

# AN FOCAL

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Tuesday

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FREE

## Charity Week passes without incident

By Aoife Ní Raghallaigh - Editor

**CHARITY Week, which took place in Week 9, has been deemed a success by the Students' Union, the University and local residents despite a drop in charity donations. The week was re-branded at the start of the semester in an attempt to raise awareness about the charity aspects of the week and also to curb anti-social behaviour which often comes with the week.**

Numerous complaints were made to the Students' Union after following last year's RAG Week as students created havoc on and off campus. In the most high profile incidences a stone was thrown through the window of a baby's bedroom and a car was overturned.

Although Plassey Campus Services, who run the on campus estates, have reported that a number of properties were damaged the off campus estates were much quieter. This was thanks in part to the hard work of the Meitheal na Mac Léinn (M&M's) who watched over the off campus villages.

The M&M's, who worked from 8pm to 4am during every night of Charity Week, kept an eye on the off campus estates. They ensured that students kept the noise down on their way home and aided any students who were worried or concerned. They also kept the estates quiet. The M&M's were located in the majority of the off campus estates which made a huge

difference to the residents in the area. For the first time residents contacted the Students' Union after Charity Week to thank them for all their work rather than file complaints.

ULSU President, Ruán Dillon McLoughlin, was extremely thankful of all the help students gave during the week: "I would to express my thanks to everyone who made the week such a success. It was great to be able to go Live95 once the week was over and be able to talk about how well the week went rather than be criticised." Although the week was a success, with large numbers attending the daytime and evening events, charity donations were down. An official figure on donations has not yet

been tallied, as some events have not yet taken place, it is expected to be around €10,000. The Students' Union believe that this was due to students donating to other worthwhile causes during the semester, including Haiti and the Special Olympics, as well as having less money in the current economic climate. Despite this public donations are down in general so the four charities will be very thankful of the money raised for them.

Cheques will be presented to the four RAG Charities, Limerick Youth Service, Make a Wish, Mid West Simon Community and Irish Heart Foundation once a final figure has been calculated.

## UL entrants shortlisted for media awards

By Shane O'Callaghan

**THIS year's National Student Media Awards shortlist has been announced, with both ULSU and UL students picking up several nominations. Since their inception ten years ago, The National Student Media Awards, or Smedias, have existed with the aim of recognising and rewarding the development of media talent amongst students across the country.**

Each year, the Smedias award those felt to have excelled the most in a wide variety of categories, including print, radio, online and film. The Students' Union newspaper, An Focal, has been nominated in four categories, including ULSU Communications Officer, Aoife Ní Raghallaigh, being nominated for Editor of the Year. The paper also received nominations for Newspaper of the Year, Layout & Design of the Year, and People's Choice Award.

ULSU also received another nomination in the Website of the Year category for the Students' Union website. The website was recently redesigned for the second time in as many years. The total of five nominations signals

a successful year for the SU, in both print and online. Outside of the Students' Union nominations, UL student Craig Hughes has been nominated for two awards. Craig, a 2nd year Journalism and New Media student, is up for Journalist of the Year (National Press), for an article published in the Sunday Business Post. As well as this, he has also received a nod for Sports Journalist of the Year.

Three MMPT students have also received a nomination in the Film Script of the Year category. Michelle Ahern, Rachel Fitzmaurice, and Owen O'Riordan were chosen for their script "Lucid Decline". According to Ms Ahern and Mr O'Riordan, "to be nominated is an honour, more than we were expecting. To be put in the final eight in Ireland is an achievement in itself; we were shocked, but delighted".

The awards are judged and presented by well known members of a plethora of areas in the media sector.

In addition to this, there is a People's Choice Award, in which An Focal has obtained a nomination, along with DIT News, UCD's

The College Tribune, Queen's The Gown, The Verdict and QUB SU MAG, TCD's The University Times, The Piranha, TCD Miscellany, and Trinity News. Students are able to vote for any of the publications nominated in this category by going to Oxygen.ie. The Smedias ceremony will take place in Mansion House, in Dublin on April 21.

*Editor note: Just before going to print we discovered that An Focal had made the final five in the People's Choice Awards and Craig Hughes is one of the final five nominated for Journalist of the Year – National Year. Best of luck to everyone nominated at this stage and thanks to everyone who voted for An Focal so far!*





AN FOCAL DIGEST

In Brief

DevSoc Concert Dolans

UL's Development Society will host a World Music Concert in Dolan's Warehouse Monday 12th April.

Featured acts include traditional story-teller Eddie Lenihan, acclaimed traditional UL group Parsec and African tribal drumming. Entrance is a €5 minimum donation to Kiva, a not-for profit organisation which helps provide loans for 3rd World producers (see www.kiva.org). Doors 19:30

Scholarship awarded to first year nurse By Jason Kennedy - News Editor A FIRST Year nursing student has been awarded a scholarship worth €1,000 based on her Leaving Certificate results.

Ida Carroll, from Fethard, Co. Tipperary, was awarded the Edith and Leslie Downer Scholarship, which was created in 2007 in memory of President Emeritus, Roger Downer's parents.

The scholarship is awarded to a first year nursing student each year. Ms Carroll is currently doing B.Sc in Nursing (General).

Vote for us!



I CAN'T believe this is the second last issue of An Focal. In just two weeks I'll never have to edit this newspaper again. I am happy? Yes. I am sad? Yes. I don't know which emotion I'm feeling more though! I've thoroughly enjoyed the year but, I must say, I am really looking forward to getting home at a reasonable hour again! At the exact moment

that I am typing this article I am also frantically updating the SMedia website. ULSU and An Focal were shortlisted for five awards and at the moment the lovely people at the SMedias are updating their website with the finalists. It's a slow process though; I think I've been refreshing the page for 24 hours now! Whether we get on to the finalist list or not, it is still a huge privilege to be shortlisted and we are so thankful. You can do your part too though! We've also been shortlisted for the "People's Choice Award". An Focal last won it in 2006 and it's the only SMedia we ever one. We can win it again this year, but not without your help as this is a publically voted award. Check out page 13 to find out how to vote or visit www.facebook.com/voteanfocal

It only takes a few minutes to vote and myself, and all the writers, would be really thankful if you could take the time to help us out with this!

AN FOCAL article preview: Floods cause chaos on campus, Parking fines issued off campus

UNIVERSITY of LIMERICK OLLSCOIL LUIMNIGH. The University of Limerick (UL) with over 11,000 students and 1,200 staff is a young, energetic and enterprising university... Taught Postgraduate Opportunities at the School of Law. LL.M in European and Comparative Law, LL.M/MA in Human Rights in Criminal Justice, LL.M in International Commercial Law, LL.M (General).



And thanks to...

- News Editor - Jason Kennedy, Features Editor - Finn McDuffie, Arts Editor - Darragh Roche, Sports Editor - Tomás McCarthy, Design & Print - Impression, Senior Designer - Cassandra Fanara, Contributors - Shane O'Callaghan, Sharon Whelton, Diarmuid Lucey, Nicole Ní Ríordáin, Vincet Pollet, Jill Franz, Seán Carroll, Amy Murphy, Alana Walsh, Liam Corcoran, Bríd Ní Nuamaín, Ciarán O'Driscoll, Keith Young, Conor McGrath, James Enright, Fiona Reidy, Alan Keane, Alan Walsh, Liam Togher, Mark Connolly, Mike Considine, Enda Dowling, ...and anyone else I've forgotten

Next An Focal deadline is Friday, April 16 for Opinion/Features/Columns/Arts/C&S and Sport. News deadline is Monday, April 12. It's the last issue! Email submissions to sucommunications@ul.ie

# ULTV podcasts hit Youtube

By Shane O'Callaghan

**THIS semester saw the launch of a new weekly online podcast series covering events in UL. The content is created and produced by members of ULTV Production Society.**

Rather than being a straight presentation of the news the podcasts take a satirical look at all the goings on around campus. In the four videos produced so far, the podcasts have covered a wide variety of topics, from the recent controversy over a petition against blood donation bans on campus, to the Students' Union elections, as well as a special look at Charity Week. Each week, a brand new video is recorded and loaded onto

the society's YouTube page. The first video was produced in week 6 and since then the podcasts have already enjoyed huge popularity, notching up hundreds of views, and many positive comments. According to founding member of ULTV Productions Society, Tighearnan Noonan, the podcasts have the advantage of being something new and different, and can capitalise on this to gain attention. Mr Noonan, a ULTV committee member and contributor to the podcasts, said: "By looking at the news in a skewed way, and injecting the stories with a bit of humour, it makes the subject more

interesting, for both the viewer and those involved in producing it. It makes it much easier to engage people if you present things in a way that is different to what they are used to". As well as giving a different look at life in UL, the podcasts also give students a chance to get involved in producing a newscast. All aspects of the podcast are handled by members of the society, including writing, presenting, recording and editing.

According to some of the students involved, their future hope for the podcast is to "get more people involved, and to get the broadcast

seen as a good source of both information and entertainment". The project aims to use the interactive nature of podcasting in order to become bigger and better. One of the perceived advantages of podcasting is that it "allows quick and easy distribution of news, often produced and online within the same day".

To view the latest ULTV podcast, or any of the previous editions, log on to [www.youtube.com/ULTVSOC](http://www.youtube.com/ULTVSOC). If you have any suggestions for topics to be covered, or would like to get involved in the series, please contact [ultvsoc@gmail.com](mailto:ultvsoc@gmail.com).

## Booker Prize winner to visit UL in May

**ANNE Enright, the 2007 Man Booker Prize Winner for Fiction, will visit the UL campus on Saturday, May 29, to do a public reading from her acclaimed novel *The Gathering*. She is visiting UL under the auspices of the New Voices: Inherited Lines postgraduate conference that is taking place on campus from May 28 to 29.**

*"She is only the fourth Irish writer to win the Booker prize since its inception in 1969"*

The New Voices concept is well recognised in Ireland among academics in Irish Literary Studies and more generally, the Humanities, as a valuable venue for postgraduate students to discuss their research. Now in its 11th year, it has been hosted by all the major universities in Ireland including University College Cork, Trinity College Dublin and National University of Ireland Maynooth. This is the first time that the University of Limerick will host the event.

This year the postgraduate conference seeks to explore literary and cultural representations of the Irish family, and consider the ways in which Irish families have shaped (and been constructed by) Irish literature and culture in the modern period. Enright's visit to UL has produced a considerable amount of publicity as joint conference organiser Yvonne O'Keeffe explains "Claudia and I are particularly excited to have secured Anne Enright to do a public reading for us as she is

only the fourth Irish writer to win the Booker prize since its inception in 1969. We are also delighted to have three excellent plenary speakers who are renowned scholars in the field of Irish Studies; Prof. Patricia Coughlan (UCC), Prof. Anne Fogarty (UCD) and Dr. Eamonn Hughes (QUB)".

This conference is a student-led initiative and has been sponsored widely by the local campus community including the Ulster Bank Enablement Fund; the University of Limerick Foundation and the School of Languages, Literature, Culture and Communication.



Anne Enright will be speaking at the New Voices, Inherited Lines postgraduate conference

## UL Teaching Careers Fair a success

**THE fifth UL Teaching Careers Fair was held on March 10, in EGO10. Organised by the Cooperative Education and Careers Division, the fair compliments the larger Careers Fair, held in the Sports Arena which is due to go ahead this year on October 14. This year just over 480 students attended the fair and spoke to 30 organisations; some of whom offered students interviews the next day.**

The aim of the fair is to inform students of job opportunities within the teaching sector both, here in Ireland and overseas. Mary Sweeney, head of the Careers Division within the University, notes that a lot of students are very pessimistic about the job market – particularly within teaching as we have seen a lot of cutbacks in this area recently.

However, she says there are still jobs out there but students are going to have to be more proactive and invest time and energy into their job hunting.

Both career fairs can be a valuable part of this process. On the March 10 students could talk face to face with prospective employers and there were genuine opportunities on the day.

One UL graduate, recruiting for his school, was able to offer nine contracts. Every year the principle of Gael Coláiste, Limerick visits the Teaching Fair and eight of the twelve UL graduates he has employed, he met at the fair. One UK organisation has invited ten students to visit their schools with a view to offering jobs.

There was also a representative from the English Program in Korea. This initiative

is currently looking to employ 1,100 native English speaking graduates. It is a very comfortable program that includes free accommodation, good pay, and the government run program will look after things like visas, etc. Employers from both Spain and Japan were also represented but some students may feel there was not enough of an Irish presence.

The exhibitors also felt they had something to gain by committing their time and money to visiting Limerick to meet with students; these exhibitors have been repeatedly impressed with the high quality of the University's graduates. Those students who could not attend can find a lot of information on the exhibitors online at <http://www.ul.ie/careers/>

The Careers Division hopes to build on the Teaching Fair's growing success in the future. Already it is the largest Teaching Careers Fair in any Irish university and the Careers Division has taken the time to survey students so they can better cater to their needs.

This fair is only a small part of the work of the Careers Division. They organise employers to speak to students as often as possible as well as organising seminars and workshops on all aspects of employment. They have developed one of the best Careers services in the online Destinations site.

Their service, located at EO019, houses an immense amount of information – all student and degree focused. Planning a satisfying career is a very worthwhile pursuit and the Careers Division has shaped themselves to do everything they can to help.



# George Lee to speak in UL

By Jason Kennedy - News Editor

FORMER Fine Gael TD and RTE reporter, George Lee, is set to speak in UL at the end of this month. The former Journalist of the Year will be the final speaker

in the Current Issues in Irish Media seminar series, which welcomed speakers such as "Sunday Tribune" Editor, Noirin Hegarty and Ombudsman, Emily O'Reilly.

Mr Lee will be speaking on April 20 and will be discussing the state of the economy and off the Government

and there will be a Questions and Answers session after his speech.

Journalism Tutor, Tom Felle, said Mr Lee's appearance in UL will a lot of interest across the Limerick community. "He is still a hot topic since he resigned and

between journalism undergrad and postgraduate students, politics students and students affiliated with Fine Gael, there should be a lot of interest on campus as well."

*"He is still a hot topic since he resigned... there should be a lot of interest on campus"*

Mr Lee was asked to speak in the seminar series last December, but declined due to heavy workload as a TD. Since resigning as TD for Dublin South, Mr Lee agreed to give the main speech in the seminar series.

The main speech last year was given by renowned journalist and author, Robert Fisk, which had a waiting list of 300 people for tickets.

Tickets for George Lee will be available soon and the seminar is expected to take place in the Kemmy Business School.



# Latin American Week 2010

By Anthony Kennelly

LATIN American Week will take place in UL from the April 12 to 122, with the aim of fundraising to build a Community Centre for the sugar cane cutters in Pradera, Valle de Cauca, Columbia as well as creating awareness of important issues.

The corteros (sugar cane cutters) are trapped in a situation of poverty and work long hours for small wages, the result of exploitation at the hands of multinational companies from the Western World. They do not have any other choice as this is the only source of employment in the area. Adding to these problems, the corteros jobs are at stake with the arrival of new machines to cut the cane. The Community Centre will provide the education and support drastically needed by the corteros and their families and will equip them with literacy and necessary skills for a brighter future.

"It is not fair that to run a business, to think only of the dollars and euros

the businesses will make and the benefits the companies will receive by coming here, the workers should also count".

A selection of vibrant events will take place throughout the week including a photo exhibition in the LRA, handcrafts and jewellery sale, talk about UL work placements in Mexico, Argentina and Chile, film screenings and guest speakers. On Thursday night you will be given the opportunity to learn some salsa moves or show off your existing ones, at the Salsa Party in the Stables. Keep your eyes and ears open for the "Cantata

Latinamericana" singing group who will also spice up the atmosphere around campus on Thursday.

The following week guest-speaker Camille Chalmers from PAPDA (Haitian Advocacy Platform for Alternative Development) will visit UL to speak about their successful work in Haiti.

The acclaimed NGO works with the unions and business community in Haiti to improve production and minimise cost without privatization. They have successfully put measures in place to protect small farmers from exploitation.



# Limerick student picked for Miss University

By Sharon Whelton

A FIRST year History, Politics and Sociology and Social Studies student has been chosen to represent the University of Limerick in the finals of Miss University Ireland on Wednesday, April 14.

Tracey Hackett, from Dooradoyle, was also a contestant in last year's Miss Limerick competition, and will now battle it out with 29 other finalists to win the coveted crown.

Tracey described the upcoming event as a fantastic opportunity: "The winner is awarded a one year contract with a top modelling agency and a place in the Miss Ireland competition." The former Scoil Carmel student is hoping to get support from her fellow Shannonsiders in the run up to the finals. "My parents, friends and boyfriend will all be there to support me." The thirty contestants will be asked to model formal wear, sportswear and evening wear. The five girls with the highest number

of votes will go through to the final round. Miss University is heading into the third year of its nationwide competition. The last two years have been massively successful for the Miss University winners, with Miss Terrie McEvoy (Miss University Ireland 2009) going on to finish 2nd runner up in the Miss Ireland Pageant and Miss Kerri Ingram Walpole (Miss University Ireland 2008) going on to compete in the Miss Universe Ireland final. The winner of the grand final will win prizes including a modelling contract with Assets Ireland, free entry to Miss Ireland, hair and make-up done by Brown Sugar, €1000 worth of treatments from Brown Cow, and a €500 voucher from Fran and Jane and 20% off all products for one year.

