



Lady GAGA or Jo Calderone? See page 8 for more on GAGA's shock performance at the VMA's.



Gay Mitchell on campus. Turn to page 24 for more details on Mr Mitchell's trip to UL.

Living Dead on Living Bridge: UL set for Zombie Fest



Rachael Power

Miss UN Europe, Sami Long, is on the menu during Outbreak festival.
Image: Ken Coleman

THE Living Bridge in UL will come alive with the undead as part of the Outbreak Limerick Zombie Festival this September.

The zombie themed festival, running from Thursday September 29 to Sunday October 2, will bring zombie flash mobs, parades, movie screenings, bands, DJs and many more zombie related fun to Limerick city. One of

the many events over the weekend, the Living Bridge will set the stage for a twilight zombie walk and Head Organiser, Mike McLoughlin, is looking for UL students to take part.

"Absolutely anyone can get involved through our facebook page or website, the more the merrier", he said.

Festivities all over the city include gigs in Dolans, Costello's and other participating bars, movie screenings, a spooky tour for kids in the Hunt Museum, face painting in the Market Quarter, talks by special guests and

on Saturday at 6:30pm the piece de resistance, the zombie flash mob. The festival is the brainchild of organiser Mike McLoughlin, who said he wanted to bring an "unusual" albeit non-profit, community orientated festival to Limerick.

"The idea was kicking around in my head for about two to three years. There are unusual festivals in other cities around the country, such as Galway, and I thought why doesn't somebody do something in Limerick? Then, I thought, I am somebody!

I've had great feedback about it and we've had great support from the county council. They have sponsored the insurance for our zombie walk," he said. Outbreak will be raising money for the Cliona Ring Foundation, a Bruff based charity who gives financial support to families of children who are facing life threatening illnesses. The charity provides monetary aid to families for the 'hidden costs' of illness such as petrol, food and lodgings.

Not only has the festival received the support of local businesses and the

county council, it has also received support from local personalities with an appearance from Miss UN Europe Sami Long, Ambassador for the Cliona Ring Foundation, who says she is "really looking forward" to the event.

If you want to get involved, you can do so by contacting Outbreak via their facebook page: <http://www.facebook.com/outbreakfestival>. Donations can be made to the Cliona Ring Foundation through <http://www.mycharity.ie/event/outbreakfestival/>.

News

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1. Contributors please note:

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

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

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Kelly O'Brien, Editor

EDITORIAL

This day I became very closely acquainted with the exact level of work I have undertaken.

Previous to now, I have managed to allocate every second week to either An Focal or to UL FM, and this system has worked pretty efficiently if I do say so myself! With the UL FM Launch looming, however, the past few days have been a different story. Murphy's Law well and truly kicked in as everything that could go wrong, did go wrong. Keys went missing, equipment broke down and deadlines whooshed by at a phenomenal rate.

At this moment in time, I have been in the office for a solid 12 hours with nothing but a sausage roll for sustenance... but do you know what?

I wouldn't change a thing. An Focal is just about done (all I have to do is add this Editorial), the Launch Party is completely organised and UL FM had its first few minutes of streaming today! In the words of John "Hannibal" Smith, "I love it when a plan comes together".

The main event of this week is the aforementioned Launch Party for UL's first full time streaming only radio station. The headline act is Bipolar Empire who are one of my favourite bands right now.

Tipped by The Sunday World as "one of the new Irish groups most likely to make it big on the international scene", Bipolar Empire have been praised by almost every Irish newspaper right up to the echelons to Hot Press itself. Also playing the launch are New York based singer/songwriter Mike Scala and our own local brew, Andrew Foley.

I think it would appropriate here to mention the ULSU's newest member, Events and Promotions Manager Keith Quinlan. God knows I haven't been easy to deal with lately, but the ever-patient Mr Quinlan has put up with me (mostly!) every step of the way. If this week's Freshers' parties are being anything to go by, the UL FM launch party is going to be one hell of a night.

Likewise, I feel I should mention UL student, Comment Editor and Technical Manager extraordinaire Colm Fitzgerald. If it wasn't for Colm, there honestly would be a radio station to have a launch for!

So thank you Colm and thank you Keith... sincerely, and from the bottom of my heart!

Kelly O'Brien
 Editor



UL students get wet and wild

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News

Students dissatisfied with new ID cards

Stephen O'Sullivan

STUDENT Academic Administration has introduced new student cards in the University this year with the intention of improving overall systems.

The new cards have met dissatisfaction among students as well as inconvenience in some departments throughout the college. UL Arena is experiencing problems as the cards are not compatible with their system. UL Arena Employee Muireann Brassil said they have to give out temporary cards and are just waiting on the new systems. UL Student of BA Journalism & New Media Kieran Foley expressed annoyance that "the machine wasn't able to read the new cards and anytime you go in you have to approach the desk and ask to go in which causes a hold-up" The Student Academic Administration was unavailable to comment on the topic but Student Union President Derek Daly said, "UL has been late to move to RFID proximity cards, but they are a useful all in one".

According to Mr Daly the new cards may be plainer than the old ones but they do serve their purpose. The cards strive for more innovative purposes. "As systems are upgraded the card will become more useful, possibly even to pay in campus shops and bars" said Mr Daly. Students are not identified under their course titles on the new cards. "I'm told the reason course isn't on the card is to save costs when students change course or have to repeat" said Mr Daly. Some fourth year students feel that the new cards misrepresent them. UL Student of BA Law Plus, Daniel O'Keefe, said "if they went to the bother of changing the cards they could have included a date of birth or at least upgraded the photo".

The new cards may prove more useful with new systems in place but some students are not satisfied with the old photos which are outdated without a date to prove this.

UL ranks poorly on Top University list

Aisling Hussey

THE University of Limerick has once again fared poorly in rankings, placing sixth out of the seven Irish universities in new figures released by QS.

The QS World University Rankings compares third level institutes from around the world, and bases ratings on research, teaching, employability and internationalism.

Globally, UL is positioned at 451-500. The result is in line with last year's ranking, but is a decline from the university's top spot of 394 in 2008.

In an email to all staff, UL President Prof Don Barry claims that the university must understand why it is ranking so low in order to rectify it.

"The ranking of the University of Limerick in 2011/12 continues to be between 451 and 500. This does not compare well with the rankings of other Irish universities with Trinity at 65, UCD at 134, UCC at 181, NUIG at 298, and DCU at 326. We need to understand why this is the case and to take appropriate action.

"It is clear that our research scores must improve if we are to advance in our ranking by QS and indeed by most of the major university ranking systems. The scoring systems used rely

very heavily on citation statistics. We need to improve our ability to attract citations for our research while, at the same time, maintaining our excellent performance in areas like Teaching, Engagement and Innovation"

ULSU President Derek Daly told An Focal that the low ranking does not reflect the high standard of education in UL. "It's the way that the rankings are set up. There's a lot of emphasis on research and citations of work. What brought UL down was lack of a research area," he said. "We scored very well in lot of areas, so I wouldn't be too worried about the rating."

"UL recently signed a contract with the European Space Agency, which

will bring us up in years to come," he added. Despite its low ranking, UL did achieve four stars in the new QS rating system, which evaluates the various strengths of individual universities. According to the ranking system a four star institute is "highly international, demonstrating excellence in both research and teaching" and "provides an excellent environment for students and faculty". UL also earned five star ratings in the areas of employability, teaching, infrastructure, internationalisation, innovation and engagement. The figures can be found on www.topuniversities.com.

UL set for Arthur's Day

Aoife McLoughlin

It all started 252 years ago during an impulsive yet genius moment when Arthur Guinness signed a 9000 year lease on a vacant Brewery at St. James Gate, Dublin.

Here, that the marmite of alcoholic beverages was first produced and is now a worldwide hit, stamping Ireland on the map not only for richness in tradition and music, but now for the magical black stuff.

To celebrate the birth of our beloved bevy, we have Arthur's Day; an evening of craic agus ceol spanning all continents. But never mind the continents, it is what is in store for us on September 22 that's important, so here's what's happening locally.

If you're staying on campus this year, The Scholars will be providing celebratory pints between 4pm and 6pm. DJ Ronan Murphy from Spin and Mickey Fingers are just two of the DJ's that will be hitting the decks from 4pm until 8pm.

Corman Mac Canna, the Scholars, has also informed us there will be a "pour your own pint" tap for

anyone who wants to try their hand at mastering the perfect pint. Crowds are expected to be bigger than the last two years so there will be enough of the black stuff for everyone during the countdown to 5.59pm.

In The Stables, celebrations will kick off at 4pm with live traditional Irish music followed by a local cover band and two DJs.

Manager of The Stables, Declan Collins, explained how the previous two years had brought a big crowd so this year's festivities will be expanded to the courtyard which will also have Guinness on tap.

The Hurlers will also be partaking in the celebrations for our beloved Arthur's Day. Whether you love or hate our nation's most popular brew, this Arthur's Day will be a great excuse to get out locally and mingle with your fellows students.



Prospects good for UL graduates

Jason Kennedy, News Editor

THE UL graduates of 2010 have spent the year proving that it is possible to beat the recession blues, as 85 per cent of them have found employment or have went on to pursue further studies.

UL President, Don Barry told the 2,602 graduates that the experiences they have gained during their time in UL are now in demand.

"Traditionally, UL's graduate employment figures trend well above the national average. Despite the challenging environment, UL's graduate employment rate continued to rise and our 2010 figure for primary degree-holders is now 10% higher than the Higher Education Authority's most recently-available national average figure which is 48% for 2009.

"Additionally, the growing number of employers actively recruiting UL graduates through our careers fair is testament to the high esteem in which our graduates are held. UL graduates have shown themselves to be ready for the workplace, highly-skilled and more employable than their peers from other Irish universities."

On top of the 85 per cent, it was also revealed that 94 per cent of PhD recipients have found employment during the year. Prof Barry said that it was necessary for the university to continue to develop its international

reputation. "It is essential that we continue to exceed international benchmarks in the delivery of high quality, relevant research that will support Irish innovators and continue to attract foreign direct investment, "more innovation and discovery and an improved response to commercial and industrial needs will mean more employment opportunities for our graduates and increased growth in Ireland's knowledge economy."

Students' Union President, Derek Daly, said that co-op plays a big part in these figures. "UL graduates gain a

clear benefit through the University's Cooperative Education Programme, which gives employers a chance to get to know them, almost like a six or eight month interview.

"Additionally, the ethos of the campus is very much one of a community that develops graduates that are people and not just employees. Employers are keen to use this edge to their competitive advantage."

News

News In Brief

UL's founding president attacks FF administration

UL's founding president has said that former Taoisigh Bertie Ahern and Brian Cowen handled the Irish economy like "intoxicated joyriders" before it collapsed. Dr Ed Walsh, who helped form the university in 1972, launched his attack during the annual Michael Collins memorial oration at Beal na mBlath, Co Cork, where Collins died.

"The crisis that is convulsing Europe has its origins in the partisan management of the euro currency from the outset.

Sustained low interest rates to facilitate a dominant Germany in the process of reunification were exactly what the overheated economies of Ireland and many other countries did not need.

"(Bertie) Ahern, (Charlie) McCreery and (Brian) Cowen, with the economic insights of intoxicated joyriders, made no attempt to counteract this; but perversely poured fuel on the flames by incentivizing speculative building and borrowing."

UL to host Irish Times, Innovation Roadshow

UL is set to host the Irish Times Innovation Roadshow on Tuesday 27 September at the Kemmy Business School. This business event will focus on the theme 'Innovating Cities and Communities and Practice' and includes key speakers Dr Stephen Kinsella, Lecturer in Economics, UL, Donal O'Connell, Managing Director of Chawton Innovation Services Ltd and Dick Meaney, Vice President, Converters at Analog Devices.

The event will debate how leading Irish cities and their respective industry communities and economic development agencies can best develop more competitive and sustainable regional and local economies through innovative business practice.

Fashionistas in search for new talent

UL is to showcase some of its model potential this semester, with the Fashion Society organising The UL Model Search, in association with The Hilary Thompson Modelling Agency. Over the summer the Fashion Society has been looking for potential models via facebook.

All applicants were narrowed down into finalists, at a casting session in week 2 with Hilary Thompson. These finalists will receive training and the final will be held at the Fashion society's annual fashion show which will be held in The Strand Hotel, Limerick.

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

ULFM Launch Imminent

Colm Fitzgerald

UL will once again play host to its own radio station, pending the launch of UL FM in Week three. ULFM is a fresh venture into student broadcasting after ULSU emancipated its relationship with Wired FM a number of years ago.

A Board of Directors comprised of 12 students of varied backgrounds and experience including Communications Officer, Kelly O'Brien, were appointed during the summer recess and plans for the station formulated.

The new station will be broadcast online only, with a listening capacity of up to 500 listeners at CD Quality. Operations will be based at a new studio located upstairs in the ULSU building.

It has since been endowed with over €4000 of professional grade equipment. An industry standard text message system has also been acquired, supplied by Puca Technologies, who provide an identical system for Today FM. Broadcast hours will initially be limited, with the focus being on quality rather than quantity, according to Communications Officer, Kelly O'Brien. "As far as scheduling goes, we're going to start small and increase the air time gradually over the coming

weeks". "UL students have been crying out for a radio station for a long time. I'm just happy I'm in a position to give them what they want", added Ms O'Brien. The station will officially be launched by 2fm DJ, Ruth Scott on Wednesday, Week Three (21 September). It will be followed by a DJ set by the sensational Undercover Creeps. There will be a ticketed afterparty in the Stables featuring performances from Andrew Foley, Mr Scala and Bipolar Empire. Tickets went on sale yesterday, following free distribution at the ULSU AGM in the Concert Hall. Station Manager, Leah Morgan, said she is delighted to help boost UL's media.

"I'm really excited for the launch. I think that a radio station was badly needed in UL and it's brilliant that we're finally getting the chance to make this happen.

"It will give us students the opportunity to express ourselves in a positive way. I think that we will also discover how talented UL students are. I hope to see everyone at the Launch Party in Week Three, we'll make it epic!"



Library extension nears completion

Denise Calnan

The Glucksman library renovations and extension is due to be completed with the least possible disruption to students, Head of Administration, Glucksman Library Ciara McCaffrey has confirmed.

The extension, planned to be located on the main university entrance's side to the library, is set to be completed in early 2013, increasing the library space by over 6,000m².

This will double the current library space, adding over 800 extra study spaces to the facility which will then house over 2,000 study spaces in total. Also acting as the Project Manager at the library during the improvements, Ms McCaffrey said there were two main reasons for the improvements

in the existing building. "Our first reason for the renovations was noise management", she said. "If there was a complaint about anything, it was more than likely to be the noise travelling up from the atrium.

Our second reason was the constant problem of the fire safety screens dropping; it could take days for the maintenance to be able to fix them". New glass panes now separate the study areas from the open atrium, solving both the problems of the fire

screens and the noise. Students have noticed a difference already in the noise management throughout the building, especially on the top floors. The first of the renovations were completed during the summer, ensuring the least possible amount of students that were affected by noise or disruption. "We have been planning this for a long time," Ms McCaffrey continued, "The help desks have now moved from their temporary location near the bathrooms to the left hand side of the main library entrance. Once the extension is complete, the help desks will be in the centre of the building, ensuring they are more accessible for all students". The extension will include specialist facilities for digital media archives, special collections, medical and law collections and will expand the dedicated space for postgraduate students. Professor Don Barry welcomed the announcement of the Glucksman Library extension on February 28, 2011. The library is being completed as part of the Third Level Public Private Partnership Scheme.

