harmless, after all, they have all the rights they could ask for and those are not under threat. Why are women, say the misogynists, so afraid of a little humour when they know their rights and privileges are secure? It is on this basis that “ironic sexism” has become acceptable. It’s perfectly fine to tell the woman to get back in the kitchen, because we know she won’t and we know society won’t make her. On mature examination, this self-serving argumentation hits a brick wall. Women are equal on paper, but in society, most women are still looking up through a glass ceiling at what they cannot achieve. The idea that casual sexism is an acceptable form of humour and just another part of the daily round of friendly banter is the very thing that

prevents women from becoming truly equal. The mask of legal equality sits unevenly upon the grotesque face of centuries old misogyny.

But surely in university, that paragon of equality and freedom to do as we please, this sexism cannot exist. University is exceptional in many respects, particularly in the freedom from judgement that it affords to us, but not in the case of inherent misogyny. Even within this special, liberal college world, the perception of women as “other” and the imposition of different expectations upon them pervert the college experience for all. For many male students, “feminism” is a dirty word associated with “pushy bitches” and “dykes”. “Sexual liberation” is a concept applicable only to the male of the species. Its exploration by women is anathema. This most hypocritical position in one of the most free and liberal aspects of our society is just another symptom of the ingrained view that the freedoms of men do not apply to women and that any woman who indulges in the ways that men do warrants censure, ridicule and even condemnation.

If university is about the freedom to do things we would never otherwise be allowed to do then this principle, so cherished by so many of us, must apply to all. Society is sexist, but we don’t need to be. Shelve the irony, forget the sandwich jokes.



“Shelve the irony, forget the sandwich jokes.”

TWO YEARS IN THE WHITE HOUSE FOR OBAMA



Written by **Gary Whelan**

THIS time two years ago, after Barack Obama’s inauguration as the 44th President of the United States, a wave of hope and optimism spread through the American people, so much so that it even spread to other nations.

Now, halfway through his first term in office, has President Obama lived up to the euphoria which followed his victorious election campaign? There is no doubt that he is trying to change the American way of life, some would say for the better. But so many now say he is nothing more than a socialist, intent on taking from the rich and giving to the poor. The majority of people who are giving him a hard time in office are the conservative upper-middle class who are horrified at the thought of any

of their salaries being used to pay for a health care system, which will stop less fortunate Americans from dying on the streets because they cannot afford medical care. He has seen his approval ratings fall from a record 70% to below 50% in the recent months. Criticism is coming from both sides of the political spectrum, with the left saying he is too moderate and the right calling him a socialist liberal. Opposition to his near \$800 billion stimulus package to save the country was so great that it spawned an entire political movement in the form of the Tea Party, which now has a membership into the millions and is intent on making him a one-term President. They now poke fun at his iconic election slogan ‘Yes We Can’ by

accusing him of being more ‘Yeah, Well Maybe’. It is unfortunate that he is not getting the praise he should for guiding the country through difficult financial times, cleaning a mess left by the previous administration in the Middle East and for creating some hope for the millions of Americans who cannot afford health care or a decent level of education. Hopefully, he can ride the storm over the next two years while the country grows financially stronger to gain a second term, the American people and certainly the wider world cannot afford a return to the policies of the previous administration with the gun-toting Sarah Palin being groomed to be the Republican number one.

THE DEPTHS OF DEPRESSION

Written by **Karen O’ Connor Desmond**

PEOPLE fear what they do not understand. A lack of education and knowledge in the area of mental health has left Ireland bearing an ugly stigma towards those who suffer from depression.

DEPRESSION is defined as a mental illness which affects the sufferer’s thinking, behaviour, energy and feelings. It is believed that one in five people will suffer from depression in Ireland during their life. However, some people live with this condition for years. It is thought that a traumatic event such as bullying may leave a person more open to suffering from depression, while others simply suffer from an innate tendency towards it.

There are many symptoms of depression, including feelings of helplessness or hopelessness, loss of energy, self-loathing, concentration problems, lack of interest in everyday activities, sleep changes, unexplained aches and pains, irritability and restlessness, appetite or weight changes and suicidal thoughts and intentions.

Depending on the person, the signs may not be recognisable to those around them. Depression carries with it feelings of shame and guilt.

The sufferer may feel that there is something wrong with them or that they deserve to feel the way they do. As a result, a convincing mask is formed and can be hard to get behind. Depression can leave a person feeling weak and helpless and it can be extremely hard for them to reach out for help. The taboo around depression that is still rampant in our society only creates more complications for those who have this condition. The appearance of depression differs from person to person and there are also various types of depression. In fact, depression is itself quite a generalized term. Some of the forms it can take are major depression, atypical depression, dysthymia (recurrent/mild) depression, seasonal affective disorder, post natal depression and bipolar disorder.

There are several treatments for depression such as anti-depressants, counselling and psychological therapy. In some cases, a combination of more than one method of treatment is recommended. The majority of sufferers of depression will overcome this condition with the right help and treatment and ongoing support. It is extremely important that people with depression reach out to others for help, as hard as it may be, as isolation only feeds it. Having depression does not make you a weak person and bottling everything up inside can lead to devastating consequences. Whether we know it or not, our society isolates and shuns people with this condition and it is beyond unacceptable. We need to open our eyes and realise that sometimes laughter isn’t the best cure; it’s simply the best disguise.

Travel

EXPLORING EDINBURGH

Written by **Katy Quinn**

IF you are going to Edinburgh, by all means enjoy the cheap drink but, during the day, try to take some time off to experience the city and what it has to offer. Take this as a tourist guide for some of the top attractions to visit:

Edinburgh Castle: This historic landmark sits above the city and dates back to the 12th century. It gives the impression of a village inside a castle and was a royal residence until 1603. Tour guides are offered throughout the day or you can choose to wander the castles passages alone. Make sure to see the one o'clock gun, a tradition that was originally meant as a signal for ships in Leith Harbour two miles away

to let them know the hour of the day. Although not needed for this purpose anymore, the gun is still fired at 1pm every day. The castle is also the location of the Edinburgh Military Tattoo that takes place every August.

Holyrood House Palace: This palace is located at the end of the Royal Mile, and was the destination for the royal procession travelling from the castle to the palace via the aptly named Royal Mile. It is still an official residence to the royal family but when they are not in residence it makes a great tourist attraction. While being grand and stately in appearance it has a gruesome history. When Mary Queen of Scots was

in residence here and heavily pregnant with her first child her advisor David Rizzio was murdered by her husband, Lord Darnley, at her feet in her room. There is an obvious red mark on the spot where he died.

Edinburgh Dungeons: If all this talk of history is boring you then why not visit Edinburgh Dungeons? It is great for a laugh if you are with friends. Not only is there a tour of some of the more bloody parts of history there are performances at certain times of the day re-enacting scenes from executions and the like. The exhibit has execution and torture devices for you to look at and plenty opportunity for acting the maggot.

Edinburgh Vaults: Yes, more history! But this time, a far more frightening experience is in store. If you like being scared, this tour is worth doing. The vaults are a series of chambers that were used to house tradesmen and cobblers and other people of business. They were abandoned in the late 1700s and subsequently built over. Discovered in 1980 they have been fully excavated and it has even been discovered that the famous body snatchers Burke and Hare used the chambers as storage space for their corpses. The vaults were the subject of two TV episodes of Most Haunted and several tourists have said that while down there they have felt

MOST of you see a trip to Edinburgh as an excuse for a weekend drinking session. Having been born and raised in Scotland, I feel people are missing out on what Edinburgh really is: an incredibly old city with a pretty amazing past.

unwelcome, trapped and threatened by various presences. Arthur's Seat: If you are looking for a way to burn off the booze to get ready for the next round of drinking then walk up to Arthur's Seat, it is Edinburgh's extinct volcano and stands 800feet above the city.

Frankenstein's Bar: Edinburgh is a great place to drink but everyone has to take a break from that too. Remember to visit Frankenstein's bar and restaurant, it's an old converted church and they serve the best food and cocktails. On certain nights at midnight, Frankenstein himself even makes an appearance.

STUDY ABROAD IN NEWFOUNDLAND

Written by **Jason Kennedy**

YOU meet all kinds of people when you're abroad. I came across a lovely bunch of folks soon after I arrived in St John's. They're just about as quirky as my chums in UL and nearly as fond of drink. I knew I'd fallen in with a pretty decent crowd.

It's not until recently that I found out just how quirky they are. They're all members of Memorial University Oxfam, which is a society that helps promote women's rights and global equality. I bumped into them randomly when exploring all the societies that MUN has to offer.

I've decided that MUN Anarchists (organised chaos?) probably wasn't my thing, nor was the Christian Youth society, but the bunch of people I met in the Oxfam office were warm, inviting, energetic and good fun.

During the week, I found out one of my new buddies, Meaggy, is in fact descended from piracy and royalty. A gang of pirates kidnapped royalty and made them slaves. Of course, one of the pirates fell in love with a slave. He started a mutiny and escaped with the princess slave. They escaped to Newfoundland and got married. I told her she's like Johnny Depp and Kiera Knightley.

I started calling her Johnny Knightley, before I realised it sounds like a 70s porn star name.

Another new buddy, Jeremy, is a quite the Newfoundland hero. He's a human rights champion and came to a lot of people's attention last year, when he refused to shake hands with Canadian Prime Minister, Stephen Harper. Jeremy is no fan of most of Harper's policies. This was a big deal in St John's,

and Jeremy was declared a local hero. In other news, I've been pretty vocal lately about not being able to vote in the general election. I was in a few newspapers and on TV3. At the time of writing, I'm not sure of the result, but I hope when I return to Ireland, it will be a better place than when I left it.



CO-OP IN CLARE

Written by **Keira Maher**

IT'S unbelievable how fast the last two months have gone. And what's more unbelievable is the closing down of the Lodge! I may pay my respects and say that I had many a good night in the well-known club.

Aside from this tragic news, I am doing quite well here. The work isn't too bad and I must admit I am actually finding it interesting. I have really gotten into the swing of things the last few days and I know my way away around the office, and around Ennis. At the moment I am immersed in a health and safety project. Basically I'm researching carbon monoxide and the types of alarms available. I am also in charge of writing up quotes for electricians to install these alarms and getting in contact with the houses. Banner Housing Association deals with a lot of houses in the locality so you can imagine I have loads of work to getting to. I have been assigned to another health and safety project which is to check the fire and emergency. This involves me to visit each house and carry out fire drills. Also in the near future I will be doing a communication project in which I will compile a book of pictures for a non verbal man in order for him to communicate with others.

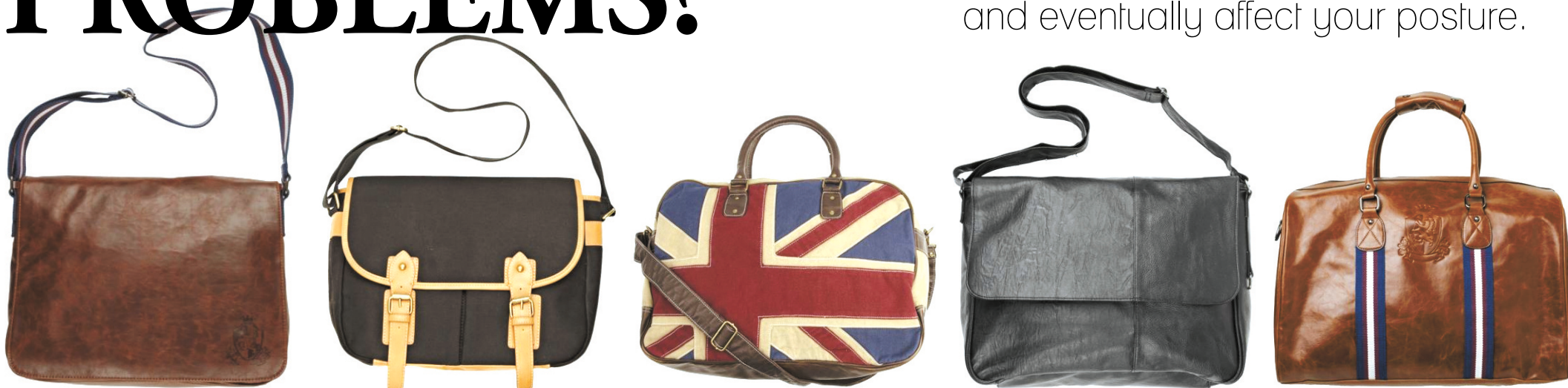
As far as my social life is concerned, it hasn't gotten too hectic but I am getting out and about all the same. For the last few years I have had a fascination with sean-nos dancing. For some reason



I love the pure simplicity of it and in recent weeks I have taken up this old Irish dance. Yes, laugh if you must, but it is actually great craic and good exercise and it definitely beats the dodgy dance moves I used to bust out in the Lodge. I have also started to jog as I've noticed that everyone jogs around here. I'm also hoping to get into a bit of Gaelic football training in the next few weeks. As for Queen's nightclub and Cruises, I have finally figured out where they are. Lucky enough, they are right beside each other! As amazing Queen's nightclub looks from the outside, I still haven't made it inside as it only opens at the weekends which I usually go home for. I still miss the old Limerick way of living and each night as I log into Facebook, I see all the events and parties I'm missing. But I'm hoping to get a few days off for Charity Week, so you might see me around!

Lifestyle

MAN BAGS CAUSING BACK PROBLEMS?



Written by **Róisín Flanagan**

MAKING the debut in fashion houses in Europe by designers Louis Vuitton and Prada, they were sported on fashion savvy French, Spanish and Italian men all over the continent. But the celebrity following of the 'man bag' including David Beckham and Brad Pitt, as well as more men embracing metro-sexuality, has meant that the trend has gone viral.

Even Joey from Friends and Alan from 'The Hangover' have experimented with the highly fashionable bag. The style can range from a simple shoulder bag, to a satchel, to a more modern fashionable version of a briefcase.

But it's the contents of these man bags that will lead our boys into early back problems. Lads may not pack chisels,

water pouches, bones and maps in theirs like Indiana, but its technological necessities for college and work, like i-pads and laptops combined with reading materials, sports gear, i-pods and phones that have shoulders aching.