Tracey will be canvassing her fellow students for support ahead of the finals. "People can vote for me by texting 'Miss 122' to 57000."



# Acts of Random Kindness

## With Cameron Stewart - Founder, Acts of Random Kindness (ARK) clothing company

THE clothes we wear make a statement about the way we view the world, but Cameron Stewart, founder of the Acts of Random Kindness (ARK) clothing company, believes in taking that idea literally.

“Most people starting a clothing company do so to make money - they create a brand, associate it with a lifestyle and then use that brand to sell their clothes.

We’re doing it the other way around. We feel we have a lifestyle and mindset that’s really appropriate for the times, one that taps into the whole idea of selflessness, and we’ve built a company around it,” says Stewart.

The idea behind ARK, which primarily sells through its website at [www.arkhq.com](http://www.arkhq.com), is simple - every time someone wears an item of ARK clothing, they affirm the company’s mindset and perform an act of kindness. That can be anything from buying a stranger a coffee, donating to a charity or even just making a point of being nice to someone.

“The clothing is a reminder to the person wearing it to be kind, because sometimes we all forget to do that and could do with being reminded. It’s also a symbol for the people around you who see you wearing it of this new mindset and new way of life,” says Stewart. ARK is a not-for-profit company with directors and staff receiving a basic salary, but no equity. All profits are ploughed back into improving the product line and



The new ARK underwear range

investing in larger-scale ARKs.

“Any extra money the company might make down the line will go

into a charitable fund so that the company can make a bigger social impact funding charitable activities

and social entrepreneurship,” says Stewart. The company recently partnered with Tesco Ireland to give

away Christmas hampers to families affected by the flooding in Bandon, and also beat 250 other start-ups to win €50,000 worth of goods and services in a TV3-sponsored business competition. It used €10,000 of its winnings to launch a donation campaign for the victims of the Haiti earthquake. “The market is rewarding companies which are authentically and legitimately good - sales are going really well here in Ireland and we’ve also sold into 25 other countries. In the next month or two, we’re hoping to expand into university campuses in the US. We’re also launching a new range in the next week, which will include ARK underwear, for undercover kindness,” says Stewart. The company currently employs three people full time, with two or three interns coming and going as project needs dictate. “When I started the company, I could see that socially-conscious brands were becoming popular, and that this could make me a lot of money. Who knows, if I played my cards right, I could become a young millionaire on the back of it, but that wouldn’t be in keeping with the message of ARK,” says Stewart. “Because we’re a start-up, all the money we make has to be reinvested to help the company grow - the bigger we are, the bigger the impact we can have on the world around us, but we would still try to organise special projects, as well as the day-to-day stuff.”

## UL students volunteer in Africa with SERVE

**THIS summer John Halpin and Cathal Daly will spend four weeks volunteering in Zambia and Mozambique. They will be travelling with two groups of ten volunteers who will be involved in teaching, building and care assistance projects. Each year SERVE sends over 80 volunteers abroad to work on developmental projects in seven countries.**

Mr Halpin will spend four weeks in Mazabuka, South of Zambia, to assist in the construction of a youth centre and also assist in the provision of a youth leadership training programme. Mr Daly will spend four weeks in Beira, Mozambique, to undertake building and restoration work as well community development activities.

Both will visit HIV/AIDS clinics and also participate in sporting and youth activities with the children.

“Volunteering projects are just one element of SERVE.

We recognise that gender equality is pivotal to achieving justice, equality and sustainable development and we hope to highlight this through the sale of fair trade “flip-flop” pins in support of women’s empowerment projects.”

Every year SERVE holds an annual fundraiser whereby it sells these fair trade “flip-flop” pins and phone charms which supports an income generation project in Thailand. The flip-flop material is made from traditional fabrics woven together. They are then cut into flip flops

shapes representing the SERVE logo. By purchasing a €2 pin/phone charm you will help offer these women a source of employment. At present SERVE is the Regina Centres biggest customer so maintaining this is vital.

You can find these fair trade products on sale at student union desks and canteen around UL. If you would like to know more about volunteering abroad next year 2011 we will be holding an open day presentation at the University of Limerick in October/November 2010.

If you would like to be reminded about the presentation just e-mail your name and which college you attend to [info@serve.ie](mailto:info@serve.ie) and we will e-mail you closer to the date.



# UL Spin Out Company Secures €600K in Seed Funding

A UL spin out company specialising in energy cost control technology has secured €600,000 in investment from the Bank of Ireland Seed and Early Stage Equity Fund. The Fund, which is supported by the University of Limerick Foundation and managed by Kernel Capital, committed €500k and the remainder of the funds were raised through Enterprise Ireland.

Resourcekraft, founded by UL Post Graduate Liam Relihan and Frank Casey in April 2007, delivers dynamic energy management software that enables their clients to maximise the efficient usage of electricity and other energy resources such as oil, gas, water and heat. To date, the ResourceKraft's technology has been deployed in over 40 customer sites resulting in substantial customer savings.

Commenting on the announcement, CEO of Resourcekraft, Frank Casey said: "Our unique approach focuses on managing energy as a cost, providing smart decision making tools for companies. The funding from the Bank of Ireland Seed Fund

will be used to expand our market coverage beyond Ireland and the UK and to recruit additional software developers to join our team."

University of Limerick President, Don Barry, said: "This investment in ResourceKraft epitomizes the type of innovation-based start ups that the University of Limerick Foundation is keen to support through our investment in the Bank of Ireland Seed Fund. ResourceKraft was born out of scientific research carried out in UL in 2007 and creating success from university spin-outs like this one is crucial if we're to spark new growth and job creation opportunities in Ireland."

David Cronin, CEO of UL Foundation added, "The potential of transformational research ideas and IP at third and fourth levels is exciting and holds tremendous promise.

Our contribution to this fund underlines the University of Limerick's commitment to ensure that Ireland maintains its reputation as a world-class hub for transformational technology and scientific excellence."



David Cronin, CEO, University of Limerick Foundation; Orla Rimington, Operations Manager; Prof. Don Barry, President, University of Limerick; Frank Casey, CEO, Resourcekraft

## University of Limerick student receives BOC Gases Postgraduate Bursary



Dr Catherine Adley, Head of Department, Chemical & Environmental Sciences, Mr Gerry Donovan, BOC Gases, Ms. Aine Munroe, Mr. Jon O'Halloran, Project Manager, Solid State Pharmaceutical Cluster

The 2010 BOC Gases Postgraduate Bursary was presented recently to Aine Munroe at the Department of Chemical and Environmental Sciences at University of Limerick.

Ms Munroe graduated with First Class Honours in Industrial Chemistry B.Sc. in 2006. Afterwards she received an IRCSET scholarship for postgraduate research under Professor Kieran Hodnett in the area of Pharmaceutical Crystallization.

Her research involves studying a pharmaceutical compound Sulphathiazole and its polymorphs. Many pharmaceutical drugs can form polymorphs. This happens when the molecules can combine in a number of different ways. These polymorphs can cause the drug to work differently in the body (bioavailability).

The work as part of this Ph.D involves studying how these polymorphs transform.

Speaking at the presentation ceremony at the University of Limerick, Gerry Donovan,

Business Director said: "We wish Aine success with her future career. BOC Gases is well aware of the importance of research for the continuing development of the successful high technology companies, which are established in Ireland. We are delighted to play our part in support of this vital activity".

BOC Gases is a member of the Linde Group. A global industrial gases provider, the company employs about 20,000 people and supplies compressed and bulk gases, chemicals and equipment. In fiscal 2005, BOC Gases achieved sales of approximately 5 billion.

For more than a century the company's gases and expertise have contributed to advances in many industries and aspects of everyday life, including steel-making, refining, chemical processing, environmental protection, wastewater treatment, welding and cutting, food processing and distribution, glass production, electronics and healthcare.



# Inspira tional Engin eering Lea der to deliv er 2010 ULAA Alum ni Lec ture

**THE CEO of one of the world's largest engineering and construction companies and graduate of UL, Dr Hugh O'Donnell, will return to his home city of Limerick to deliver the 2010 University of Limerick Alumni Association (ULAA) Alumni Lecture on 13 April.**

An Honours Graduate of Mechanical Engineering from 1987, Dr O'Donnell joined the global Kentz Corporation in 1991 and was named CEO in 2001. Since then, he has steered the company to huge success internationally. Dr O'Donnell was named the Ernst & Young International Entrepreneur of the Year in 2009 and in 2008 was honoured by his alma mater when he received the prestigious UL Alumni Award for Outstanding Contribution to Business.

Dr O'Donnell's Lecture is the second of a new series launched by the UL Alumni Association (ULAA) in 2009 and which aims to bring

accomplished graduates of the University back to the campus each year to deliver a lecture of interest to the student, graduate, faculty/staff and wider community. The inaugural lecture in this new series which is sponsored by Ulster Bank was delivered by Mr Nika Gilauri BBS '99 and Prime Minister of Georgia.

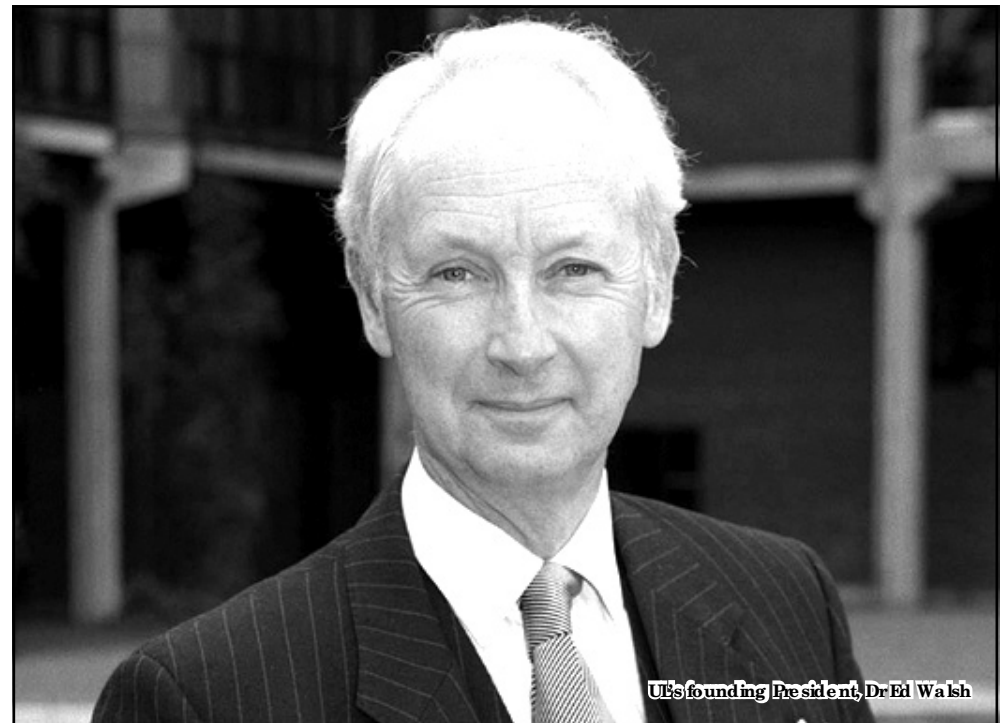
The title of Dr O'Donnell's Lecture is "Irish Culture Driving International Business - The Story of Kentz". In his own words, the theme of the Lecture is "the leveraging of the humility, humour and modesty of the Irish culture all over the world to go and do things that others dare not. I will include a series of anecdotes of experiences in business from all over the world that have each supported the building of a billion dollar international organisation."

This public lecture will be held on campus at 3pm on Tuesday, April 13. Access is by ticket only with all tickets available free of charge from the ULAA office on campus.



Dr Hugh O'Donnell

## Honorary Doct orates to be awar ded at UL



UL's founding President, Dr Ed Walsh

**THE University of Limerick plans to confer Honorary Doctorates on five exceptional individuals in the fields of education, sports, business, arts and the public sector. The Doctorates will be conferred on Dr Ed Walsh, founding President of the University of Limerick, Jerry Kennelly, an entrepreneur, Frank Daly, former Chairman of the Revenue Commissioner, Oliver Murphy, founder of the Irish Wheelchair Association and Professor Anya Peterson Royce, a world renowned academic in the area of anthropology of dance.**

Dr Walsh is the Founding President of the University of Limerick, the first new university established in the history of the State. His name is synonymous with groundbreaking advances in third level education in Ireland and he has been described as an educational visionary and a transformational policy influencer. He also served as founding chairman of the Irish Council for Science Technology and Innovation, the National Technological Park, the National Council for Curriculum and Assessment, Citywest's Growcorp and the National Self-Portrait Collection of Ireland. He has also served as chairman of the Conference of Heads of Irish Universities and of Shannon Development.

Mr Kennelly started his first business in 1981 and since then he has become recognised as an internationally successful entrepreneur, Mr Kennelly has dedicated himself to fostering entrepreneurship among young people in schools and colleges. He created the Young Entrepreneur Program - a not-for-profit organization dedicated to illustrating the validity of entrepreneurship as a career choice. Its mission is to help identify, inform, recognize and celebrate Kerry's next generation of business leaders - and their educators.

Mr Daly was appointed Chairman of the Revenue Commissioners in March 2002 for a four-year period which was subsequently extended.

During his time as Chairman of Revenue, Frank Daly played a key role in supporting the development of an academic partnership between Revenue and the University of Limerick, the first such partnership in the Irish Civil Service. Under this partnership, which commenced in 2004, Revenue and UL jointly developed two unique programmes for Revenue staff, the Diploma in Applied Taxation and the BA (Honours) in Applied Taxation.

Mr Murphy represented Ireland at the very first Paralympics games in 1960 was determined with other athletes to improve the lives of people with disabilities in Ireland. The Irish Wheelchair Association was founded by Mr Murphy and seven other wheelchair users who put ten shillings each into a hat on 10th November 1960.

Professor Anya Peterson Royce has 36 years of field experience in Mexico, along with 25 years of teaching experience at university level in the areas of anthropology of dance and performing arts, cultural and ethnic identity, and the ethnography of Mexico. She has written six books, edited two others and is a published poet.

Professor Royce spent time at the Irish World Academy of Music and Dance at UL as one of several international consultants for the Stepping Stones initiative which is concerned with the introduction of theatre-linked interests into the Academic mission of the Academy. She consolidated and in an essential way defined the entire field of Ethnochoreology with the publication in 1977 of her seminal book *The Anthropology of Dance*.

## UNION DEBRIEF

# Ruán's Rundown

CHARITY Week is probably well in your distant memory by now but we are still winding down after the hectic and fun packed week. I have to say I am extremely delighted with the response shown by everyone throughout the week. It was great to see so many people so eager to get involved and help out.

Your involvement was critical, whether you were partaking in the Great Race, Tag Rugby

*“I had the pleasure of being able to talk about how great the week was and how fantastic you are as students”*

tournament, 5-a-side soccer, Raft Race, Mankini Competition or Jelly Wrestling, to name just a few, or whether it be supporting our four great charities by throwing some money into a bucket. Without you the week would not have been a success.

In the lead up to the week I was very worried about the potential fallout that could have occurred. Flashbacks of overturned cars and distraught residents were all too frequent. These fears that were echoed throughout the Students' Union lead to the re-branding of the week and reconnection of the week with its real meaning...Charity! We didn't want to take the fun out of it, just the pointless

vandalism and antisocial behaviour carried out by a minority of students.

I am delighted to say that it worked. You stepped up to the mark and made the week a success for everyone involved. From last year where the phone never stopped ringing with complaints, to this year where the phone never rang. Instead of doing the traditional interview on Live 95 where the President of the SU gets slated as they tries to justify the week, I had the pleasure of being able to talk about how great the week was and how fantastic you are as students and give you the credit you deserve. That is a massive change and is all down to YOU. For this I am extremely grateful.

I would like to also say a big thank you to the great team we have here in the SU that made this week happen. It was all worth it in the end!



Ruán, UISU President

# Postgrad News

**WE ARE in the final stretch and elections are dominating the business of the PSA at the moment. Nominations opened at 9am on Tuesday April 6 and closes on Monday at 5pm on the April 12. The date for the elections is Monday the April 19.**

At the time of writing this I was unsure of how many people were going to run so there may not actually be an election depending on how many nomination forms are returned but I would like to wish the very best of luck to all candidates. For more information go to [www.postgrads.ie](http://www.postgrads.ie).

In events news, the PSA will be holding another Charity night in the Stables on Thursday April 29, which is the Thursday of Week 13. This is one of the last events of the year until the Summer BBQ so it would be great to get a massive crowd out for it. All proceeds will go to a charity set up by a Postgrad here in UL.

OSA was set up with a goal to provide funding to schools in Africa and the summer of 2009 was spent visiting schools in Malawi, Mozambique, Tanzania and Uganda. Five schools were chosen for funding from OSA.

OSA aims to provide capital and training for schools and eventually aims to establish links with these schools with a goal of sending volunteers in the near future. OSA's founder, David Morrissey says "I have found on my travels that the people of Africa are genuinely very happy with what they have the main problem is that they don't live long lives or even create a

sustainable living for future generations. Sending all the money in the world is just a short-term fix. Education is key to providing them with a longer and healthier life. Educating Africa is the long-term fix – not just throwing money at them”.

In other news the student-parent children's party planned for Easter did not go ahead due to circumstances beyond our control. The event will be rescheduled so please watch your emails and our website for more information.