Plassey Village hit by vandalism

Ann Styles and Louise Harrison

Recent vandalism in Plassey Village has caused upset to the campus community and has led to the wastage of funds that were put into landscaping to improve the village's appearance.

Over the course of the summer, considerable time and money were invested in Plassey Village on landscaping, both in and around the boundary, to improve the appearance of the community benefitting both residents and the locale in general.

The new landscaping included an array of plants along the boundary with Plassey Park road and a new fence in the same area along with

a variety of shrubs and flowering plants within the complex making the environment more homely and inviting especially for those students who are away from home for the first time.

The flowers and shrubs that were planted on the Plassey Park Road opposite the entrance to UL were pulled up and thrown onto the road obstructing oncoming traffic.

According to Plassey Village manager Rebecca O'Hare this was not an isolated incident.

"Three times in the last two weeks the plants were pulled up and thrown onto the road. It's pointless behaviour and takes away from the reputation of the village, the University and the city."

There are over four hundred students resident in Plassey village. Campus staff are always available on site, similar to a neighbourhood watch, and a campus watch programme is in place with security staff and designated resident assistants patrolling nightly. As a result of the vandalism, and for aesthetic purposes, the damaged

shrubs have been completely removed from the boundary and been replaced with grass.

The identity of the culprit is as yet unknown but Ms O'Hare said that it is early in the semester and students don't know each other very well which does not assist in clearing up the matter. There have not been any reports of similar incidents in any of the other student villages.

Any information on the subject is treated in complete confidence with campus staff contactable through phone or e-mail.



Comment

The positively absurd

Aoife Coughlan

AS it is the beginning of a new college semester our thoughts are, or should be, on what it is we hope to achieve. Do we want to be more organised, improve the dreaded QCA or just lead a happier more fulfilled life?

Deciding what we want is one thing but the big question is how we go about attaining it.

For many people the solution or at least part of the solution, lies in the power of positive thought.

Optimism is often mistaken for confidence. Confidence though, is an entirely different thing as it is linked to capabilities.

One could be optimistic but not because of their ability. Those without the skills and knowledge base needed to achieve their goal will still be optimistic. While those with the requirements can still attain what it is they want because they are confident in their abilities, rather than being just hopeful.

Optimism can act as a stimulus for a pursuit of success. What complicates matters is the idea of illusory superiority. This is outlined in the Dunning Kruger effect. According to the research of Dunning and Kruger at Cornell University in 1999 unskilled people make weak decisions but their incompetence makes it difficult for them to realise their mistakes. The optimistic approach obscures the realities of their flaws, thus

eventually they will find success to be unobtainable due to these defects in capabilities. There are those who adhere to the belief that optimism is a factor in goal realisation. Books such as *The Secret* by Rhonda Byrne advocate the power of thought.

The Secret centres on the suggestion that like attracts like. This is based on the principal of the Laws of Attraction.

The laws of attraction state that thinking and being positive will transmit a universal frequency that can invite back the desired and positive results. However this cannot be proven and the book itself is the center of much controversy.

For me optimism is only an outlook or perspective. Success is determined on action creating outcome. No amount of thought can alter that.

Realisation of our goals is only possible if we spend more time doing and less time thinking. We must act on what it is we feel instead of placing hope in the often fickle and unfair world. To have faith in optimism alone is positively absurd.



“Optimism is often mistaken for confidence”



HEAD TO HEAD

Will the government put an end to the wasteful, spineless and selfish culture that propagated in organisations such as Anglo Irish Bank?

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

Roisin Burke

YES!

‘Pockets emptied and lessons learnt’

It was the party that did it. When emails went public from Anglo’s chief executive organising a “Back to school Doombuster party” in the midst of severe financial difficulty, that was the end. The wording didn’t help.

Mr Drumm’s Invitation read “Dear colleague, the stock markets are down. They say the economy is in recession. It rained most of the ‘summer’. The holidays are over.

This is Anglo so there is only one thing to do; party!”

Whatever goodwill gesture was intended, in the explanatory reasoning of “raising spirits” was lost in the sheer audacity of contradictory hypocrisy. Those responsible for the demolition of a nation’s economy were lavishly intoxicated and

merrily oblivious at the peak of economic panic. What a way to finish!

Since state ownership came into play a month later, Anglo has needed €29.3 billion taxpayer euros to cover heavy losses. The pressure continues to mount.

In recent times, the US has publicly emphasised the need for European leaders to ease the ‘debt crisis’ with ‘unequivocal financial force’ and both Fine Gael and Labour TDs have been warned to prepare for a ‘bumpy ride ahead’.

But is this enough? Will this get us out of this mess and more importantly, will it prevent a repeat performance?

Right now, it seems the government has done well to reassure the general public they are doing all they can to work towards fulfilling our best interests but it is the maintenance of this promise that is vital to protect our prospective futures. Are public pledges enough? Both party leaders have

assured ‘one-upmanship’ will not exist in the lifetime of the current government and emphasize the unique position our current party leaders have being a ‘healthy relationship of trust’ built on many years of ‘opposition’.

So it appears the government have learnt their lesson and have newfound respect for the rights and opinion of the public but have we, the public, learned our lesson from the past? Are things always what they seem?

Only time will tell. And that’s the optimistic perspective.

James Bradshaw

NO!

Will Anglo ever clean up their act?

Don’t bank on it. Emails recently seen by The Irish Times show that Anglo Irish Bank’s management wasted hundreds of thousands of euro on lavish staff parties around the time of the bank guarantee announcement, setting off a new wave of anger towards the now renamed financial institution. A culture of decadence and recklessness permeated throughout that institution, and the fact that Irish taxpayers will be paying for their sins for decades to come adds is a bitter pill to swallow. Yet by singling out Anglo Irish’s record, we can easily forget that the same practices prevailed right across Irish business, and in particular within the public sector.

Last month, The Sunday Independent published an

article titled “EPA splurges thousands on opera, yo-yos, puppets and treasure hunts”, in which they revealed the vast wastage of public money by the Environmental Protection Agency. ESB union official Brendan Ogle was recently caught on camera admitting that ESB workers had been “spoilt” with the “gravy” they had been served during the benchmarking era. Mr. Ogle knows well how things work in this country; his only mistake was in being overly candid while there was a cameraman on duty. Who’s responsible for this waste of taxpayer money?

Management, from Anglo to Fás, has played a key role. But the scandal goes far further than the men in the shiny blazers. On every state board, union officials have gleefully stuck their heads into the same trough. Bertie Ahern was a master at manipulating both sides to further his own goals, yet Enda Kenny has shown little appetite for reversing his legacy. His personal closeness with the disgraced Michael

Lowry even indicates a certain toleration of corruption, just so long as it doesn’t involve Fianna Fáil. And Kenny’s cabinet colleagues, Labour, are funded by the same unions whose leaders have repeatedly been shown to be every bit as greedy as any banker. They will stifle any reform measures that go against the interests of their union base. Brian Lenihan was torn to pieces in the media for saying that we all partied during the Celtic Tiger era, but there was some truth to what he said. The party was all the more merry within the banks, where the bosses even partied with those in charge of regulating their industry.

And the party still goes on inside the ESB and the EPA, while the lights go out across the country, and closing time for many small businesses approaches. Now that the banks are under public ownership, some may feel that the scandal of waste will end. Judging by the evidence within other state bodies, it is hard to agree.

Comment

The Death of Free Will?

Colm Turner

We like to think that as individuals we practise free will in what we consume, but is this truly the case?

Consumer marketing has been increasingly criticized for its role in creating a hedonistic culture in many societies including Ireland where the chief goal is to attain pleasure and fulfilment through never-ending purchases. But pleasure is insatiable and fleeting, which is why studies show that we are a more disgruntled and anxious nation than ever before because our never ending consumption does not bring satisfaction.

We no longer consume goods out of genuine personal choice but rather to conform to a social group or status defined by what type of merchandise one has. We drink ourselves into oblivion to be accepted socially by our peers. This self-destructive culture is applauded and encouraged by intelligent marketing from drinks companies. Not drinking in Ireland, especially among the student cohort, is to become a social pariah.

In essence, peer pressure to drink aided by the plethora of exiting and sexy drink advertisements undermines our willpower and therefore our free will to abstain from drinking.

Consumer marketers capitalise on a number of human behavioural theories to stoke conformity to their marketed ideal or product. One such theory is the herd-like instinct that says humans like other herd like animals move with the group. If the image can be portrayed in the media that everybody else is buying a particular product or service then it is deemed inevitable that others will follow or emulate that group. One might believe that almost every Irish person drinks and so feels

“We no longer consume goods out of genuine personal choice”

obliged to follow suit but the fact is that Ireland has one of the largest teetotaler populations per capita in Europe. Marketing also employs strategies based on an understanding of basic human impulses. Women are more fashion conscious than men in the main, and this in part derives from primitive instincts to appear attractive for their male counterparts.

This makes women particularly susceptible to fashion advertising but also a whole industry based around what the ideal image of a women should be and, of course, the marketers oblige with images of skinny women with big breasts and perfect asses.

From this has spawned the dieting industry, fashion lines, the commercial plastic surgery industry etc., etc. The choices women make is not based on what ‘they’ want but rather what image is emblazoned into their head by marketers.

The fact is our free will to make choices in life is obviously influenced by culture but also can severely be constrained by ‘a perceived notion or image’ portrayed by marketers who want us to behave and therefore purchase in a particular way.

So the next time you are buying something, ask yourself, “Why am I really buying this?” Don’t forfeit your free will to the marketing moguls!



Are your choices really your own?

The new UL ID Cards, trying to reinvent the wheel?

Colm Fitzgerald, Comment Editor

THEY say don’t fix what is not broken and, in a similar vein, don’t try and reinvent the wheel. Such sentiments were toward the fore of the minds of UL’s student populous when the quietly mooted new student ID cards arrived towards the latter part of August. The new cards are a wild departure from the classic ID which has served us well without falter or complaint since time immemorial. The primary motivation for changing the card seems to be the technology behind it. They now employ a recent development called RFID.

In layman’s terms, it uses radio waves to transmit your student ID to the machines in the library where you previously scanned the barcode on your ID, and similarly to doors which were previously opened with the magnetic swipe. Hence why’ll you’ll notice a lack of both on the new card. That’s all fine and dandy, and I’m sure the University has justified its reasons for deciding to go ahead with it, but what about the general quality of the new card? To be frank, it’s nothing short of unacceptable. The overall colour scheme is quite bizarre. It seems to have been designed with a combination of Crayola and MS Paint. The photo is now too small to properly identify, and the course title is

now absent entirely. The build quality of the card has been roundly castigated, mostly because it is worryingly flimsy. Will SAA continue to charge €10 to those who need a replacement in light of the above? If such a considerable amount of money had to be spent on researching the technology, producing the cards and realigning the technology in the university to make it compatible, surely they could have made it 100% perfect? Sadly it seems not, which is the most upsetting part. The powers which decided to press ahead with these changes failed to converse or consult with the student body. In many respects this has led many students to believe that upper management in UL are a sort of ivory tower. For a University which has a proud penchant for its “student experience”, an ivory tower really will not do. It might seem like a petty complaint, but sometimes it’s nice to know your opinions are valued where they can make a genuine difference. The University has failed to offer the opportunity for a forum for students on such a practical matters which may well cause a disparity in the daily routine of its 11,000+ students. One would hope a reasonable explanation will be furnished in good time.

Two steps forward and four steps back

Rachel Dargan

It is ridiculous to think that in the year 2011, in this modern and cosmopolitan country, two gay men were thrown out of a bar for kissing.

In saying that, Ireland has always been a bit backwards when it comes to gay rights, in my opinion, but all the same, it seemed we as a nation were coming around to the idea.

In my opinion, this occurrence was simply ridiculous. People whether gay or straight, have a right to express affection their partner, even if it is not to everyone’s taste.

I think that the kiss being between two young men may have had something to do with it though.

I highly doubt that if it had been two girls kissing in the Old Oak pub in Cork, they would have been thrown out for what has been described as a ‘brief’ kiss on the dance floor. I

Most likely it would have been laughed off as two girls being a drunk and having “a laugh”, with pictures probably slapped all over Facebook. Yet two men kissing has been deemed unacceptable and worthy of their removal by security.

It seems to me that the proprietors of this establishment are still living in 1950s, catholic controlled Ireland. They have yet to embrace 2011, or even the last decade, the so-called ‘Noughties’ like the rest of the country.

Cork Pride week was held from Sunday May 29th to Monday June 6th 2011, and Limerick Pride took place this weekend.

Both are huge events, attracting huge turnout from the LGBT community, as well as those who don’t identify as part of that group. If the rest of the country can find no fault with gay public displays of affection in 2011, then why can the proprietors and door staff of the Old Oak?

I am sure that the aforementioned young men were not the only couple kissing on the dance floor on the night in question (gay or not), yet they were the ones thrown out. Not only was this a display of possible homophobia in a city with a thriving LGBT scene, but it

was also a violation of their rights under The Equal Status Acts 2000 to 2004.

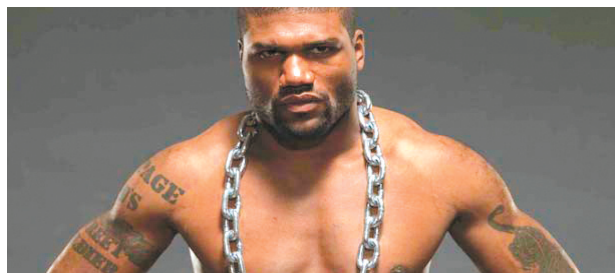
Since, The Old Oak and the two men have released a joint statement saying that “mistakes were made by all involved” and the couple accepted they could have “handled matters in a better way”. This does not give grounds to brush the incident under the mat and forget about it. It does mean however, that a lesson can be learned from this unacceptable mistake.



FOCAL Sport

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Brandon Phillips, second baseman for the Cincinnati Reds. Turn to page 31 for details on how he made one little leaguers day.



Turn to page 32 to read Gary Whelan's thoughts on Quinton "Rampage" Jackson and his upcoming title fight.

BAD BOY MAYWEATHER VS. HARD LUCK ORTIZ

Gary Whelan

"WHO work harder than me? No athlete work harder than me. F**k fighters. No athlete works harder than me."

"You tell me one athlete right now that's been dominating the game for 16 years straight without a loss. Tell me one! Tell me just one!"

Modesty and Floyd Mayweather never go hand in hand. But his record of 41-0 with 25 KO's is testament that to be a truly great fighter, you need to have supreme confidence. On September 17 in the MGM Grand Garden Arena in Las Vegas, Nevada, "Money" Mayweather will face off against the WBC Welterweight champion Victor Ortiz in what is sure to be a great fight. The younger, stronger and naturally bigger Ortiz, against the older but supremely defensively skilled Mayweather. This is nothing new to Floyd. The majority of his opponents have been too big or too strong for him... well at least that's how the pundits called it before the fights. A career changing lesson in boxing is usually what follows for the bigger, stronger man. Although he is the champion of the world, Victor Ortiz is unknown to a lot of people. 24 years

old and hailing from Kansas, Ortiz is a big puncher and holds an amazing record of having knocked down every opponent he has faced. He is probably most famous for quitting in round six of a fight with Marcus Maidana, curiously just stopping and claiming afterwards he was too young to sustain damage. He does however have the majority of the boxing public supporting him which seems par for the course now when fighting the cocky Mayweather.