The average weight of one of these man bags containing the aforementioned items can be up to 13.5 lbs which is an

INDIANA Jones started the trend but Paul Galvin may have to finish it because according to the British Chiropractic Association (BCA), man bags or 'satchels' as some men prefer to call them, could be damaging your neck and shoulders and eventually affect your posture.

astonishing 14 bags of sugar, indicating that the times of men leaving the house with just their keys, wallet and phone are long gone. "Man Bags are now a necessity for many men during their daily lives, but they could cause back and shoulder pain from prolonged stress, this can also impact posture," said Tim Hutchful, a British Chiropractic

Association spokesman. Mr Hutchful then urged men to try and put fewer items in their bags and to alternate the shoulder on which you place the strap to relieve pressure. Let's face it lads, no-one wants to be the old Hunchback of Notre Dame in the near future.

CHOCOLATE DUBBED LATEST "SUPERFOOD"

Written by **Aoife Coughlan**

MANY of us who flick away at the "glossies" will peruse pages of lifestyle features and read reams on healthy living secrets. We gobble up the tips and tricks of the trade and digest their information along with the seeds, nuts, fruit and veggies they promote. But oh how our little hearts sink at each new "super food" advocated. Crudités of carrots and acai berries may provide benefits aplenty but never do they have the lure of that luscious fix of treat foods we all crave. Healthy eating can be such a chore and bore. But research says hope is at hand for those with an inclination for a more frivolous feed. Abandon those avocados and ditch those dates as chocolate is billed as the latest "super food"!

Super foods are those that contain high quantities of antioxidants which may protect us from cancer and heart conditions. The study carried out by the scientists of the Hershey Centre for Health and Nutrition shows that there was more antioxidant activity and flavonols in dark chocolate and cocoa than fruit and more healthy plant compounds when compared gram by gram. The research though undertaken by the confectionary giant Hershey was however published in the Chemistry Central Journal bolstering its credibility. Chocolate, made from the cacao seed can stand proudly on its pedestal of nourishment.

No longer must chocolate lovers deny themselves that square of extravagance. When we need our dose we may now proceed to indulge in pure unadulterated



pleasure without the guilty conscience. However, as with all foods, it is worth remembering that everything in moderation is the key to a successful maintenance of wellbeing. A point to be noted is that the report specified darker chocolate. Also, the study substantiated the claim made that chocolate, when heated, though gaining gorgeousness loses all of the health benefits. I believe though, that a margin for merriment may be made here, when heating our chocolate for drinkable delights we can console ourselves that what we lose in the chocolate can be made up for in milk! Or maybe we should just enjoy chocolate for chocolate's sake. After all, being happy and healthy go hand in hand.

GETTING A GOOD NIGHT'S SLEEP

Written by **Bill Buchannan**

DIFFICULTY falling asleep, sleeping fitfully, wakefulness during the night are just a few of more than 80 documented sleep problems. We students are no strangers to sleep deprivation, but what is worrying is that almost 30% of the general population cannot get to sleep or get too little sleep so often that it becomes 'normal' for them.

Our bodies follow a "circadian rhythm", which is an approximate 24-hour period in our internal biological clock and is important in controlling sleep patterns, body temperature, hormone activity, cell regeneration and brain wave activity. We know that the common symptoms of lack of sleep are tiredness and lack of concentration during the day, but there are others that are less well known. Not enough sleep can increase weight gain and lead to high blood pressure. When you regularly go with insufficient sleep,

your immune system is suppressed so you can become more vulnerable to illnesses and take longer to fight them off. In addition to this, your body produces less growth hormone, which fights ageing. A stress response is triggered which affects blood vessels in the skin which again contributes to ageing. So having too little sleep can affect not only your looks, but also how long you live.

Being awake during the night alters your body's circadian rhythm and slows down the rate at which energy is burned off. Your cell regeneration process is also disrupted so repair and re-growth of cells is not efficient. Pulling all-nighters can be a causative factor in obesity and tired-looking skin.

So how much sleep is enough sleep? Though this varies from person to person, most adults need seven to eight hours of sleep a night.

Surprisingly, however, you can also suffer consequences from too much sleep. Sleeping too long can lead to a vicious cycle of low energy, feeling tired and needing more sleep and can eventually lead to depression. Researchers have found sleeping over eight hours a night or less than five hours a night could double your risk of heart disease.

Just as vital is how well you sleep. Some believe that how long you sleep is not as important as how deep you sleep. So, as students, I suggest you all invest in an eye mask, some ears plugs and a comfy blanket. If we have to stay up all night, then when we do eventually fall into bed, we might as well have all the paraphernalia to facilitate a deep sleep, if not a long one.

STUFFED TROUT WITH ALMONDS

Written by **Elizabeth Neylon**

Ingredients:

1 whole fresh trout
1 generous cup of breadcrumbs
1oz flaked almonds
½ tsp sage
½ onion chopped
Butter
Salt and pepper

Method:

Make sure the trout is cleaned and gutted, with the head removed. Preheat the oven to 180°C.

Heat a pan and add a knob of butter, to this add the onions and sweat on a low heat, add the sage, breadcrumbs and season with salt and pepper, turn off the heat and mix well.

Fill the trout with the stuffing mixture and wrap in tin foil, cook in the oven for 15 to 20 minutes depending on the size of the fish.

Heat a dry pan and toast the flaked almonds, serve with the trout.

Fashion

SNOOK'ING FOR INSPRIATION, JERSEY STYLE?

Written by **Cathriona Slammon**

WHILE the inimitable style of the 'ladies' of Jersey Shore can be summarized as bronzed and buxom, it takes time, effort and unflinching commitment to achieve the look of Snooki and her posse of guidettes. But for those of you who do want to emulate the appearance of a sex-starved Oompa Loompa, here's a quick guide.

Let's start with skin tone. The desired hue is likely to be darker than you've ever experienced before, but don't shy away. A combination of intensive sunbed sessions and daily application of the darkest spray tan Boots can source should get you started. But remember, if people aren't staring at you, asking whether or not you have a medical condition or how long you've been in

Ireland, you need more. On to the hair. The top of your head has the potential to increase your height by anything up to 10 inches, depending on how much time and industrial-strength hairspray you have. Extensions are vital and must be long enough to grip and yank out mid girl-fight.

As for make-up, shovel it on. Eyeliner should be applied liberally all around the eye, so that the eyeball is almost undetectable. If you're not getting through a pencil a day, you're not using enough. A handy tip is never removing your make-up. Just think of each application as a stepping stone towards total skin permeation.

Clothes wise, it's pretty simple: short, tight and synthetic. It's all about the

boobs. If they're not constantly on the verge of falling out, your top's not tight enough. For those of you less buxomly-blessed, legs also warrant maximum exposure, though the simultaneous display of both attributes is the ultimate goal.

So, if you have the time, energy and access to enough hair, nails, lashes and Lycra to adorn a small army, you can certainly emulate the Jersey Shore look. In the privacy of your own home. If you're 10. And being raised by drag queens.



NEW YORK FASHION WEEK

Written by **Barbara Ross**

NEW YORK fashion week is the Holy Grail of the fashion world. It kicks off the global calendar of fashion weeks and is immediately followed by London, Milan and Paris. The buzz words for this season are quilting, lace, fur and leather.

Oscar de la Renta is known for embellishment, embroidery and show-stopping evening wear. He did not let us down, it was all there, glamour, luxury and colour. His style is for women looking for investment pieces that will last forever. Coats were on the short list in this show; his patchwork coat in its full floral glory stole the show on Wednesday as Fashion Week headed into a final furious stretch of runway shows. He did not shy away from colour using bright blues, greens and reds.

The presentation of Michael Kors' 30th anniversary collection was a hit parade, revisiting his favourite fun, glamorous themes with an audience eager to cheer him on. The front row was filled with celebrity fans like Catherine Zeta-Jones, Michael Douglas, Debra Messing, Emma Roberts and Bette Midler. This season his patrons are getting jersey dresses with halter tops held up by silver necklaces, pyjama-style evening pants and fur in smoke grey, rose pink or chocolate brown. His hit belted animal print coat in caramel is ready to be stroked enforcing the texture theme running throughout Fashion Week.

Gilles Mendel debut his new shoe collection. All the boots teetered on thin, sexy heels. Oh those peep-toe boots! The dresses were a very slouchy and sensual. Made mostly of tulle, silk or muslin the designer said he was aiming for a "throw-on-and-go appeal." The heart of the J. Mendel house remains with fur, but the runway was also dripping in luxe beading and



appliqués. Sophie Theallet's collection sizzled with sexiness even with the high necklines, long lengths and layering. It was the bias-cut silhouettes and the multiple uses of satin that gave the clothes lingerie feel, but not in a constricted, corseted way. There was a Bonnie and Clyde theme to the raw-edge pantsuits and scarf-neck shirtdresses, emphasized by the berets worn by the models.

Sisters Laura and Kate Mulleavy hit on more straightforward styles that can easily be translated to the street. Several gowns had a windblown wheat print at the hem, with different moments of the sunset creeping up the body of the dress. Seem crazy? It'll all make sense

when one of the many Mulleavys' celebrity fans turns up wearing one of these cool designs at an event. The Mulleavys loaded up layers of different texture, mixing horsehair with sequins, leather and chiffon. The colors were serene especially the grainy shades of oatmeal and wheat.

This seasons New York show left no doubt that touch is a sense to be revisited again and again. The materials and textures are begging to be touched. The designs are simple and elegant with a little bit of craziness thrown in. The message to me is recession, what recession? The looks are easy to recreate with faux fur, pleather and some imagination.

KATHERINE RAMSAY, ONE TO WATCH

Written by **Sinead O' Grady**

KATHERINE Ramsay is innovative, elegant and eccentric. She is a Limerick born lass destined for Fashion stardom. At 21 years of age she is currently in her Final year studying Fashion Design in Limerick School of Art and Design (LSAD). She is one of the most gifted students studying in LSAD, so I decided to meet with her, and delve deep into what makes Miss Ramsey tick.

The LSAD fashion students are preparing their final year collections to be unveiled in May 2011. I was curious to see what her inspiration was based on. "At the moment I am basing my degree collection on Grey's anatomy, the human body, not the T.V show.

It is all based on the old concept: beauty is on the inside. I had been looking at nerves and blood vessels and they are really beautiful." I knew she wasn't going to bore me. She flicked through her countless sketchbooks while poetically describing the different colours used and textures made. "I am also looking at how muscles and skin holds the body together.

It's about wearing what is on the inside. What is on the inside is just as beautiful as on the outside", she continued. I could tell instantly she was passionate about her work. Her enthusiasm and creativity reels you in to a captivating world of fashion.

Last summer, she went on compulsory work experience, she spent her time in a bridal boutique in Laois, Quin and Donnelly in Dublin and Angles Costumières in London. Angles are world renowned for their

"She has a hunger for fashion which almost overwhelms her. She is a wild child with a quirky streak and an inexplicable gift."

costumes designs in movies such as The Lord of the Rings, The Duchess, Marie Antoinette and Pirates of the Caribbean.

"It is hard to be creative in historical costumes because you cannot add your own twists. You must be historically correct there is no room for adding your own designer touch", she explained.

Katherine Ramsey has a hunger for fashion which almost overwhelms her. She is a wild child with a quirky streak and an inexplicable gift. I am certain that her flare and charisma will bring her success, she is well and truly one to watch in 2011. The LSAD final year fashion show is set to take place in early May; a set date is yet to be confirmed.

Letters

AN FOCAL LETTERS TO THE EDITOR

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An Focal endeavours to accommodate all letters as far as legally possible. All parties have the right of reply to letters printed herein.

Sir, - I read your editorial in [An Focal Issue 10, Volume 19, which published on 22 February 2011] with amusement. You wrote that "renegotiation is a farce". I presume you are speaking about the renegotiation of the interest rate that Ireland is paying on the money that it has received from the European Financial Stability Facility (EFSF)? A Fine Gael led Government will be able to renegotiate the interest rate and this how they will do it. Firstly, you may not be aware of this but Fine Gael is in the European People's Party (EPP), the most powerful political party in the EU. It is the party of Chancellor Merkel of Germany, President Sarkozy of France and Prime Minister of Leterme of Belgium amongst others. As Vice President of the EPP, Enda Kenny has been meeting these leaders and building up relationships with them over the last number of years. These relationships will be crucial at the Eurozone leaders' summit in mid-March, where a solution to the Eurozone's debt crisis will be proposed along with the terms of Ireland's interest rate. Secondly, there will be a renegotiation, there has to be. An Irish default will trigger financial contagion in the banking system of the Eurozone and would also see Portugal been forced out of the bond markets and requiring a bailout. Once Portugal has been bailed out, Spain will be the next target of the markets and with the Spanish economy been the fourth largest in the Eurozone, a bailout may be not possible (Will German taxpayers stomach bailing out the Spanish? No and Merkel knows this), which could see the collapse of

the Euro. Do you honestly think that the leaders of the EU, who have invested so much political and economic capital into building the European project, are just going to let it go down? No and that is why Ireland will get better terms in relation to the interest rate. Fine Gael has not promised anything that cannot be delivered, there will renegotiation. On a side note, the photograph of Enda Kenny is of the Canadian actor Victor Garber, a somewhat sloppy mistake by the person who chose it for the banner of the paper. I have attached a proper photograph of Enda Kenny. You may find it handy when you are writing more Enda bashing articles.

Yours, etc,

DAVID MOLONEY

Sir, - It's about to get even harder and more expensive to get on the road. The price of petrol rises on a regular basis, insurance premiums are at an all-time high and motor tax is coming in at nearly a hundred euro every three months. However, these prohibitive expenses are the least of many worries for a budding motorist right now. To get on the road you will need a wad of cash before you even purchase a clapped out old banger that will break your heart with constant breakdowns. The cost of a theory test is now €40. A Learner's Permit comes in at around €15. Then there are the mandatory lessons you will need; all twelve hours of them. These measures were

welcomed by authorities when they were announced last year and will come into effect from April. Statistics show that drivers between 17 and 24 are more likely to die in a car accident than someone older. The new rules regarding lessons are necessary to ensure drivers have relevant experience behind a wheel before sitting a driving test. Lessons usually come in at 25 to 35 euro. Safety on the road is paramount and lives will be saved because of this. However, the cost of a driving test has risen from €30 two years ago to €85. It has more than doubled. When pass rates vary across the country considerably it seems a lottery as to whether your money will result in you receiving a coveted pink licence or not. The rise in the cost for the driving test was brought in to offset a €5.5bn cut in the RSA's budget. It is not for the service provided by the tester on the day. So what of the skint student who wants to undertake this financial quagmire? When contacted about special student rates the RSA had this to say, "Unfortunately, there are no special rates for students. If you wish to apply for a car test (category B), the fee is €85." If you want to get yourself on the road, you better start saving now!