That's all for now,

Slán

Michael



Michael

## ULSU NiteLink

### Timetable for Academic Year 2009/10

#### Route A

19:00, 20:30, 22:00

Stop 1: Dromroe Village  
 Stop 2: Thomand Village  
 Stop 3: Cappavilla Village  
 Stop 4: Plassey Village  
 Stop 5: College Court  
 Stop 6: Groody Student Village

Stop 7: Courtyard Student Village  
 Stop 8: Brookfield Hall  
 Stop 9: Parkview Hall  
 Stop 10: Park Mews (Clancys)

Returns to UL  
 via Flag Pole Entrance

#### Route B

19:45, 21:15, 22:45

Stop 1: Kilmurry Village  
 Stop 2: Elm Park  
 Stop 3: Oaklawn  
 Stop 4: Kilmurry Lodge  
 Stop 5: Brierfield (Back of the Estate)  
 Stop 6: Woodhaven

Stop 7: Annacotty (Synotts)  
 Stop 8: Spar (at University Court)  
 Stop 9: Courtyard/  
 Brookfield Roundabout

Returns to UL  
 via East Gate entrance

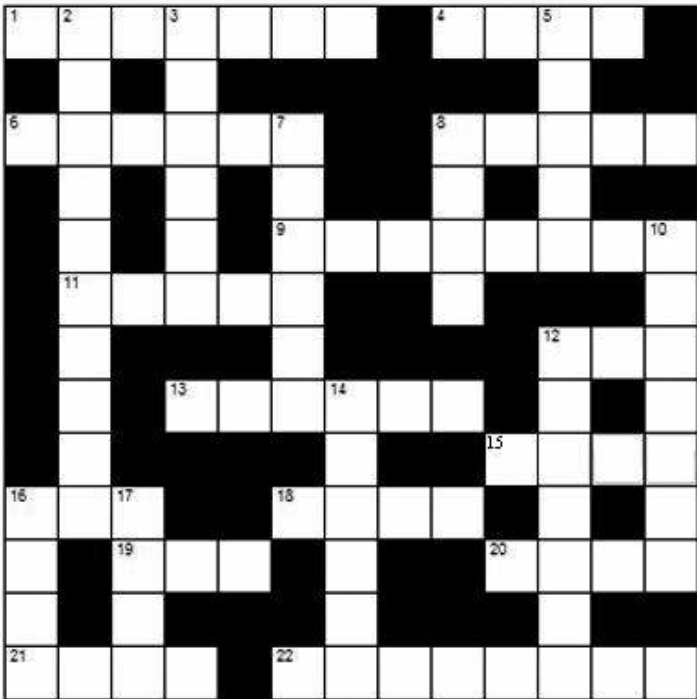
#### Route C 23.30 Only

Route A+B Stops on Request, Drop off only



**FUN PAGE**

**Crossword**



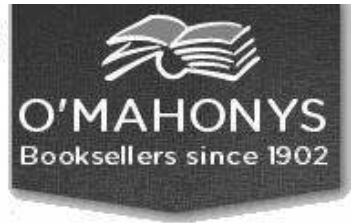
**Across**

- 1. Metallic element
- 4. Netting
- 6. Meet expense of something
- 8. Metal fastener
- 9. Educator at university level
- 11. Military trainee
- 12. Tender loving care (abbr.)
- 13. Joints on which doors swing
- 15. Coagulated blood
- 16. Social insect
- 18. Uttered by the mouth
- 19. Laboratory rodent
- 20. Benevolent
- 28. No longer married
- 29. Black gemstone
- 30. Search for usable items

**Down**

- 2. Mirror image
- 3. Gadget or device (slang)
- 5. Separate by cutting
- 7. Timothy \_\_\_\_\_, James Bond actor
- 8. Ceremonial practice
- 10. Repeated from memory
- 12. J.R.R. \_\_\_\_\_, writer
- 14. Vampire repellent
- 16. Bushy hairstyle
- 17. System used to measure precious gems

Sponsored by:



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

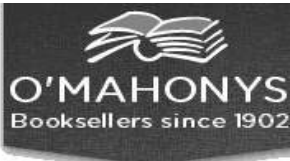
**Word of the Issue**  
**“Adscititio us”**

Derived or acquired from something extrinsic. This word ultimately derives from scire, the Latin verb meaning “to know”. Scire also gave us “science”, “conscience”, “prescience” (foreknowledge) and “nescience” (lack of knowledge). “Adscititious” comes to us from the verb form of scire, adsciscere which means “to admit” or “to adopt”. This explains why it means something adopted from an outside source. “Adscititious” can also mean “additional” or “supplemental” but this is rarely seen.



**Sudoku**

Sponsored by:



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

**Instructions:**

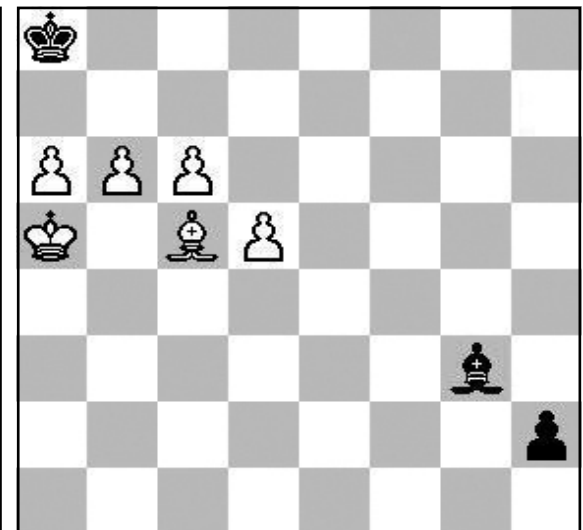
The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three very simple constraints to follow in a 9 by 9 square Sudoku game:  
 \* Every row of 9 numbers must include all digits 1 through 9 in any order.  
 \* Every column of 9 numbers must include all digits 1 through 9 in any order.  
 \* Every 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

**Study Tip #4: REFERENCING**



Illustration: Amy Murphy



1. b7+ Kb8 2. a7+ Kc7 3. b8=Qb8++

# The cogs in the mind of a CEO

*Willie Walsh talks to An Focal*

By Finn McDuffie – Features Editor

**These were the dreaded words to be heard by Dance UL's four squads entered in the Dance Intervarsities held in Carlow IT recently. As 28 nervous UL students awaited the result, little were they to know that they would beat the other five colleges for 1st prize in not one category, but three!**

After six months of brainstorming ideas, choreographing, injured dancers, organising, rehearsing into the early hours many a night, not to mention cage building...yes, a cage, Dance UL showed on the day that a bit of hard work pays off well in the end.

Having only been registered as a club for four months this time last year, Dance UL entered the Overall Category at last year's Intervarsity held in DCU with a raunchy "ballet tango" incorporating hiphop, salsa and breakdancing. President Jennifer Brown made damn sure that UL would make their mark on the map first time round by winning the Overall category and raising the bar for all participants. The club then went on to increasing their success when they won "Best New Club" in UL 2009.

This year the pressure was on as the bar had been raised last year, and so must be raised further. Dance UL entered a squad in each category in the competition this year and really showed that they have the highest level of talent at Intervarsities once again. As guessed the standard was raised and it has to be said that all 6 colleges put on a great performance.

Dance Captains; Jennifer Brown (Mixed), Rita Mc Donnell (Hiphop), Christelle Olivier-Dussault (Overall-jazz) and Ciara Faber (Irish dance) made sure their squads brought everything to the table on the day. With a mixture of choreography from both captains and dancers on the squads the standard of these dances were outstanding to watch and partake in. But the results were in...Winning 1st place in the Irish dance, Overall (jazz) and Hiphop categories and a 3rd in the Mixed category, the sultry James Bond side to our native dance style, sexy, jazziness of the 1940s, badass girl street image and fantastically wild craziness that is the circus wowed the judges and brought the entire arena to a standing ovation at the end of UL's final performance in the Mixed category. Carlow IT then hosted a great night out in the Foundry club where our very own lil hip-hopper Rachel Sheil, made it to the final of a dance battle running up against two b-boys from Carlow. Exhausted, excited, a bit sore, but triumphant, the squads packed up their trophies, bags and cage and shipped themselves back home to Limerick to a warm bed for a great night's sleep. All in all a worthwhile bit of work for a much deserved result! Congratulations to all the dancers and a big thanks to our friends who pitched in helping prepare for the day.

Dance UL can proudly sum themselves up in one word this year, unstoppable!



Willie Walsh

## Upcoming Events

### April 13

The Student Race Day at Limerick Racecourse takes place on April 13. A free bus service will be operating from UL, Mary I and LIT from 3pm on the day with the first race kicking off at 5pm. Racing finishes at 7.30pm but the night isn't over yet as you will then be brought back to Limerick for a night out in Sin Bin.

As if that wasn't enough there will be prizes on the day for the Best Dressed in Pink and there will also be a VIP prize for one lucky college.

### April 13

The Investigation Current Issues in Irish Journalism Public Seminar Series continues with a talk from Limerick

Leader Editor and former Sunday Times Sports Editor, Alan English. The talk will take place in the Glucksman Library Board Room from 2pm.

### April 15

The President's Student Volunteer Award will be launched by Professor Don Barry on April 15 in the Millstream Common Room from 1.15pm. If you are interested in attending please contact Aidan Healy on aidan.healy@ul.ie

### April 19

Starting with a launch party in the Stables at 5pm with

prizes for best dressed. We will then move onto Limerick's Greenhills Hotel for a delicious three course meal which will give you plenty of energy for a night of dancing, meeting other first years and having the craic!

Tickets only €45 - but they are limited and selling fast!

### April 21

Has An Focal got what it takes? The Student Media Awards 2010 take place on April 21 in Dublin's Mansion House and is hosted by Dáithí Ó Sé and Kathryn Thomas.

It's sure to be a great night for all involved and you can be sure that there will be tears of joy and disappointment on the night.



# Diary of a Co-Op Student

By Nicole Ní Ríordáin

**APRIL already! The last few weeks have been hectic at work to say the least, but I was able to take a few days off for when my friend Anna came to visit. We got to do lots of touristy stuff, but we also hung out with lots of Lithuanian and Erasmus students, and tried out some of the local clubs.**

In fact, it was on the way out of the Helio nightclub on Saturday night that I slipped on the ice and fell on my arse (very ladylike). The strange thing is that I was fine for the next week, but after

about ten days I started having some back pain. I mentioned in school that I should find an English-speaking doctor, just in case it got worse. Cue mass hysteria! Half an hour later, the headmistress had called the entire English department for an emergency meeting, which ended in two teachers having to cancel lessons to take me to the hospital. Yep, the hospital. For a little back pain. Overreaction

in the first degree, but they wouldn't hear my protests. So, off to A&E with us, and it was the weirdest experience ever. We were in and out in about 40 minutes. No queues, no waiting, no trolleys... it was eerily efficient. A Nurse Joy type met us at the door, got me to sign a form and I was sent straight into the doctor. He examined me and gave me a prescription, which I got filled at the hospital chemist. Easy peasy! Whatever else, Lithuania definitely has something going right with its health system.

So after a few days of having everyone at school offering to carry my bags, it was finally Easter break, and I got to come home! I felt like such a wimp to be so glad to return after only a few months, but it's just so nice to be back in my own house, and have Mammy cooking my dinner for me.

Granted, in about a week's time I'll probably be itching to leave my village, but right now I'm happy where I am.

*“We were in and out in about 40 minutes. No queues, no waiting, no trolleys”*

## First Year Diary

By Amy Murphy

*IT'S over. The week that has been on everyone's mind all semester: Charity Week. In the lead up to it, my fellow first years were either terrified or adamant it was going to be the best week of the year. I preferred to stay away from house parties and drunken escapades though, if my apartment is anything to go by, they both found me anyway. Instead, I devoted my time to the Meitheal na Mac Léinn (the MnM's).*

*If we encountered the worst of the week, I think I can say things went down easy this Charity Week. For that, I am personally grateful, if only because I was verbally attacked by one of the residents in Elm Park the Sunday beforehand, who managed to attribute the global recession to UL's Charity Week. There were a few interesting moments; broken glass, fireworks, strapless dresses and daredevils hanging out the side of*

*speeding taxis. Yet, overall, students seemed to be in working order and even the library wasn't completely gutted!*

*Either way, it was a busy week. I managed to spend a full twenty-four hours in bed on Saturday and was ready to welcome Easter Week with open bed sheets. But then I realised I had work to catch up on. The past three weeks have kept me very busy. Between Election Week and Charity Week, I've missed some deadlines and percentages. Now exams are looming but even the soup of tension in the library, packed with final year students, isn't enough to provoke me into action. I'm more taken with the skeleton in the reading room. If only there was a module in day dreaming. Hopefully though, you haven't been as complacent as I have and have been able to enjoy, what I affectionately call, Eaters.*

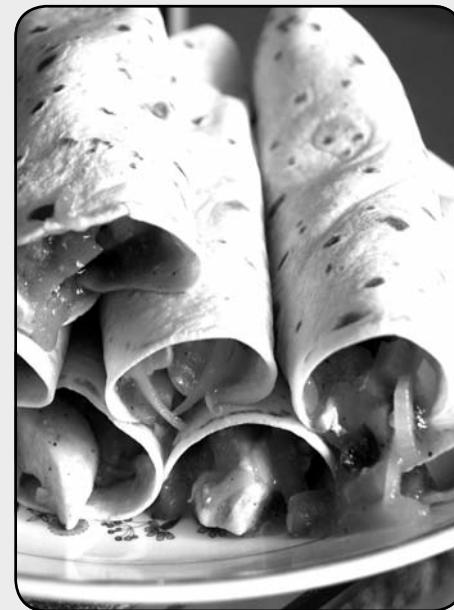
## Recipe of the Fortnight Chicken Fajitas

### Ingredients:

Chicken breasts  
Onions  
Peppers  
Jar of Salsa  
Wraps  
Grated Cheese  
Oil  
Spices - Salt, Pepper & a little Chili Powder

1. Slice the chicken, onions and peppers and place into separate bowls
2. Heat the oil in a pan and add the spices
3. When the pan is sizzling, add the chicken
4. Cook until slightly brown
5. Add onions and peppers and fry until cooked
6. Add salsa to pan
7. Simmer until hot and fill wraps

8. Add the grated cheese
9. Place the wrap under grill to melt the cheese and make crispy (optional)



## Chinese Nightlife

By Diarmuid Lucey

**HAPPY Easter to all and farewell to Charity Week for another year. While you guys have been catching up on much needed sleep after Charity Week, we celebrated Qingming festival, I received a birthday cake except it wasn't my birthday and saw five Chinese women on a single bicycle.**

Instead of celebrating Easter this weekend, we celebrated the Qingming festival. Also known as Ancestors Day or Tomb Sweeping Day, it is a traditional Chinese festival on the 104th day after the winter solstice (or the 15th day from the Spring Equinox).

On this weekend, all cemeteries are crowded with people who come to sweep tombs and offer sacrifices. Similar to Easter in Ireland, people will not cook on this day and only cold food is served. However, unlike traditions of Ireland, people burn incense and paper money as a gift to the dead.

The week before this festival, somewhat of an unusual event occurred, I was given a birthday cake with my name on it despite the fact my birthday was a month prior to this.

Not only did I get a birthday cake but all the foreign students whose birthday was not falling during the semester also got a birthday cake. I felt it was a bit ironic, as those who know me, are aware that my

birthday is on the 29th of February and therefore I wouldn't be celebrating again until 2012. Nevertheless, I accepted the cake with much appreciation!

I cannot forgive myself for the major oversight that I made in previous diaries; the lack of commentary on the Chinese nightlife. I guess I am not particularly to blame as the Chinese tend to opt to retire early to bed or rest during the weekend, unlike us westerners. Evidence of this, is seen when going to the cinema. If you were to go to the cinema before 9pm it is 120RMB, but after 9pm it is half price, the complete opposite in Ireland.

One spectacle that every visitor to Beijing must see is the live acrobatics show. The night we went, we were star struck with awe with the sheer skill of these flexible performers. The amazing acts included, five women on a bicycle cycling around in a circle, a Chinese woman balancing her head on another woman's head as she was upside down and two Chinese running in a self propelled trundle wheel hoisted 120 feet above the stage.

I'll leave you with a useful phrase: gǎn'ēn = to be grateful.

Hope to keep you all updated in the next and last issue and I promise I will tell you more about the Chinese night life next time!

# An Essen experience

By Jill Franz

**WALKING on less than three hours sleep we were literally dead men walking as the dry hot air blasted us on the way through the automatic doors. We had arrived in Essen for our exchange. Surrounded by unfamiliar territory, accosted by unknown smells the first thing my disorientated mind registered through the haze was; who on Earth would need four different bins for their rubbish?! Yes Toto, we're certainly not in Kansas anymore!**

We reached the main train station and anticipation quickly dawned: we were going to meet our hosts. The first host arrived, waved a quick greeting and disappeared as quickly as they had arrived, taking their Irish with them. One-by-one our numbers dwindled and we slowly but surely got down to the last few. Our turn would be soon, it was inevitable. The suspense built and the knowledge of the unknown was almost tangible. Which one of us would be next?