The fantastic HBO 24/7 programme which follows both fighters during their training camp, has shown Ortiz to be humble and kind with the usual hard upbringing story to win the hearts of the American people.

Mayweather though has, and always will feed off being the bad guy; it is the fuel which drives his extremely hard training camps. He seems to thrive in controversy and has been in court more in the past two years than in the ring. Obviously the fight everybody wants to see is Mayweather and Pacquiao, which should finally happen in 2012 but Ortiz will be no pushover. I will, however, stick my neck out and say that Floyd will have way too much technique and boxing smarts for Ortiz, Mayweather new champion by TKO very late or by unanimous decision.



Mayweather gets up close with Ortiz



Robbie Keane: It was always his dream to score against Andorra

The Robbie Keane Myth

Garry Irwin

With two goals in Skopje against Macedonia this summer, Robbie Keane surpassed Bobby Charlton's record haul of 49 goals to become the British Isles' leading scorer. He sits on 51, far outstripping legends from other home nations such as Ian Rush, Wales, 28 goals, Denis Law and Kenny Dalglish, both Scotland, both 30 goals. He has outscored Gary Lineker for England and he has more goals than Jurgen Klinsmann, Rudi Voller and has just drawn level with Thierry Henry. A substantial return from 111 caps. Experts also point out that Keane's tally was already better than Charlton's as his includes a smaller percentage of goals from friendly matches. Charlton's 45% to Robbie's 39%, rating that Keane has scored more important goals. They make

no mention that Robbie hasn't played in a World Cup Final, but I guess its goals we're worried about here. So let's take a look at those 51 goals and see how important Robbie has been to Ireland since his 1998 debut against the Czech Rep. Seeing as goals in friendlies seem to carry no weight, let's discard them. I will count the Nations Cup games as friendlies for ease of argument, if you disagree with this, feel free to email in with your thoughts. So there goes 20 goals off the total, but 31 is still an impressive amount from competitive internationals. But were they all crucial goals? Let us delve deeper and take out the goals scored against the minnows, teams such as Andorra and Malta. So exclude the games against teams who finished in the bottom two places of

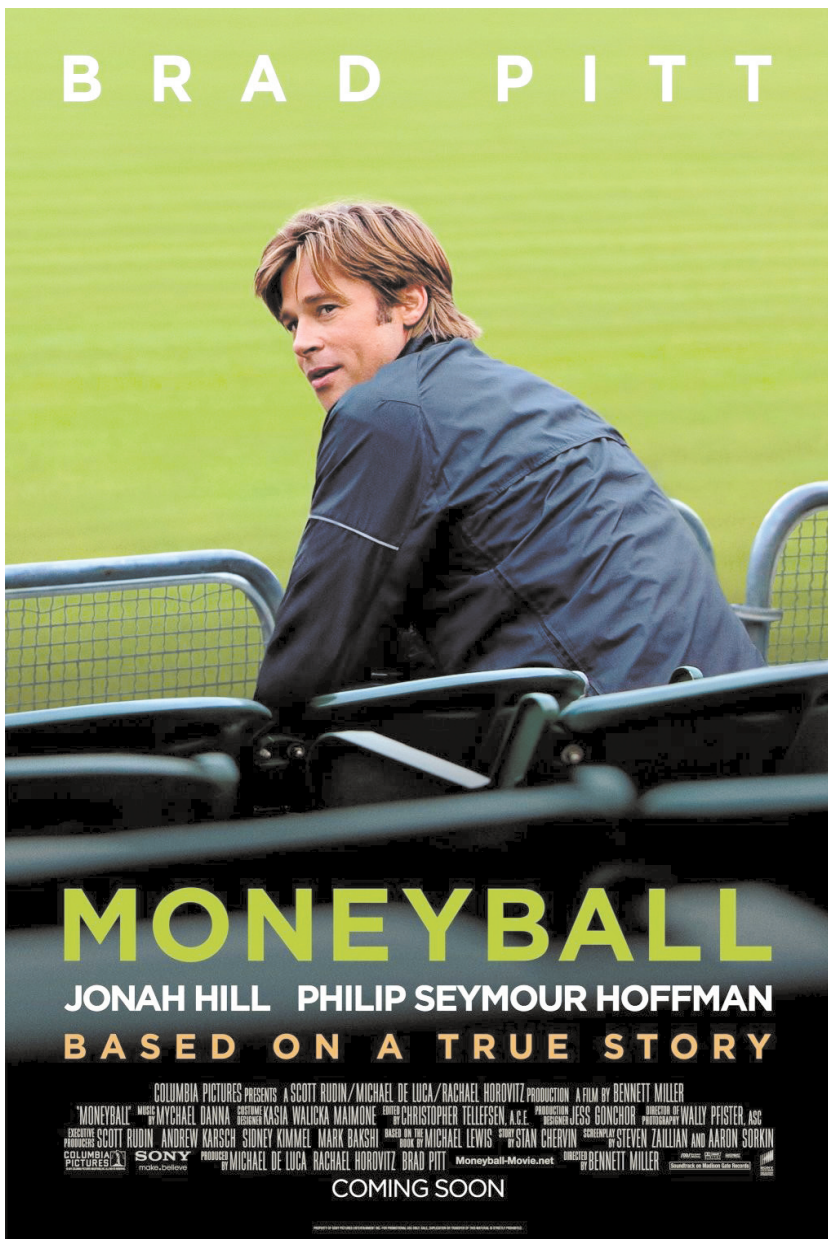
our qualification groups. 17 goals get taken off, leaving us with 14 goals against opposition ranked the same or higher than Ireland. This is not too bad. But Robbie has scored against Spain, Germany, Holland, France etc. I hear you cry. All true, but Ireland didn't actually win any of those matches! The last time Keane scored in a game Ireland won against high class opposition was... 1999 against Yugoslavia, and even then, Mark Kennedy got the winner. I'm not including the first-leg playoff win against Iran that he scored in, as they were ranked lower than Ireland and included in their line-up the scorer of 109 international goals, Ali Daei, and as we know he's not fit to lace Robbie's boots! Sometimes you have to look beyond the stats to see a players true worth.

Sport

Moneyball Preview

Garry Irwin

COMING to cinema screens this September, and due to hit Irish shores on November 25, is Moneyball, the film adaptation of the Michael Lewis penned book, Moneyball: The Art of Winning an Unfair Game.



It tells the story of how Billy Beane, the Oakland Athletics general manager, put together a competitive baseball team on a small budget.

Oakland would constantly be towards the bottom end of the 30 MLB teams in money spent on players' salaries, while they would be in the top five for their regular season win/loss percentage.

Beane set out to do away with the traditional way that teams and scouts would rate a players' performance, instead using a form of statistical analysis to evaluate a players' value. For example, why pay millions to a guy to get you thirty home runs a season, when a player who draws a high number of walks and gets on base but only hits five to ten home runs a season contributes more to your offence and, in the long run, the number of runs scored and games won?

Of course stats have been a part of baseball for decades and decades, but what Beane did was challenge his scouts to find players who rated highly for their activity within a game and contribution to a team, rather than the traditional talk of 'find me a good shortstop' or 'we need a top slugger' and this would often lead to heated arguments with his scouting

network, especially when it came to evaluating young players and selecting those all-important draft picks. And this strategy worked as the A's were continually in the postseason and would often have the best record in the American League West under Beane's stewardship.

Though he is still there now, other teams have been using this method of sabermetrics within their front offices, so the advantage has all but disappeared.

The movie, as with all adaptations, changes the contents of the book slightly. Adding characters for the sake of the plot and the screenplay has been rewritten a number of times over the last number of years too.

But if you are a fan of statistics or sports movies then I encourage you to see this movie when it is released. If Brad Pitt can't make the modernisation and re-evaluation of empirical, analytical, computer-generated, baseball statistics sexy, no-one can.

Editorial

Sports Editor, Robert McNamara

GIOVANNI Trapattoni must be a man after John Delaney's heart. Both are on huge salaries yet neither delivers anything more than mediocrity.

Trap's philosophy is to first and foremost, avoid defeat. But why such negativity? What has the man who has won it all got to lose?

With the Republic of Ireland football team, it's the hope that kills you. A draw at home to Slovakia looked like a disaster and the performance in Moscow four days later was that of a team low on confidence and short of ideas. It's a miracle the Russians didn't score four or five. The most frustrating aspect of this is that if Ireland had

been more adventurous at home to the Slovaks and got the three points, the nil-all draw in Moscow would have put Ireland in a commanding position. Only Slovakia's remarkable capitulation against Armenia keeps hopes of a play-off place alive.

It belies belief that Trapattoni insists on such a negative midfield system. Glen Whelan and Keith Andrews, while competent players, seem to be competing for nothing else other than to see which of them can do the most accurate Wurzel Gummidge impression. The vitality and bite of Stephen Hunt is relegated to the bench and the creativity of James McCarthy is shunned because of a lack of communication with Trapattoni's backroom team. Not the first example of incompetence in this area and probably not the last.

The Rugby World Cup has begun and it's hard to see Ireland not coming through Pool C in second place to Australia. Barring an overachieving Italian team upsetting the odds, it should



be plain sailing for the boys in green in New Zealand. Declan Kidney's side taking their place in the quarter-final would be all well and good, but the real test is going beyond that stage and making this World Cup a successful venture after the poor showing in last season's six nations.

Kidney's side have faced some stinging criticism in the lead up to the tournament. Scotland, France and England all defeated Ireland relatively easily in friendlies, but shouldn't we be rejoicing that we have a national team at a world finals? Granted, it's not all that difficult a task to qualify, but in the face of constant disappointment with the Republic of Ireland soccer team, it's nice to have a representative team battling it out on the world stage.

Rugby World Cup Preview: An Focal takes a look at Ireland's rivals for the 2011 Rugby World Cup in New Zealand.

Sports Editor, Robert McNamara

New Zealand - Having lost the Tri-Nations to Australia, the All Blacks will be out to claim the Webb Ellis trophy for the first time in 24 years with victory on their home patch. The lead up to the tournament has not run smoothly, however, and injuries to key players will damage their chances of going all the way. Tony Woodcock, Adam Thomson and Keiran Reid are all doubts. This coming after the southern hemisphere side decided to ditch a controversial rotation policy to stick with a more settled XV. They remain the favourites.

Australia - The youngest squad at the RWC will be the Wallabies, so impressive in their Tri-Nations victory. 23 year old scrum-half Will Genia is the main man in a side with all the qualities

to beat the All Blacks yet again. Pooled with Ireland, Russia, the USA and Italy, these opponents will provide nothing more than warm up games as Australia cruise into the knock out stage.

England - An outlet for creativity has been found in winger Manu Tuilagi and the Six Nations champions have high hopes going into the tournament. The defeat to Ireland to deny them the 2011 Grand Slam was avenged somewhat by beating the Irish comprehensively in a friendly and Martin Johnson's side have a relatively easy group with Scotland the only real threat. Captain Lewis Moody and Mark Cueto are injury concerns.

France - There has been speculation that France may rest much of their squad against New Zealand in order for them

to be fresh ahead of a potential banana skin against Togo in Pool A. France believe they are genuine contenders and coach Marc Lievrement has been talking up their chances. "This is a real chance for the French team. For the first time in my four years in charge we had the resources and the time to get to know each other and work on fitness and on our rugby", he said. They are captained by Thierry Dusautoir.

South Africa - The current world champions may have extra motivation in New Zealand. Peter de Villiers side are set to earn huge cash bonuses for retaining the trophy. De Villiers has called captain John Smit the best hooker in the world but the Springboks would do well to make it all the way to the final.



It's hard to see past the Southern Hemisphere teams for the Webb Ellis trophy

Sport

GAA Special Report (part 2)



Eoin Scanlon

The GAA are mopping up the cash, should the players be rewarded for their efforts?

IN the second part of this special report, Eoin Scanlon continues his investigation into payments to players in the GAA.

The payment of GAA players hints at the growth of elitism in the sport, far from what the GAA was once all about. Inter-county players are being favoured by GAA officials because of the capital they bring in. Sponsorship, TV coverage and jersey sales bring millions into the GAA, and instead of helping to improve club facilities and championships, or lowering match prices, Croke Park increase the divide between club and county.

Underage players, such as minor, who have the honour of wearing their county colours at such a young age, are also paid for their services. One such minor hurler, David Cahillane (19),

represented his native Waterford last year, believes payment, 'takes away from the amateur nature of GAA'. Cahillane admitted making a small profit from the team, receiving 50 cent per mile travelled to and from training. "I made up to 100 euro each week for petrol money and there was always some left over. If county players are committed they shouldn't necessarily want expenses."

Want it or not, the system is definitely being over-used. When taking into consideration a county minor team has up to 35 players training and receiving expenses, it costs at least 3500 euro a month to play and according to

Cahillane, 'It's a bit much'. Still, the GAA is a way of life in Ireland; it fills stadiums, column inches, and your Sunday afternoon.

The fact is that without the players, the GAA wouldn't exist. Inter-county players and teams receive the most attention from the public, and so, without the expenses they receive, maybe the GAA wouldn't be what it is today. While being paid each month, the players do not live off this money. They are part time athletes and juggle a day job with nationwide renown. This has always been the most fascinating aspect of the GAA. On a weekday they might be your neighbour, your work college or simply your friend, but when the weekend rolls along they are your heroes and your idols. Expenses can never change that fact.



Brandon Phillips decided to catch a game on his day off

SPORTS QUIZ

Rugby World Cup 2011

Robert McNamara, Sports Editor

1. In what year was the Rugby World Cup first held?
2. How many teams participated in that first tournament?
3. How many teams will contest this year's RWC?
4. At which stage were Ireland knocked out of the 2007 RWC?
5. What is the furthest stage Ireland have progressed to in the RWC?
6. England were triumphant in 2003 but who beat them in the 2007 final?
7. Which RWC winning South Africa captain did Matt Damon depict in the movie *Invictus*?
8. The RWC trophy has a name. What is it?
9. Where will the RWC be held in 2019?
10. Who came third in the inaugural RWC tournament?

ANSWERS
1. 1987
2. 16
3. 20
4. Pool stage
5. Quarter final
6. South Africa
7. Francois
8. The Webb Ellis trophy
9. Japan
10. Wales

Little League meet Big Time via Twitter

Garry Irwin

FROM boxers eager to promote interest in their latest fight, to soccer stars giving their invaluable opinions on the latest cinema releases, Twitter enables fans to keep in touch and even interact with their favourite sports stars. The tweets published by these stars rarely make the news except when they have decided to air their dirty laundry on the social media site or in some cases tried to prevent such airing from happening.

It has become such a problem that sports clubs and organisations have seen fit to issue rules and guidelines for their athletes when it comes to using Twitter. Occasionally though, sportspersons will use the site in ways that help restore your faith in the values of sport.

Brandon Phillips is the second baseman for the Cincinnati Reds. He has been to the last two All-Star games and received two Golden Glove awards for his fielding in 2008 and 2010.