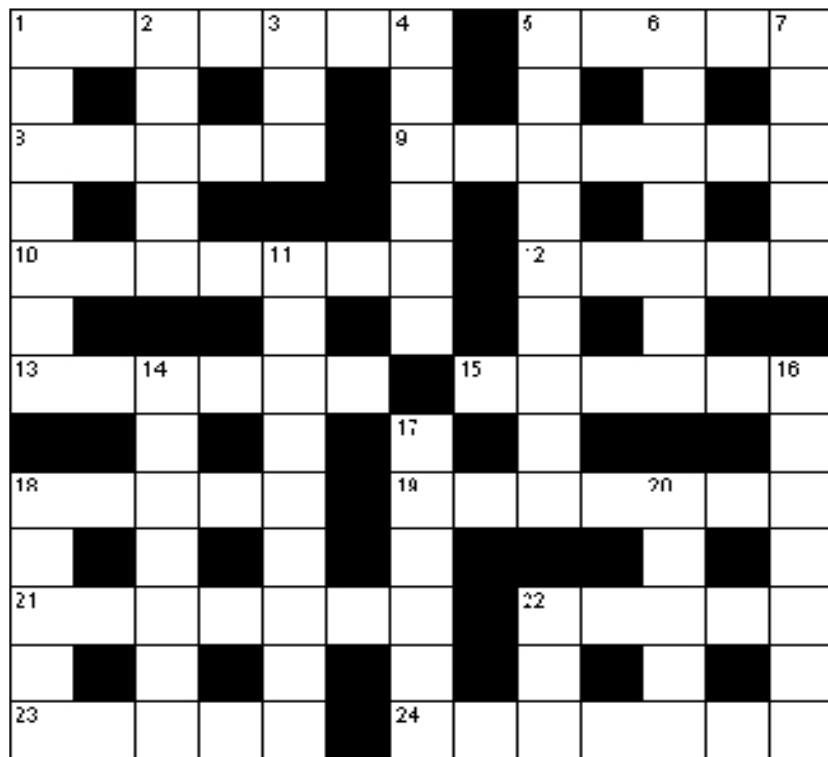
Yours, etc,

ROBERT MCNAMARA

QUITE INTERESTING

Coca-Cola was invented by John Pemberton in 1886 and was originally sold as a "valuable brain tonic" in pharmacies in Atlanta, Georgia, USA. Its' inventor claimed the soft drink could cure many ailments, including morphine and opium addiction, headaches and impotence. Pemberton

himself was a morphine addict and was searching for a cure. However, the original Coca-Cola formula contained a large amount of cocaine. Coca-Cola stopped using cocaine as an active ingredient in 1904, but still contains a large amount of caffeine, despite attempts to force its removal in 1911.



CLUES

ACROSS:

- 1. Trust in (7)
- 5. Small thin biscuit (5)
- 8. Dissonance (5)
- 9. Projecting upper floor (7)
- 10. The sheltered side (7)
- 12. Neither pretty nor ugly (5)
- 13. Method (6)
- 15. Become visible (6)
- 18. Flowed back (5)
- 19. You'll find her on the high wire (7)
- 21. Hinged window blind (7)
- 22. Slight push (5)
- 23. You might split these (5)
- 24. Prominent, as in a point (7)

DOWN:

- 1. Bell, book and (7)
- 2. Innocent (5)
- 3. Makes a drink "on the rocks" (3)
- 4. Personify (6)
- 5. Covers interior walls (9)
- 6. Photographic film (7)
- 7. Synthetic silk-like fabric (5)
- 11. Short, entertaining accounts of incidents (9)
- 14. Quiet, unassuming (7)
- 16. Withdraw from battle (7)
- 17. Marine mammal famous for tusks (6)
- 18. Makes less difficult (5)
- 20. Emblem (5)
- 22. Lowest score in soccer (3)

ANSWERS

Across:

- 1. MARINER
- 4. REACH
- 7. CIVET
- 9. IGNEOUS
- 10. BREATH
- 11. STARE
- 12. EQUINE
- 14. SECOND
- 18. CHAOS
- 20. MUSICAL
- 22. EVASIVE
- 23. LYING
- 24. ENEMY
- 25. EMINENT

Down:

- 1. MACABRE
- 2. REVUE
- 3. RAISED
- 4. RUNGS
- 5. AVOCADO
- 6. HASTE
- 8. TITAN
- 13. UNAWARE
- 15. EASEL
- 16. DELIGHT
- 17. IMPEDE
- 18. CREPE
- 19. SHINY
- 21. CHIME



MA in Sociology Youth, Community and Social Regeneration

New for 2011-12

More information from www.ul.ie/sociology or www.graduateschool.ul.ie

Informal inquiries are welcome at YCSR@ul.ie
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OLLSCOIL LUIMNIGH
UNIVERSITY OF LIMERICK



Union

THE
PRESIDENT'S
COLUMNWritten by **Ruán Dillon-McLoughlin**, ULSU President

SO you have survived Charity Week (I hope) What next? Did you ever wonder if you could do a better job at running your Union? Would you do things differently? Well now's your chance. Your SU elections are coming up. Why not put yourself forward for the election? You could be the next SU President or Education Officer.

You do not have to be a Union head to get involved and run for a position. You just don't. Positions are open to everyone. I had little involvement in the SU before forth year; in all honesty I hadn't much of an idea of what they did. After looking into it I knew I could add something to the Union, so I put my name forward for election.

Interested? Just fill out a nomination form by 18 March at 6pm. Forms can be picked up from your SU Reception. A good idea would be to speak to the current officer of the office for which you want to run!

It is a very challenging but rewarding job and well worth giving a go. If you want to meet me about this please contact me at supresident@ul.ie

WELFARE
WATCHWritten by **Derek Daly**, Welfare Officer

SO the general election is all over. I hope you voted. The ballots are all counted and Enda Kenny will be our Taoiseach come 9 March. Goodbye Ray D'Arcy!

Fianna Fáil has suffered one of the biggest electoral wipe-outs of any party in a western democracy. Fine Gael has failed to capitalise on it to get a majority. Labour isn't strong enough to have all of its demands met should it form a government with Fine Gael. One thing is for sure; Ireland's party political system has been shaken to its core. Let's hope the same will happen to the political system as a whole.

Ireland could have had a decisive majority government at a time when it needed it most, but the electorate has given seats to independents, whose number includes a NAMA developer and Michael Healy-Rae. I'm angry with the electorate.

If you've been energised by the election or even if you haven't now is your chance to get involved in your Union. As Enda becomes Taoiseach, ULSU holds a General Meeting in the Stables Courtyard: Wednesday, 9 March at 1pm. It's your Union. Have your say. Email suwelfare@ul.ie to get in touch!

ENLIVENING
EDUCATIONWritten by **Aoife Finnerty**, Education Officer

DID you know your Union introduced a system module evaluation last year? Why? Because as Education Officer, I believe UL should be famed for being a teaching university; one that put the education of its students before anything else. So, last year the SU launched module evaluations and I've been surveying students and forming reports since.

Think about your classes for a moment. Do you have modules you find particularly beneficial and relevant; ones where your lecturer is innovative? Yes? Why not tell that lecturer about the excellent standard of teaching? Why not give the module feedback to your Course Director, showing the course is suited to the needs of students? Conversely, do you have modules you consider irrelevant? Yes? Then give the message to the Course Director that the course needs updating. Is there a lecturer you have, to whom you would like to give constructive criticism; one who, with a few tiny changes could be much better? Yes? Tell them! Many lecturers are open to hearing feedback if it's actually constructive.

It's all about whether or not you want to improve your time in UL. So if you want to have your say, contact your Class Rep about it.

CAMPAIGNS
BRIEFWritten by **Vivion Grisewood**, Campaigns and Services Officer

SO Charity Week 2011 is over and everyone is recovering from one hectic week. I genuinely hope everyone had a great week and helped raise some much-needed funds for some really worthwhile Charities. We will know in the coming weeks how much we rose and we will let everyone know when we will be handing money over to the Charities. You can still view Pulse magazine online to read up on the charities you have supported, by visiting www.ulsu.ie and clicking on the Charity Week button on the left.

Over the coming weeks, your Union will host its UGM. This is basically where you get to have your say on how your Union has performed over the year, what you would like changed and anything else ULSU related. Keep an eye on your Union Facebook page and website for more info. Be sure to call in if you have any fundraising ideas; there'll be a good few things happening before the end of semester.

Feachtas ciallmhar é, Seachtain na Gaeilge an tseachtain seo, mar sin bí cinnte a labhairt cúpla focal sa Ghaeilge nuair a fhaigheann tú an deis!

WORDS
FROM THE
PSAWritten by **Dan Comerford**, PSA President

HELLO Postgrads! Now we're over the hump of the second semester with deadlines go leor, I hope you are all keeping well.

Charity week: what a week! I hope you enjoyed it. I would like to congratulate everyone involved in pulling it off to a tee. This year the PSA ran two events for it, unlike previous years. This took a lot of work by the PSA Exec and I'd like to thank all involved.

PSA Ball: on 25 February in the Strand Hotel, the PSA Graduate Charity Ball in aid of Pieta House took place. It was a huge success and I would like to thank all those involved from the PSA Exec, the Strand staff and all of you who attended. Elections: I urge you all to pay attention to the upcoming PSA elections. If you are interested in knowing more about what's involved, please contact me. I am here and happy to help. Check out the PSA on Facebook, Twitter and our website.

NEW MA ON YOUTH,
COMMUNITY AND
SOCIAL REGENERATIONWritten by **Sheridan Whiteside**

UL'S DEPARTMENT of Sociology will offer a new and exciting Masters programme from September of this year. In response to a growing interest in social regeneration in Limerick City, and elsewhere, this new MA programme will allow students to engage critically with the social aspects of regeneration and to focus on Youth and Community as areas of study. Dr. Eoin Devereux, Head of Department has said "This is a very important development for UL and for the Department of Sociology in particular.

It underlines our department's commitment to the analysis of social exclusion, inequality and social change and its strong relationship with Limerick City. We have created this new MA programme in response

to student interest in careers in the area of Youth, Community and Social Regeneration."

Beginning in September 2011, the MA can be taken as either a full time or part time programme. It also offers the possibility of taking elective modules at MIC and at NUIG.

Full details of the programme may be found at www.ul.ie/sociology Informal email inquiries are also welcome at ycsr@ul.ie or by telephoning 061 202445. Applications may be made on-line at www.graduateschool.ul.ie

UL FRUIT AND VEG
BOX OFFERS STUDENTS
HEALTHY OPTIONWritten by **Leroy Gosset**

A NEW startup student business is trying to defy the recession and looks to be doing so with a bit of entrepreneurship and effort. UL Fruit and Veg Box was set up this semester by Rob O'Rourke, a fourth year Construction Management and Engineering student and since its launch has started to grow rapidly, now delivering to all the main students villages. "The weekly boxes that we deliver supply students with enough fruit and veg for each week and we also put in eggs, milk and bread," he says. The box is proving very popular with international students as it is convenient and easy to order. "I wanted to start something that was good value for students and at the same time helped Irish businesses. Since all the vegetables are supplied from my neighbours who have an award winning Organic Farm

in Galway it's good for them too," explains Rob. In fact UL Fruit and Veg Boxes have been so popular that Rob expanded to have friend Mark Moore on board to work marketing and deliveries. They have known each other for years through surfing and skydiving, and are both passionate about creating their own opportunities in the face of near impossible economic times. "The business is more than just selling boxes," remarks Rob "we want to show students that it is possible to start your own business and create your own opportunities." The boxes are available to order online by searching 'UL Fruit and Veg Box' on Facebook. Once you 'like' that page UL Fruit and Veg Box will contact you with more info. Boxes are delivered weekly and only cost €20.

Sport

O'BRIEN'S CLASSINESS CAPS OFF A PERFECT FITZ FOR UL

Written by **Eoin King**

THERE have been many memorable contests in the Fitzgibbon Cup competition over the years. You can add this to the list. These two teams met in 2005 at the Gaelic Grounds which helped secured LIT's first Fitzgibbon title. They won another in 2007. UL finished runners up two years ago so it promised to be good. LIT defeated UCC in a thrilling game of hurling on Friday. UL saw off CIT with less drama. Thus, it seemed to be the case that LIT sprung up on UL in the first 15 minutes. Davy Fitz was wired.

Tellingly, his team came out inspired. Sean Tobin broke through for LIT to smash home a goal to leave UL trailing 1-06 to 0-01 on the quarter hour mark. It was the first goal conceded by this superb defence in this year's competition. David Bourke and Andrew Quinn quickly struck back before LIT created a great moment of team hurling.

Moving at pace, the ball was worked out from the half back line all the way up to Lambert, who hand-passed to Gaffney, who did the same for Donie Reale. The Limerick native guided it into the corner of the net.

It was then 2-06 to 0-03. UL hadn't wavered at any challenge in the competition up to this moment. Reale's strike seemed to remind them of this. They scored four of the next five points with two from Cronin. The other two were frees from Quinn, who took up the mantle from the suspended Dooley. Cronin was influential throughout the game and with Quinn, Beckett and Kelly, scored a point as UL hit four without reply at the restart.

His range was limitless as he scored a great point from inside his own half before Bourke matched his style with another from distance. But LIT then stretched the lead back to three points with ten minutes remaining.

Beckett then made way for O'Brien before Paul Kelly scored just after.

There is always a nice symmetry in the GAA. Six years ago his brother Eoin was captain of the LIT team which beat UL in the final.