I was picked up by my host and arrived home safe. I handed over the gifts I had brought which were accompanied by an embarrassingly large amount of word vomit and, like the

Passover tensions broke, and everyone was soon, happy as Larry. Chocolate may not be as good as wine and bread but it certainly did the trick. I awoke the next morning in a haze of disorientation before remembering I was in Germany, with a family I didn't know, in a city I didn't recognise. Did panic set in? Never. I soon realised the peace trade of Cadbury's chocolate was still in place and we made our way down to the station to find (to my shock and horror) that Germany was not the efficient, time-keeping country unto which I had been brought up to believe. We were at the station awaiting the 9.22 train which did not arrive until 9.23. An announcement was made and after a minute of furious, impatient waiting, the train arrived to a host of buzzing, angry Germans.

In the midst of our adventure in Essen, we discovered that €1 was very valuable. Not only was it worth a Doner kebab but also a large bar of Milka chocolate, a buttered Pretzel, a trip up the Munster's (Germany's second tallest Cathedral) 509 steps and last, but certainly not least, a very expensive trip to the bathroom!

Suddenly, amongst the tornado of the Chinese

all-you-can-eat buffet, shopping, the steel museum, the coal museum, the mining museum, shopping, happy-hour in Saulsilitos from 5pm – 8pm followed by happy-hour in Extrablatt from 8pm – 11pm, bowling, the zoo, shopping, Cologne, witnessing a multitudinous amount of small dogs slowly take-over Germany, we were suddenly whisked away, back on a plane and before I could blink I found myself standing at the top of a queue in Dublin Airport's Mc Donald's at 11.30 in the night wondering where the week had gone to and trying to find the English to ask for a simple Hamburger and Coke. Luckily enough for me, it's the same in both languages!

Did I speak German while in Germany? To be totally honestly only a bit, however, the experience alone and getting the opportunity to be totally immersed in another country's culture is a life-long experience. Whether you speak the language or not is up to the individual but the amount one learns in that one week alone not only about others but themselves too is, as Mastercard would say, priceless. But for the flights, food, shopping and everything else there is Mastercard!

## Trials and tribulations of a Grammar Nazi

By Aoife Ní Raghallaigh - Editor

**FIRST, let me begin by saying that I don't like being called a Grammar Nazi. I'm not a horrible person; I'm just a stickler for good grammar! I know my parentheses from my solidus and know the difference between a singular collective noun and plural collective noun without having to consult a grammar book. When I see poor grammar I feel the need to share it with those around me although more often than not this doesn't go down well.**

Life isn't easy when you're a stickler for grammar. You can't walk down the street without noticing grammar mistakes, mistakes that evoke what some would see as irrational anger.

The one that gets to me most is when shops and pubs do not indicate the possessive in their name. For instance, Dunnes, the much loved supermarket, should be spelling their name "Dunne's" as the shop belongs to Dunne. It's extremely rare to see a shop actually putting an apostrophe in their name but a rule is a rule so why can it be ignored here? I suppose you could call it poetic license, but I call it laziness.

Similar to this is when someone writes "Student's Union" or "Students Union". The apostrophe must always go after the "s" in Students, i.e., Students'. If you put it before the "s" you're saying the Union only belongs to one student, if you don't include it the Union belongs to no one. So you put it after the "s" to show it belongs to all the students. And yes, this sort of thing does get to me.

Noticing things like that is embarrassing too. There's nothing worse than listening to people arguing about grammar and, before you know what's happening, you hear your mouth saying "Well actually you're both wrong because..." before launching into

*"I didn't set out to know lots about grammar"*

some complex grammar rule that no one has ever heard of. Upon finishing your impromptu lesson you can be guaranteed that you will be able to hear a pin drop as those around stare at you like you've just grown a second head.

Being a Grammar Fascist or whatever you want to call it isn't easy. It's an affliction if I'm honest. I didn't set out to know lots about grammar and it's not like I ever sat down and decided to study the intricacies of English grammar but here I am, knowing more about the subject than I care to. Also for every embarrassing instance where I point out someone's grammar failure, there are plenty more that I have kept to myself and possibly had a secret giggle about as well. Sometimes the urge to correct someone's grammar just bubbles over and for that I apologise.



The Essen skyline



# VOTE AN FOCAL

for the People's Choice Award 2010

- 1: Visit [www.oxygen.ie/page/3197](http://www.oxygen.ie/page/3197)
- 2: Select "Click here to cast your vote" at the bottom
- 3: Login or Register
- 4: Done!

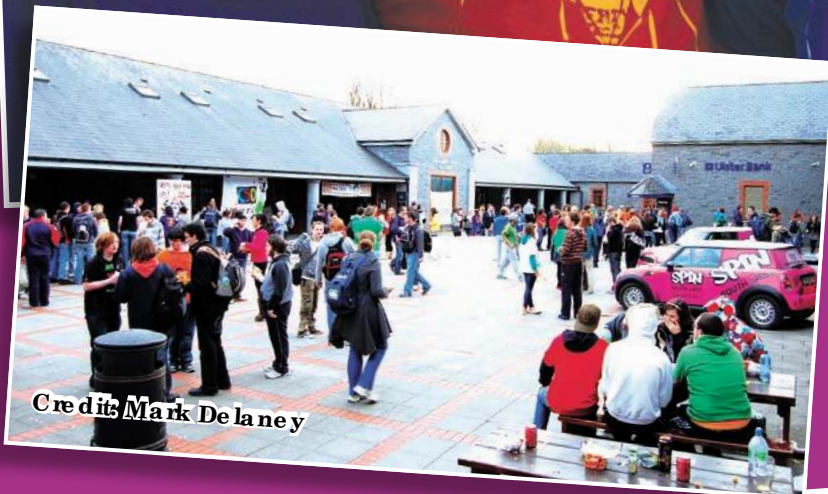




# ELECTIONS



Credit: Mark Delaney



Credit: Mark Delaney



Credit: Mark Delaney



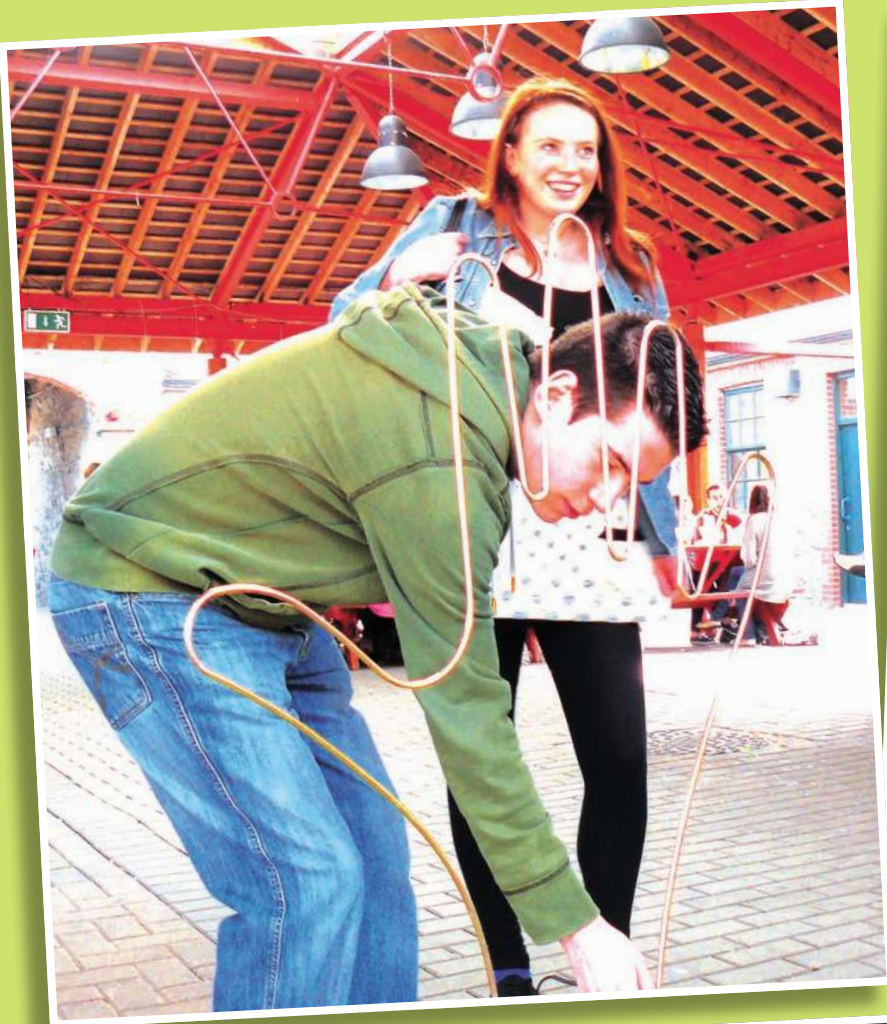
Credit: Mark Delaney



Credit: Mark Delaney



# CHARITY WEEK





# STUDENT SPEAK

## Jason Kennedy takes to the Student Centre to see what module you would like to study.”

“The origins of how people started to milk cows.”



Sarah Browne  
2nd year Law Plus

“Facebook. I'd get an A all the time.”



Aidan McDonagh  
1st year HPSS.

“Advance Pokemon training techniques. People need to know this.”



Jean O'Donovan  
2nd year Journalism and New Media



Denise Cahlan  
2nd year Journalism and New Media

“The art of going out and not getting a hangover.”

## “Eating. Nom, nom, nom!”

“How to get rich quick”



Christopher MacDonald  
2nd year MMPT.

“I'd study the 13 tap challenge”



Patrick Golden  
2nd year Mechanical Engineering



Sinead Keane and Emma Guilfoyle  
3rd Year Language and Cultural Studies



# No Armageddon, just discoveries

By Seán Carroll

**AFTER several years of planning, failed attempts and yet more planning, the Large Hadron Collider (LHC) project in CERN (European Centre of Nuclear Research) has finally got underway and had a successful start-up, utilising record-breaking energy levels.**

At 8.17am on Tuesday, 30 March, Scientists at the LHC began colliding hydrogen nuclei together and contrary to what the cynics would have us believe, the world didn't end. There was no apocalyptic, cataclysmic event. All that simply happened was the LHC had its first successful start-up; a success which, hopefully, will begin a new journey into understanding particle physics and also understanding how our universe began.

The LHC is a gigantic, circular particle accelerator, 27km long, situated near Geneva on the French/Swiss border. It allows physicists to collide particles at tremendous speeds, breaking them into their constituent parts. It exploits magnetic fields, using them to accelerate and control the direction in which the particles travel, which can cause beams of particles to collide when they reach a high enough velocity.

These collisions break open the particles allowing the physicists to observe the very collisions that brought our universe into being. It is hoped that by observing these collisions, it will revolutionise our understanding of physics, from the miniscule mechanics of atoms, to the very workings of the universe around us.

The €4 billion project came under scrutiny in late 2008, with a lot of propaganda issued against it. Unfortunately, the collider encountered problems nine days after the first beam circulation, with a fault in two of the superconducting magnets that control

the direction of the particle beams. This setback cost €40 million to repair and with the additional safety measures installed, it wasn't until November 2009 that the first successful circulation and proton – proton collisions took place at energy levels of 1.18TeV per beam. The most recent collisions broke this record with energy levels of 3.5TeV per beam.

For the purposes of this article, that is colossal. It is hoped by 2012 the highest energy levels for the collisions will have been reached, with levels of 7TeV per beam. Scientists hope that by observing these collisions, it will help to answer some of the most fundamental questions in physics, including basic laws governing particles and their interactions, the deep structure of space and time and the intersection of quantum mechanics and general relativity.

It is also hoped that it might be possible to find the hypothesised Higgs-Boson particle, known by other names as the "God" particle. This particle is the particle thought to have started the big bang and the creation of everything as we know it.

The information with which this project will hopefully yield will herald a new dawn in scientific knowledge, allowing physicists to understand areas of quantum physics previously unknown.

The possibilities of exploring unknown territories of science may lead to important discoveries that propel science, and especially the understanding of particle physics, forward at a phenomenal speed. Without doubt, this is only an indicator of things to come from at CERN.

As professor in physics Abraham Seiden said, "the LHC is a discovery machine. We don't know what we'll find."

*A look at what's been happening recently at the world's largest particle accelerator.*



The Large Hadron Collider hasn't caused the World to end...yet

# The wonder of words

By Finn McDuffie – Features Editor

**ANATIDAEPHOBIA is a word which, in seven syllables, describes the very peculiar fear of being watched, somewhere and somehow, by a duck. Though it's probably not a word in your daily vocabulary and despite my spell-check's red persistence to the contrary, the word definitely exists. I've checked.**

On the face of it, "Anatidaephobia" might seem a curious word. But think about your everyday words and each is as bizarre as the next! A word, after all, is just a set of precisely arranged sounds. But the effect of each word is an instantaneous communication. And where do these random sounds come from anyway?

Take the word "apricot" – Though you may not even realise it, in the utterance of these three syllables your brain has already associated the word with the fruit's visual form, what it tastes like, how many types are available, where you can get it and much more. The word comes from the French "abricot", which

stems from the Arabic al barquq or al birquq, which means "early-ripe." Being easy to eat, the Romans called it "aperitum" or "fruit which opens easily". If the word "apricot" didn't exist, how would you describe it?

"Addict" is an interesting one. Roman soldiers were often given slaves, known as addicts, to reward them for performance in battle. Eventually, a person who was a slave to anything became known as an addict.

If you're taking part in G-Soc's next game you may be interested to know the word "assassin", comes from the old Arabic 'hashshshin,' which meant, "someone who is addicted to hash," that is, marijuana. This is because warriors would smoke the drug before battle.

But what about more recent words? You might know for example, that "laser" is an acronym for light amplification by stimulated emission of radiation. But "robot" for instance, comes from the Czech word "robot," which

means "worker." In the early 20th century, a well-known, Czech, science-fiction writer, Karl Capek, wrote a futuristic thriller about a scenario in which machines had taken over and made humans behave as their workers or "robots."

Another recent one is the term "Big Apple" which was first used by in the early '20s by stable workers to refer to the New Orleans race track. The name was later borrowed by travelling jazz musicians to refer to Harlem, then the jazz capital of the world. In 1971, the term "The Big Apple" was revived as part of a campaign to improve New York's image and promote tourism.

Cerveza is an easy one. The term, which means "beer" in Spanish, originally came from the medieval French word "cervoise". Interestingly, just about the time that the Spanish were adopting the term "cerveza" (around 1482), the French began to favour the term "biere", which itself is a Germanic term

more popular in northern Europe, where the climate is better for producing the grains used in beer-making. And while on the subject, the word "cider" comes from the Greek 'sikera', which came from the ancient Hebrew "shekar", meaning "any intoxicating drink other than wine made by the fermentation of fruit juice." In Italy, citizens used to vote very resourcefully, by casting a small pebble or ball into one of several boxes. Ballot was the Italian term for "small ball or pebble" and that is why we use the term ballot box.

"Denim", the tough cloth used in jeans, was originally made in Nimes, France, as well as Genoa. It was called Serge di Nimes and later shortened to di Nimes, which became "denim". "Jeans" comes from the word "Genoa".

I can't tell you where Arachibutyrophobia comes from. But I can tell you that in nine syllables, it describes perfectly, that most horrific fear of peanut butter sticking to the roof of the mouth.

# Elections Week 2010: *a reflection*

By Amy Murphy

**OVER** halfway through the second semester we begin to reflect on the academic year just gone. This is especially true of the ULSU Sabbatical Officers who have to decide if they want to return next year or hand over their position to someone else.

They have to decide if their aims have been met and their work complete. For the rest of us we have to ask ourselves, what's wrong with UL and how are we going to change it? The decision to run for sabbatical officer is not an easy one to make. You have to consider if you're willing to be scrutinised and criticised by the student body, how much you care about UL, and if you can run an effective campaign. For some the decision is made in first year, others will encounter difficulties as a UL

student that will provoke them into action; either way once that decision is made Week Seven, Semester Two will become the most exhausting, harrowing but worthwhile week of your student career.

Monday sees the kick off of weeks, or years, of planning. Hopefully a troop of campaigners will have assembled, on your behalf, at Red Raisins – this week known as HQ, energetic and enthused, ready to spout gems from your painstakingly, well worded manifesto. Luckily, I think all eleven candidates managed to round up a loyal cohort this year. Hopefully you have supplied you campaign well with posters, leaflets and sweets – another box ticked by all eleven candidates, and hopefully, everything going to plan, come Thursday

night after they've counted your votes, you'll be deemed elected.

As I've said there were eleven candidates this year. Finn McDuffie and Eoghan O'Brien for Communications Officer, Lorcan O'Neill and Vivion Grisewood for Campaigns and Services Officer, Daniel Reed and Derek Daly for Welfare Officer and finally Nicholas Ryan, Sharon Brosnan, Louise Clohessy, Paddy Rockett and Ruán Dillon McLoughlin for President. No one ran against the current Education Officer Aoife Finnerty and thus she was deemed elected upon nominations closing. McDuffie, Grisewood, Daly and McLoughlin were all deemed elected after the countings concluded.

Most students complimented the fantastic atmosphere

created on campus during elections week. The campaigns brought colour and buzz to the campus, fostering a genuine interest amongst students in the Students' Union. The unprecedented number of voters this year is a testament to the success and vigour of the campaigns. The week saw plenty of sweets, lollipops and an assortment of baked goods being distributed amongst students, along with entertainment in the form of "flash mobs" and a constant stream of music in the Red Raisins. For anyone tired of the campaigns the SU building remained neutral throughout the week.