He is one of only 34 players since 1922 to achieve a season that includes over 30 homeruns and 30 stolen bases. He is a hero to the millions of little league players across America who dream of one day becoming a pro baseball

player. Connor Echols, a player for the Cincinnati Flames, in an under-14 baseball league is one such little leaguer. Connor follows Phillips on twitter and thought it would be an idea to invite him to his game one night, so he sent three tweets outlining where the game was on and thought no more of it. As it happens it was one of Phillips' few days off.

Now baseball players get something like 18 days off out of the 180 day regular season and those are usually spent in training or travelling from city to city, but he said that he had little to do that evening so why not go down and support the young kid.

So, to the great surprise of Connor and his teammates, Brandon comes along to the game and meets with all the players and everyone else in the park.

Phillips' selfless actions show that the social media sites such as Twitter do not need to be the scourge of professional sports and in the right hands can be a tool for some good. Connor Echols' inspired Flames won their game, 13-2!

Sports

UFC 135: Rampage vs. Jones

Gary Whelan

SEPTEMBER is looking to be a fantastic month for fight fans! Just seven days after Floyd Mayweather fights for the WBC welterweight title, we have the UFC Light Heavyweight title on the line in Denver, Colorado.

Quinton "Rampage" Jackson goes up against the newly crowned champion Jon Jones in what is promising to be an explosive night with both guys being big strikers. Rampage has fought very hard to get back into title contention since losing his belt against Forrest Griffin in 2008, but will he have enough for well-rounded and much younger Jones? Jones is the personification of the evolution of Mixed Martial Arts, great wrestling skills, great BJJ and knock-out power in both hands and legs. The guy has it all and is seen as the future of the sport.

You can never count out Rampage though; he has explosive power in his right-hand which has knocked out the biggest names in MMA. His slams are legendary. He has knocked guys out cold from picking them up from the ground and slamming them down into the mat. Since knocking-out Chuck Liddell in 2007, Rampage has had his

personal problems which caused him to lose his belt when he should have been dominating. However, he now states he is free of any issues in his life and is ready once again to win his belt back.

"I am confident that I have him figured out. I don't think he can take the kind of force I will bring. He has never been hit that hard. I am going to have fun whipping his ass." A confident Quinton. There is no doubt that Rampage is the most charismatic guy in the game, from his howling during his entrance to his hilarious put-downs of his opponents, however he is coming up against a guy in Jones who has so much more skill and speed in multiple fighting arts. If he wins he will have his title back and the adulation once again of the MMA public, lose and he has a career in Hollywood as a modern day action hero just waiting for him. So, life is not that bad. There are 10 other fights in total on the night including Matt Hughes vs. Josh Koscheck and Nate Diaz vs. Takanori Gomi and luckily enough for those of us on this side of the Atlantic, it is free on ESPN.



Quinton "Rampage" Jackson



Colm Cooper, Kerry

Top of the class: Gaelic football 2011

Eoin Scanlon

Johnny Doyle - like a good wine, he just keeps getting better and better. Operating from centre field in 2011, the 34 year old has once again been Kildare's top scorer and playmaker. As tough as old boot leather, and regarded by many as the best of his generation, the 2010 all-star brought his county to an all-Ireland quarter-final, before losing to Donegal.

The Brogan Brothers - Impossible to pick one over the other, both Alan and Bernard have been the key driving force behind Dublin's push for Sam this year. The St Oliver Plunketts clubmen have contributed greatly to the Dubs forward line, Bernard having scored 0-23 coming into their All-Ireland final clash with Kerry. Alan, acting as a focal point for everything good about Dublin football, is often over-shadowed by his

all-conquering younger brother, yet the pair complement each other immensely on the field.

Karl Lacey - Known for his tenacity in the tackle, and an uncanny ability to read the game around him, Lacey has been a standout leader in Donegal's defence for years now. An indispensable part of the Tir Chonail back line, he helped them lift the Anglo-Celt cup for the first time in 19 years in July. While Donegal have been criticised for their 'anti-football' approach to the game, Lacey and co excelled in this year's championship, desperately unlucky not to reach a coveted All-Ireland final.

Stephen Cluxton - No longer content with being one of the best shot-stoppers around, Cluxton has added a new dimension to his game; scoring frees. 'Clucko' has chipped in with

10 points in the championship. His two points against Donegal will long be remembered by Hill 16 fans. Now in his 10th year of minding the net for Dublin, Cluxton is highly regarded for his accurate kick-outs and calm demeanour; he has all but secured his fourth all-star.

Colm Cooper - Regarded by some as 'having a quiet year', perhaps this is because so many expect so much from the Dr Crokes man. Yet Gooch has led the Kingdom to a Munster final success, an All-Ireland final date with Dublin, and racked up a scorecard of 1-24 in the process. Back to his best in the semi-final meeting with Mayo, he hit 1-7 to quieten any critics watching. The most complete player in terms of skill, stamina and strength, Cooper is the chief architect of Kerry's attack.

Champions League Preview

Michael Ramsay

FLUIDITY. Determination. Skill. Not enough superlatives can describe the essence of this sport's greatest club competition, the UEFA Champions League.

For the past few seasons, the sultry Catalans have blitzed their opponents off the park with their quickness of thought, evasive movement and outrageous factors of skill. Can they be stopped? The emergence of Manchester City over the last couple of seasons has been astonishing. However, they have

been handed quite a tough group, having been pitted in Group A alongside 2010 runners-up, Bayern Munich, an ever-improving Napoli side and a dangerous Villarreal team spearheaded by hot property Giuseppe Rossi.

Verdict: Manchester City to have enough strength and quality to outmuscle Bayern Munich and top the group. Manchester United - Having blooded in younger talent this summer, Sir Alex Ferguson has sent out a message.

Having already knocked Liverpool off their perch, he now has his attention firmly focused on Barcelona's pedestal.

Pitted in Group C, they seem to have landed an astonishingly easy group. Portuguese side Benfica haven't challenged in years while Swiss counterparts FC Basel and Romanian minnows Otelul Galati make up the rest of the numbers.

Verdict: United's second-string would probably finish top of this group.

Ever since the charismatic Jose Mourinho was inexplicably shown the door at Chelsea almost four years ago, they have hired and fired managers for fun, almost rivalling Newcastle United in terms of insane board management. They have been drawn in Group E

alongside cash-strapped Valencia, unfancied German outfit Bayer Leverkusen, and Swiss minnows KRC Genk, who were founded only 23 years ago. Verdict: Chelsea to overcome their opponents with relative ease.

Having had their two prized assets lured away from them in the summer, Arsenal have been forced to desperately scramble around for recruitments to plug some gaping holes; the holes which were excruciatingly ripped apart at Old Trafford when they shipped a record eight goals.

German centre-back Per Mertesacker has been brought in, along with Yossi Benayoun and Mikel Arteta, in a vain attempt at stitching back the wearing fabric. Group F sees them pitted with French giants Marseille, Olympiakos and Borussia Dortmund.

Verdict: Arsenal to scrape top spot.



Man Utd and Man City both tipped to go far this season

Student Speak

STUDENT SPEAK



This week, intrepid reporter Eoghan Canon braved the madness that was UL Freshers' Week to find out... What was YOUR Freshers' Week highlight?

Mairead Phelan, Laura Hillary, Orla O'Mahony and John O'Mahony
"The non-stop drinking!"



Mikaela Bruce
"The Foam Party. It was something I'd never done before."



Megan McGinley and Rob Moloney
"Definitely the Foam Party! It was worth the cold!"



Alan Marrinan
"Last night in Nancy's. Great laugh!"



Sinead Barry
"This moment!"



Pip O'Sullivan, Joe O'Brien and Shane Daly
"Being back in town."



Kate Nunan
"Heritage Green. They were brilliant!"



Joe Caruso and Maggie Happe
"The UV Paint Party, it was my birthday!"



Eimear Egan
"Having the lols staying in"



Colm Fitzgerald
"Being back in Java's!"

Lifestyle

Totally GAGA or sheer brilliance?

Clare Curran

SHE dominates world music news, wears meat dresses and likes to bring a teacup along with her everywhere she goes. Is it really surprising that she should dress as a man at the recent 2011 MTV Video Music Awards?

Lady Gaga is anything but traditional as she has shown time and time again. Last year she told the worlds media her incentive for wearing a meat dress was to highlight the oppression faced by the homosexual community by stating

"I am not a piece of meat". The fact is such a controversial stunt insured the media paid attention to her and everyone wanted to know why she had done it. This statement was followed by another one this year.

Lady Gaga dressed as her alter ego "Jo Calderone". Calderone opened the 2011 VMA's with a four minute rant as "he" emerged on stage with slicked back black hair and a lit cigarette, shouting, "Gaga? Yeah her. Lady Gaga. She left me. She said it always starts out good and then the guys, meaning me, I'm one of the guys, and we get crazy. I did. I got crazy but she's f---ing crazy too, right?" After this she sprayed the audience with beer and took to the piano belting out a jazzed up version of her single "You and I", before heading back to the stage with a group of similarly dressed backing

dancers. The performance itself was excellent and as they say, all press is good press. Lady Gaga continues to push herself to the front of our consciousness and make us all sit up and pay attention. Whatever the reason for her bizarre behaviour I surmise with such an innovative imagination and gutsy behaviour she will continue to thrive in the music industry for a very long time. Gaga had kept quiet about her planned performance but a week prior to it she told MTV news that she was interested in all the different people we can become. "Our potential for the future and how do we in our minds sort of compartmentalize our different personalities," she said. "So that's something that I'm fascinated with right now. It's almost as if I'm reviewing my life as a play". A play she certainly performed at the VMA's.



Lady Gaga aka. Jo Calderone won the award for Best Video With A Message with "Born this Way"

Inheriting happiness

Barbara Ross

STOP! Chocoholics please don't read any further if your reasoning for your addiction is that chocolate is scientifically proven to make you happy.

While it does contain Phenylethylamine, the same hormone the brain triggers when you fall in love, there is no link to this actually making you happy. However, scientists have for the first time identified a link between a person's level of happiness and a particular gene.

Yes that's right, happiness is hereditary. So for those of you still being accused of being stropky teenagers well into your twenties, it really is all your parents fault for once. The gene 5-HTT controls how the chemical serotonin is delivered to the brain. Serotonin plays a part in feelings of well-being. The gene has a variant which can be either long or short. The long version is more efficient, resulting in more serotonin transporters in the brain cell membrane.

Science people, you will know this already but for those of us that don't, there are three variations which can be long-long, long-short or short-short. The long-long version is the most efficient.

In the study by the National Longitudinal Study of Adolescent Health, people were asked the question, "How satisfied are you with your life as a whole?" with five possible answers;



very satisfied, satisfied, dissatisfied, very dissatisfied or neither. Nearly 70% of those with the long-long version were very satisfied or satisfied compared to only 40% of those with the short-short version. Having at least one long variant resulted in an increase of 8.5% in the chances of the person being satisfied compared to those with the short-short version. 26% of those with the short-short version were dissatisfied contrasting with only 20% who have the long-long version.

For generations people have been searching for happiness in all the wrong places, career, family, friends, love life, when all they had to do was look at their DNA. If this discovery hasn't cheered you up just remember six out of the seven dwarves weren't happy either.

Could you be killing your chances of parenthood?

Amy Grimes

STUDENTS, we're not great at planning for the distant future. At 19 years of age, the prospect of having children is terrifying. Babies are little bundles of needy, clingy, constantly hungry, screaming commitment. Starting a family is not something people in my age group tend to think about doing. In fact I'm willing to bet that more thought is put in to how best to avoid it. According to fertility experts though, our behaviour now could have a major impact on our abilities to have kids down the line. They're not talking about alcohol or drug abuse either. The threat to fertility is crash dieting.

Chantelle Houghton from 2006's Celebrity Big Brother has garnered some media attention for the issue after discovering she's infertile at 27. Along with an eating disorder, years of fad diets such as The Special K Diet caused irreparable damage to Chantelle's reproductive system.

Sure, you may think it's the seriously underweight most at risk; anorexia and bulimia are well known for rendering sufferers infertile and obviously in the Big Brother star's case eating disorders played a large part. But how about those 3 weeks before you went on holiday where you only ate before 5pm and you substituted cereal for dinner? According to nutritionist Dr Marian Faughnan of Safefood Ireland, crash dieting puts the body under a great amount of stress. You may have temporarily lost a few pounds but it could be doing more harm than you think. Atkins, the Cabbage Soup diet,



the Maple Syrup and Cayenne Pepper 'cleansing' combination, this trend has been around for a while and it's not going anywhere, with the latest incarnation being the Dukan diet.

These harmful eating habits are in magazines all the time, telling you that it's possible to look just like the latest starlet if you only eat this really specific list of foods for 11 days! No, really, this one will work, they swear. It's tempting to believe the advertising but fashionable eating trends and 'bikini body' diets can impact your

menstrual cycle, leaving you with irregular periods and the possibility of fertility problems.

It's much better to make a permanent effort at being healthier overall through a balanced diet and whatever exercise you can bring yourself to do after a day of class. Next time you feel uncomfortable with those child-bearing hips take some time to go the safer weight-loss route. You never know, babies might not sound so terrifying in the future.

Lifestyle

Male grooming

James Bradshaw

NARCISSUS, in Greek mythology, saw his own reflection in a pool of water, stared at it till he was weak and then fell in and drowned. His story was a warning to all men of the dangers of becoming obsessed with one's image. Yet throughout history, many men have ignored this cautionary tale.

Oliver Cromwell, in his insistence that he be depicted "warts and all", set himself apart from contemporary rulers who thought nothing of asking their portrait painters to be economical with the truth. The famous side face image of Pádraig Pearse we all remember was not accidental; the revolutionary was highly conscious of his bad left eye and refused to be photographed except from his right side. Yet despite the long history of male vanity, there can be no denying the extent to which male grooming has grown over the last few

decades. Slowly but surely, men have begun to pay more and more attention to their clothing. Men wearing jewellery has gone from being abnormal to being wholly acceptable. Hair gel has become almost mandatory and more and more males are now turning to plastic surgery, that most extreme form of image enhancement.

The world of football serves as a good reference point for this particular social change. David Beckham is often given the credit for introducing metrosexuality to the sport but the truth is that Becks was only doing what many of the fans were already at. A generation earlier and the working class supporters would have showered him with abuse. Yet by the noughties many of them had also taken those first nervous steps into the nearest High Street boutique. When it was revealed that Wayne Rooney had

shelled out £10,000 on a hair transplant there was little comment; in fact the new hair was given some of the credit for his recent good form. Ditto Cristiano Ronaldo's waxed chest.

Yet the question needs to be asked, is all this male grooming really a good thing? Is it good that little boys are becoming increasingly concerned with how society thinks they should look and thus facing the same pressures their female peers already contend with? In a time of economic distress, is it a good thing that men have to shell out more and more money in order to appear more attractive or stylish? One thing is certain; a new era has begun and only time will tell whether this excessive male grooming will stay in fashion and for how long.



Men's search for aesthetic perfection is increasing rapidly



GINGERGIRL'S FOOD UL LOVE...

Helen Keown, Food Columnist

THIS one's a keeper! One of my favourite dinners, referred to in our home as '20, 20, 20' as it's cooked in three twenty minute slots. Enjoy!

Italian style chicken and chips.

I remember a chef on television describing this dish as an Italian version of chicken and chips inspired by a recent meal she had in an Italian airport. I think it was the first (and indeed last) time I heard anyone get inspiration from airport food!