On this day Paul was instrumental in the second half comeback. His point in the 56th minute tied the game for the first time since the opening minutes. McInerney replied for LIT with a free from the side line. Bourke, though, put paid to LIT notions of victory with his fourth point of the game before O'Brien's goal killed them in what was a stirring comeback, with every player contributing. Joyce was as composed as ever along with Hickey while Kelly had a big second half. All, however, played an enormous part in a complete second half performance.

Scorers -- UL: P Cronin, D Burke (1f), A Quinn (3f) 0-4 each; P Kelly (2f) 0-3; T O'Brien 1-0; B Beckett, B Carroll 0-1 each. LIT: D Reale 1-1; S Tobin 1-0; J McInerney (3f), B Gaffney (3f) 0-3 each; P Browne, P O'Brien, S Collins, JB O'Halloran 0-1 each.

UL: T Lowry; P Stapleton, M Walsh, S Hickey; B Bugler, PJ Delaney, K Joyce; D Burke, P Cronin; B Carroll, B Beckett, P Kelly; K Morris, P Murphy, A Quinn. Subs: M Boran for Murphy (26); T Connors for Boran (HT); T O'Brien for Carroll (57).

LIT: M Ryan; E Glynn, C Cone, C Cooney; JB O'Halloran, J McInerney, J O'Keefe; S Lambert, P O'Brien; S Collins, W Hyland, P Browne; B Gaffney, S Tobin, D Reale.

Referee: Michael Wadding (Waterford).



Thomas O'Brien scores the winning goal. Ecstatic celebrations after the final whistle. Images Credit: Sean Reidy.

UL HOLD OFF CIT IN SEMI DESPITE DISMISSAL OF DOOLEY

Written by **Eoin King**

ALL that matters on the semi-final Friday of a Fitzgibbon game is the result. On a pale overcast day in WIT's splendid new Sports Campus UL defeated CIT by two points. It could have been more. CIT themselves might have regrets. It doesn't matter now. The first half was slow to start and ragged at times as both teams failed to settle. UL hit the same number of wides as they did points in the first half. They entered the dressing room 0-08 to 0-06 ahead. Dooley pointed the opening two scores before Beckett struck after ten minutes to leave UL on top in the early exchanges. What followed were four consecutive wides from UL before Bulger took the initiative and scored

a monster point from within his own half. What followed from UL was more bountiful. Dooley popped over a free and Morris pointed twice. Most pleasing was the presence of David Bourke in midfield, who regularly stopped the flow of CIT ball and converted it into points, setting up both Morris and Quinn for scores. Bourke would prove to be a class act all weekend. As were the men manning UL's rearguard with the experienced Hickey and Joyce who never looked fazed. PJ Delaney was strong throughout, while another Kilkenny man, Walsh, stood tall at full back.

Tony Murphy twice struck for goal when CIT were awarded a free. Twice,

Lowry and the men on the line repelled his effort. CIT reduced the margin to one point at the restart before another Dooley free stretched the lead back to two. But CIT produced their best spell with three consecutive points from Casey and Clifford. There seemed nothing to worry about though as Dooley struck another free and Carroll hit a nice score to put UL in front once more. Yet, only one of those two Offaly men saw out the rest of the game. With no access to instant replay, it's hard to dispute the referee's decision when he sent off Dooley for an off the ball incident. This reporter missed it as all eyes were on the point from Morris which happened in the meantime. Ten

minutes remained. The score was 0-13 to 0-12 in favour of UL. Cronin landed a huge point on the roof of the net. That was followed up by Colin Fennelly's powerful run and score for CIT. No worry and complete belief. It resonates when watching this team. Bourke and Morris managed to find Beckett. He did the necessary and UL got the only result that matters.

UL ADVANCE TO SEMI FINALS AFTER HARD FOUGHT UCD VICTORY

Written by **Eoin King**

UL HURLERS advanced to the Fitzgibbon Cup weekend after defeating UCD 0-15 to 0-12.

The game, played on the 15 February, was played in blustery and wet conditions on Pitch One. Tipp's Noel McGrath was the main man for UCD, scoring ten points (8 f). On the other side, UL had a good mix of scorers, with Pa Cronin, Bill Beckett, Shane Dooley and David Burke in particular getting some nice points despite the wind and rain.

It proved a close affair throughout, with both teams level at half time, nine points apiece. But UL kept UCD from scoring in the final 15 minutes of the game to see out a hard fought victory.

Sport

LOW MEDIA OUTPUT HIDING GAA'S REAL TALENTS

Written by **David Prendergast**

WEXFORD camogie star Katrina Parrock was just seventeen when she won her first All-Ireland after Wexford bridged a barren thirty-two year gap in 2007. Now twenty years old, she possesses the same hunger and commitment, despite women's sporting sacrifices and dedication being consistently overlooked by the national media.

"There is nothing else better than winning an All-Ireland, a feeling that I still haven't found words to describe," she says. "It's what I stay focussed for. All-Ireland day in Croke Park is worth every second of running through the dirt and muck in January". 2010 was a year to remember as a result. Parrock was 'player of the match' as Wexford landed its second All-Ireland title in four years and the icing on the cake came when she finally won her first All-Star award in November after a third nomination.

When Tipperary stopped Kilkenny's drive for five on the first Sunday of September there wasn't an empty seat in Croke Park. One week later when Wexford became All-Ireland camogie champions there were 65,010. Despite the vast vacancies inside GAA's HQ, Parrock doesn't agree that changing to a smaller venue for the sake of match atmosphere is the way forward.

"If it wasn't in Croke Park it wouldn't be the same. [...] I know the crowd is nothing compared to hurling All-Ireland day, that's why we have to promote camogie better and get it high up on the pedestal".

On 5 March, Dublin and Kilkenny's camogie outfits clashed in a curtain raiser to Dublin and Kerry's NFL fixture at Croke Park. It was one of two inter-county camogie days scheduled for 2011. Parrock doesn't see why games like these can't happen all the time, especially for "the spectators in such recessionary times." More importantly, it would showcase the competitiveness, skill and aggression which is so fluent in camogie. Tom Humphries of the

"Camogie is a game of aggressive defending and elegant attacking like hurling, yet its charms are blighted by the ignorance of RTE. The mass media's lack of interest in commercialising the sport in turn helps facilitate the negative cultural attitudes directed at female athletes."

Irish Times wrote "selling is camogie's biggest problem". Parrock believes a greater public interest in the female equivalent of the fastest field sport in the world can be harnessed through equal gender communication with The Sunday Game. The best way to popularise something is to highlight its content and what better way to identify Camogie's pearls than through our number one GAA show on summer Sundays?

Unfortunately, "The All-Ireland (final) and All-Ireland semi-finals are only shown on The Sunday Game. All the championship games should be shown on The Sunday Game". Camogie is a game of aggressive defending and elegant attacking like hurling, yet its charms are blighted by the ignorance of RTE. The mass media's lack of interest in commercialising the sport in turn helps facilitate the negative cultural attitudes directed at female athletes.

A bigger emphasis in the media on women's sporting achievements is important to promote female role models and challenge the gender stereotypes which demean camogie. Young girls need female role models to aspire to when they pick up a hurley for the first time.

"I was considered a tomboy when I was younger playing sports," Parrock confesses. "While other girls were playing with their Barbies at lunch break I was out playing sports at lunchtime because that's what I enjoyed

doing. Back then when you heard other girls and boys calling you a tomboy, it was upsetting because all I wanted to do was play sports."

But in Wexford gender discrimination is waning thanks to two All-Ireland victories in recent years compared to the dire men's hurling team, a fact reinforced by their opening NHL Division 1 drubbing at the hands of Galway – 1-24 to 0-6.

More than half of the 17,290 supporters at the All-Ireland final were from Wexford. Purple and gold were the dominant colours against the backdrop of the empty blue seats in Croke.

"Wexford support has been brilliant and they [the men] are not having a good spell," said Parrock. "But the women are doing great." Their conquest did not go unappreciated in the Model County and after a huge response to their fundraising efforts, there was enough money for a trip to Las Vegas.

"If the Wexford men won the All-Ireland there would be no fundraising done by them," Parrock warns. "They would just be automatically handed a holiday and probably with spending money. That's just the way things are as women are left in the background in GAA." When it comes to gender inequalities in sport, unfortunately it seems truth is often stranger than fiction.



Katrina Parrock celebrates, after her team won the Gala Camogie All-Ireland Final in Croke Park, 2007. Image courtesy: Sportsfile.

UL FRESHERS LOSE OUT TO UCD IN HARDING CUP

Written by **Martin Hayes**

UL SOCCER Club travelled to NUI Maynooth for the 2011 Harding Cup for Freshers. In Round 1 UL were drawn against St. Pats Drumcondra and had little difficulty in advancing on a 5-3 score line. UL was 5-1 up after 60 minutes with goals from Craig Connolly, Aaron Joyce, Mark Culloty and Robert Doyle and although St. Pats got a few consolation goals (including two fairly dubious penalties) the result was never in doubt.

In the quarter-final, they club was drawn against hot favourites UCD. Although UL as aiming for their sixth Harding Final in a row they had only been successful once, in 2007. This run had also included three defeats to UCD and most judges expected this particular renewal to be no different. After a cagey opening in which chances were at a premium UL was unfortunate

to go one down on the half hour thanks to a speculative Darren Muldowney shot from just outside the box on the left side that went in at the near post.

UL had enough chances to level the game with Gavin Sheedy, in particular, unfortunate not to bundle in a rebound from an excellent Craig Connolly free kick just before the break. Pushing extra players into attack was always likely to be risky against such dangerous opponents and so it proved as UCD got their second in the 87th minute to put an unfair gloss on the final score line. UCD would go on to win the trophy once again thus completing a hat-trick of titles in this prestigious competition.

In the Plate game on day three, a visibly deflated UL side that had put in so much effort the previous day just could not get out of second gear against a committed and probably overly physical Trinity

challenge. Budget constraints meant that UL had a small squad in Maynooth for the tournament. There were also no funds for the dedicated physiotherapist that our opponents could call on. Two first half goals were enough to seal UL's fate in this competition.

There is plenty of hope for the future given the quality of the displays from the likes of team Captain Greg Hyde, Robert Egan, Kevin McCarron and Craig Connolly during this tournament. Hopefully UL soccer will be able to access the necessary funds to compete as man for man they are not far away from causing an upset.

UL SHOCK DIT IN SIGGERSON CLASH

Written by **Mark Connolly**,
Sports Editor

UL'S FOOTBALLERS secured an unexpected victory against highly fancied DIT in the first round of the Siggerson Cup at Clontarf. It was an impressive performance from the Shannoniders as, aided by the superb David Moran at full forward, they overcame the challenge of the team from the capital by two points.

But it was the favourites who dominated the opening exchanges as they raced into an early lead. But UL responded to the adverse score line in a way that must have pleased manager Declan O'Keefe, reducing their arrears to three points by the 20th minute. But then turning point arrived. UL were awarded a penalty and the reliable Moran made no mistake from the spot to level matters.

DIT nudged back in front again at half time but the Limerick side continued to defy the odds after the interval and scores from Moran and the impressive David Fox helped to draw them level

heading into the final 10 minutes.

UL got the decisive score. And what a goal it was, product of a flowing team move from their own full back line and culminating with Moran and Fox again combining beautifully to allow the latter to rifle one past Lyons in the DIT goal.

They were able to survive a flurry of late attacks in the closing minutes to hold out for a great victory and lay down a real statement of intent ahead of their quarter-final appearance against DIT. It was particularly impressive victory when one considers the pool of talent that DIT had available, notwithstanding the absence through injury of the mercurial Paul Galvin. Full credit is due to the UL defence for subduing the talents of Diarmuid Connolly and Mayo's Aidan O'Shea which was instrumental in their victory.

Sport

TRAPATTONI NEEDS TO SHOW SOME COMMITMENT

Written by James Enright

CIARAN Clark gave a promising display for Ireland against Wales in the Carling Nations' Cup. The young left back was solid in defence and purposeful going forward. But was it not for Richard Dunne alerting the FAI of Clark's Irish heritage than he might now be declaring for England.

Ciaran Clark was born to Irish parents in Harrow, England. He captained England at under 18 and under 19 level. His decision to declare for Ireland was down to the persuasions of his Aston Villa teammate Richard Dunne. It had nothing to do with Irish manger, Giovanni Trapattoni. The first time Trapattoni met Clark was the Sunday before the Wales game. This is another example of the Irish manager's nonchalant attitude to his job. It was a huge error on his part. Ireland could have lost a talented young player because of the manager's laziness. He should have known about Ciaran Clark's Irish heritage earlier and

made sure he declared for Ireland. It is Trapattoni's job to know about any good players that can qualify to play for Ireland and to persuade them to declare for Ireland.

When Jack Charlton was the Irish manager he found a number of outstanding players from England with Irish heritage. He searched high and low through the English Leagues for players that qualified to play for Ireland through the Parentage Rule. Some of these players such as Ray Houghton, John Aldridge, and Mark Lawrenson proved to be excellent for Ireland. Lawrenson could have played for England if Charlton did not snap

him up. Without these players Ireland might not have qualified for any major championships. Players that Charlton picked up through the parentage rule played a huge part in that golden era for Irish football. Charlton made a real effort to find the best players available to him.

He actually went to games to meet any prospective Irish internationals. While the football Charlton wanted Ireland to play was uninspiring he showed a real passion for the job by going out and trying to find good players.

Trapattoni does not attend many games. He just watches DVD's of the players from his home in Italy. This



Trapattoni must pull the finger out.

reinforces the opinion that the manager is not fully committed to Ireland. There are a number of talented players in the English Premiership who can still qualify for Ireland under the heritage rule. Kevin Nolan of Newcastle and Mark Noble of West Ham would be assets to the Irish Squad.

They are both midfield players and could solve that problem position for Ireland. Nolan has scored 10 goals this season for Newcastle United and most supporters would agree that he is a huge player for the team. Mark noble would add a bit more presence and creativity to the Irish midfield. Both would do a much better job than Paul Green or

Glenn Whelan. However Trapattoni has not made any contact with Nolan or Noble. It shows that he is not really trying to get the best team possible out there. He seems happy to settle for the players he has. He does not seem driven to make any improvements to his squad. Trapattoni is being paid a huge salary to manage Ireland. He needs to start showing the Irish fans that he is worth it.