Wednesday night was hustings, where students are invited to pose questions to the candidates on issues that affect them and may not be

covered in the manifestos. All the candidates spoke extremely well and presented themselves superbly. The questions posed by the student body were interesting and, encouragingly, showed a keen interest in the workings of the Students' Union and the quality of the student experience in UL.

Some reoccurring themes of the year that came up were the campaign against fees, student indifference and the breakdown in communications between students and the SU.

Thursday was the big one, as the last scramble to find anyone who hadn't voted commenced. Campaigners and candidates took a step up, with skydiving featuring in one presidential campaign. Voting closed at 6:30pm and counting began. Things finally

relaxed and everyone enjoyed the atmosphere fostered by the campaigners who, regardless of who they were campaigning for, considered themselves comrades after four tough days. Needless to say, there were plenty of hugs.

The SU Common room became the focal point for the rest of the evening as tallymen ran between counts and candidates, keeping people up to date with the results, as votes from five different locations were sifted through and counted. Things began to wind up and as results were announced more hugs were distributed and tears of both joy and disappointment flowed, of course the booze quickly followed suit, as is only appropriate to celebrate the culmination of a hard week's work.

# Baby, it's cold outside

By Alana Walsh

**"LET it snow, let it snow, let it snow..."** Actually, Mr. Sinatra, we've had enough of that, thank you. There's a reason that song features on Christmas albums. We prefer snow in the depths of winter; the season in which it rightfully belongs.

We left UL after quite a mild and sunny Charity Week anticipating Easter holidays that would initiate summer weather. Our hopes were dashed as Met Éireann gave early warnings of rain, sleet and snow.

Anyone who dug out their Hawaiian shorts over Charity Week probably shelved them and located their winter wardrobe once again. Many of us left our winter paraphernalia in Limerick, assuming they would not be required over the break at home. Just as we were making our peace with the shockingly cold weather of the Christmas holidays, parts of the country were hit by blizzards and warnings were being issued. It is all too reminiscent of

the big, bad freeze. During the Christmas break, we suffered through weather extremes that brought parts of the country to a standstill. Displeasure at the below-average temperatures has even been expressed through the social networking site Facebook where a group page entitled "When I'm old, I'll talk about the hard winter of 09/10" has 42,509 members. I think it is safe to say that most of us saw enough snow to last us a lifetime over Christmas, especially those of us unlucky enough to be trapped at home due to treacherous country roads. When the first flakes fall, yes, they are beautiful and everyone is eager to build a snowman or have a snowball fight.

But once you have done these things, the snow does not offer much else other than a pretty white blanket.

Half the time the weather in Limerick resembles that of Angela's Ashes; can we not catch a break anywhere? Easter is meant to be bright

and cheerful. It is spring after all and summer is on the horizon. But instead of introducing us to warmer weather the break has seen a drop in temperatures yet again.

As we reach the end of March and enter April, Met Éireann has said that we have seen one of the coldest first quarters of a year on record in Ireland. The weather is so depressing that it almost encourages us to gorge Easter eggs while watching the misery outside. This most recent cold spell is enough to push any student to stretch their finances and book a summer holiday that will at least give them sunshine to look forward to if summer 2010 is set to resemble that of 2009.

What are the chances that, as this issue of An Focal is being read and we are all back in college, the sun will be out once again and we will be faced with the dilemma of hitting the stables or attending lectures? Oh Mr. Sun, Sun, Mr. Golden Sun...



Will the cold weather ever end?



# Observations from a hospital waiting room

By Liam Corcoran

**RECENTLY, a friend's misguided attempts to tame some broken shards of glass led to us spending an evening at the Mid-Western Regional A&E. It was a simple act of youthful folly gone drastically and painfully wrong and really ended with a determination from the friend in question to change his party trick.**

It also provided me with an unwelcome insight into the tribulations endured by decent life-saving hospital staff on a daily basis and the mentality of some of those who cause the pointless hassle in A&E waiting-rooms.

The waiting-room at the Mid-Western A&E is an oppressive and open place. Lines of functional grey plastic seats fill the room and everyone is in full view of everyone else. From my place on one of these unforgiving chairs, directly across from the main entrance and adjacent to both reception and the A&E doors, I was well positioned to cast an impartial eye over the events of a night in the life of an Irish hospital.

Firstly we had a lady who did not seem to need medical attention in any way. Approaching the receptionists with

a snarl worthy of Cruft's, she made baseless complaints about waiting times and finished her rant by blaming the death of a friend on negligence on behalf of the hospital, all in an outdoor voice. This understandably left a sour and awkward tension in the place, so, seeing that my friend had ceased to actively ooze blood, I took the opportunity to step out and buy some biscuits.

Upon my return, I saw my seat had been taken by an enormous man wearing a filthy baseball cap which he caressed as he cradled his head in his very hairy hands. It wasn't long before he started to groan ominously. These groans were a very vocal affair and immediately implicated the entire waiting-room. I watched with an interested eye as the groans grew more and more noticeable and worrying. Eventually, our hero made the inevitable trip to reception. "I am going to die. Die on the streets" was the bold and ugly statement made in an Eastern European accent. Simultaneously clutching both his head and side, he leaned over the desk and continued his groaning bit until approached politely by security. His bitching regarding the unavoidable

waiting times for his "urgent" state became more and more frantic, and when he discovered that the lady next to him had taken advantage of his delicate condition to empty his wallet, there was absolute war. After many shouted claims and counter-claims, the Gardai were called in to deal with the mess which was a thoroughly drawn-out and unnecessary affair.

After being vindicated by the authorities and just when everything was settling down, the delicate victim proceeded to pig-headedly threaten the four security guards over his illness. Silently eating our way through the biscuits, we sat in disgusted fascination as he got more and more excited and aggressive until the point came when security, having taken their fill of abuse, professionally manhandled him from the premises.

Even after this kerfuffle, several more tired hospital staff were insulted and abused by people who, with extremely light injuries, had presumably arrived there of their own accord. Sometime after one of the first drunks began to arrive, lurching up the driveway, dressed weirdly and making determinedly for the entrance like very enthusiastic extras from

the Dawn of the Dead. The security guards shifted uncomfortably and seemed to brace themselves for the nightly onslaught.

Happily, it was just then that our friend emerged from the A&E doors, with a huge smile indicating that a load of stitches had been applied and we could go home. And so we left, leaving behind four very tense security staff, two receptionists shielded by what looked like an inch of bulletproof glass and a veritable horde of seething prospective patients.

I still do not understand why some

people with grievances involving the healthcare system continue to let their opinions be known to the hospital staff and not the government which has caused so much of the whole intolerable mess. However, after my recent experiences, I feel that a lot of it simply has to do with a mindset issue on the part of a (expectantly) minority of people who simply have got to find ways to entertain themselves while waiting for any period of time. Unfortunately, they do not seem to take too kindly to the sensible prescription of calmness, patience and biscuits.



## The ultimate good luck charm?

*A close look at the Nestlé Kit Kat*

By Amy Murphy

**IT'S EXAM time once more. There's no more ignoring it. It's time for us to weigh our piles of notes against the time we've spent studying this semester and for some of us we'll turn to lady luck in despair. Everyone knows at least one person whose desk is like a parade float with all the lucky paraphernalia. However, in Japan there's a much more discreet way to charm your way through exams.**

Japanese Kit Kats come in a range of flavours that would surprise the most sophisticated of palettes. There are over 100 to date, including berry wine, wasabi,

grilled corn and, the top selling flavour in Japan, soy sauce. Some flavours are only available in certain regions. For example, the grilled corn flavour can only be found in the north, while red potato and yuzu citrus are enjoyed in the south. Other flavours are available for only a limited time; Nestlé were very careful to tap into the collecting impulse so close to the hearts of the Japanese. The very same impulse that brought us "gotta catch 'em all!" Kit Kats can also attribute their



success in Japan to a linguistic coincidence. In Japanese the phrase kitto katsu is used to wish, students in particular, good luck, though the phrase literally means "you will surely win". This tradition has taken hold in popular culture

so well, that Kit Kat releases a "college potato" flavour (daigaku imo aji) with packaging adorned by Sakura blossoms (the sign of springtime indicating the start of a new academic year) and school uniform hats.

You can even send Kit Kats in postcard form to wish nephews or nieces the very best from afar – known as Kitto mail. So maybe if you see your friends crying into their books over the coming weeks you might offer them some moral support in chocolate form. Have a break...?



# Lords of the sea and soil

By Ciarán O'Driscoll

**WITH the Treaty of Lisbon put to rest and the slight indication that the global economy is emerging from recession, the Irish fishing industry can now be considered a source of economic security in many coastal areas.**

With the possible change in direction of the Common Fisheries Policy, those involved with the industry are focused in preparing for the 2012 review. Therefore it is necessary to evaluate how the Irish fishing industry reached the crisis point it finds itself in today. I will outline the state of the Irish fishing industry today and how it arrived to such a difficult position. This article deals with the marine traditions in Ireland from its pre-colonial origins to just before the outbreak of the Irish War of Independence in 1919.

The distinctive route that the Irish people have charted through history is defined by the successive waves of people who arrived on Irish shores. From Christianity to conquests, each would leave their imprint on the island's social and physical landscape. The earliest Christian monasteries can be found on ancient trading routes along many of Ireland's rivers or on isolated islands off the coast for those seeking undisturbed spiritual reflection. However their ability to survive came under threat by the seventh and eighth centuries, with the arrival of the sea-fearing Vikings who plundered many of the monasteries. The considerable Scandinavian presence along the coast fostered a web of trade-corridors with other Scandinavian settled-ports in Britain and Northern Europe.

This over-seas trade, centred on specific ports, preceded the Anglo-Norman conquests in Ireland. Documentation in 1437 details the transportation of Irish salmon and herring to Brabant in modern-day Netherlands. However with occupation Ireland's ability to shape its own distinctive maritime policy was lost. But this did not lead to a period where marine operations subsided; the British Crown received some £1,000 from King Philip II in 1555 allowing Spanish vessels to fish off the Irish coast. Following the Algerian pirate attack on the port of Baltimore, Co. Cork in 1631, the Earl of Cork wrote to London declaring that 'such another attack would cause the destruction of the pilchard fishery in the loss of up to £20,000 per year.' An English writer, commenting on the marine resources around Bantry Bay during the reign of James I (1603 – 25) describes the benefits to indigenous clans of licences and trade in fish stating 'there was a resort of fishermen of all nations, as most years, yet at the least it was worth unto him [O'Sullivan Bere] five hundred pounds yearly.'

This European interest in Irish waters continued where a Dutch fishing licence was awarded in 1650 at a cost of £30,000. A tax of 13 shillings four pennies was introduced during the reign of Edward IV (1460 – 83) on vessels exceeding six tons and two pennies on any smaller vessel. A



Castletownbere Pier

Dutch attempt to purchase the port of Galway was issued to the British Crown for the amount of 'coins as, placed side by side, would cover the quays.' The offer was accepted, however, a provision was issued that it would only be agreed upon 'provided the coins were placed on edge.' With the imperial capitals of Europe showing such an interest in controlling the coasts of Ireland, it appears the indigenous Irish never took the initiative to develop fisheries. This was entrenched with British occupation, which hindered any developments that could pose a threat to the Empire. This can be contrasted to those of Galicia and Scotland who were encouraged and able to develop their own distinctive traditions in fisheries. It can also be traced to the mild-Atlantic climate, which not only generated the perfect environment for marine resources to flourish, but also created conditions suitable for a profitable agriculture sector. It was noted in 1571 that the Irish eat 'oatmeal and butter...They drink whey, milke, and beef broth. Flesh they devoure without bread. Corne, such as they have, they give to their horses.' With such a heavy dependency on agriculture, as a result of its abundance at the time, little attention was given to the fisheries sector, where its potential went unnoticed.

By the nineteenth century, Irish fisheries

entered a particularly turbulent period affecting many coastal regions. However, by 1829 the Irish fleet had swelled to around 65,000 creating and sustaining many coastal communities; on one occasion in 1839 some 800 boats were waiting to dock at Killybegs to unload herring. However, this seems to have been an isolated occurrence as a government report published the previous year revealed the chronic decline of the fishing industry in certain parts of the country. This situation was only exasperated by the Great Irish Famine of 1846, the effects of which led to massive emigration and a depletion of coastal communities. The decline in opportunities to develop the industry in the early twentieth century continued, as it remained at a low working capacity. This situation continued despite the steady advancements in steam powered vessels and preservation techniques for the transportation and storage of fish in the late 1800s. The dawning of the twentieth century brought with it independence and political freedom to Ireland. However the lack of unawareness to the vast value of marine resources that remained untapped off the Irish coast still prevailed in the emerging political system. Arthur Griffith, founder of Sinn Fein, remarked in 1911, 'we dare say the number of public men in Ireland who realise that the sea

fisheries of this country could be an industry second only to agriculture might be counted on one hand.'

Although the marine tradition of Ireland is a rich one with a history of pirates and sea battles, the dominating success of agriculture has always sidelined fisheries. This, combined with Britain's need to suppress any possible threat from Ireland, left the industry in a hazardous state of economic immaturity. This status would largely continue until 1973 with Irish accession into the European Economic Community. Just a decade later, the Common Fisheries Policy was finally agreed upon after several years of negotiations with member states. The CFP has created a scenario which anyone involved in the industry, from Belmullet to Brussels, now acknowledges, as one which has failed with dramatic consequences. But how did the period after independence and before accession lead to the poor state of fisheries after 1973? This author will outline what led to such a position by taking into account the role of EEC/EU, the Irish government and the Irish fishing industry itself.

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ADVICE BUREAU

# Welfare Corner

*What a hectic month since I was last included in An Focal*

Charity Week went down a storm and we're finalising fundraising figures. I can't help but say that I'm extremely disappointed by the contribution of the average student. When special event collections and collections off campus excluded, the contribution per student is less than 20c. That is just pitiful. I have to congratulate those who did contribute as the charity take is quite good compared to last year with the recession and all and the charities will be very appreciative

The holidays have been quiet around campus and allowed me to clear my desk FINALLY.

Well, Alcohol Awareness Week seems to have gone down quite well and the Director of Student Affairs tells me she's had some email feedback from some of you which is good! The debate was quite well attended from a wide range of areas and I'd like to thank Prof. Mary O'Sullivan for chairing and the Debating Union for a great debate. Little known fact to follow up on

this; there are 2/3 of the calories of a cheeseburger in a vodka and Red Bull, so think about it next time you go for the extra drink. The Surprise Gig in the Red Raisins was reasonably well attended with Subway staying open until 9 for that and the quiz on Tuesday night. Winners have been announced by Facebook and email.

SHAG week and Equality week are coming up soon, so keep an eye out for details. Sexual Health Awareness Guidance/Guidelines week aims to improve people's awareness of the importance of safe sexual practice and knowing that if you have unprotected sex it can leave you sterile or with dementia (rare, but it can happen).

I spoke to a group attending the Irish Heart Foundation Happy Heart Talk in the Castletroy Park Hotel, which was well publicised on the ULSU website and Facebook, but few students attended. Facebook is one of our main forms of communication with students, so

please become a fan of ULSU for updates. Anyhow, this was a very interesting talk and showed how a healthy heart and cardiovascular system is important to everyone, not just older people, I will see about getting the speakers back again next year. From the election campaign it has been a bit clearer to me that people are sometimes unaware of what assistance we can offer in the SU. There really is only one answer that covers everything; if unsure and you have a problem, just come and ask. We're not going to shout it from the rooftops that Jo Bloggs was in looking for advice on STI testing, or that Pat Soap was in asking what to do if he failed 3 modules. If you have a problem, ask us about it, we might not be able to help, but if you don't ask, you'll never know.

Again, lots of casework and committees attended, but nothing that's going to affect any of you this year at least!

Slán  
Derek

# Ed's Education



**OK SO it's Week 11. I know, I know, a week ago it was the middle of the semester and now you're nearly finished the year. But don't panic. You'd be amazed at the amount that you can get done in the next number of weeks once you put your mind to it.**

Week 11 means a number of things but most notably it means that you have to get your proverbials in gear and start revising. I'm not here to preach, if I was I'd do a better job, but I am here to advise you on the ways to get the best from the work you do. This week I thought I'd recap on some of the things that I've talked about this semester in the hopes that some of it will sink in.

**Energy:**

...is good...well duh! Try and keep yours up by eating good food. Remember it doesn't cost the earth and it can be really simple to do. Check out our recipe in this edition or in past ones from this semester. Keep your energy up by getting some exercise. It doesn't

matter how little, just get a little. I promise it's worth it! And finally try and get plenty sleep each night or at least the majority. Not burning the candle at both ends will make a huge difference to your ability to concentrate and perform tasks including course work.

**Time tables:**

...are good. We spoke about organization and timetables very early on this semester. What I spoke about then is just as important now; setting goals, organizing your day, etc. These are all things that are quite important around exam time, as well as at the beginning of the year. If I considered myself wise, I'd impart some final words of wisdom, but as I don't I'll just call it "And Finally...". And finally, just remember that you know how you work best and my door is always open in the SU if you need any help.

All the best,  
Ed.