This recipe is inexpensive to make with a pack of twelve free-range chicken drumsticks retailing at €3.99!

(Serves 4)

- 10-12 free range chicken drumsticks
- Approx 1kg of potatoes (I like roosters for this recipe)
- 2 red onions, quartered
- A handful of cherry tomatoes
- A few sprigs of fresh thyme
- Olive oil
- 1 vegetable stock cube (I like Kallo low salt, organic)
- Salt and black pepper



Preheat the oven to 220°C. Cut the potatoes in half lengthways then cut each half into quarters. In a large roasting pan, mix the potato wedges and red onion with two tablespoons of olive oil, salt, pepper and two sprigs of thyme. Make up the vegetable stock using 300ml of water and add to the potatoes. Place the potatoes in the oven for the first twenty minutes. Meanwhile, season the chicken with salt, black pepper and a sprinkle of thyme. Place on top of the potatoes and return to the oven for another twenty minutes. Remove once again from the oven and add the cherry tomatoes before returning to the oven for the final twenty mins. Once cooked,

pierce the cherry tomatoes and drizzle with a little olive oil for an instant and delicious sauce.

Helen's produce is available nationwide from independent food emporiums and at UL Farmer's Market where you can also purchase her range of breads and chocolate brownies. Helen also writes a weekly food column for the Limerick Leader and the Limerick Chronicle and is Spin Southwest's resident "foodie". Want some cooking advice and tips? Email helen@gingergirl.ie For a chance to win some delicious gingergirl produce and avail of special offers, follow gingergirl on Twitter ([gingergirlfood](https://twitter.com/gingergirlfood)) or on facebook ([gingergirl](https://facebook.com/gingergirl)).

Are you going to the Botox party?

Roisin Curran, Beauty Columnist

HI. Come in. The party just started. Have a drink while you wait, the professional is preparing upstairs. Relax; it'll all be over soon. It's a simple injection of paralyzing toxins into your forehead. It might pinch a bit. Yes, you read correctly and don't be shocked just yet. For all you know your closet friend could greet you with the same insane reasoning in a matter of weeks.

Welcome to the Botox party ladies, the newest and, in my opinion, most bizarre fad that's swept the world of beauty as of yet. More and more frequently, women all over the country have been hosting these parties, a mixture of cute fruity drinks and toxic injections. Once considered a pastime of the rich and beautiful, no one but the celebrities dared to be so self-indulgent. But of course, once we saw an actual party on the reality TV show of guilty pleasures, *TOWIE*, then everyone had to have one. However Botox certainly isn't something to be played around with and here comes the science bit to explain

why. Botox is, in essence, a paralysis that originates from a germ called *Clostridium Botulinum*. This germ was found in badly prepared food but now at the price of €400 and above, it can be found in your forehead too. If this drug is not refrigerated at the proper temperature, if mixed with alcohol or if your head is not in an appropriate headrest, you're in the hazard zone. All of the above cases will lead to bruising on your face, drooping eyelids, headaches and the drug not taking effect at all. Fully licensed practitioners will not give the injection to anyone drinking alcohol or without signing a release form, if you can persuade them otherwise, then they probably have a lot more uniforms than the doctor's one. So take a friendly suggestion from me if you ever get such an invite or find yourself in a situation as horrendous as this; take one good hard look at the needles lying on the frilly pillow, chug that drink and run straight for the door.



Botox parties are the latest craze

Fashion

Made in Essex

Emily Maree, Fashion Editor

TWO years ago, Amy Childs was virtually unknown, working as a beautician and model in her hometown of Brentwood, in Essex.

But for the last two years, we've watched her grace our screens, sitting in her beauty salon, performing Vajazzles and spray tans to the vast and insane clientele of Essex. But the success of *The Only Way Is Essex* (TOWIE) has seen the 21-year-old launch from a ditzzy stereotypical Essex girl who parties all the time at the Sugarhut, to a household name, prompting people round the world to coin her phrases 'shu' up' and 'jel' into everyday life. But how has the young woman influenced our lives, and

British fashion, so much? Starring in an editorial in the October issue of *British Vogue*, she's certainly come a long way from her small town in Essex.

She was a finalist on the Celebrity version of *Big Brother* on Channel 5, but sees herself as so much more than a reality star. Childs has won Personality of the Year at the National Reality TV Awards for TOWIE, the show that's made her famous, and writes a column for celebrity gossip magazine *New!*, as well as presenting a regular fashion segment on ITV 1's *This Morning*. She has made herself available to the widest market possible, and although she has a reputation of being one of the thickest girls on television, she's far from it.

While Childs has had a wide fan base, she has critics aplenty and is tired of being stupid. In fact, she is so sick of people calling her stupid she plans to

go back to college to prove to people that she has brains as well as beauty. She's also in talks about having her own reality TV show which would see her travelling the world learning about different cultures and beauty treatments. I suppose you could say Amy Childs is a little like Marmite: you either love her or you hate her.

Whichever opinion you have of her, there is no denying that over the last two years, she has forged a successful career and wormed her way into the hearts of the British public. Watching *Celebrity Big Brother* and TOWIE though, only one thing is clear.

No matter whether she's dancing in the Sugarhut, or posing for *Vogue*, you can take the girl out of Essex, but you can never, and I stress never, take the Essex out of the girl.



Amy at her Vogue shoot

The Crippling Effect of Genius

Emily Maree, Fashion Editor

LOOKING at a fashion designer's life, it seems like the most wonderful existence in the world. To have the recognition you want, thousands of parties, millions of fans, to be an artist of the best kind, to have every single person in the world affected by the work you do and when you walk down the street, to see your influence everywhere. But what happens when the pressure gets too much? When you're held on a pedestal and suddenly dropped from grace like a stone in water for one mistake, one design. Across the fashion world, it is apparent that the crippling genius behind some of the world's most beautiful art form can get too heavy for one to bear. In the last year and a half alone, there have been two prime examples of this, John Galliano and the formidable Alexander McQueen. John Galliano, the prince of fashion as it were, has always been an inspiration to other designers. But after his close friend Steven Robinson died of a drug overdose in 2007, Galliano's life seemed to fall apart bit by bit. In a Parisian cafe in February of this year, a drunken Galliano was recorded ranting at a group of people and making anti-Semitic slurs, including 'I love Hitler'. The video went viral and sent shockwaves through the start of Paris Fashion Week. An anti-Semitic outburst like this can cost you up to six months in prison in France and Galliano was sacked from Dior immediately. Many people, including Dior spokesperson Natalie Portman expressed outrage at the comments, and Portman boycotted wearing his designs at the Oscars as well as resigning from Miss Dior. His team put it down to severe pressure, stating, "He was put under immense pressure, not only by the demands made by Dior, but also what he demanded of himself". On September 8, the verdict



The infamous Alexander McQueen

for over €5000 of a fine was issued from the French courts but is minute compared to the dignity he has lost and the credibility he has taken from Dior.

Being the fashion house behind Kate Middleton's wedding dress, Alexander wasn't actually alive to see how his protégé Sarah Burton created one of the most famous dresses of our time under his name. The British designer who worked for Givenchy and Gucci before creating his own brand was found dead in his home, aged a tender forty years. Three years after his close friend Isabella Blow and only days after his mother died, the inquest found that he committed suicide. McQueen's psychiatrist stated that, "He certainly

felt very pressured by his work, but it was a double-edged sword. He felt it was the only area of his life where he felt he had achieved something. After a show he felt a huge come-down. He felt isolated; it gave him a huge low".

To be so famous and to have that much pressure placed on their shoulders was too much for two of the most amazing and talented designers that have ever lived and its consequences were disastrous. It becomes clear to us that no job is without its stress, especially when the world is your critic and the magic that was created by these marvellous men is something to be treasured and basked in, not torn to shreds.

Student Style

This week, Editor-In-Chief Kelly O'Brien pounced on two stylish UL students and put them to the test...

Kelly:

Hey girls! Thanks for doing this, what are your names?

Rita: Rita O'Carroll

Eilis: Eilis Nic Dhonnacha

K: And what are you wearing today?

R: The bag is fake Chloe, the top is from A-Wear, the blazer is actually Eilis', the jeans are from River Island and I got the Cons in Turkey.

E: My bag and sandals are from Penneys, the top is from A-Wear also, the jacket is Top Shop and the jeans are Tally Weil.

K: Awesome!
So who would be your style icon?

R: James Blunt!

E: Kristen Stewart

K: And where are your favourite places to shop?

R: Wherever James Blunt shops I guess!

E: Anywhere that sells converse

K: Cool beans, nearly done! What's your favourite piece of clothing?

R: My Superman shorts. I wore them to a lecture once on my birthday! It was awesome.

E: My converse. They're probably the only pair of shoes in my house that haven't been puked on.



Fashion

Taylor in *Cat on a Hot Tin Roof*

Diamonds are a girl's best friend

Amy Grimes

"YOU can't cry on a diamond's shoulder, and diamonds won't keep you warm at night, but they're sure fun when the sun shines"

Elizabeth Taylor had a somewhat tumultuous love life, amassing millions of dollars' worth of jewellery from seven husbands. Diamonds are certainly more permanent than romance and part of her extensive collection, overall valued at €107 million on her death, will be auctioned off in December. With over 260 pieces valued at a total of €21 million, the collection includes some memorable pieces, such as the 33.19 carat diamond ring that was an impressive token of affection from Richard Burton. That diamond practically shames Kim Kardashian's 20.5 carat engagement ring. Elizabeth Taylor's love for jewellery was well-known; she even created

a line for Avon in the 90's inspired by her own collection. Her influence on accessories is apparent in the popularity of glamorous cocktail rings, a must for every outfit around the holiday season. The star, who passed away this March at the age of 79, was part of Hollywood's Golden Era and her style both on and off the silver screen left a lasting impact on fashion. Her extravagant tastes were not limited to expensive jewels, with many of her iconic outfits featuring classic cuts in luxurious fabric, such as the white tulle dress pictured, from one of her most famous roles in *Cat on a Hot Tin Roof*.

Of course, her influence on make-up cannot be ignored. The iconic cat-eye eyeliner worn in *Cleopatra* (the highest paid female role at the time) has been an essential dramatic look

since the 60's and she was rarely seen without smouldering eye make-up. Taylor was all about emphasising her assets, the waist and bust, a quintessential 50's look which is as popular as ever today. The actress oozed simple sexuality, whether in a floor-length gown or a simple white slip. She helped to popularise the designs of Valentino and Halston, both still famous brands today. She made many contributions to valuable causes as well as raising awareness of AIDS, in addition to this impressive work Taylor was a true style icon, creating trends during Hollywood's formative years. In her later years, Elizabeth Taylor remained just as vibrant as in her youth, while this may have included some dodgy ostrich feather and lots of sparkle, one can only admire her love of fashion and all things decadent.

Accessorising with style

Emily Maree, Fashion Editor

IT'S getting to that time of year when we're thinking not only about the autumn/winter collections and what going to look best on us while strutting that catwalk we call a street, but also about what's going to keep us warm and, in our lovely Irish climate, what is the most practical.

Practical is usually the boring way to look at something, but with a great range of scarves, coats, hats and gloves, it can be great fun picking the style and colour that makes you look your best!

With the delightful torrential rain (that nobody but the ducks enjoy) hitting us like a ton of bricks, it's about time we thought about the ways we can make ourselves look unreal but still ward the chilling winter away from us as well.

This season, tweed blazers and over coats are making a comeback as forties glamour is on the cards, and it has never looked so stylish.

Everyone can pull off the tweed look and with the

selection of jewel colours and styles that are right on trend, this season's look is amazingly easy to pull off.

When you mention hats, some people cringe and use the excuse, 'I'm not a hat person'. Never true. Everyone can wear hats, it just depends what type of hat suits you.

For women who want to wear a hat but feel they can't pull them off, look no further than a beret. In black or dove grey, they are the most flattering hats to pull off for most girls and go with almost every outfit possible as long as you get a muted colour.

Scarves are one of the quickest and cheapest ways to spruce up your outfit and add

a dash of colour. Nip down to Penney's and there are simply loads to choose from. Pick the biggest, woolliest scarf you can find because with the Arctic conditions now facing us on this fair isle, you'll need it. You may not think it's that sexy to be wrapped up so warm but trust me, it's sexier than being blue.

The last thing you'll definitely need is a pair of ankle or knee high boots. They're great with jeans tucked in, dresses, skirts and best of all; they keep your feet warm!

To get a decent pair, New Look is always a safe bet and will have you stylishly and comfortably gliding through the winter months.

You'll only need these few basics to get you through the winter months but trust me, you'll need them! It's going to be a bitter winter but, with the right equipment, you can be toasty warm and fabulously stylish too!



Gaeilge

Focal ón Eagarthóir

Féilim Ó Flatharta

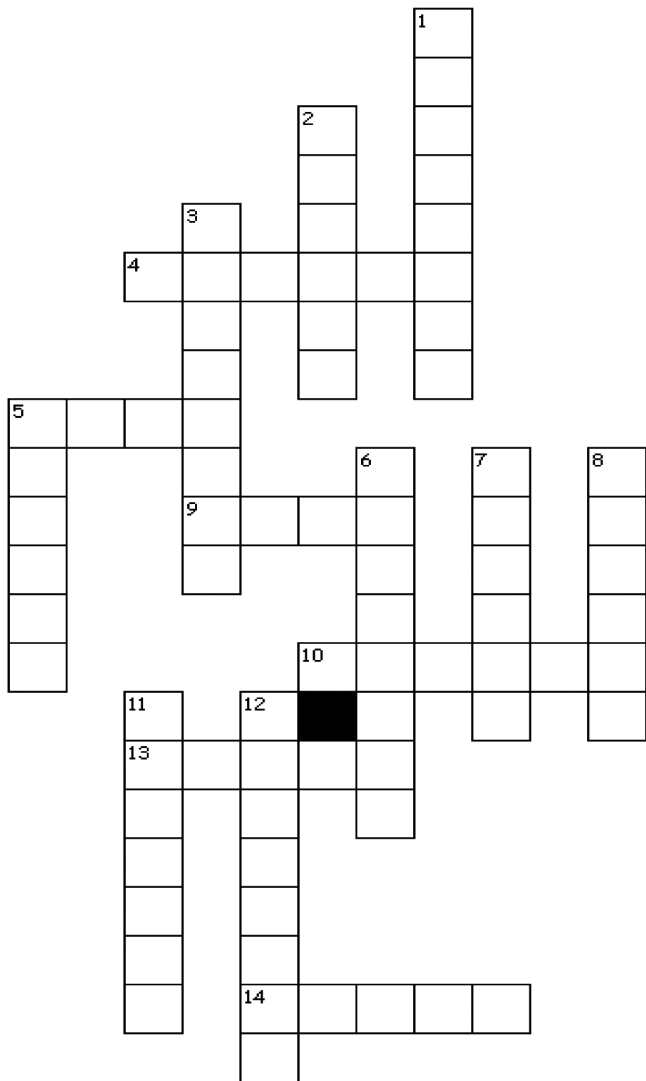
Ar an gcéad dul síos ba mhaith liom buíochas ó chroí a ghlacadh le gach duine a thug cúnamh dom leis an gcéad eagrán a chur le chéile.