THE FASTEST GROWING SPORT IN THE WORLD

Written by Gary Whelan

WHAT is at present the fastest, most exciting sport in the world? You are probably thinking football, rugby or perhaps even something different like athletics or darts. The sport that is growing like no other in cities around the world, which has kids of all ages annoying their parents to sign them up, which has motivated men and women of all ages and persuasions to take classes in, is Mixed Martial Arts.

Although there are many promotions around the world, MMA is and always be UFC. The Ultimate Fighting Championship which was founded in 1993 as a brutal, no holds barred fighting tournament has evolved today into a multi-skilled and amazing sport to both watch and be a part of. Back then it had politicians and the general public protesting at every event and was banned by most states in the US.

Now though it has rules and each fighter trains in multiple disciplines, such as boxing, Brazilian Jiu-Jitsu, Muay Thai, wrestling, kick boxing among many others, and a lot of the excitement is in watching these different fighting arts coming against one another. Some of us probably wondered as kids who would win a battle between a boxer and karate practitioner or between a wrestler and a kick boxer, well this is as close

as it gets to actually finding out. Since purchasing the UFC for \$2 million in 2001, ZUFFA Entertainment has seen the company grow to one which is a multi-billion dollar per year business, while also making household names out of its fighters such as Brock Lesnar, Rampage Jackson, Randy Couture, George St Pierre and more.

It is growing rapidly even in Ireland with MMA schools popping up in most major city areas and also there have been various promotions showcasing fights, some of which have been here in UL. Whether as a viewer or even better as a participant, it is a fantastic pastime and the training which is involved, even at beginner level is now been recommended by fitness organisations all around the world. It can only be a positive attribute to be proficient in the above mentioned martial arts and will most certainly improve your health. There are classes in multiple locations around Limerick, even in the UL arena so if you fancy yourself as an octagon fighter then check it out, if not then maybe stick to the books and watch some of the weekly UFC shows that are shown, either way it is something new and exciting to involve yourself in.



Something new to get involved in?

DOES LOYALTY EXIST IN THE MODERN GAME?

Written by Paul Brennan



Torres transfer marks new low in player loyalty.

WHEN Benito Mussolini decided to part company with the Italian Socialist Party to form the Fascist movement in Italy he said to his old comrades, "you hate me with immense hatred because you once loved me". This sentiment resonates heavily in football. Fernando Torres' departure from Liverpool is the latest case where a player has left a club to whom he once swore allegiance.

His relationship with the Liverpool supporters was a marriage made in heaven, or so it seemed. In his book, *El Nino: My Story Book*, he revealed that the club, the city and the fans were in his blood and he would fight for the reds through thick and thin. But the signs were ominous that his heart was not in it this season. Ironically, his best performance came against his new employers Chelsea, where he notched a brace. Even during this period of indifferent form, Liverpool supporters stood by him because to them, he was

Liverpool through and through. For these reasons, it was surprising that the Spaniard didn't even show a modicum of respect to Liverpool, when he revealed that he was delighted to be joining "a big club" in reference to the West London outfit.

The fact is, there is very little loyalty in the modern game. But there are some notable figures that have stood by their clubs. Paulo Maldini is part of the foundations at AC Milan. The Italian enjoyed a glittering career with the Rossoneri, spanning twenty-five years. Francesco Totti and Alessandro Del Piero have showed tremendous loyalty, the latter even stood by Juventus when they were demoted as a result of the infamous Italian match fixing scandal of 2006. Why does this loyalty not exist in the English game?

We saw earlier in the season that Wayne Rooney expressed a desire to jump the Old Trafford ship, citing a

lack of ambition as the reason for his departure. I would probably change my mind too if an angry mob assembled outside of my residence. Rooney's confidence in Manchester United's ambitions was only reaffirmed with an increase in his bank balance. John Terry and Steven Gerrard have been described as bastions of loyalty but both players could have easily left their respected clubs. Admittedly, there are some players who have shown unequivocal loyalty; Paul Scholes, Ryan Giggs, Gary Neville, and Jamie Carragher spring to mind. But the fact is, the majority of modern day footballers are mercenaries who will play for the highest bidder. It is a matter of money talks, players walk for Europe's elite.

Sport

FORGOTTEN FOOTBALLER, HELDER POSTIGA

Written by **Darren Mulryan**

WHAT names come to mind when we think of great Portuguese players? We certainly recognise them for their continental fluid style and attacking repertoire. One name Tottenham fans may remember is Helder Postiga, for his brief stint in North London back in the 2003 to 2004 season. Spurs fans and premiership followers alike remember him not as a great player but one who was widely tipped at the time to be the next rising star from the Iberian Peninsula.

Down the years the Premiership has seen its share of young continental players stumble at the first hurdle, adjusting to the physical nature of football. So was Helder just another player for the big book of foreign failures? Well the future was bright as a talented 16 year old who plied his trade with FC Porto, impressing for the reserve squad. He was given the chance to shine under none other than Jose Mourinho, who would go on to become a master of man management. Mourinho's magic touch became evident early on, as Postiga shone in his first full season, scoring an impressive 13 goals and flourishing in the Portuguese under 21 team.

His productive form did not go unnoticed back in North London, with Tottenham tabling a successful £6.25m bid to bring him to the Lane. Postiga failed to live up to his creative potential and only managed to score two goals all season against Liverpool and Manchester City respectively. As a consequence he returned to his homeland to rebuild his reputation. This involved a swap deal bringing Pedro Mendes across the English Channel. Let's hope Roy Carroll isn't reading this. Postiga return for 2004 to 2005 was mediocre, producing just three goals. Worse was to come for the



striker as he was demoted to the Porto B team following some unconvincing displays in preseason for the 2005 to 2006 term. Finally his patience ran out in the January transfer window, and Postiga subsequently moved out on loan to Saint Etienne, scoring two goals. This was the move Postiga hoped would ignite his World Cup dream and a place in the Portugal squad. The striker returned for Porto the following season and came back to his true form scoring 10 goals. Thing finally seemed to be looking up. But football is not always so kind and forgiving.

The following season Postiga again lost his position to Brazilian Adriano. Yet again the forward moved on loan, this time to Greek side Panathinaikos. But the move did not halt his demise. He returned to Portugal in a shock move which saw him go to Sporting Lisbon where he remains to this day. With just eight goals in two years with Sporting, we at An Focal can give you an inside tip. Don't expect Harry Redknapp to make any cheeky transfer dealings involving this forgotten footballer.

SPORTS QUIZ

Written by **Paul Brennan**

- Who is the only player to score in a Manchester, Merseyside and Glasgow derby?
- Who was the first player to represent the Irish football team who was not born in Ireland?
- What do the 1981, 1982 and 1983 FA Cup Finals all have in common?
- Lee Westwood is currently ranked as the Number One Golfer in the world. How many Majors has he won?
- Who was the only country not to lose a game at 2010 World Cup in South Africa?
- The Green Bay Packers were recently crowned Super Bowl XLV champions. How many titles have they won in total?
- What do the following shirt numbers have in common: West Ham United's Number 6, Manchester City's Number 23 and Chelsea's Number 25?
- When was the inaugural Six Nations Championship played?
- Most boxing fans are familiar with the three fights Muhammad Ali had with Joe Frazier. Who is the only other boxer that Ali fought a total of three times in the ring?
- Who was English football's first £1m player?

ANSWERS:
 1. Andrei Kanchevskis
 2. Shay Brennan
 3. Every game went to a replay
 4. None
 5. New Zealand
 6. Four
 7. They have all been retired. West Ham for Bobby Moore, Manchester City for Marc-Vivien Foe and Chelsea for Gianfranco Zola
 8. 2000
 9. Ken Norton
 10. Trevor Francis

TICKET PRICES ALIENATING THE AVERAGE FOOTBALL FAN

Written by **Robert McNamara**

WHEN Matt Busby became Manchester United manager in 1945 he considered football's true purpose. He would tell his players to go out and entertain the vast crowds that turned up on a Saturday afternoon. He was acutely aware, coming from a working class background himself, that football was an escape for those who spent the rest of their lives on factory floors and toiling down mines.

Watching your team on Saturday was accessible even to the lowest paid manual workers. Children often got in free, passed over the terraces to take their place down at the pitch-side. There was no merchandise to buy, no automatic cup scheme, no executive boxes and no corporate sponsorship. Football was the people's sport.

The men on the pitch were closer to those on the stands and they knew how lucky they were to play football for a living. The beautiful game could not be more removed from those halcyon days. Watch any Saturday night highlights programme and notice the empty seats at the Reebok, the DW, the KC, the Walkers. These are not corporate seminars but football grounds. Ticket prices pushed upwards by club owners, desperate to compete at a time of high

player wages and exorbitant agents fees, are destroying the game and match day experience much more than the introduction of all seater stadia or Sky TV ever could. Only Manchester United, Chelsea, Arsenal and sometimes Liverpool can attract sell-out crowds in England.

The atmosphere at games is mostly sterile. A ticket is no longer a passport to sporting escapism but a tool to see how much money can be extracted from the consumer. From the ticket price to the programme, the merchandise, booking fee, handling fee, etc., most games now will set you back at a hefty chunk of your weekly wage.

Megabucks Manchester City recently attracted a paltry 27,296 fans to an FA Cup replay with Notts County. 6,000 of these were Notts County's travelling

support. 20,550 seats remained unoccupied. The self-appointed 'biggest club in Manchester' have alienated most of their support along with the majority of clubs.

UEFA have recently announced the ticket prices for this season's Champions League final at Wembley. A rare opportunity, you may think, to see club football's pinnacle event close to home. Well at €206 apiece for a seat, how many ordinary working class fans will have access to this event? The Eircom league season should have kicked off by that night in May. I might go and watch Limerick FC if they are playing. The quality of football may not be as good but at least I can afford it. It seems that in football these days, you get what you pay for.



Sport

'MUNSTER RUGBY IS IN SERIOUS TROUBLE AS THE POOL OF YOUNG TALENT DRIES ALARMINGLY'

Written by **Mark Connolly**,
Sports Editor

"The great British sporting disease is nostalgia. The press will not cease to compare past achievements against current contenders. They scrutinise closely, hype athletes up and then castigate them when they fail."

Make no mistake, Munster rugby is in serious trouble as the pool of young talent, nourished by the province over the previous decade, dries alarmingly. Not a single member of the Irish U-20s Six Nations squad plies their trade in the southern province while its level

of representation on the senior national team continues its dramatic downward trajectory. It is not difficult to see why this is the case. Many stalwarts of the great Munster teams of the past decade have not been adequately replaced while the province continues to depend

heavily on the likes of David Wallace, Alan Quinlan, Ronan O'Gara and Paul O'Connell who are all now well into their 30s. There has been no detectable emergence of any serious alternatives and I don't see any viable contingency plans for Munster in the event of injury to these key performers.

One just has to look at what has happened to the Munster scrum since the departure of Marcus Horan and the expiry of John Hayes to see the potential problems awaiting them in other areas until they restart production of serious rugby players.

This can be called the Tony Buckley disease and without an immediate

infusion of new talent, it could be degenerative. The immediate remedy the Munster Branch could prescribe is the mass signing of foreign stars to follow the recent acquisition of BJ Botha who will join next season. Botha is a quality player who will certainly relieve their chronic scrum problem but this is not a long term solution.

I personally would hate to see Munster, a team that has always had such a strong local identity, adapt the Ulster policy of mass importation which has seen the northern province earn the disparaging name of 'mini Cape Town'. So much of Munster's success has been based on the immense pride in the red jersey held



by so many of its bearers. It's therefore hard to see how a side based around South African mercenaries and rejects could function.

It would also wreak untold damage on the Irish team which has been dependent on a thriving Munster for a large part of its success. For these reasons alone, the catastrophic failure of Munster to nurture quality young players justifies serious concern.



Clockwise from top: Huntelaar, Neymar and Modric.

SUMMER TRANSFER WATCH

Written by **Darren Mulryan**

IT'S almost that time of year again when the chairman's cheque book is opened and an obscene amount of money is spent to improve a squad's depth. An Focal looks at how the top five in the Premier League will compete for signatures when the window opens in June.

Liverpool FC

With the introduction of John Henry and Co, money does not seem to be a problem for the Mersey club. Look for Liverpool to strengthen their wing play and also their left back position. Charles N'Zogbia has been closely linked with Kenny's men and at £15 million he should provide the service that Carroll and Suarez deserve. Geordie left back Jose Enrique has been closely rumoured for an Anfield switch.

Arsenal

Arsene Wenger has proved to be a shrewd business man in the past and only spends when necessary. But this summer may prove interesting at the Emirates as they face another battle to keep Cesc Fabregas. Lorientstriker

Kevin Gamiero is another surprise move. Rated at £12 million, Gamiero holds a prolific strike record in Ligue 1 and has hinted at his desire to move. 24-year-old Udinese defender Christian Zapata is another man linked with the North London club. Rated at £10 million, he definitely fits into Arsene's tight wage structure.

Chelsea

With the expensive entrance of Fernando Torres from Liverpool in January, it is hard to predict how much more money owner Roman Abramovich is prepared to spend with the possibility of another season without a trophy. Nevertheless, the Blues have been linked with Brazilian teenager Neymar whose form for Santos has attracted many European admirers. Valued at £30 million, this may be a signing for the future.

Tottenham

Look for Spurs to add to all areas of the pitch as they wish to maintain their new top four position. Lyon left back Aly Cissokho will be a definite target for

Harry as he needs cover for any injury to his key man Gareth Bale. Valued at £14 million he is worth the punt. Expect another striker to arrive at White Hart Lane with Dutch international Klaas-Jan Huntelaar widely tipped to make the move from Schalke in Germany. The striker has a £16 million buyout clause but this will not deter Redknapp.

Manchester United

Fergie's men need to spend big in the summer as their lack of depth in midfield is a growing concern.

To compete at both European and domestic Levels, expect at least two midfield signings. Tottenham playmaker Luka Modric is one of Ferguson's targets and is valued at around £35 million. Also on the radar is Everton youngster Jack Rodwell. Rodwell is a promising talent and this purchase would definitely be one for the future.