## LANGUAGES

### Is minic a bhris béal, agus a bhrógaí, duine a shrón,!

Le Bríd ní Nuamaín

IS minic a bhris brógaí cailíní a cuid shrón ó am go ham freisin. Oíche aréir bhíos san Lóistín, agus sheas cailín ollmhór orm ina cuid stiletos. Roimh a tosaím an scéal ba chomhair dom chuir síos a dhéanamh orm féin. Is cailín beag mé, nílim ach cúige céim in airde, agus tá gruaige dearg agam. Tá fhios agam – is fíor leipreachán mé. Ach ní sé seo cúis a ligfeadh duine níos airde ná mé sheas orm. Ach fós, déanann!

Chuir sí an príomh píosa don bróg ar mo chos arís agus arís eile, go dtí go raibh an cuid stiletto den mbróg greamaithe i mo bhróg. Bhíos sa méid sin phian go raibh mé ag caoineadh i lár grúpa ollmhór daoine. Anois tá mo chos ar dheis chomh gorm le smurf. Níl sé galánta.

Ach thosaigh mé ag smaoineamh faoi daoine eile atá níos lú na gach duine eile. San ollscoil seo tá roinnt mhaith daoine atá níos lú na 5.5 céim, an meán airde do cailíní.

Ceapann gach duine go bhfuil tú mar pháiste nó go bhfuil sé go hiontach chun tú a phioc suas! Tá fhios agam go bhfuilim beag, agus ar nós leanbh ó am go ham, ach níl sin chúis chun lean ar aghaidh ar nós go bhfuilim mar fíor leanbh. Nílim, táim naoi bhliain déag d'aois, agus mar sin stop é.

Agus is mar sin a féachaim ar an ollscoil ar fad. Tá daoine ó gach aon chuid don tsochaí anseo. Ceapann gach duine go bhfuil siad difriúil, nó níos fearr ná gach duine eile, agus mar sin bíonn roinnt mhaith dóibh ag féachaint síos a shrón ar daoine nach bhfuil chomh hard, chomh galánta, nó fiú don reiligiún nó go bhfuileadar homogéineasach.

Níl éinne níos fearr ná aon duine eile. Smaoinigh ar sin an cead uair eile a sheasann tú ar cos cailín a bhfuil ach 5 céim, nó sheasann tú ar cos sochaí na bhfuil díreach cosúil leat. Nó, an cead uair eile a bhfuil tú ag féachaint síos do shrón, b'fhéidir go bhriseadh duine é duit.

### Le débat sur l'identité nationale en France éta it-il nécessaire ?

Vincet Pollet

**Le débat mené par le gouvernement français sur l'identité nationale en France a suscité mais a surtout de vives polémiques. En effet, ce débat annoncé comme le « grand débat » de l'année par le ministre de l'immigration français, Éric Besson, a fait beaucoup parler de lui mais ne débouche finalement sur aucune action ou réforme concrète. Bien au contraire, face à l'enlisement du débat sur la question de l'Islam et de l'immigration en France, c'est le premier ministre français, François Fillon, qui a dû y mettre un terme en annonçant une suite de mesures.**

Ces mesures, prises à l'issue d'un séminaire réunissant l'ensemble des ministres français, paraissent bien dérisoires et concluent, dans la douleur, une initiative stérile.

Malgré l'apparente satisfaction dont fait preuve Éric Besson quant à son initiative, le constat des français est lui beaucoup plus critique. Selon un sondage réalisé auprès des français, 63 % des personnes interrogées affirment que le débat n'a pas été constructif, tandis que 61% jugent qu'il n'a pas permis de définir ce qu'était "être français", but affiché officiellement par le gouvernement et l'Élysée.

La première et non des moindres concerne le sujet du débat. En effet, une réflexion autour de l'identité nationale doit s'orienter sur un aspect bien précis du sujet. Or, dès l'ouverture du débat national le thème n'est resté que trop vague laissant le champ libre aux dérapages racistes. Il faut préciser qu'une discussion autour de ce qu'est l'identité

nationale ne peut être objective. En effet, cela relève plus d'une vision subjective que tout un chacun peut avoir car il ne peut exister une seule définition de ce qu'est « être français » sinon 63 millions différentes.

De plus, il est regrettable qu'aucun historien, sociologue et intellectuel n'aient été conviés à pousser le débat plus loin, laissant ainsi les politiciens et leur démagogie prendre le sujet en mains. Par ailleurs, la majorité de l'opposition française réunie autour du Parti Socialiste français, n'a souhaité prendre part aux discussions, jugeant que l'unique but de ce débat reposait sur des fins « électoralistes ».

A première vue, pour l'ensemble des irlandais, la question de l'identité nationale ne paraît pas véritablement cruciale à l'heure d'aujourd'hui. Au contraire, il me semble que l'Irlande est plus dans une phase d'affirmation de son identité que dans sa compréhension. Bien qu'il est toujours nécessaire dans une société en constante évolution de comprendre, d'analyser son identité pour pouvoir aller de l'avant, ce sujet en Irlande n'est pas d'actualité. En revanche, en France il est important d'aborder ce sujet correctement, plus longuement et plus en profondeur car il permettrait de résoudre un problème de société récurrent et central, celui de l'intégration. De fait, comprendre et analyser l'identité nationale française pourrait sans doute débloquent la situation concernant le thème des banlieues et des minorités en France.

# Unstoppable!

*“And the winner is...”*

These were the dreaded words to be heard by Dance UL's four squads entered in the Dance Intervarsities held in Carlow IT recently. As 28 nervous UL students awaited the result, little were they to know that they would beat the other five colleges for 1st prize in not one category, but three!

After six months of brainstorming ideas, choreographing, injured dancers, organising, rehearsing into the early hours many a night, not to mention cage building...yes, a cage, Dance UL showed on the day that a bit of hard work pays off well in the end.

Having only been registered as a club for four months this time last year, Dance UL entered the Overall Category at last year's Intervarsity held in DCU with a raunchy “ballet tango” incorporating hiphop, salsa and breakdancing. President Jennifer Brown made damn sure that UL would make their mark on the map first time round by winning the Overall category and raising the bar for all participants. The club then

went on to increasing their success when they won “Best New Club” in UL 2009.

This year the pressure was on as the bar had been raised last year, and so must be raised further. Dance UL entered a squad in each category in the competition this year and really showed that they have the highest level of talent at Intervarsities once again. As guessed the standard was raised and it has to be said that all 6 colleges put on a great performance.

Dance Captains; Jennifer Brown (Mixed), Rita Mc Donnell (Hiphop), Christelle Olivier-Dussault (Overall-jazz) and Ciara Faber (Irish dance) made sure their squads brought everything to the table on the day. With a mixture of choreography from both captains and dancers on the squads the standard of these dances were outstanding to watch and partake in.

But the results were in...Winning 1st place in the Irish dance, Overall (jazz) and Hiphop categories and a 3rd in the Mixed category, the sultry James Bond side to our native dance style, sexy, jazziness of the 1940s, badass girl street image and fantastically wild craziness that is the circus wowed the judges and brought the entire arena to a standing ovation



Members of UL Dance who cleaned up at the recent Intervarsities

at the end of UL's final performance in the Mixed category. Carlow IT then hosted a great night out in the Foundry club where our very own lil hip-hopper Rachel Sheil, made it to the final of a dance battle running up against two b-boys from Carlow.

Exhausted, excited, a bit sore, but triumphant, the squads packed up their trophies, bags and cage and shipped themselves back home to Limerick to a warm bed for a great night's sleep. All in all a worthwhile bit of work for a much

deserved result! Congratulations to all the dancers and a big thanks to our friends who pitched in helping prepare for the day.

Dance UL can proudly sum themselves up in one word this year, unstoppable!

## Short Skirts On Carrauntoohill

By Keith Young

On Sunday March 21 70 members of the OPC climbed Carrauntoohill in aid of the Irish Cancer Society. What set this apart from most charity hikes however was that it was completed in Drag by some members of the OPC.

Leaving at 8am in the morning we all arrived in Killarney around 10am at which point most people bought their lunches while the rest decided to get pretty little outfits on. Items of clothing included a Skort (shorts and skirt, yes they actually do that), mini skirt, blonde wig and a charming baby blue blouse.

Once everyone was kitted we made our way to the starting point of the hike and after a very motivational speech by leaders the group set off on the day ahead. I was quite honestly surprised with how people could take our leaders so seriously while we were standing in very short skirts, which they could see up if we were on higher ground, but they all managed to after a few giggles.

After some spectacular ridge walks

and views the group summated the mountain in beautiful sunshine along with a refreshing breeze blowing up our skirts. We all then had lunch on the highest point in Ireland before taking a few photos to first show the achievement of everyone who made it to the top, but also to prove that we did climb it in Drag for all our wonderful sponsors.

Descending everyone was hit with heavy rain and strong winds, so at this point it was time to put the skirts away and get into our rain gear to the dismay of most as I know everyone had enjoyed my unbelievably white legs. Everyone got back down safely however and in high spirits thanks to all our dedicated and able leaders without whom nothing in the OPC would be possible. The members themselves can't be forgotten as without them there would be no OPC, no entertainment and everything would be a lot more boring in general. The entire day was a great success for the club having raised an estimated €2,500 for the Irish Cancer Society.



The brave members of OPC at top Carrauntoohill



# UL Soccer compete well at Crowley Cup

By Enda Dowling

**THE UL men's senior soccer team were not found wanting of work rate and endeavour in their latest Crowley Cup campaign in DCU on the weekend of March 28. Unfortunately, their efforts were not rewarded with silverware after losing 2-1 to Queens University Belfast in the plate final at DCU Sportsground, Glasnevin.**

UCD claimed the top prize on offer over the weekend, the cup, beating UCC 1-0 in the final. The win gives UCD a historic total clean sweep of College and University honours for the season having already captured the Collingwood and Harding Cups plus the Premier League title.

UL's path to the Plate Final saw them drawn in Group B of the competition, alongside UCC and DCU. In their opening match against

eventual shield winners DCU, UL dominated possession and created chances frequently. John Dunne put the Limerick side 1-0 up on the half hour mark but they would have to wait until deep into the second half to extend their lead further. A superb Yoel Albarracin volley doubled UL's lead ten minutes from time and the game finished 2-0.

One hour later and UL lined out against UCC who had the luxury of a three hour break after their previous encounter. The game started at a very high tempo with UCC enjoying most of the possession and testing Thomas Quinn's goal as early as five minutes into the game. UL did create some chances, both John Dunne and Captain Sean Wason coming close.

The half finished scoreless but UCC broke the deadlock ten minutes into the second half

with a great long range effort from Mark Irwin. The Cork students must have sensed UL's growing fatigue and vulnerability, upping the tempo and adding a second goal five minutes later. The game finished 3-0 to UCC after they scored a penalty five minutes from full time.

This left UL in 2nd place of Group B putting them into the Plate final against Queens on the Sunday of the competition. Controversy dogged the opening of the Plate final when Queens awarded a penalty despite UL's appeals that the foul had taken place well outside the box.

The penalty was converted and UL found themselves 1-0 down. Credit to the Limerick side they responded positively with John Dunne again causing problems to the

opposition's defence, before Cian Forkan levelled matters. The second half turned into a really physical affair with both teams pushing hard for a winner, receiving numerous yellow cards for their troubles.

UL looked to be the more dangerous of the two teams but against the run of play, Queens' winger Kevin Rawlinson delivered a delightful chip over the keeper's head making it 2-1. Queens then sat back on this lead, holding out for the win, leaving UL runners up.

UL Crowley Cup Team: Thomas Quinn, Sean Keating, Cian Forkan, Michael O'Keefe, Craig Hughes, Anthony Greaney, Steven Byrne, Sean Wason (captain), Yoel Albarracin, Thomas Adams, John Dunne, Michael Cox, Jesus Barco, Simon Hickey, Paul Constant. Manager: Rob Phelan

# Donaghycup brings more success to UL Ladies Football

By Mike Considine

**THE UL Ladies won the Donaghycup on Wednesday, March 10, in Mary I, overcoming Mary I on a score line of 3-15 to 1-5. UL, who had several county stars in their line-up, were favourites to win the game and despite hitting around 15 wide's during the game were full value for their win.**

With the scores being spread throughout their attack, the loss of Ciara "Beans" McGrath to injury before the game was softened. They had come into this game unbeaten all year, and with Noreen O'Brien, Joanne Moore, Moiré Curran and player of the game Edel Murphy all impressing, UL were able to impose their class on the game to leave it to captain Edith Carroll to lift the Donaghycup at full time.

The Donaghycup is the third tier of Ladies College Football, and the UL team was made up solely of fresher's as there is no fresher's competition available to them. There is a 7 aside blitz for them each year; however UL management of Joe Costello, Kieran O'Dowd, Fiona Leavy and Fiona Rochford, decided to enter them into the Donaghycup to keep the team together for a longer period and retain the player's interest in college football. Considering that they did not face any other fresher's team throughout the year, it is a fantastic achievement to have come through the year unbeaten. Add to that their wins in the blitz where there were two teams

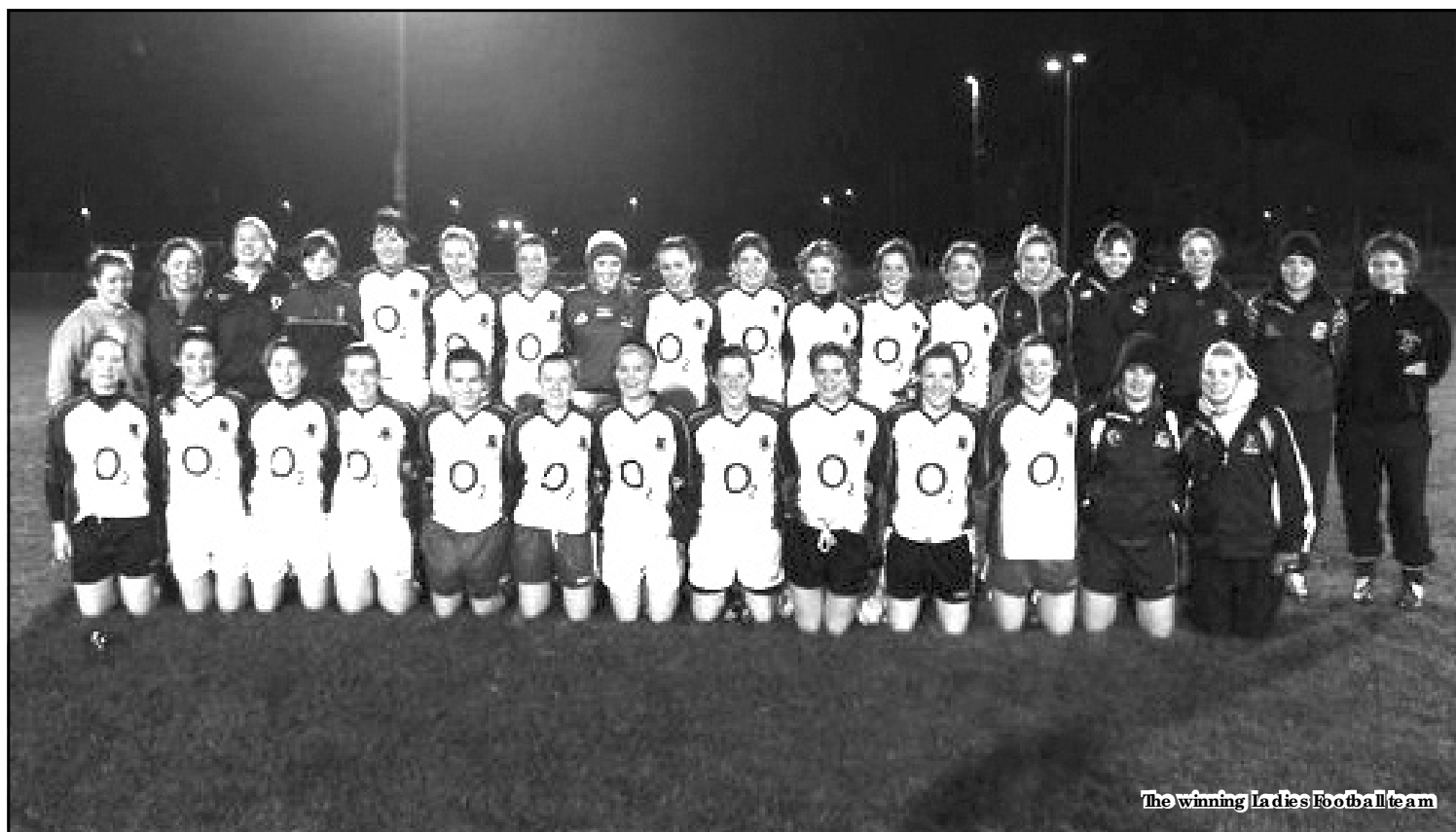
entered and they came away with both the Shield and the Plate, and the foundations are there for this team to have an impact on the teams above them, the A team which plays in the O'Connor competition and the B team

which plays in the Lynch competition.

UL Donaghycup Team versus Mary I: Niamh Walsh, Aileen Langton, Amy Hayes, Catriona Hackett, Beulah McManus, Fabian Cooney, Noreen O'Brien, Margaret Lynch, Joanne

Moore, Edith Carroll (C), Edel Murphy, Caroline Reen, Moiré Curran, Claire Keohane, Sinead Maloney.

Subs: Shona Roche, Clodagh Burrell, Elaine O'Connor, Rhona Donovan, Nuala Cronin.