Bhí go leor oibre i gceist ach tháinig sé le chéile go maith sa deireadh. Bhí mé féin go pearsanta an-sásta leis an gcéad eagrán agus den chuid is mó, fuair mé aiseolas an-mhaith ó na daoine eile a léigh na haltanna. Ach níl mé ag iarraidh gur 'one time wonder' a bheidh anseo. Caithfidh muid an caighdeán a choinneáil chomh hard

agus is féidir, tá an réabhlóid ag teacht. I gcomparáid le hollscoileanna eile, tá an Ghaeilge in Ollscoil Luimnigh an-lag. Ní thuigim cén t-údar atá leis seo, níl fáth ar bith nach mbeadh muid ag déanamh iarracht níos fearr.

Is dócha nach bhfuil an polasaí teanga san ollscoil seo i bhfabhar na Gaeilge a chur chun cinn. Is cúis náire an chaoi a gcaitear leis an nGaeilge in Ollscoil Luimnigh i mo thuairimse. Is í ár dteanga dhúchais í. Throid muid na Sasanaigh i 1916 chun ár saoirse a bhaint amach agus bhí meas mór ag dream Éirí Amach na Cásca ar an nGaeilge, fir ar nós Phádraig Mac Piarais. Meastú céard a cheapann siad inniu agus muid fós ag úsáid teanga na Sasanach mar ár bpríomhbhealach cumarsáide sa tír seo. "Is fearr Gaeilge bhriste ná Béarla cliste".

Seanfhocail Críochnaigh na seanfhocail seo a leanas



Trasna

- Ar scáth a ... a mhairimid
- Is fearr cara sa chúirt, ná ... sa sparán
- Ní thagann ciall roimh ...
- Aithníonn ... ciaróg eile
- Giorraíonn ... bóthar
- Is glas iad na ... i bhfad uainn

Síos

- Níl aon tinteán mar do ... féin
- Ar scáth a chéile a mhaireann na ...
- Ní mar a ... a bhítear
- Níl aon leigheas ar an ngrá, ach ...
- Is fearr an ... ná an táinte
- Tús maith leath na ...
- Tír gan ..., tír gan anam
- Bíonn blas ar an ...
- Is minic ciúin ...

An bhfuil na Jacks ar ais?

Féilim Ó Flatharta

Agus tú ag léamh an píosa seo, beidh a fhios againn cé hiad seaimpíní na hÉireann sa pheil don bhliain 2011, Baile Átha Cliath nó Ciarraí.

Nach aisteach gach uair a chastar an Phríomhchathair leis na Ríochta go ndeirtear go bhfuil an dá fhoireann mhóra ag casadh lena chéile arís. Cinnte tá an líon is mó craobhacha i seilbh réalta Chiarraí le 36 Corn Sam Mhic Uidhir bainte amach acu agus tá Baile Átha Cliath sa dara háit le 22 Sam ach níl an pictiúr sin cruinn ó thaobh na Dubs di le leathchéad bliain anuas.

Ó 1961 níl Craobh na hÉireann fanta sa bPríomhchathair ach sé huair, 1963, 1974, 1976, 1977, 1983 agus 1995. Le linn an ama sin tá cúig chraobh tugtha leo ag Gaillimh agus ag An Mhí. Sa tréimhse chéanna tá an turas ó dheas tógtha ag Sam seacht n-uair déag, éacht iontach nuair a smaoiníonn muid go raibh gorta beag thíos i gCiarraí idir 1986 agus 1997.

Ní raibh stair láidir idir an dá chontae seo i gcluichí ceannais na hÉireann roimh 1975. Níor chas siad ar a chéile ach cúig uair, bhí Ciarraí chun cinn le trí bhua i gcoinne péire. Ach nuair a

tháinig Kevin Heffernan i gceannas ar Bhaile Átha Cliath i 1974 d'athraigh sé an stíl imeartha agus tháinig an phrasa The Jacks are back ó Chnoc 16 nuair a bhuaíl siad Gaillimh i gcluiche ceannais na bliana sin. Ach má bhí tionchar mór ag Heffo ar na Dubs, ní raibh sé dada mar a bhí ag Micko ar Chiarraí nuair a tháinig sé mar bhainisteoir ar an bhfoireann sinsir i 1975. Thug Mick O'Dwyer foireann óg le chéile agus tá a fhios ag tír agus talamh céard a tharla sna blianta ina dhiaidh sin nuair a bhuaigh siad ocht gcráobh idir '75 agus '86. Ach idir '75 agus '79 chas na Dubs agus Ciarraí ar a chéile gach bliain, ceithre huair sa gcluiche ceannais agus babhta amháin sa gcluiche leathcheannais.

Bhí an lámh in uachtar ag Ciarraí i trí cinn de na cluichí ceannais, '75, '78 agus '79. Bhí Baile Átha Cliath rómhaith i 1976 agus sa gcluiche leathcheannais i 1977. Deirtear gurb é an cluiche leathcheannais sin i '77 an cluiche peile is fearr riamh i stair Chumann Lúthchleas Gael.

Fuair na geansaithe gorma an ceann is fearr le cúig chúilín, 3-12 i gcoinne

1-13. Chas siad ar a chéile arís i 1984 agus '85 ach bhí an lá le Ciarraí faoi dhó. Anois tá Baile Átha Cliath ar ais sa gcluiche ceannais den chéad uair ó 1995, an bhliain deiridh a bhuaigh siad Sam. Is fada an t-achar é sé bliana déag do chontae ar nós Bhaile Átha Cliath gan a bheith ag imirt i bPáirc an Chrócaigh ar an lá mór agus cuir deich mbliana eile lena chos sin ó d'imir siad Ciarraí ar an stad seo.

So an bhfuil na Jacks ar ais mar a bhí sna seachtóidí? Tá ceangal idir na foirne iontacha sin a chuaigh chun páirce faoi stiúir Heffo agus Mhicko agus foirne 2011. Tá clann Uí Shé,

Marc agus Tomás, ar fhoireann Chiarraí, beirt nianna le Paidí. Ar an taobh eile d'imir Bernard Brogan i lár na páirce agus bhí John McCarthy sa choirnéal ag uimhir 15 sna seachtóidí. I mbliana tá beirt mhac le Bernard, Alan agus Bernard, sna tosaithe agus tá James McCarthy, mac John, ag imirt ar an líne leathchúil. Céard nach ndéanfadh an triúir seo le bonn sinsir na hÉireann a thabhairt that tairseach isteach arís!!!!

Cluichí ceannais Peil na mBan

Scríofa ag Séamus Ó Fátharta

Tá an rás do Sam thart agus anois beidh laochra an tSamhraidh ag díriú a n-aird ar chomórtais na gclubanna don Gheimhreadh ach tá lá amháin mór fágtha ar an bhféilire do pheil idircondae - Cluichí Ceannais Peil na mBan nuair a imreofar trí chluiche ceannais i bPáirc an Chrócaigh ar an 25 Meán Fómhair.

Sóisear - Cill Mhantáin v Nua Eabhrac

Ní mórán a bhí ag súil go ndéanfadh Nua Eabhrac chomh maith sa gcomórtas seo ach tar éis dhá bhua maith in aghaidh Ceatharlach agus Loch Garman, tá a n-áit tuillte go maith acu. Le leithidí Emma Clarke, a scóráil 0-7 sa chluiche leathcheannais, tá imreoir acu a d'fhéadfadh difríocht mór a dhéanamh.

Tá Cill Mhantáin ag teacht isteach sa gcluiche théis bua maith in aghaidh An Lú agus mar a thaispeáin siad an lá sin tá roinnt tosaithe contúirteach acu ar nós Caoilfhionn Denney agus Lucy Mulhall.

Is é an mí-bhuntaiste is mó atá acu ná nach bhfuil mórán aithne acu ar fhoireann Nua Eabhrac. Mar gheall ar seo, creidim go bhfuil an-seans ag Nua Eabhrac.

Idirmheánach - An Iarmhí v An Cabhán

Is an-bhlian a bhí ann do pheiladóirí na hIarmhí go dtí seo. Bhuaigh siad Roinn 4 den sraith agus bhuaigh siad Craobh Idirmheánach Laighean chomh maith. Tá foireann láidir, fisiciúil acu agus tá an-chreidiúint ag dul don bhfoireann bainistíochta de Peter Leahy agus Alan Mangan.

Fuair An Cabhán an ceann is fearr ar Liatroim sa gcluiche leathcheannais théis am breise. Ar an lá, b'iad Aisling Doonan agus Bronagh Sheridan na laochra a a bhí acu. Scóráil siad 2-14 eatarthu.

Cé go bhfuair An Iarmhí an ceann is fearr ar An Cabhán nuair a d'imir na foirne níos túisce sa chraobh, cheapfainn go bhfuil cuma níos contúirtí ar thosaithe An Cabhán.

Sinsiar - Corcaigh v Muineacháin

Ath-imirt do chluiche ceannais 2008 atá sa chluiche ceannais sinsiar. An lá sin, bhí Corcaigh ró-láidir do Mhuineacháin. Go deimhin, idir 2005 agus 2009, bhí mná Chorcaigh céim chun cinn ar fhoirne na tíre agus iad ag buachaint chúig chraobh as a chéile.

Tá siad ar ais sa gcluiche ceannais agus tá cuma na maitheasa orthu. Arís i mbliana, tá ról lárnach ag leithidí Angela Walsh, Juliet Murphy agus Valerie Mulcahy. Bhí dhá bhua maith ag Muineacháin roimhe seo in aghaidh An Mhí agus Ciarraí agus tá sé soiléir go bhfuil an-chumas scórála acu. D'aimsigh siad 6-28 sa dá chluiche sin.

Tabharfaidh leithidí Catriona McConnell and Caoimhe Mohan a ndóthain le déanamh do chosantóirí Chorcaigh ach cheapfainn go mbeidh Corcaigh beagán ró-laidir dóibh i ndeireadh na dála.

'Let England Shake' is a testament to one of Britain's most mystical, yet anonymous artists. Turn to page 14 to get acquainted with six time Grammy winner PJ Harvey.

20th September 2011



Issue 2 FREE
Volume XX

Hudson rocks Freshers Week: Precedent set for years to come!

Kelly O'Brien, Editor

The weeks festivities got off to an almighty start with Mondays Wet and Wild Foam Party in The Stables. Over 1,000 Freshers packed into The Stables to get down and dirty with Ireland's largest foam cannon.

Keith Quinlan, ULSU Events and Promotions Manager stated that "the likes of this cannon has never been witnessed before in Limerick. It really does need to be seen to be believed."

Next on the chopping board came Tuesdays Pleasurefest UV Paint Party. Hosted by The Lodge nightclub, this sell-out event went down an absolute storm with all in attendance. Fevers ran high as local DJ extraordinaire Jeff Lambert took to the decks to slam out a few unexpected crowd-pleasers, in particular, the Kid Kaos mash-up of Prodigy's Smack My Bitch Up which brought the already jam-packed dance floor to all new levels of euphoria. Jeff said that he really enjoyed the night and that "it was great to see that UL students had a thirst for a more alternative style of music" and that it didn't always have to be about the "commercial" crowd-pleasers. ULSU President said it was "one of the best nights I've had in (his) time in UL" also commenting that "the atmosphere was great, everyone was having a good time and nobody caused any hassle".

Wednesday, despite being promoted as "The Calm Before the Storm" saw both The Scholars and The Stables jam packed with eager beaver Freshers mad for the bant. UL's Ultimate Frisbee crowd contributed to this no end by

coming up with round after round of innovative drinking games.

The madness continued with the main event; Thursdays Back to School party which featured acts Mr Hudson, S Club and 5ive. First to the stage was Birmingham born Benjamin Hudson McIldowie, known professionally as Mr Hudson. Known for his energetic performances, Mr Hudson was never going to disappoint. Featuring Joy Josephon backing vocals and percussion, Mr Hudson wowed the crowd with his hour-long DJ set featuring favourites such as Central Park and Supernova. Shortly after urging the crowd to "tear this night a new arsehole", Oxford graduate Hudson left the stage amid chants of "one more tune" from our ever insatiable first years.

Following Mr Hudson were 90's pop groups S Club and 5ive. After two unimpressive but relatively popular sets, Freshers Week drew to a close with a silent disco. All in all, Freshers Week 2011 was a resounding success. All gigs completely sold out and, for the first time in years, the loss that the ULSU incurred on the annual event was extremely minimalistic. (change) This was largely down to recently appointed Events and Promotions Manager, Keith Quinlan. Mr Daly also had words to share about this stating that, "Keith has done an amazing job on the week. It has just cemented that we really did pick the right person for the job".

Mr Quinlan himself stated that he was "very happy" with how the week went. He stated that the week proved that "UL students can actually go out, party their asses off, and still have a great week" as there was very little trouble at each of the events held.

The week's success sets the precedent not only for next year's Freshers' Fest but also for next week's UL FM Launch featuring Bipolar Empire, Mike Scala and Andrew Foley as acts with a guest appearance by 2fm DJ Ruth Scott. Watch this space.



British R&B/pop artist Hudson rocks Back to School Ball

Arts & Ents

Sisters are doing it for themselves

Clare Curran

INFLUENCE is defined as a person who exerts power to produce an effect. With that in mind, it comes as little surprise that recently in a list of the 100 most influential women in modern society Lady Gaga and Beyoncé placed among the top 20.

With political figures such as Hilary Clinton and Brazilian president, Dilma Rousseff, ranking in the top 3, many criticised the placing of entertainers so high on the list.

But when we consider the very definition of influence again, and the audience these women have the power to reach with, is it such a damning proposition that women, mainly defined for their vocal ability and song writing expertise (or particularly flawless appendages) should not be included in the prestigious list? Bob Geldof, who rose to fame as an entertainer a singer in The Boomtown

Rats, stood against oppression of the underprivileged and poverty stricken people of Africa. He forced the world to see people perishing in cruel and heart-wrenching conditions. Using his social position, he urged people to help those less fortunate. Is this so different to these women? Lady Gaga, while a little unconventional, nonetheless has the ability to reach global audiences. She uses her fame to highlight issues she believes in, and campaigns for equal rights and opportunities for people in same sex relationships, and the eradication of segregation based on sexual orientation and preference.

She is the voice for this community and has a standing with popular youth culture. Beyoncé's support is given to equally important causes close to her own heart. The list of charities she helps is long and varied, but most notably is the Survivor Foundation which she established with former band mate, Kelly Rowland.

This charity's aim is to help the victims of hurricane Katrina rebuild their lives. She was an ambassador for World Children's Day in 2005, as well as working with disadvantage youths, family and parent support charities,



Lady Gaga and Beyoncé: Two of the most influential woman in the world

AIDS foundations, and women in crisis centres. I believe that a person, who has the opportunity to help another, has the responsibility to do so. These women speak out for those of us who

do not have a voice, who cannot help themselves. They join the ranks of great humanitarians throughout history: people who care about their fellow man and who use their power for the

greater good. I am proud to be a woman knowing that other ladies can achieve so much and still display such empathy toward less fortunate.

It's all in the wait



Tom Waits

Josh Lee

IT'S been seven years since the iconic American rock artist Tom Waits released his last studio album.

But the gravelly-voiced musician has stirred back into life, announcing a new LP entitled 'Bad as Me', which is slated for release in late October. To help generate interest in his latest project, Waits released a short promo video on YouTube, poking fun at the idea of 'private' listening parties, and commenting on the modern phenomenon of album leakages, something which has plagued many big-name artists in recent times.