IRELAND ARE PENALTY KICKING THEMSELVES

Written by **Conor McGrath**

ANOTHER week down and another jailbreak heist on the road for Ireland in the Six Nations this springtime. In recent weeks, watching Irish rugby has increasingly led some of us into the arms of the local publican who are only delighted to calm our collective fretting. Topics of worry are abound: 13 penalties conceded against an awful, awful Scottish team, key lineouts at pivotal moments still being lost and the sickening spectacle of watching Ireland lavish possession upon opponents akin to taxpayers money on Anglo.

I could go on and on but the truth is Ireland has to come good sometime and the impending Wales and England ties could be it. The law of

averages demands it as well as the professionalism of the players. The banana fingered carelessness of Italy, Cronin against France and the first 50 minutes against Scotland is simply unsustainable (being used positively for the first time since 2007). This simply cannot last and it will surely click either in Cardiff or Dublin.

As deluded as this spiel may sound, Kidney's brand of rugby is starting to ferment yet it's the execution that lies at the root of our problem. The remedy is assuredly forthcoming. Once Ireland starts to reap the rewards for their attacking efforts, the confidence and exuberance will be there for us to froth over. For Cardiff this week, an

attainable 30 points are required for victory, even if the penalty count is cut by half. Wales and England now hold the key to this season, to the brand of rugby and Australia's picture of us. Get those basics right lads and a defeat of British rugby as a whole this season will prove that this high octane game is just the tonic for September.



Ireland must click to deny English Gland Slam.

AN FOCAL



UL Krav Maga Club Visits Israel
For Some Expert Training. Page 26.

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RADIOHEAD'S LATEST OFFERINGS



“The piano driven ballad-like “Codex” draws on a cathartic strain; the melody is thoughtful and foreboding, but still evokes the portentous vein that moves throughout the albums.”

Written by **Josh Lee**

OFTEN hailed as the mainstream band with a maverick attitude, Radiohead's 18 year musical odyssey has seen them glide from their alternative rock roots into Krautrock influenced electronic outings. 'The King of Limbs', finished (and first publicised) on Valentine's Day and released four days later, is the innovative English band's highly anticipated successor to 'In Rainbows'.

The album's intro "Bloom" is an interesting collage of frantic stepped drums flecked with electronic embellishments that are more likely to satisfy admirers of 'In Rainbows' than those longing for return to the heady, stadium rock heights of OK Computer. With guitar use kept to a minimum, the album feels more like a close relation of 'Kid A's'.

What makes songs such as 'OK Computer's "Let Down" such a therapeutic experience has relocated well into 'The King of Limbs'. The piano driven ballad-like "Codex" draws on this cathartic strain; the melody is thoughtful and foreboding, but still evokes the portentous vein that moves throughout the albums.

"Feral" channels Thom Yorke's recent preoccupation with dubstep (think Burial's Untrue rather than Deadmau5's latest concoction) and is notable for its striking use of agitated drums, indicative of electronic artist Flying Lotus with whom Yorke collaborated with in 2010. Being just eight songs deep, 'The King of Limbs' is not as lengthy or as overtly ambitious as previous efforts. Nor does

the album deliver the infectious guitar-fuelled punch of 'OK Computer' or the mesmerizing experimental edge of 'Kid A'. At times, it pleads for an outstanding track à la "Karma Police" or "Idioteque" to add some much needed focus. Indeed, the album initially appears to be an underwhelming affair: a somewhat stale mixture of 'Amnesiac', 'In Rainbows' and Thom Yorke's solo LP 'The Eraser'.

But it is only on repeated listens that its masterful subtlety becomes apparent.

Constant throughout the intricately layered album are syncopated loops, polyrhythms and satiating bass lines. Like much of Radiohead's more experimental work, it's not exactly first-time listener friendly.

The album's penultimate track "Give Up the Ghost" is a minimalistic, guitar-marbled soother that – much like the album as a whole – is painstakingly superb, but lacking in the unbound evolution that one has come to expect from Radiohead.

Where The King of Limbs flourishes however, is in its consistent excellence and wonderful meticulousness: it's a succinct collection of dark, ambient textures and restless drum patterns that can only continue to cement Radiohead's position as the foremost bands of the last 20 years.

DOLANS March

| | | | |
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| Fri 11th | SINGING NINA | THE LIFE & MUSIC OF NINA SIMONE | 8pm €12 |
| Fri 11th | R.S.A.G. | | 8pm €10 |
| Sat 12th | CONOR J. SINGS DOLANS | | 8pm €10/5 |
| Sat 12th | WALTER MITTY & THE REALISTS + BRENDAN MARKHAM & FOXJAW B.H. | | 8pm €5 |
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Entertainment

'MAN HAS A CHOICE AND IT'S A CHOICE THAT MAKES HIM A MAN'

Written by **Michael Lawlor**

WHEN a writer like John Steinbeck, Nobel laureate and Pulitzer Prize winner, claims that all his work, from 'The Grapes of Wrath' to the now legendary, endlessly studied novella that is 'Of Mice and Men', was merely practice towards what he saw as his one great book, you take him seriously. That book was 'East of Eden', a 600-page epic that is so vast, so engaging and so aware of the flaws and virtues of human nature, it is devoured rather than laboured through.

The subject matter draws on the story of Cain and Abel and what follows is a tale of fraternal rivalry and broken

families in the Salinas Valley of California, a place Steinbeck loved and immortalised. Present in the novel as himself, he is the narrator and sideline observer of the triumphs and tragedies that take place, blending his own heritage and history along with the story of the Trask family. These characters inevitably win the affection and fascination of the reader as they try endlessly to understand people and the things they do.

Philosophical without being heavy, tragic but not without redemption, 'East of Eden' chronicles the lives of the poor in wealth and the poor in spirit,

a kaleidoscope of men and women who in their kindness and cruelty allowed Steinbeck to say everything he wanted to about people. Ten years after its publication, he was awarded the Nobel Prize for "keen social perception" amongst other things, undoubtedly because he understood the world around him with greater clarity than many of the writers who came before and after him and this book has been listed time and again as one of the novels you should read before you die.



Actor James Dean, who played the emotionally complex role of 'Cal Trask', for screenwriter Paul Osborn's adaptation of John Steinbeck's novel *East of Eden*, 1955.

THE ICO BRINGS US ENCHANTING BAROQUE



Written by **Barbara Ross**

THE March offering from the Irish Chamber Orchestra features a Baroque Gala with classics from the golden age. The baroque era has a unique, timeless style that continues to enchant millions of listeners today.

MATTHEW Halls an expert in this genre will be conducting the orchestra. He is one of the UK's most thrilling young conductors and a talented keyboard player. He has conducted in prestigious venues including the Konzerthaus, Berlin and at the Palais des Beaux Arts.

Award winning Nuria Rial, a moving soprano from Catalonia will be featured and is renowned for her Handel interpretations. She is a rising star in the industry, appearing as soloist with a number of the leading ensembles and orchestras across Europe. Three of her recordings were awarded coveted prizes

in 2009. Her stage presence makes her hugely popular with audiences.

Bach, Handel and Telemann greatly influenced this collection of classical music. Bach was a genius keyboardist and composer who brought baroque music to its peak, writing for every type of musical form.

Born in the same year, fifty miles away, Handel composed for every musical genre of his time, even creating the English oratorio.

Their famed musician friend Telemann also had a vast output, ranging from operas and cantatas to concertos and intimate chamber works.

Included in the must see show will be Bach's ever popular Wedding Cantata partners his brilliant Brandenburg Concerto No. 5. Handel's final concerto from his Op. 6 set features with a seldom heard aria from *Apollo e Dafne* and two stunning arias by Telemann.

Go for baroque with the Irish Chamber Orchestra at our UCH on 24 March. Tickets are just €20. A special pre-concert supper ticket is available in Limerick and Dublin for just €48. For details visit the website www.uch.ie.

MAD FOR ROAD HOPING FOR YOUR VOTE

Written by **Aoife Culhane**

WELL known West Limerick trad band "Mad For Road" will feature in RTE's All Ireland Talent Show semi-finals on 13 March. Mad For Road's members hail from West Limerick and include Jimmy 'Chops' Sparling from Newcastle West, Kieran and Paudie Cunningham from Killeedy, Gearoid McCarthy from Foynes and UL student Brian Scannell, from Abbeyfeale. So far, the band has done Limerick and the south proud in winning their quarter final heat.

The musicians, who regularly play gigs and festivals in Munster, come from different backgrounds. From students to construction workers, they range in age from 19 to 44 years.

Newcastle West man, Jimmy, is affectionately known as the daddy of the group being the eldest of the five.

The band's name 'Mad For Road' comes from a well known colloquial phrase which the lads say reflects their "relentless energy levels" and their love of music and craic. With one more week of wild card competitions, the band will have a break before taking its place in the live semi-final on 13 March. They really appreciate all the help and support the south has given them so far and encourages many more to vote for them in the next round also. Supporters are asked to tune in and vote for Mad For Road on 13 March.



Competing for RTE glory: Mad For Road

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TALE OF STRUGGLE SPEAKS TO OUR TIMES

Written by **Darragh Roche**,
Deputy Editor

'THE Glass Menagerie', once described as "the greatest play ever written by an American" brought the Great Depression to Limerick's newly refurbished Belltable Theatre in Week 5.

TENNESSEE Williams' tale of Tom Wingfield, a poetic young man who wishes to escape his burdensome family to seek adventure in a time of strife and "a dissolving economy", was a poignant reflection of the evils bedeviling today's society.

A mesmerizingly repugnant portrayal of Amanda Wingfield enraptured the audience, while her atavism for a faded past of wealth and privilege, wrapped in Williams' flawlessly delivered dialogue,

couldn't help but remind the audience more of Ireland's lost years of economic triumph than the plantations of the Old South. Despite occasionally creaky Dixie cadences, the wilted Southern flower's indomitable connivances both beguiled and repulsed, often both at once.

This small theatre's subtle yet elegant stagecraft brought the audience into the intimately claustrophobic St. Louis apartment from which Tom endeavours

to escape and the actors provided tantalising personalities too large to be contained, alluring, and tragic. The oversized photograph of Tom's absent father, hovering preternaturally above the life below and resembling an unnerving Fascist poster boy, lent the performance an ominous solemnity that intensified the acting and never let the dark tinge of the humour go unnoticed.

This intimacy provided particular poignancy in the second act, as Tom's

awkward and crippled sister, Laura, shares a passionate kiss with her high school crush in a scene that might fool the emotionally entangled audience into expecting a happy ending. It was impossible not to feel both voyeuristic and empathetic for these drifting souls, united as they were by disappointment and beset by an age of hardship. Though both actors had been dwarfed by commanding performances from Tom and Amanda in earlier scenes, they shone iridescently in these most crucial moments. But this is ultimately a play about Tom's struggle to throw off the oppressive yoke of his domineering mother and a hopeless society. It would be easy for an actor to make him appear selfish, self-indulgent and negligent. It is to the lead's credit, therefore, that the

sensitive and doubt-ridden portrayal of Tom made him instantly likeable. His inability to fulfil his personal ambitions without guiltily shirking his responsibilities was displayed in such a sincere and humane fashion that it was impossible to pass judgement upon him. It is rare in Limerick, which is something of a cultural vacuum, to see a performance of such pedigree. This was a magnificent example of how the simple tools of theatre can entice, enrage and enchant: a triumph for the Belltable and long may it continue.



Arcade Fire: will they win Album of the Year?

A YEAR IN THE SUBURBS

Written by **Josh Lee**

OFTEN dubbed a glitzy practice in self-aggrandisement and a celebration of the bland and predictable, the 53rd annual Grammy Awards launched scores of accolades (109 to be exact) at some of the most visible faces in today's music scene. Among the artists up for the coveted Album of the Year award were the increasingly lacklustre Eminem, gospel singer turned girl-kisser Katy Perry, steak-wearing (and 'avant-garde' extremist) Lady Gaga and country pop band Lady Antebellum. Oh, and a certain Canadian band called Arcade Fire. While Arcade Fire may go through record label giant Universal this side of the Atlantic, at home their music is distributed by North Carolina-based indie label Merge. Yet the seven-piece rock band pipped the bigger names to the prized award with their album 'The Suburbs'. That's not to say the band

has just suddenly emerged from the musical abyss. Since their 2004 release 'Funeral' Arcade Fire have garnered much attention within the music world. A not so avid fan may recognise their songs 'Rebellion (Lies)', 'Intervention' or 'Wake Up'. The members of the National Academy of Recording Arts and Sciences (NARAS) seemed to have arrived at the party six years too late. Still, their fame is not cemented: the band's surprise success provoked the Twitter machine to spring into action, churning out such enlightened quotes as "Wow...really????!!!!!! Arcade fire won album of the year????!!!!!! Never even heard of these fuggs!!!!".

It was deserved. The expansive sprawl of the 16 song concept album oozes a comforting warmth and hooks the listener with nostalgic themes of growing up in the suburbs and the

regret of the changing times. Inspired by band members Win and William Butler's upbringing in Houston the album is a rich sonic mixture of guitar and "crazy noises"; an interesting conflation of "Depeche Mode and Neil Young" which is a clear, yet rewarding departure from the relatively rawer sound of the debut 'Funeral'. Whether the Grammys' generosity to Arcade Fire is a shallow showbiz ploy for a bit of controversy and extra attention, or whether NARAS pulled together on its pledge to "honor artistic achievement, technical proficiency and overall excellence" may be up for debate. What may be taken from the somewhat unexpected decision, however, is the warm fuzzy feeling that sometimes the music industry's superfluous ceremony of patting itself on the back can still be deemed relevant.

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WHAT DID YOU EXPECT FROM THE VACCINES?

Written by **Gerard Flynn**

STEERING clear of the media sensationalism and adopted views of many a NME reader, I would just like to tell you that The Vaccines are not the second coming of a musical saviour.

With bands like The Strokes & Radiohead releasing new albums this year and with Arcade Fire collecting every award and superlative under the sun for 2010's "The Suburbs", I guess a more apt question is "do we really need a new messiah?"