The winning Ladies Football team

# Reflections on Fitzgibbon 2010

By Tomás McCarthy – Sports Editor

**THE dust has settled on another Fitzgibbon Cup campaign but the puzzling question remains as to why UL again failed to garner the honours.**

UL's journey since the last success in 2002, under the management of Ollie Moran, has been the definition of so near yet so far. Semi final appearances in 2007 as well as this year coupled with last year's final loss have left players and management bemused. That missing Fitzgibbon ingredient is hard to put your finger on.

Was it maybe down to the fact that they didn't face a stern challenge until the semis?

Certainly the Fitzgibbon draw once again proved lop sided. While UL disposed of St Pats and UUJ by margins of eight and eleven points respectively in the group stages WIT were battling against UCC, LIT and GMT. In fact Group A comprised of the four semi finalists from the 2008 edition of the Fitzgibbon. These tough games stood to WIT in the heat of battle but still do not fully explain the flatness of the UL display.

The lack of quality players argument also doesn't stack up. Ten of thirty man panel hail from Tipperary with eight from Kilkenny. In addition, close to a dozen of the panel have appeared in Croke Park on at least one occasion. Seven of the starting team against WIT also lined out in last year's decider at Parnell Park. While Willie Ryan was undoubtedly a loss the squad had the capability and experience to cope. The forward division did suffer an extraordinary collapse on the day however. UL averaged 23 points before the semi finals but could only manage 14 on the day.

Manager Ger Cunningham observed the role that tradition plays on Fitzgibbon weekend. Certainly seven time winners WIT shifted

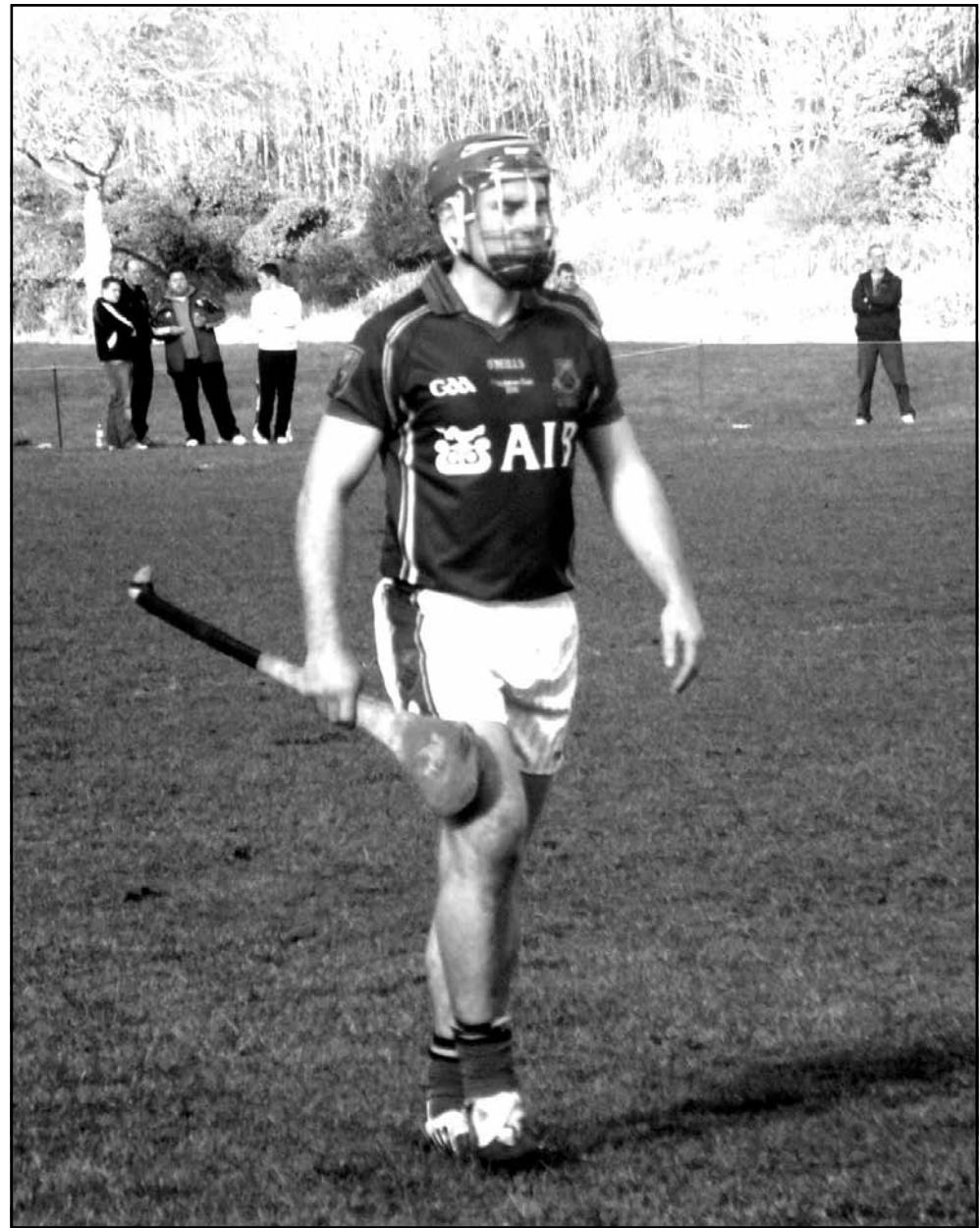
into another gear on that Friday afternoon in Dangan. Teams like WIT, LIT and UCC will come through year after year because of the confidence in the system that exists in those institutions. Success breeds confidence.

Players put their faith in the methods of Colm Bonnar and Davy Fitzgerald because they know of the success under their belt. As a result making a breakthrough becomes more difficult for UL.

This is not to say that Cunningham and his backroom team can be singled out for blame. The organisation of the operation this season was more than impressive with Cian O'Neill in charge of training duties and selectors Declan Fitzgerald, Dinny Ryan and Niall O'Sullivan all playing their part.

Failure on the field breeds an uncertainty however. This manifested itself both in last year's final against UCC and this year's semi final. A winning tradition simply cannot be underestimated. All of these factors don't paint the full picture about the nature of this competition however. In the Fitzgibbon programme notes Michael O'Connor did a piece with Sunday Game analyst Cyril Farrell looking back at NUIG's triumph in 1977. The team was "more Ollie Baker than DJ Carey" Farrell recalls. He believes that men are needed to stand up in Fitzgibbon hurling and that 77 team "was well equipped to deal with fast paced hurling or any test of manliness that often manifested itself in Dangan".

NUIG proved capable of meeting this challenge in 2010 and anyone who wants to lay hands on this prestigious cup earns it in this way. Character cannot be coached but in third level hurling a team must possess it to succeed. That's Fitzgibbon and that's the level UL will have to aim for again in 2011.



# UL Ladies fall in O'Connor semi

By Tomás McCarthy – Sports Editor

**THE UL Senior Ladies football team were knocked out in the semi final stages of the O'Connor Cup on March 20 at DCU. UUJ proved far too strong for a young UL side in this final four clash.**

After defeating UCC in the quarter finals UL were confident of producing a good display at the O'Connor Cup weekend. On the day however they met a UUJ side in ruthless form.

Boosted by the scoring talents of Aileen Pyers UL found themselves on the end of a 1-19 to 1-6 defeat.

UUJ advanced to the final to face DCU, last year's winners. The hosts retained their crown by 2-12 to 0-12 with impressive displays from Ellie McCarron, Ciara McAnespie and Donna English. It is only

DCU's second ever O'Connor Cup triumph. While UL won't look back with pride on the weekend's events there is hope for the future. Only five of this year's squad of 28 will be missing next year.

*"They met a UUJ side in ruthless form"*

Also seven freshers made the trip to DCU, an experience which will prove vital in later years. The fresher team itself have also shown more than encouraging signs by securing the league and Donagh Cup titles. Plenty for the management team of DJ Collins and Will McCormack to be positive about.

UL O'Connor Cup squad: Louise Callaghan

(Mayo), Laoise O'Driscoll (Kerry), Aisling Lenoard (Kerry), Ann O'Dwyer (Tipperary), Ashling Hutchings (Cork), Beulah McManus (Cork), Claire Carroll (Tipperary), Denise Hallissey (Kerry) Fabienne Cooney (Galway), Kathryn Coakley (Cork), Laura Cronin (Cork) Muireann Stack (Cork), Noelle Connolly (Galway), Aoife Herbert (capt) (Mayo), Claire Keoghan (Cork), Edel Murphy (Kerry), Edith Carroll (Tipperary), Eimear Considine (Clare), Ella Ryan (Cork), Fiona Leavy (Westmeath), Fiona Rochford (Wexford), Gillian O'Connor (Galway), Laura Walsh (v.capt) (Westmeath), Margaret Lynch (Limerick), Niamh Ward (Roscommon), Orlagh Heavey (Offaly), Sarah Dolan (Westmeath), Shona Curran (Waterford).

## Six Nations Team of the Tournament

By Mark Connolly

- 1: Tim Payne (England)
- 2: William Servat (France)
- 3: Ewan Murray (Scotland)
- 4: Pascal Pape (France)
- 5: Nathan Hynes (Scotland)
- 6: Imanol Harinorodouy (France)
- 7: John Barclay (Scotland)
- 8: Alessandra Zanni (Italy)
- 9: Morgan Parra (France)
- 10: Dan Parks (Scotland)
- 11: Shane Williams (Wales)
- 12: Gordon D'Arcy (Ireland)
- 13: Mathieu Bastareaud (France)
- 14: Tommy Bowe (Ireland)
- 15: Clement Poitrenaud (France)

# Useless Focals light up Charity Five A Side

By Tomás McCarthy & Liam Togher

AN Focal Sport once again dropped our pens, dusted ourselves down and put our reputations on the line as we entered the Charity Week 5-a-side competition for the second year in a row. The results as always were catastrophic.

After making our way to the quarter finals (by default!) last time out the team was quietly confident of again making our mark on the competition. The venue of Maguires was also likely to suit our style of play (route one up to Connolly who was the tallest member of the team!). Predictably though we lived up to our name of The Useless Focals. Connolly forgot to even bring playing kit running around in jeans and hiking boots for the evening!

UL Rovers were the first to taste victory against us on a score line of 2-0. Things were also looking bad when Mush Mush Mush led 3-0 midway through the second game. Mercifully things changed. Mike Considine, with nearly our first effort at goal, blasted home what looked like a consolation. Moments later Enda Dowling was assaulted to the ground and after exaggerated protests from all eight Useless Focals a penalty was awarded. Considine, confident after his earlier strike, fluffed his lines and narrowly missed a passing Toyota on the road nearby! Mush Mush Mush completed a 3-1 win.

Wayward shooting also proved costly in the next game against Purple Badgers with the Sports Editor primarily at fault. Connolly and Crean adapted in their defensive roles and a 1-0 half time deficit was more than satisfactory. Although slipping 2-0 behind, Enda lashed in a dubious goal and finally there was hope of a result. Enda struck for goal again late on but despite the mock celebrations and a pile on (for what reason I don't know!) we were robbed of a draw. The competition was eventually won by Assjohn Villa with Team Kitten and Team Nameless also impressing.

The Useless Focals will be back next year again with no tactics, no silky skills and probably no trophy. Until then it's back to the day job.

## Player Ratings

**Dan Bridge (6):** The 1st year showed some deft touches and lasted the pace better than most of his team-mates. He did justice to the Liverpool jersey he adorned that Thursday evening.

**Mark Connolly (6):** The dedicated follower of fashion caused mayhem for opposition defences by his very presence and his trademark hiking boots served him well. Two years after landing a shock conversion on the UL rugby fields, the Wicklow man showed he can also turn

*“We lived up to our name of The Useless Focals”.*

his hand to soccer. **Mike Considine (5):** Mike probably looked to have the greatest stamina of the Useless Focals team members and he also deserves plaudits for going through with the ‘bird is the word’ goal celebration. That penalty miss will haunt him big time, though. **Tommy Crean (4):**

Tommy gave it all to the cause, although he nearly dropped an absolute clanger during his stint in goals. His major contribution was to bounce a ball off the pitch in mock fury when Enda was upended in the imaginary penalty area.

**Enda Dowling (7):** Of the Useless Focals team, Enda emerged from the evening's play with the most credit. He ran his opponents ragged (or as ragged as possible on a pitch which would fit on the stage of the Jonathan Swift theatre).

**Alan Keane (5):** Every team needs a Flash Harry on the side and Keane fits that particular bill. Some of his tricks left the four onlookers oohing and aahing in amazement. Or at least one of them, anyway.

**Tomas McCarthy (5):** The player-manager showed himself to be a master tactician with his “boot it up to Connolly” approach. Conveniently chose to blame the mini-pitch and the not so mini-breeze for his wayward shooting. We'll let him off this time.

**Liam Togher (minus infinity):** Complete and utter donkey. If he was a horse he'd put himself down. Had one decent attempt on target and pulled off a couple of good saves in goal but the Divine Ponytail he certainly wasn't. Still decrees with some justification he should have taken the penalty that Considine fluffed badly.

# Vikings off to a winning start at newcomers UCD

By Alan Walsh

THE UL Vikings American football team kicked off their defence of the Shamrock Bowl championship in fine style in ALSAA at the weekend with a 56-0 victory over the UCD Sentinels. The Sentinels are a new team to the 11s league but can draw on good experience from the development league of the IAFA. The game was played in perfect conditions and in a friendly spirit and both colleges fielded very young and athletic squads.

UL won the toss and elected to receive. The UCD kick coverage unit did well and held UL inside their 15 yard line. On the first play from scrimmage however UL's strong running game took up where it left off last year and RB Colm Cronin, brother of Ireland's newest international rugby cap Sean Cronin, took the ball off tackle and went the distance from over 80 yards out. He was sprung by some strong blocks

by Chris Macheichok, James Twomey and Brendan McCarthy. The Vikings missed the extra point attempt but things looked bleak immediately for UCD.

To credit the Sentinels they displayed considerable nerve, talent and physical fortitude in a gutsy display. Once they had settled into the rhythm of the 11s game they began to make plays on the Vikings with Larry Doyle at running back picking up hard yardage and QBs Colin O'Meara and David Farrell standing tall in the pocket and picking out receivers despite the intense pressure put on them by the Vikes' front 7. The UCD receivers proved themselves to be a tough bunch, not least Paddy Duffy. He was the smallest man

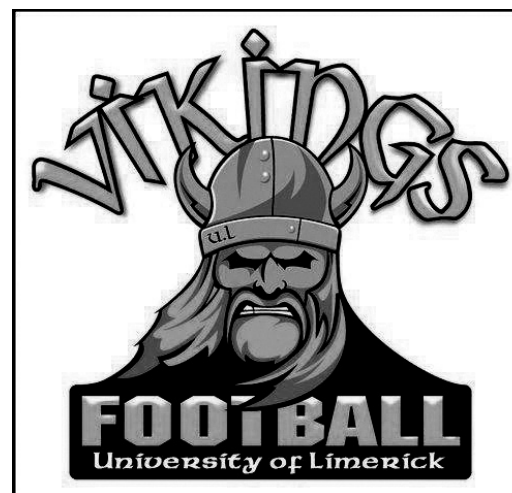
on the pitch and he made a number of catches across the middle where he got rocked by Jake Mulhern, Brendan McCarthy and Glen Carr amongst others. He took them all, made the catch, bounced back up and trotted to the huddle. On one drive in particular they moved the ball from their own 15 yard line to the Vikings 2 yard line only to come up short with a huge goal line stand from the Vikings.

On defense the Sentinels struggled to contain the Vikings' rushing attack. Colm Cronin had a career day of over 200 yards and FB James Twomey punched in two short yardage

touchdowns. Cornerback Darragh Mooney had some instinctive plays in the passing game, breaking up a number of passes intended for Vikings receivers. The Vikings passing game did get going and QB Liam Ryan completed two touchdown passes to TE Marc Ashworth and one to WR Alan Walsh. Late in the game the Sentinel

defence began to find their stride and forced the Vikings to punt on two drives. The Vikings defense was back to its speedy, swarming ways. DE Dermot Moriarty received MVP of the game for his 12 solo tackles including 1 sack. Jake Mulhern and Mark Gaffney were solid inside at MLB and in the secondary Alan Walsh had a standout game despite dropping two sure picks.

All in all it was an entertaining game that each team will have taken lessons from. Both sides showed a little early-season rust with a couple of unnecessary penalties being conceded. The Vikings now go on to face the Dragons at home while UCD face Cork, another divisional rival.



# UL Sports Round Up

By Tomás McCarthy - Sports Editor

## UL Bohemians

The UL Bohs are currently fighting for survival in Division 1A of the AIB League. They produced a magnificent 16-13 win away at Garryowen on March 27 but remain bottom of the table with 16 points from 12 games.

## Skydive

The UL Skydive Club has successfully completed two jumps onto the UL pitches in recent weeks. The first took place during election week led by presidential candidate

Sharon Brosnan and this was followed up with another skydive during Charity Week.

## Jacinta O'Brien 10K

This year's Jacinta O'Brien Memorial 10K (formerly Plassey 10K) takes place on Sunday April 25. Further details are available on [www.jacintaobrien10k.webs.com](http://www.jacintaobrien10k.webs.com)

## Facebook

Don't forget to become a fan of the An Focal Sport Facebook page for the latest UL sports news, pictures and comments.