Lately, however, artists have taken to attempting to combat the opportunities someone along the production chain (whether it is someone close to the artist, or factory workers handling the physical albums) have to leak the album early. Notably, Jay-Z and Kanye West's highly anticipated collaborative album 'Watch the Throne' battled its way to its release date without a dreaded untimely debut. Far from simply being about the loss of potential profits, many artists are understandably bothered by unfinished articles being heard by the public.

For Jay-Z's Roc Nation record label, the desire to prevent a premature release stemmed from the now nostalgic days

when eager music fans, sans the Web, couldn't get access to records before their more patient peers.

"That was the driving force of it; to create that moment of unwrapping the CD and listening to it for the first time," says a Roc Nation executive. "It was a very old-school way for things to happen. People really were anticipating an album on a certain day and everyone got to experience it simultaneously." To keep their work under wraps, West and Carter avoided transferring tracks using the internet, instead keeping them in encrypted hard drives and locked briefcases. Waits, who's never shied away from throwing his weight around (the singer is famously protective of his work, launching lawsuits against firms who fail to respect his request for none of his music to be used in adverts), sees the issue in a much more pragmatic light. "Apparently there's no such thing as private any more.

It's an internet thing," he laments in the teaser video. "If you were having a birthday and I came early and I started eating your cake and maybe I opened up all your presents and I started playing with your toys, would you be okay with that?" Waits' snarling humour aside, if 'Bad as Me' can capture the eccentric brilliance of his 1985 LP 'Rain Dogs', it will be well worth the wait.









Ten years on

Josh Lee

“Being in [my] hotel room and watching television and seeing the Pentagon burning” is how Polly Jean Harvey remembers the 2001 Mercury Prize triumph of her album ‘Stories from the City, Stories from the Sea’.

A decade later, the English musician and multi-instrumentalist has scooped the prize for a second time, overcoming artists such as Adele, Tinie Tempah, James Blake and rockers Elbow in the battle for the £20,000 reward.

Inspired by the wars in Iraq and Afghanistan which followed that historic day in September, the conception of ‘Let England Shake’ led Harvey on a journey into the horrors of warfare, ranging from World War I through to the ongoing struggle in the Middle East. Harvey spent two-and-a-half years researching conflict and interviewing people who lived through them, becoming, in her own words, a sort of “war correspondent”.

The result is a collection of lush, soothing folk arrangements, countered by visceral, haunting accounts of war. “I’ve seen soldiers fall like lumps of meat / Blown and shot out beyond belief / Arms and legs were in the trees,” begins “The Words That Maketh Murder”, which Harvey performed at the ceremony in London’s Grosvenor House Hotel.

Fittingly, the success of Harvey’s repudiation of war coincided with the ten-year commemoration of the 9/11 attacks, an event which became the catalyst for a new era of conflict.

“This album took me a long time to write,” recounts Harvey following her award win. “It was very important

to me. I wanted to make something meaningful, not just for myself but for other people, and hopefully to make something that would last.”

“But I think the greater urgency that I felt to write an album like this now is because of the result of what has happened in the last 10 years.”

‘Let England Shake’ is the latest LP in Harvey’s glittering 23-year career, and it’s a testament to one of Britain’s most mystical, yet anonymous artists. Despite having six Grammy wins to her name, Harvey doesn’t occupy a prominent perch on the British musical landscape. But the Somerset-born musician is at home away from the limelight, describing herself as “an extremely quiet person who doesn’t go out much and doesn’t talk to people”.

Despite another success in a career which spans over two decades, the 41-year-old remains as artistically hungry as ever, “I’d like to be back here again in another 10 years’ time with another record.”



PJ Harvey clutching an autoharp, which featured prominently throughout her award-winning album



Author Colm McCann reading from his novel ‘Let the Great World Spin’

Tales from New York

Patrick Finbar Craig

‘LET the Great World Spin’ goes straight to the core of humanity and exposes what makes us spin, also what makes us want to stop spinning.

This is a novel that primarily focuses on human relationships. It explores the depth of our relationships, some of which begin from the cradle and retain their intensity even after death.

It depicts the lives of people from all sectors of society and investigates unusual relationships such as priest and prostitute, and yet neither one of them holds the higher moral ground. It is not a novel intent on displaying morals, but simply displaying life from all angles and in doing so it gives the impression of coincidentally, almost accidentally having morals. However, to believe it was accidental would be an underestimation of McCann’s quality as a writer. It is a purposely placed and powerful moral that lingers long after you’ve read the novel. This novel really exposes McCann’s quality as a writer. He narrates the plot from multiple perspectives and adopts the language, tone and style to match the narrator.

Each time the narrator switches there is a moment of disorientation as we wonder whose eyes we are peering out from now. The switching of characters allows the reader to experience events from different perspectives.

By accessing the thoughts of various people it provides weight to sometimes simple situations. There is a fantastic passage at the end of the first book where McCann switches between two scenes. Each line belongs to the story of two brothers yet each line is intrinsically linked to the lives of each brother. Each line affects the next like each life affects the other. The novel is set in 1974 New York to the back drop of Philippe Petit’s tight rope walk between the twin towers of the World Trade Center. Petit’s actions are not a critical part of the novel but work as a brilliant metaphor for life itself; how scary, exhilarating, exposing, dependant and delicate it is. Petit’s actions are also important as it is an event that all the characters are aware of and in some way connects them. This appears to be the core message of the novel, how our lives affect others and sometimes to an extent that we will never know or understand. It is a wonderfully touching novel that entails humour and hope even happiness but doesn’t ignore desperation and despondency.

It’s been done before

Clare Curran

“IMITATION is the sincerest form of flattery”, and it’s certainly the cornerstone for music development. While plagiarism is a relatively modern concept, it has been a quintessential part of the industry since the beginning of music as we know it. And while the way imitation is conceived has changed greatly, most of us will agree that a large amount of the “new” music today is just a regurgitation of pre-existing songs. I’m sure most of you have seen the film ‘Walk the Line’, which details Johnny Cash’s life. This film shows the song writing process was a very lonely business back then; an artist came up with their own lyrics, strings and choruses. These days, aside from the artists with control over their music, the

process is very different. From the song writer, to the final production, many, many people will give their input, from producers, to violinists, guitarists, sound mixers, DJs, etc.

This resulted in the recent confusion between DJ Avicii and Leona Lewis. The 22-year-old Swedish DJ had attempted to get a high court injunction to block the release of Lewis’ new single, ‘Collide’, alleging that the instrumental track for the single was copied from Avicii’s single, ‘Fade into Darkness’.

It was this merry-go-round of external input that cause Lewis to record an almost identical track to Avicii’s without realising. In the music industry it is common practice, especially

among DJ/producers and dance labels, of sending out a track to writers, asking them to come up with melody and lyrics to add to it. The writers will then record their version, so the DJ can have his pick of the bunch and select the one he/she likes best. In this case, one of these demos containing Avicii’s backing track that was not picked found its way to Lewis, who recorded it, prompting the dispute. This is not a new issue; allegations of copyright infringement and plagiarism hang over some of the most iconic tracks. Nirvana’s ‘Come as You Are’ allegedly borrowed the riff from Killing Joke’s song ‘Eighties’, who made an attempt to sue the band, but dropped the lawsuit after Kurt Cobain’s sudden death. Another



Avicii: The unfortunate victim of a musical confusion

infamous copyright infringement which is instantly recognisable, ever playable Queen and Bowie’s ‘Under Pressure’ is blatantly sampled by Vanilla Ice’s ‘Ice Ice Baby’, yet the original artists remained uncredited and no royalties changed hands. These are just some of

the disputes, and they will not be the last. Artists will always take influence from another’s work, while others will borrow from those they admire to subsidise their sub-par efforts. It’s an act as old as time itself.

Film

Knee Deep in Gender Balance



Eoghan Cannon

ARE certain movies only for boys and others just for girls?

Of course they are! The Notebook sold to all the girls while their boyfriends refused to watch it whereas Spiderman grabbed the male species that had waited years to see the web-slinger on screen. But have new releases One Day and The Inbetweeners Movie been released with this same idea?

Or have they managed to strike a better gender balance? One Day follows the lives of two friends from the night of

their college graduation on July 15 1988, and then documents the events that happen on this same date for the next 20 years.

While it does embody the generic "chick flick" from looking at the trailer or the poster, it is actually a lot funnier but also darker than the audience is originally led to believe.

I must admit, I did laugh a few times as the awkward prude Emma (Anne Hathaway) tried to play it cool with ladies-man Dex (Jim Sturgess).

Having said that however, this kind of movie is definitely not what I would normally go for, and I struggle to see if many guys will really admit to enjoying

it. But I can imagine that the girls or anyone who has read the book will love it. So how does The Inbetweeners Movie fare in the gender department then? Well, if you don't mind a lot of swearing, nudity, and exercising your facial and stomach muscles then this one is for you! If you've seen the television show then you know what to expect from the four social-outcasts, as they head to Crete for a "lads holiday" after finishing school.

Comedy gold keeps on coming from start to finish, and it's hard not to fall in love with the movie. It's a gauche teenage comedy, which is why it's so popular with us college students. We

once were (or still are) that awkward when it comes to the opposite sex, and in these four great characters we can all see something that we can relate to, regardless of whether we are male or female. Both movies have achieved a nice gender balance, but I think The Inbetweeners have won out on this front. Girls would have already watched the television show but boys hate romantic movies. Some things are as simple as that.



3D Tragedy

David Hartery

SMELL-O-VISION was a close escape. However, Homo sapiens managed to avoid the annihilation of a culture that took thousands of years to evolve by our rejection of the nonsense that it embodied.

Alas, that was until James Cameron attempted once again to destroy all that is great and good about humanity by the popularising of a silly fad.

That fad is the projecting cinema in 3D. The latest offering is Final destination 3D, unfortunately neither the beginning nor the end in this reign of terror. Why is 3D cinema evil? It's not just that it's a massive gimmick, and I can almost tolerate the loss of picture quality, the 30% loss in colour brightness and motion sickness.

The real problem with 3D cinema is the fact that it is part of the capitalist false consciousness that Hollywood

perpetuates. They say that 3D films have saved cinema but in my opinion they haven't. They've placed blue and rose tinted glasses over the glaring inadequacies that exist in modern cinema. Some people avoid cinemas because they don't think they're getting value for money, because they aren't playing films they want to see.

Look at two of the highest grossing films of the last few years, Christopher Nolan's masterpieces, The Dark Knight and Inception. Neither in 3D, both massive box office hits - because people want to see good films.

3D enables the film industry to continue to produce utter crap. They paper over the faults in script because they make can people's hands come out of the screen when they point. They can charge more for their cinema tickets because a pair of dodgy goggles

"The real problem with 3D cinema is the fact that it is part of the capitalist false consciousness that Hollywood perpetuates"

is thrown in. This allows intellectually bankrupt directors like Cameron and Michael Bay to continue printing money while normal civilisation burns down around them.

Look at the quality of 3D films being released lately, The Smurfs, Gnomeo and Juliet and Justin Bieber. It has to stop. The film industry cannot be allowed to continue to release this utter trash and legitimise it by saying "Oh, but it's in 3D!" as if that makes it OK. I would gladly omit the silly plastic glasses and pay my extra two euro on the addition of a plot.

Cinema listings for
Storm Cinemas - Castletroy
Castletroy Shopping Centre, Limerick - 061 330036

One Day
1 hr 47 min - Rated 12A - 12:50, 17:30.

The Inbetweeners
1 hr 36 min - Rated 15A - 14:00,
16:30, 18:00, 19:00, 20:30, 21:30.

Rise of the Planet of the Apes
1 hr 44 min - Rated 12A - 12:45,
15:10, 17:45, 20:20.

Friends With Benefits
2 hr 0 min - Rated 15A - 13:15,
16:00, 18:30, 21:00.

The Smurfs
1 hr 42 min - Rated G - 11:10, 13:45.

Jane Eyre
2 hr 1 min - Rated 12A -
11:45, 14:30, 17:15, 20:00.

Fright Night 3D
2 hr 0 min - Rated 15A -
18:45, 21:15.

Apollo 18
1 hr 26 min - Rated 12A - 15:20, 20:10.

Colombiana
1 hr 47 min - Rated n/a -
13:00, 15:30, 18:15, 20:45.

The Smurfs 3D
1 hr 42 min - Rated G - 16:15.

Spy Kids 4: All the Time in the World 3D
1 hr 29 min - Rated PG -
11:20, 13:30, 15:45.

Hop
1 hr 30 min - Rated G - 11:30.

Incendies

David Hartery

INCENDIES is the story of siblings who are given instructions in their mother's will to seek out their father who is presumed dead, and also their brother, who they never knew existed.

What follows is an examination of morality and relationships. It shows how war changes people and how opposition brings out both the best and the worst of people.

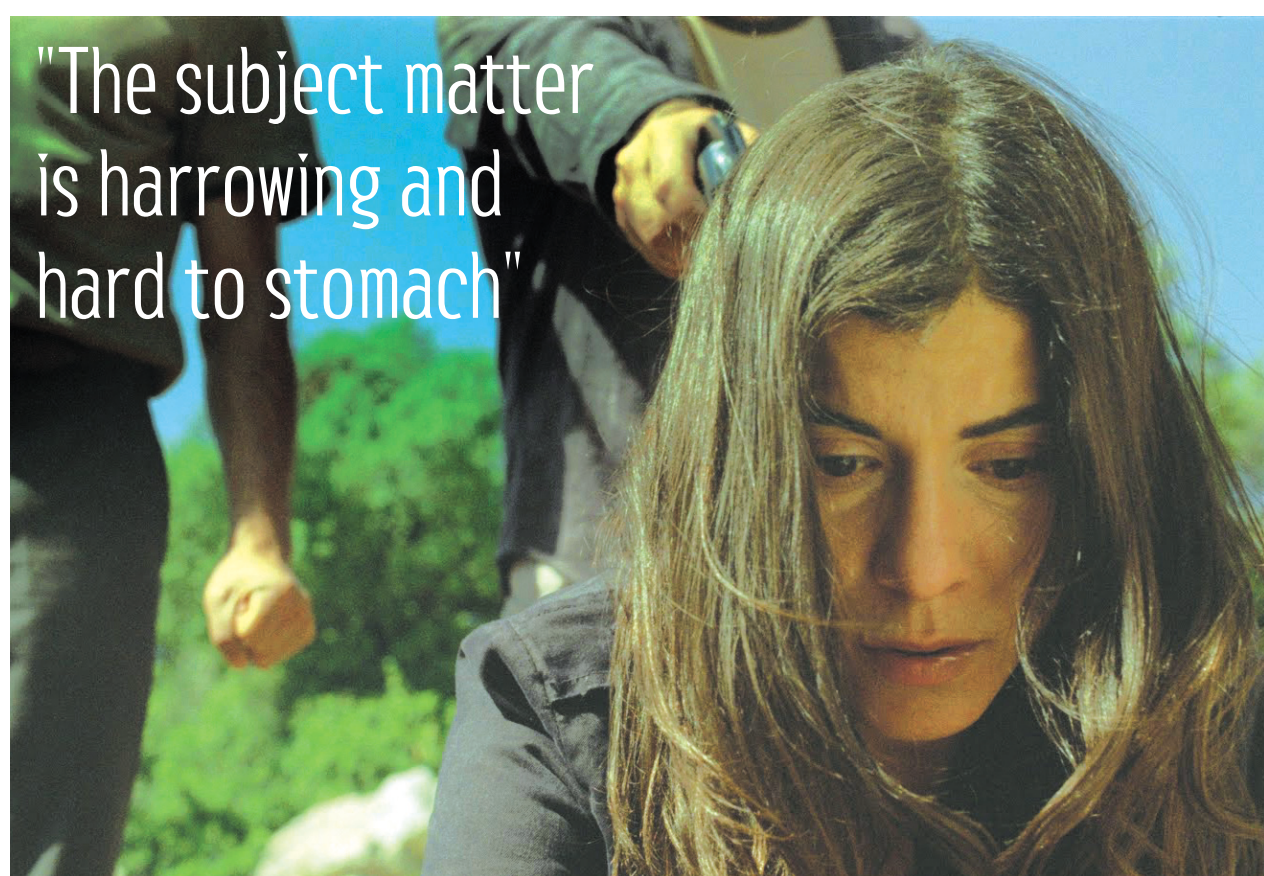
This is an absolutely fantastically shot film, a lesson in film-making for anyone with a passion for cinema. The opening scene perfectly encapsulates the best parts of the film.