Don't get me wrong, The Vaccines show some promise and despite being lambasted by certain critics and fans for their upper class background, you can't argue with their talent. I'm

just not sure that they will relight the fire that The Strokes started in 2001 when lackadaisical front men, skinny jeans and indie was brought into the mainstream.

The Vaccines debut LP, "What did you expect from the Vaccines?", is released on the 14th of March this year. Although standout tracks like "If You Wanna" and "Post Break-Up Sex" have fuelled speculation that this decade's "Is This It" will inspire a new generation to pick up guitars, frankly, I just can't see it.

The Vaccines aren't a particularly fresh or exciting band. What made The Strokes so intriguing in 2001 has spawned too many lazy, staid bands

that give the façade that they don't care about anything. While many bands emulate this nonchalant attitude, few can match the talent of indie trendsetters such as The White Stripes or The Libertines.

Musically, The Vaccines have been compared to the likes of the Jesus & Mary Chain and The Ramones. 'Post Break-Up Sex's chorus even lifts the chorus melody of the Ramones 1981 hit 'The KKK Took My Baby Away.' Reinventing the wheel they certainly are not.

The wave of publicity on which The Vaccines ride on at the moment has propelled the group, formed in 2010, to

the apex of the list of acts we expect to deliver in 2011. If their debut effort is met with critical and commercial acclaim I may be left with quite a lot of egg on my face. Yet if I'm right and the album is a disappointment it may be an awfully long way down for the band to fall.

I can hear the collective bubble of expectation and apprehension the Vaccines have mounted their career on, burst as I speak.

"The Vaccines show some promise and despite being lambasted by certain critics and fans for their upper class background, you can't argue with their talent. I'm just not sure that they will relight the fire that The Strokes started in 2001 when lackadaisical front men, skinny jeans and indie was brought into the mainstream."

ROLLING IN SUCCESS



Written by **Jennifer Meaney**

ADELE'S new work "21" is as sure to be the album of 2011 as Come Around Sundown was for the Kings of Leon in 2010. This album is brimming with songs that tug and pull at ones heartstrings.

Adele, with this latest offering, is proving yet again to be not just a great and powerful singer able to convey such emotion through her voice, but also a great songwriter. Music today can sound too overproduced

and artificial with too many bells and whistles attached to distract the listener from whatever is lacking of the artist, namely, a good singing voice. Adele's music is a fresh breeze reminding us of what real, good music is and should be.

"21" highlights her talent and leaves in the shadows those that rely on showy gimmicks and auto-tuning to sell their music. Many of the songs on this album require only Adele's voice and a piano,

a feat which many recording artists in the charts today cannot achieve. Her live performances of "Rolling in the Deep" and "Someone like You" have cemented Adele's status to that of a permanent fixture within the music industry. Adele has also managed to do what few other British artists have managed which is to break the US market and with apparent ease to boot (Robbie Williams take note).

Domestically she is doing even better

than her debut album 19, gaining her first UK number 1 single following her powerhouse performance at the 2011 Brit Awards. The Official Charts Company announced that Adele is the first living artist to achieve the feat of two top five hits in both the UK Singles Chart and the UK Album Chart simultaneously since The Beatles in 1964. More proof of the gap in the market for music like Adele's; music that is simple, beautiful, meaningful

and full of raw emotion sung with more than a flicker of attitude.

From "Turning Tables" to "Set Fire to the Rain" and her first two releases, "21" is an album that will be in our consciousness for a long time to come. This is one of those rare albums that will stand the test of time and will be listened to again and again.

Student Speak

ROW, ROW, ROW YOUR RAFTS, QUICKLY DOWN THE SHANNON!

Are you in this issue of Student Speak?

Last Week, lots of you kicked off Charity Week by enjoying the annual raft race.

But what did you get up to the night before?



Ed Finn, Chris Murphy, Kevin J O'Sullivan and James O'Connor
"Practicing for the raft race. We thought we were going to win. And we did."



Rebecca Hand, Carol Hoolihan, Una Britton and Aoife Dunphy
"We snuck into Thomond and we built our raft."



Murt Ryan and Niall O'Sullivan
"Shifitin' young ones."



Mike Shaw
"Beer, 300 and Pulp Fiction."



Aoife Ryan, Elaine Lombard, Siobhán Moloney and Fiona Cahill
"We raced wheelie bins down the road."



Kevin Kennedy, Rory Moloney, Eoghan O'Shea and Cian Gallagher
"The Great Race, Edinburgh, Sligo and some vomiting bug in Dublin."

In Focus



Colm Fitzgerald



Barry Kennedy



Stephen O'Connell

Charity Week 2011, In Focus

What a lot of things you got up to! From splashing around in your SU Courtyard to dying your hair, taking vows of silence and jumping off high things. And lots more! Here are just a handful of the thousands of unforgettable Charity Week moments you enjoyed this year, all in the cause of charity.



Barry Kennedy



Barry Kennedy



Barry Kennedy

In Focus



Des Foley



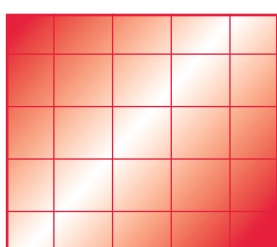
Des Foley



Des Foley



Finn McDuffie



The Grid

Exclusive communication for Clubs and Societies.

Attention C&S PROs! Send content for The Grid to cseitor@live.ie only before Friday, 11 March 2011 to benefit from your space in the next issue of An Focal.

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|--|---|---|---|---|
| <h3>Clubs</h3> | Handball No submissions received. Visit registercs.ul.ie . | Rowing No submissions received. Visit registercs.ul.ie . | <h3>Societies</h3> | Drama Dramatic Skills Workshop Wednesday, 7:30PM to 8:30pm, Jonathan Swift B1023. Trip to see Spring Awakening in Cork 18 March. info@uldrama.ie for more info and like us on Facebook to keep up to date! |
| <h2>Do you think The Grid is a useful tool for your Club or Society?</h2> <p>Email: sucommunications@ul.ie</p> | | Sailing No submissions received. Visit registercs.ul.ie . | Anime and Manga No submissions received. Visit registercs.ul.ie . | International Week 3: Mentor Dinners, Study Club, Book Club & Sports. Check www.ulinternationalsociety.com for more details. Week 4: Friday - Traffic Light Party: The Stables 9pm. Trip to Glendalough with OPC. |
| | | Skydive No submissions received. Visit registercs.ul.ie . | Young Fine Gael Anybody interested in joining, there's no better time! Check us out on Facebook at ULYFG. | Development Feel free to come along to our weekly meetings, Monday at 6:15pm, C-1062. Tuesday week 8: Charity Concert for Pakistan in Stables. Check out Facebook or visit www.devsoc.weebly.com for more information. |
| Athletics No submissions received. Visit registercs.ul.ie . | Kayak See C&S Features, Page 27. | Soccer Hard luck to the Collingwood team who were unlucky in their efforts. Training continues for Ladies and Mens Intermediates. Intersvarsities starting soon. http://ulsoccerclub.webs.com/apps/blog/ . Ladies Soccer Intersvarsity 10 to 12 March in CIT | ULTV Regular meetings every Monday at 6:30pm in SU Room 3. Podcast filmed every Wednesday. Email ultvsoc@gmail.com if you want to get involved. | Photographic From the Editor: An Focal needs Photographers. Email sucommunications@ul.ie and get your work published! |
| Badminton The club will organise a quiz night in the Sports Bar in Week 7. Information about this event and all the competition results may be found on our new website: http://www.csn.ul.ie/~shuttle/ | Krav Maga No submissions received. Visit registercs.ul.ie . | Softball Softball training Wednesday 2pm to 4pm and Friday 1pm to 2pm at the Astroturf. Everyone welcome bring friends. | Computer Weekly Computer society tutorials in B2041 on Tuesdays 6pm. No submissions received. Visit registercs.ul.ie . | Poker Tournaments Mondays in the sports bar. Check the UL Poker Soc Facebook page for more details. |
| Basketball UL Ladies: UL v UCC in Tallaght next Wednesday. League Final at 2:15pm. UL Men are unfortunately out of the league. | Ladies Hockey No submissions received. Visit registercs.ul.ie . | Sub Aqua Wonderful turnout to the AGM and afters, welcome new committee members! Pool Training Thursdays 6pm, PESS Dive Pit. Diving in Portroe ongoing; planning for Easter and summer trips in progress. | Poker Tournaments Mondays in the Sports Bar. Check the UL Poker Soc Facebook page for more details. | Debating Union Visit from former Taoiseach, Garret Fitzgerald on Thursday, 10 March in the Jean Monnet Theatre. UL IV 11 and 12 March. |
| Boarders No submissions received. Visit registercs.ul.ie . | Ladies Rugby See C&S Features, Page 26. | Tae Kwon Do No submissions received. Visit registercs.ul.ie . |  <p><i>UL Science and Engineering</i></p> <h2 style="font-family: cursive;">Masquerade Ball</h2> <p>Tues 29th March, 2011 Carlton Castletroy Park Hotel Big Loader & Dj J Skelly</p> <p>3 Course meal Complimentary Masks Reception at 7</p> <p>Tickets €32 At your SU Reception from 7 March</p> | |
| Capoeira No submissions received. Visit registercs.ul.ie . | Men's Rugby No submissions received. Visit registercs.ul.ie . | Tennis Munster Cup is nearly here guys. Indoor training also on Wednesday 9pm to 11pm and also Friday at 6pm. | | |
| Chess Meetings: 6pm to 8pm Mondays EG-010, Thursday 6pm to 8pm SU Room 3. Pop in if you have any interest in chess. All skill levels welcome. We provide coaching for any beginners or intermediate players. | Mountain Bike No submissions received. Visit registercs.ul.ie . | Trampoline Training is on Tuesdays at 7:30 and Thursdays at 7pm at the PESS. Search University of Limerick Trampoline Club on Facebook for more. | | |
| Dance UL No submissions received. Visit registercs.ul.ie . | Outdoor Pursuits (OPC) No submissions received. Visit registercs.ul.ie . | Ultimate Frisbee Beginner training Wednesdays at 6pm in PESS Gym. Outdoor training Tuesdays and Thursdays, 6:15pm, Maguire's Pitch. Curious spectators welcome! Training weekends with skills workshops in coming weeks. www.ulnijas.com for info. | | |
| Fencing No submissions received. Visit registercs.ul.ie . | Parkour No submissions received. Visit registercs.ul.ie . | UL Ninjas Training at 6:15pm Tuesdays and Thursdays on Maguire's Pitch, and 6pm Wednesdays in the PESS. We travel to UCC on 5 to 6 March to defend our Development IV title. www.ulnijas.com for info. | | |
| GAA Wednesday, 2 March – O'Connor Cup: Football Ladies Seniors to play losers of UCD/UUU, day/time and venue TBC. Thursday, 3 March - Siegerson Football – UL vs Maynooth in UCD, Belfield at 1:45pm | Pool & Darts Pool sessions on Tuesday, Wednesday and Thursday nights from 9:45pm to 10:45pm. See boards for other news. | Windsurfing No submissions received. Visit registercs.ul.ie . | | |

OPC CONQUERS GLENDALOUGH

WHAT'S better than 150 Outdoor Pursuits (OPC) Members on an outdoor trip? How about three full busses of 150 OPC, International Society and Parkour Club members sharing a single hostel in Glendalough together for an entire weekend? Well, that is precisely what happened.

Written by **Katherine Davis,**
Outdoor Pursuits Club PRO

For our annual weekend to Glendalough, Co. Wicklow, the OPC, along with our friends in International and Parkour, experienced an array of activities and definitely lucked out with the weather. After arriving Friday night and waking up bright and early on Saturday, our members packed their bags, laced up their boots and started out to conquer some hills. Beginning on Derrybawne, they spent the sunny day hiking through the hills of Cullentrath, Mullacor and Lugduff before heading

down and making their way through the valley back to the hostel.

Although most of the OPC chose hill walking, a few of us decided to spend our Saturday doing some other outdoor activities. A small group headed out with the Parkour group to find some boulders in the valley near the hostel to climb and train on, some of them not returning home until dinnertime! Also heading out to climb, Davis Gould-Duff and Gary McNicholas spent their day doing a total of seven pitches while



OPC "does the creep" on the hills.

climbing up different routes along the main face of the valley. After a chaotic dinner of a ridiculous amount of pasta and about 25 litres of soup, the night was in full swing. With outfits ranging from full suits and dresses to jeans and jumpers, it was a night to

be remembered. The group started out with some crazy karaoke at the hostel before heading out to town, where we were well received by the Glendalough locals. Winding up the trip on Sunday was a relaxing walk around the lakes before everyone packed the bags back

onto the busses and headed back to Limerick. With the merit of being awarded club trip of the year for 2010, it can safely be said Glendalough 2011 was a weekend worth remembering.

FIGHTING SPIDERS WILL ROCK FOR PAKISTAN

Written by **Lina Mickel, PRO**
Development Society

OVER the last few weeks, DevSoc has had its hands full finding great bands and successful meetings. There's only one week to go: next Tuesday, 15 March, a charity concert in aid of Pakistan's flood victims will take place in the Stables. DevSoc will provide music catering to all tastes, opening with a variety of songs from the Music Society, and then some Trad to generate a cosy atmosphere. Finally, the main act Fighting Spiders will guarantee a memorable evening for all. The electronica-indie Waterford band was formed in 2008. With their

unique sound and accompanying visuals, they are tipped for success, so don't miss out. Pre-sold tickets are available for €3 while admission on the door will be €5. Selling points will be announced on Facebook and DevSoc's website: www.devsoc.weebly.com. Doors will open around 8:30pm. All money raised will be donated to the non-profit organisation Concern to help their ongoing work in Pakistan's flood-ravaged regions. Come along, enjoy the music and help improve the situation in Pakistan!

SAILING CLUB ON RTÉ PRIMETIME

Written by **Cian Gallagher,**
Sailing Club PRO

FOUR members of the Sailing Club were invited to take part in the RTÉ Prime Time programme about the election on Tuesday, 22 February. Billy Clarke, Pa Hegarty, Lauren Joslin and Ross Murray travelled to the UL Activity Centre in Killaloe where they met with the Primetime "Vote Boat", which was travelling the length of the Shannon visiting small towns along the way. They were asked about their views on the election as well as their opinions on job prospects after graduating. The programme was broadcast on Wednesday, 23 February on RTE 2.