# Poor tournament provides little optimism ahead of World Cup



Mark Connolly is not impressed with Dan Parks

By Mark Connolly

**READERS who will have perused my Team of the Tournament selection before turning to devour this accompanying article will have been surely startled with the selection of Dan Parks at out-side half.**

Indeed, those with a passion for the welfare of European Rugby and our ability to compete with the giants of the southern hemisphere come the next World Cup in New Zealand will have been disturbed by the choice at 10. Nothing else could highlight the depressing mediocrity of this year's edition of the Six Nations more than the rise to prominence of such a ponderous performer in the crucial playmaker berth.

Let us be clear about this, Parks is crap. His playing style is reminiscent of a racehorse that has been blinkered by his trainer so as not to be distracted by events outside him. Parks, like the racehorse, plays a game totally oblivious to the potential opportunities of those in his space as he invariably chooses to kick or take the worst other option with ball in hand as was emphasised in Rome on the 3rd weekend of action. In that contest, Scotland had possession 22 times in their opponents 22 yet their attack, directed by its Australian import, was unable to break down the Italian rearguard that later had over 30 points put on them by the callow Welsh.

So how did the Australian/Scot manage, over the course of the tournament, to become its most effective out half? Well, Parks' ascendancy owes itself primarily to a new game plan brought into vogue by Martin Johnson, the "Johnson Game". The Johnson

Game is essentially a low risk style of play which emphasises maintaining possession and territory at all costs. This involves playing within an extremely narrow radius from the previous ruck so as to minimise the chance of being turned over and thus conceding a penalty or possession. It involves going through phase after pointless phase in the faint hope of forcing a kickable penalty and with the real intention of simply denting the opposition's scoring potential by denying them possession. The Johnson Game is awful to watch, destructive to rugby as a spectacle and, I believe, ineffective against a disciplined side with a strong pack which Ireland do not have. Yet it was the Johnson Game that characterised the 2010 Six Nations.

And it was in this environment that Parks really thrived as his unerring boot and depressingly conservative style of play proved alarmingly useful and he finished the tournament with three Man of the Match awards. Yet it was stifling for Ireland as our impotent front five were unable to impose themselves while poor discipline handed scoring opportunities to the otherwise limited exponents of the Johnson game. Paul O'Connell had a very quiet tournament and one scarcely remembers a time when the Limerick man's performance was so marked by its ineffectiveness. Donncha O'Callaghan also failed to make the required impact as he once again slipped into anonymity when a big contribution was sorely demanded. In the front row, Cian Healy's scrummaging failed to live up to its promise and John Hayes is a patently spent force at tight-head.

Of more concern to Kidney will have been the total lack of discipline of his side, so effectively represented by Jerry Flannery's rash and costly kick on Alexis Palisson. Yet that was simply the most overt manifestation of Ireland's stupidity throughout the competition as we needlessly coughed up penalties that allowed Parks to eventually kill our Triple Crown dream after our extreme good fortune that Jonny Wilkinson's radar malfunctioned so badly in Twickenham only weeks earlier. These issues simply must be addressed before we board the plane to Auckland in 15 months.

It is not coincidental in my view that France, the only team able to combine the brutish defence of England and Scotland while deviating from the Johnson game in attack, triumphed so resoundingly. In a tournament where creativity sunk to such ugly depths, their refreshing slight of hand and foot out wide was almost overpowering. France never really looked in trouble at any stage as their flair provided an attack weapon to which other defences, accustomed to dealing comfortably with the Johnson strategy, had no answer.

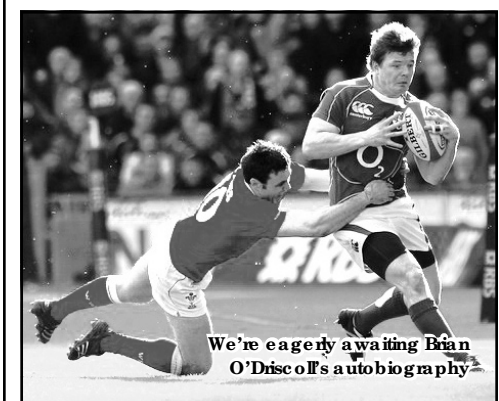
There were some exquisite moments from the Welsh and Irish but in a tournament highlighted by the rise of Dan Parks and the return to fashion of forward bludgeoning, its clear that only the French have the breadth of skills and strength required to pose any threat to southern hemisphere hegemony in New Zealand next year after a disappointing Six Nations, a very poor advertisement for European rugby.

## Togher's Top 20...

### Unwritten Sports Auto biographies

By Liam Togher

1. Marty Morrissey - 1001 Annoying Questions You Should Never Ask GAA Managers
2. Jonny Wilkinson - I Gave Myself 52 Paper Cuts Reading This and Missed an Entire Season Over It
3. Rafael Benitez - Hallowed be thy Zonal Marking and Two Holding Midfielders
4. Nick Faldo - How to Lose a Ryder Cup in 28 Minutes
5. Ali Daei - I Love Playing For a Crap International Team and Setting Goal Records
6. Phil Taylor - 180... World Titles and Counting
7. Diego Maradona - It's Been 24 Years, Build a Bloody Bridge and Get Over It
8. Jamie Redknapp - This Autobiography is Literally a Book About My Life
9. Wes Brown - Are These Premier League Medals Definitely Mine?
10. Vincent Clerc - Ireland or the Gobi Desert for a Holiday? I'd Feel Safer in the Gobi Desert
11. Steve Staunton - Banana Skins and Hopeless League 2 Relegation Battles
12. Jose Mourinho - The Most Awesome Incredible Champion Fantastic Special Book for Champions
13. Tony Mowbray - Defending? What's That?
14. Jonathan Sexton - We Will All Be Famous For 15 Weeks
15. Arsene Wenger - Fabregas Shot Someone? I Did Not See It
16. Emile Heskey - I'm in the England Squad? Sorry Mate, Wrong Number!
17. Brian O'Driscoll - The Lynx Powerade O2 Credit Union Autobiography
18. David Dunn - The YouTube Clip of Me Tripping Myself Has 40,000 Views? Sweet!
19. George Hamilton - Getting a Kick Out of Pronouncing Foreign Surnames Correctly
20. Sepp Blatter - Ireland Claiming Handball is Against the Rules? Hahaha!



We're eagerly awaiting Brian O'Driscoll's autobiography

# Sports Writers Diary

By Tomás McCarthy - Sports Editor

**20 March**  
A decidedly average Six Nations ends with Ireland being left with egg on their face by a Scottish side that finally got the win they deserved.

**21 March**  
Waterford and Cork serve up another thriller while United defeat Liverpool. Sound familiar?

**22 March**  
First day of Charity Week! The hypnotist in The Stables proves entertaining but the pizza eating competition becomes boring and some new rule changes are required to make this viable in the future!

**23 March**  
The security in Thomond village is a bit over the top. For the whole of Charity Week we have to put up with ID checks at all times of the day and no visitors are permitted. Security appears to believe that the normally well behaved residents of Thomond have suddenly turned into terrorists for a week.

**24 March**  
Sports Writer's Meeting is interrupted by the crazy housemates of Alan and Mike and erupted into a full scale rugby match in the SU Common Room! Coronas prove entertaining in the night time but could have played longer than an hour.

**25 March**  
The rain can't spoil a mighty gig featuring Shane McGowan complete with a bottle of wine and a Sharon Shannon band that you could listen to all night!

**26 March**  
The fastest week of the year and my last Charity Week is over. My voice is barely audible and apologies to anyone who had to listen to me!

**27 March**  
The Stables staff are surprised to see me appear for a bit of dinner on Saturday. I know I should really go home at some stage!

**28 March**  
Must mention the Carlow hurlers who have already beaten Wexford and today ran Clare to a point. And a Waterford man in charge!

**29 March**  
Watch a bit of MNS and realise once again how shockingly bad the pitches, the referees and the overall standard play is in the League of Ireland.

**30 March**  
Get a call from a Man U fan blaming Berbatov for the defeat in Munich. A bit harsh on the Bulgarian who is having a decent season despite the criticism.

**31 March**  
Gilesy gives us another lecture on Arsenal's moral courage which means RTE's coverage remains the most entertaining by a mile!

**1 April**  
More European trouble for Liverpool. Sound familiar?

**2 April**  
All roads lead to Limerick for a very Good Friday for publicans, Munster fans and those searching for that elusive drink. The sports editor was not in attendance! mossy.mccarthy@gmail.com for all your comments.

## Forgotten Footballer – Steffen Iversen

By Alan Keane

**AH Steffen Iversen. Hardly the most prolific of strikers for Tottenham was he? In seven seasons he compiled 143 appearances and 36 goals.**

Not exactly Wayne Rooneyesque. Put in perspective, Rooney has accumulated almost as many goals at this stage of the season that Iversen netted in seven. The Norwegian international nevertheless managed to obtain something that eluded many Spurs players in the past few decades.... a medal! Yes, the striker was part of the 1999 Worthington Cup winning Spurs squad.

Not a bad striker by any stretch of the imagination, Iversen excelled as a teenager at Rosenborg, scoring 18 goals in two seasons there before making the move to London. In fairness Iversen probably wasn't helped by the quality of the players around him at Spurs at this time (Sergei Rebrov, anyone?). Gary Doherty was even part of this dynamic team.

Iversen cut his losses at Spurs in 2003, moving for a season to Wolves where he failed to score more than a handful of goals. He moved home to Norway in 2004, playing a crucial role in the Valerenga team who won the Norwegian league. In October 2005 he became a free agent as his contract ended, and remained so for almost six months until it was announced he was rejoining his beloved first club Rosenborg.

And there he remains a hero to the Rosenborg faithful. He has more than 50 goals in just over 100 appearances. On the international scene, the young Iversen scored 17 goals in just 23 appearances at U-21 level, and at the senior grade has managed 21 goals in 77 appearances. Steffen Iversen we salute you. (You were far better than Rebrov.)



Steffen Iversen

## The Rumour Mill

By Conor McGrath

**IN THESE times of rumours, chatter and the all too familiar hush at the release of freshly squeezed tittle-tattle, it is important to remind ourselves that "one who gossips with you will gossip of you".**

The Handball Soc of UL possibly fits that bill. The society has been causing "necessary controversy", in the eyes of the club's hierarchy, in the run up to the unfortunate inevitability that is the summer exam season. The society's seemingly important fixture list coincides with this semester's exam timetable which has led club officials to openly complain about their player's welfare. "Note taking, revision and typing are a major risk to our player's hands. If not, we will demand multiple question papers for each member, even for history exams" was the response from the club's director of elite performance, Nelly Ryan.

One star player also stoked up the flames of this contentious issue by claiming that "even the task of paring a pencil is worrying me as my wrist is put under pressure". However, a few of the clubs participants were apparently embroiled in a kerfuffle outside the Lodge last week where punches were traded like football stickers back in primary school. Should we be suspicious and lay down an iron fist? One has to wonder how the University will "handle" this affair.

## Quotes of the Edition

By Liam Tozher

**"Josef Fritzl wins a duck race and I get one f\*\*\*in ticket!"** 2nd year Business student James Cusack rudely interrupts the sports writers' meeting to complain about his reward for having the winner of the duck race during Charity Week. The interruption was worth it.

**"Police in Barcelona are tonight on the lookout for 14 German men dressed in white masquerading as professional footballers and trespassing on the Nou Camp pitch. Their ringleader is a bald-headed man named Gross."**

Eamonn Dunphy creatively laments Stuttgart's meek surrender to Barcelona in the Champions League.

**"Daniel Alves is the most over-rated player on earth. He's a poor man's Tyrone Mears!"**

As you may have guessed, I do not rate Barcelona's Brazilian right-back. Nor Burnley's, for that matter.

**"Benoit is a strange boy. He's unreal. He walks off and he's thinking about the music he's going to play when he puts his headphones on."**

Harry Redknapp on Tottenham defender Benoit Assou-Ekotto. No matter how crap the player's taste in music is, surely it beats listening to Harry Redknapp.

**"And then there's your bull\*\*\*\*!"**

Alan Keane lambastes my theory that there's a fine line being quoting someone for the craic and printing pure slander. Maybe he's just getting bored with being consistently mentioned in this section of the paper.

**"I am happy at Inter but I am not happy in Italy. I do not like it. Simple."** And that is why if Jose Mourinho ever returns to the Premier League, he should be welcomed with open arms. What a character!

## Give It A Lash Quiz

By James Enright

1. What nationality is Wolves goalkeeper Marcus Hahnemann?
2. Who did Phil Taylor beat in the final of the 2010 PDC World Darts Championship?
3. Which former UL student scored a goal for Kilkenny in the 2009 All-Ireland hurling final?
4. Which Magners League rugby team play at Firhill Stadium?
5. Which British boxer turned professional after winning the Middleweight Gold Medal at the 2008 Beijing Olympics, beating Darren Sutherland (RIP) in the semi final?
6. Who is the only current inter-county Gaelic Footballer to have played senior for his county every year since 1991?
7. In golf, who won the 2009 PGA Championship?
8. Which Limerick club are the current All-Ireland Junior 'A' Hurling Champions?
9. Who scored the last goal in a competitive soccer international at Croke Park?
10. Which city will host the 2010 European Athletics Championships?

- |    |                  |     |                 |
|----|------------------|-----|-----------------|
| 1. | American         | 6.  | Anthony Rainbow |
| 2. | Simon Whitlock   | 7.  | Y.E. Yang       |
| 3. | Martin Comerford | 8.  | Blackrock       |
| 4. | Glasgow Warriors | 9.  | Nicolas Anelka  |
| 5. | James DeGale     | 10. | Barcelona       |



# AN FOCAL SPORT

## UL Ladies Rugby retain league title



UL Ladies Rugby have been unstoppable this semester

By Fiona Reidy

**UCC really put this league final to a UL team that has dominated Irish Women's college rugby for the past year. After earlier victories of 62 nil over DCU, 22 nil over UCC and 54-5 vs NUIG, UL were favorites to win this match. UCC opened the scoring after**

ten minutes of intense play where both teams were hitting hard and creating good go forward ball. UCC's Geraldine Rea crossed over for a try out wide.

UL built up the phases and applied lots of pressure to the strong UCC defence for the next ten minutes. After a good UL lineout and a well timed backs move Ashling

Hutchings scored to the left of the posts. Sarah Jane Coady converted giving UL a 2 point lead moments before half time, with seconds on the clock UCC played one more effort to cross UL's line but were held up by Ashling Hutchings and Fiona Reidy.

UL entered the second half determined to retain their All

**UL 26 - UCC 17**

Ireland title and fought for every inch for the half. UCC never gave up and after a well worked quick tap and go penalty for UL, Eileen Shanahan crossed over for UL's second try. UCC continued to fight back and scored a late try out wide through their centre Geraldine Rea once again who also landed a superb conversion to bring the game level on 12-12, and into extra time.

UL's experience showed in extra time as they kept cool heads and ground out the result. Maria Moran was on the score sheet for UL in the 4th minute of extra time when, after great support play, she received the ball past the gain line and touched down under the posts. Sarah Jane Coady converted.

In the second half of extra time UL played their best rugby of the game. After a good lineout Sarah Jane Coady burst through the UCC defence before touching down. Coady converted. UCC pressed on and fought back with a last minute

try scored out wide by prop Jane O'Raheilly but the consolation try was not enough at such a late stage and the final score was UL 26 - UCC 17.

UL now are looking forward to their upcoming intervarsities which are being hosted in UL on April 7 to 8. This was UL's eight All Ireland League title in 12 years while also retaining it from last year. UL now aim to win their 11th Varsity title in twelve years at the varsities but will have no easy task as they will face UCC one again.

UL Team: Sarah Hogan, Elizabeth Cronin, Katie Sullivan, Leah Barbour, Clodagh Lacey, Michelle Claffy, Mary Rose Flanagan, Fiona Reidy (Capt), Ailish Toner, Anna Caplice, Eileen Shanahan, Sarah Jane Coady, Claire Keohane, Bronagh O'Donovan, Ashling Hutchings  
Replacements: Michelle Barry, Fiona Malone, Sarah O'Sullivan, Katie Frier, Maria Moran, Niamh Lonergan, Mary O'Regan.

## UL to host National Futsal Finals

By Tomás McCarthy - Sports Editor

**UL are set to host the National Finals of the 2010 Colleges and Universities Futsal Cup on Monday April 19.**

The winners of this competition will represent Ireland at the European Universities Men's Futsal Championship. This tournament takes place in the Croatian capital of Zagreb from July 18 to July 25.

Regional competitions have already taken place in NUI Galway, IT Carlow, Queens University Belfast, IT Blanchardstown, NUI Maynooth and UCC. UL's team took part in the

Western heats in NUI Galway on March 22.

The side comprised of Cian Healy,

*"This tournament takes place in the Croatian capital"*

Jesus Barco, Denis Flanagan, Rob Phelan, Simon Hickey and Alan Coleman. Unfortunately UL lost all four of their group games.

They came out on the wrong end of an eleven goal thriller against IT Sligo (7-4) in the first game before losing 3-1 to GMIT Galway, 4-1 to NUIG and 5-2 to GMIT Castlebar. NUIG topped the group winning all four games and scoring 18 goals in the process.

As well as NUIG the other teams to have booked a place on National Finals day are IT Carlow, UCC, ITT Dublin, DIT and Queen University. With such a prestigious prize at stake an exciting day of indoor football action is anticipated on April 19.