In other news, two years as national champions is not something many clubs get to boast about, but the ULSC is one such club. Intervarsities will be held this week in Mullaghmore, Co Sligo from the 10 to 13 March. The event is being hosted by UCD, and the teams are staying in Bundoran, Co Donegal.

2009 was the first year in the history of the club that UL won the sailing Intervarsities, having reached the final in their own varsities which was held



in Killaloe in February 2008. Last year, the club successfully defended their national title at Tralee Bay Sailing Club, in Fenit, Co. Kerry.

In a recent competition held in Crosshaven, Co. Cork, UL had a very successful result, with UL1 winning six of seven races, and UL2 winning

five out of seven. We wish both teams the very best of luck in the Varsities. This time next week, could it be three in a row for ULSC? Keep an eye on www.facebook.com/ulsailingclub and sailing.skynet.ie for updates.

UL TO HOST NATIONAL BADMINTON COMPETITION

Written by **Jean Charpin,**
Badminton PRO

FOR the first time in six years, UL will host the Irish badminton intervarsities in the Arena Sports Hall between 18 and 20 March.

The very best players from all Irish universities participate in this annual tournament with 13 teams and over 130 students. Each team of 12, consisting of six men and six women, will compete to win the inter-varsity cup. Two teams, under the direction of captains Damian Heir and Richard McEvoy will represent UL in the prestigious tournament. We hope to take a title that has eluded UL since 2001. Teams will be split in three groups, each group following a round-robin format. Each fixture includes two men's doubles, two women's doubles

and three mixed doubles. The first and second place in each group and the two highest runners-up from the groups shall proceed to the Cup Knockout (eight teams). The remaining teams in each group will proceed to the plate competition (five teams).

UL participants have been training very hard during the last few weeks under the skilful coaching of Eosin Walsh. All are welcome to come to support the teams in the Arena during the tournament.

Meanwhile in the Limerick league, UL's two teams are in good position to reach the semi-final of their respective grades. The grade six team (club level) led by Captain James Power is performing well in what is turning

out to be a tightly contested grade six league, with UL consistently placed in the top two.

The grade four players with their captain James Scully have also performed consistently, with their only two losses to date occurring against the strongest team in the competition and by the narrowest of margins. League games will continue until the end of March. Semi-finals and finals are scheduled to take place at the beginning of April. Watch this space!



A recent DevSoc bake sale in your SU Courtyard.

LADIES RUGBY MAINTAINS IMPRESSIVE RECORD AGAINST DCU

Written by **Kelly O'Dwyer**

FOLLOWING an emphatic victory over NUIG, the pressure was on UL Ladies Rugby (ULLR) to put in a strong performance away to DCU in Week 5. With many key players lost due to injury or illness it was an opportunity for new talents to shine and rise to the challenge.

UL piled on the pressure from the offset and were camped in DCU's half for a vast proportion of the game. Handling errors prevented UL capitalizing on early overlaps. DCU defended well and did not easily concede tries. Good support play from winger Amy Reid allowed UL to put the first score on the board after good phases of open play. This try was converted with a superb kick on the touchline by scrum-half Ailish Toner.

Prop Leah Barbour scored the next two tries, both coming from good support play allowing her to plow through their defensive line. Afterwards, Leah was presented with the well-deserved title of "Player of the Match". Half time

score was 17-0 in UL's favour. Despite the scoreboard, the first half was a tough encounter with UL's experience and patience paying off.

DCU came out with all guns blazing in the second-half, defending well and applying pressure to UL who had most of the possession. UL's out-half Bronagh O'Donovan sustained an ankle injury in the early minutes of the second-half and had to be replaced. Ailish Toner was moved from scrum-half to out-half and Kelly Dwyer was taken off the wing and put as scrum-half, a combination that has worked well in previous games.

Captain Fiona Reidy, who had made many strong breaks throughout the game, had a pick-and-go off a scrum and off loaded to Kelly Dwyer who made a break for the try line. Great support by Reidy could have resulted in another try, only to be denied by an unfortunate forward pass.

But a few minutes later, with fast ball through the hands of Dwyer, Toner, and

Anna Nolan allowed space for Breda Doheny to loop around the DCU back-line and score close to the posts. The score line was extended by fullback Aoife Bennett, raced in to score her first try for the ULLR team. Both tries were converted with powerful kicks from Toner.

DCU responded strongly to the score line; in the dying minutes of the game DCU threatened. Potential DCU tries were prevented by good defensive tackling from the UL forwards. A try-saving tackle by Breda Doheny on UL's try line at the very end of the game, kept DCU scoreless. The final score was UL 31, DCU 0. UL have one remaining league game at home to DCU on 9 March before facing UCC in the League final on 25 March. It is an exciting time for the club as competition for places is at an all time high, raising standards even higher.



UL KRAV MAGA GET BACK TO THEIR ROOTS IN ISRAEL



ULs Krav Maga in Tel Aviv

Written by **Srdan Kovacevic**,
President, UL Krav Maga

ON 10 January, 14 members of UL Krav Maga club left Ireland for Israel, the birthplace of Krav Maga, arriving the next morning. There was no chance to sleep off our jetlag as that afternoon we met our friend and host for the week Ze'ev Cohen, Krav Maga Instructor Expert Level Four. Ze'ev was a familiar face to us as we had attended his seminar in UL a few months back.

Not only did Ze'ev give us details of our training schedule, he also gave us a quick guide to Tel Aviv. The rest of the day was ours to explore Tel Aviv, a great city with a positive tourist atmosphere. It's a place of long streets, small markets, and a huge variety of shops and a mix of people from all around the world. And we can't forget the gorgeous beach that was just a block away from our hostel, and the first place we headed to whenever we got a chance during the week.

Over the next two days our club members had trainings with Ze'ev and his "Impact Krav Maga Team"

instructors. The first part of training session was conducted in Kfar Saba, one of the oldest parts of Tel Aviv, by Ze'ev Cohen and Lior Offenbach, one of the highest graded instructors in the team. The goal of training was awareness and knife defence fighting against one and multiple attackers. Second part of training session was in new part of Tel Aviv city, where we had a chance to work and train with Israeli guys, and take part in some friendly sparring with them. We fought well, showing them that we are no pushovers. In the evening and into the night we trained on the beach, where we became a bit of a local attraction. We didn't mind, because we were having such a great time. After two hard days of training came Friday, our first day of rest. But we had little time for relaxing, having scheduled a day out in Jerusalem. Jerusalem deserves an article to itself. It is beautiful, brightened by the mix of white and sand-grey which colours the city. It is also a weird and wonderful

place to visit, not least because of the three major world religions co-existing in the city. We arrived unaware that Friday was a holy day for the Islamic community. Also the Jewish population had a weekly celebration called "Shabbat" at the same time, so the city was buzzing with people and religious fervour. We took a long walk through the city of Jerusalem. Following in the footsteps of Jesus Christ, we walked to Golgotha, the place where he was crucified.

Back in Tel Aviv, we spent our last two days training on beach, relaxing and shopping at the local marketplace, which was chock-a-block with clothes, small gifts and tourist memorabilia.

In early hours of Monday morning 17 January, we left Tel Aviv and Israel. It was a trip that we will never forget and we hope one day to return.

UL ATHLETES PROSPER IN CORK MUD

Written by **Liam Feely**,
Acting PRO

UL'S DISTANCE squad performed admirably in testing conditions during the Munster Intersarsity cross country championships held in CIT on 17 February. The men's team finished second in the team standings behind a well-oiled WIT outfit. The team was led home by first year student Michael Carmody in fifth position. He was followed home closely by club captain James Ledingham in ninth, Colin Maher tenth and Kevin Moore in eleventh. Both Peter Francis and Diarmaid Crowley gave a good account of themselves finishing twelfth and twentieth respectively.

On the women's side Una Britton, sister of Irish Olympian Fionnuala, saw off the strong challenges posed by the hosting club to win the women's event. Ailbhe Carroll performed well to come home in sixth position. With the addition of a number of key members

both on the men's and women's side the team will hopefully compete for top honours on the March 12 during the Irish intersarsity cross country championships which will be held in conjunction with the prestigious Irish schools championships, the competition many UL students may be familiar with from their school days.

Finally, UL Athletics, tying in with Limerick's title as European capital of sport for 2011, is planning to organise a high profile athletics meeting with US Ivy League schools Harvard and Yale in June. This will provide a great opportunity for UL students to integrate with some of the leading collegiate athletes and academics in the world. More information about this event will be provided at a later date.



“The Kayak Club won the competition by just one point”



The ULKC polo team.

ULKC - INTERVARSITIES CHAMPIONS 2011

Written by Mark Barrett,
ULKC PRO

ON 18 to 20 February, varsities were held in Cork for the first time in seven years.

Competitors from a wide range of colleges such as UCC, NUIG, CIT, GMIT, Trinity and many more took part in the three day event. The atmosphere was incredible and an enjoyable weekend was had by all. The polo event took place on Friday. There was a great effort put in from everyone and ULKC came fourth. This was a brilliant result as we were up against very strong competition. GMIT took first place and

were off to a flying start. On Saturday morning, the white water started. There was a big performance from UL and we placed second overall. At half past one, hundreds of people took to their kayaks at the national rowing centre in Farren woods for the long distance event. Most people did a four kilometre paddle in plastic boats while those in high performance kayaks did eight kilometres. UL took four gold medals in this event, in categories such as K1 and Duo. The first place winners included Kim Siekerman, Sean Mc Ternan, Niall Crosbie, Barry Sunderland and Elaine Toomey. Sunday made all the difference. With the title up for grabs and UCC and GMIT not far behind in points, a decent

performance was needed from the UL kayakers. The freestyle event was one of the most exciting of the weekend. Teams were given eight minutes to do their best tricks on a wave. UL's four competitors took to the water and put in an outstanding performance. Although finishing in second place to UCC, it did not take away from how well our kayakers did. The varsities trophy came home to Limerick along with well earned medals and very tired students.

Varsities for next year are provisionally set to be held in GMIT territory. The UL kayakers can't wait to get back on the water and give everyone a run for their money again.

“The Upper Bandon ran at a perfect level allowing our experienced team to miss out on first place by just one second!”



Podge Mooney ULKC Secretary.



“From canoe polo and white water to free style and long distance, the Kayak IV had something for everyone.”

UL Participants in high performance long distance.



Varsities Polo in action.

Interview



Rhob Cunningham playing at the Scholars Club.

SECRETS IN THE SCHOLARS

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

RHOB Cunningham of Our Little Secrets played the Scholars on Tuesday the 22 February along with Bobby O'Keefe and Dan Comerford.

THE first thing that struck me about Rhob Cunningham's music was the question of why he isn't better known? I had never heard of him before until I looked him up after hearing he'd be playing the Scholars, a gig organised by UL Music Soc. In May of last year he released an album under the name of 'Our Little Secrets', a project which featured appearances from the likes of Lisa Hannigan, Cathy Davey and Gavin Glass amongst others. He greeted me with a big smile when I went to meet him for this interview and instantly I knew he'd be just as warm and uplifting as his music is.

I asked for his thoughts on why he isn't better known. "I think it's because I don't want to be!" he answered, "I'm really happy with what I'm writing and I get really good feedback from the sort of people whose opinions really matter to me, the rest is ancillary." With a myriad of songs in his repertoire, writing music is something which without a doubt comes naturally to Rhob. "It's like I can't stop writing. It's a good issue to have to deal with because it means if I ever do run into a dry patch I'll have tons to fall back on." "I think I like the process more than the result sometimes, to my detriment!" he added. Rhob's music is bright and brimming with optimism. There's a

touch of Bob Dylan to his voice that I only noticed when I heard him live. Like Dylan he sings for the moment; his songs aren't over-rehearsed, he plays them as he feels in that instant, expressing them in a new light each time. His words are more hopeful than those of most other singer-songwriter types. 'Daylight' is a particularly enlightening tune and a little bit addictive. 'Naturesway' is another alluring song which he played on the night, it's one of those little gems that you could listen to over and over, and which makes you wonder how this artist hasn't been heard by more people. He finished off his set with a first-rate cover of Bob Dylan's 'Highway 61'.

Currently working on a new album, he said it feels like he's a quarter of the way through. "I'm in no rush but it would be nice to get something out by the end of the year, but it depends on if I trip and land in a fountain of money!" Does Rhob have a favourite of the many songs he's penned? "Well, it's like asking if you have a favourite kid, you probably do but you're not going to admit to it! I write a lot. I even have a new song or two from the past week that I'll play tonight."

I asked Rhob if he gets sick of travelling around to various gigs. "Sure what else would I be doing!?" he answered. "I get a lot of writing done on trains as well. I relish the bit between A and B", spoken like a true poet. How do most of his songs come about? "I don't know, I'd

"Rhob's music is bright and brimming with optimism. There's a touch of Bob Dylan to his voice that I only noticed when I heard him live. Like Dylan he sings for the moment; his songs aren't over-rehearsed, he plays them as he feels in that instant, expressing them in a new light each time."

like to think it's different every time, because it depends on what mindset you're in, but I also don't like thinking about what it is because if I think about it then it comes kinda defined, and then if it becomes defined I might kind of stick to that."

Acoustic artists Bobby O'Keefe and Dan Comerford played support. Bobby was first up. His song 'Too Much' got a good reaction from the crowd. A catchy sing along song. Dan kicked off his set with a song called 'You&Me', a sweet and chilled out tune.



Your Task:

Imagine you are a journalist, stationed in a developing world country, writing for an internationally renowned newspaper. Your editor has asked you to **write a 1000 word article on one** of the following topics;

Your Topic:

- 1** Living on less than \$2 a day in the developing world
- 2** Imagining the future of a child born today in the developing world
- 3** Important lessons we can learn from the developing world

Your Reward:

You could win a **netbook computer**, a **Kindle e-reader** or an **MP3 player**. Winning and selected articles will be published in the **Concern Creative Writing Competition book**



www.concern.net/writingcompetition
Closing date for entries is Sunday, March 27th, 2011

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worldwide