Also it has the added bonus of the perfection of the Radiohead soundtrack nicely complimenting the slow establishing shots. The stark contrast between the yellows of the Middle East

and the cold blues of Canada create the motif that will define large parts of the action. The acting is also excellent, with Lubna Azabal giving a stellar performance as Jeanne Narwan, a role where she has to play a thoroughly unlikeable (for a large part of the film) heroine.

Maxime Gaudette is less impressive as Simon Narwan, one of the twins, his frustration and anger often coming across as more comedic than dramatic. However he does play an excellent foil to Melissa Desormoux-Poulin as his twin sister, Nawal. It should be noted that this is an incredibly difficult film to watch. Notwithstanding the subtitles, the subject matter is harrowing and hard to stomach.

Very little is left to the imagination, one torture scene is cut short but every other piece of suffering is explicitly on show. The film is also very long, too long perhaps, with the plot (and the twist at the end) rather cumbersome and



"The subject matter is harrowing and hard to stomach"

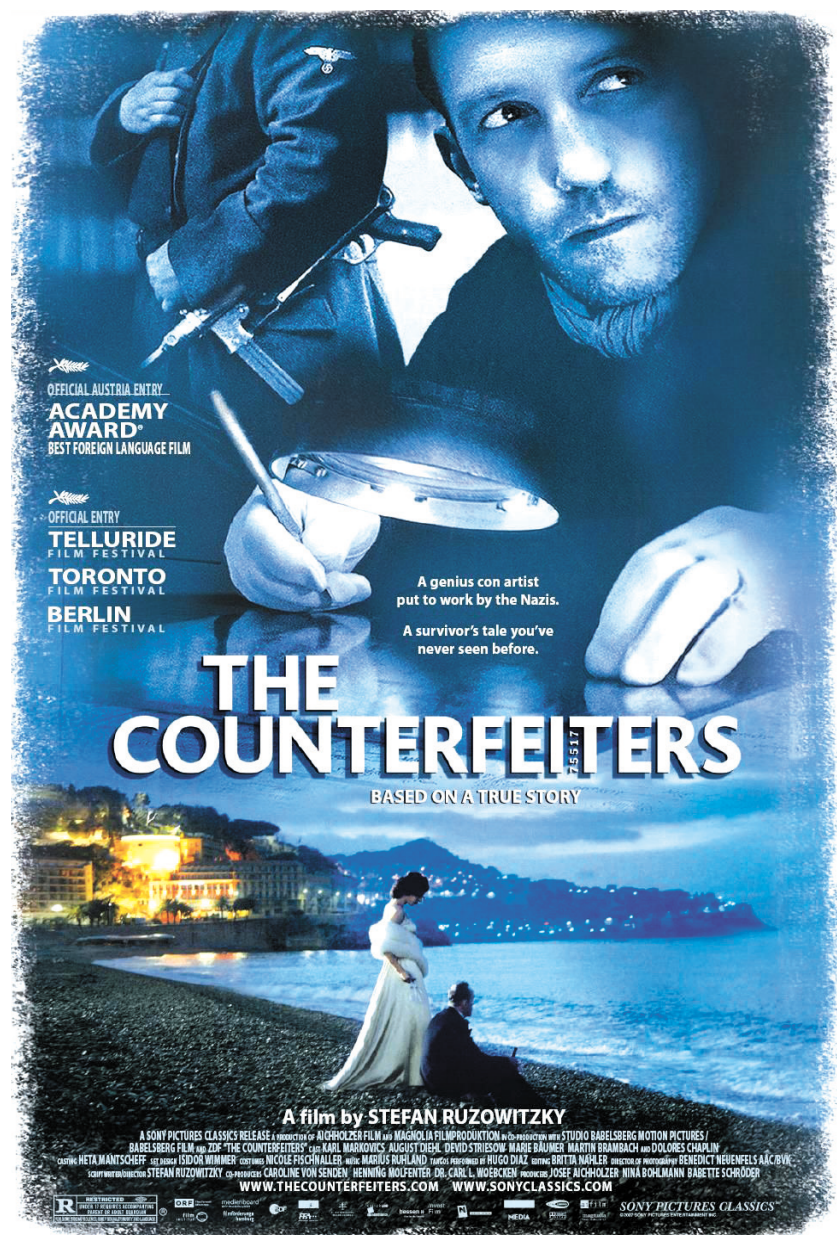
static at times. However, that shouldn't deter you from seeing this film. The ordeal and suffering that the Mother character goes through is inspirational and humbling in equal measure.

The score, the cinematography and the messages are all so well crafted. It is an

absolute example of art in cinema and well deserving of its Oscar nomination, indeed unlucky not to be the winner.

So please, I implore you, support the local arts scene and have a gruelling trip to the cinema that will be emotionally draining but truly rewarding. There is

absolutely no excuse not to go and see Incendies. In fact, you should probably go and book your ticket right now. It's on Wednesday 5 October in the Belltable, Limerick.



Die Fälscher (the counterfeiters)

Thomas Grundner

An Erasmus student shares some foreign film flavour.

The Counterfeiters is an Austrian-German movie directed by Stefan Rudowitzky and was released in the year 2007. The main Character Salomon Sorowitsch was played by the Austrian actor Karl Markovics. Grossing 19 million US dollars, it was a clear success. Furthermore, it was won the Oscar for the best movie in foreign language making it the first Austrian movie ever to walk away with the prestigious award.

In the beginning of the movie we find ourselves on a dark shingle beach in Monte Carlo just after the end of the Second World War. The sky is grey and the daylight slowly eliminates

the night. Right in front of the water sits a man in a black suit. He grabs his suitcase and heads towards the city. We watch as he opens the suitcase which is stuffed with money, then hides it in a safe. After checking into a luxury hotel, he meets a beautiful woman.

He undresses and she recognizes a tattooed number on his left forearm. It is a number from a German concentration camp. Tears flow down her cheeks and the intrigue begins.

The film switches to Berlin in the year 1936. The man's name is Salomon Sorowitsch, a Jew and one of the world's best counterfeiters. Arrested by the Nazis, he is brought to the concentration camp Mauthausen in Upper Austria where the Nazis quickly recognize his capability in art and commission him to paint portraits. Five years on and he is transferred to the concentration camp Sachsenhausen.

Here Sorowitsch is made part of the mission aimed at counterfeiting the British pound to weaken the British economy. The Nazis provide him with a team of prisoners who also have experience in this business.

Knowing that every moment counts and every decision can be their last, Sorowitsch leads his team into unknown future in which they'll hopefully all be alive.

For me, the film is joy to watch because of the acting, in particular the main character played by Markovics. Furthermore, most of the script is based on a true story. The writer and director worked closely with one of the original counterfeiting team members, Adolf Burger, and this, in my opinion, makes it very authentic. Watch carefully and you'll feel like you were actually there.

Cinema Paradiso

Keira Maher

I usually do not choose to watch Italian movies. This is for one very simple reason: I cannot speak Italian. However, this trend in viewing habits is bucked in the case of Cinema Paradiso.

I could watch it ten times over and still not get sick of it. As a story of love, loss and hope Cinema Paradiso will always be a timeless classic. Set in beautiful Sicily, it brings us through the era of post war depression and economic downturn which occurred in the 1940's. The film begins with Salvatore di Vita, an accomplished film director, reminiscing about having just learned of the death of his lifelong friend Alfredo. A child of a war victim,

Salvatore di Vita is subject to a life of recession and develops a love for films whilst pursuing an unusual friendship with the local projectionist Alfredo.

Alfredo undeniably takes young Salvatore (fondly nicknamed as Toto) under his wing and teaches him his profession.

When Alfredo becomes a father figure for Toto and guides him through his adolescent years. When his sight fails, he allows Toto to take over as projectionist, although he stresses to him that "this is no life for you". From beginning to end we see the cultural, economic, social and technological changes. The popularity of cinema falls with the dawn of television. Also, there are changes in how class acts as a means of segregation. Although it is considered as a romantic film Cinema

Paradiso has more layers that evolve as the film proceeds. This tragic love story has Romeo and Juliet written all over it. Toto, a lower class teenager falls madly in love with Elena, the daughter of a banker. Toto has nothing to offer her only his everlasting love they both know her father is not in favour of their relationship. Toto loves Elena but a misunderstanding proves to be a fatal flaw in this love story. Its initial 1 hour and 55 minutes long running time made Cinema Paradiso a flop in its own country. But on being shortened to 1 hour and 23 minutes for release in the USA, it instantly became a massive hit. With Oscar and Cannes film festival nominations this, is one truly great film. Full of lust and love, it is hard not to shed a tear in its duration. A must see movie even if it is in Italian.



Travel

La Dolce Vita: Part 1

Aoife Coughlan

Everybody should do just one thing by themselves once in their life.

With this in mind I decided on a 15 day vacation with only the company of me, myself and I. For the destination, I choose Italy. I wanted culture, passion and life. La dolce vita was only a plane journey away. My first stop was Verona. On the sight of flocks of tourists as I made my way from Piazza Bra to Piazza dell Erbe I was slightly perturbed. I soon discovered that once you stay away from tourist central, Verona is a city of beauty, heart, and character.

Frescoed churches held my attention for hours and modern art galleries offset classical art found in the Castelvecchio Museum. Verona is a delight for art lovers, not least because of its proximity to Padua, the home of Giotto's frescoes in the Scrovegni Chapel. Even if art is not your thing Verona is breathtaking. The beautiful Giardini Giusti transports you back to an era of travel more like Henry James novels than lonely planet guides. Verona also features fine food, beautiful backstreets and good shopping. But the real reason I fell in love with the city were the personal experiences; stylishly sipping corretos (coffee with brandy) in a buzzing piazza, a complimentary red wine risotto, picnic in Italian park and night time strolls filled with gelato and warm breezes. Traveling alone enhances the experience as you are liberated from the clichéd tourist image. "There is no life beyond Verona's walls", Shakespeare, it seems, may have had a point.

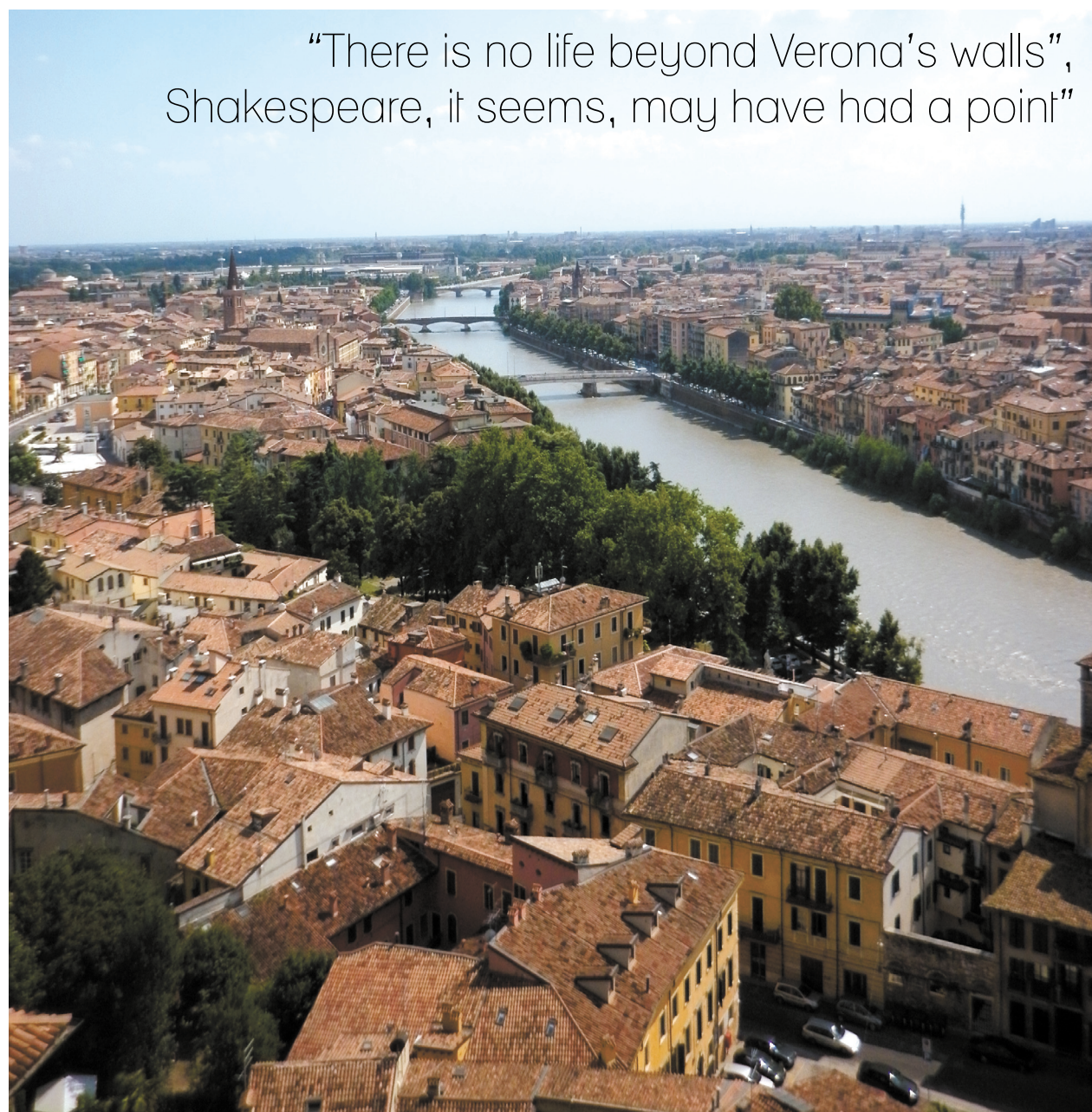
Bologna was a shock. The gritty city was worlds away from Verona. Nicknamed "The Red" for both its

leftist attitudes and burnt rust buildings, the city seems split, incorporating a sophisticated side. Classy gelaterias and Hermes shops merge with socialist tendencies. It is divided by Via Ugo Bassi which climaxes at the iconic two towers, one a sweat inducing 493-step climb. It is worth the effort though as all of Bologna is spread out before you.

Another tag that follows Bologna is "The Fat", for its gastronomic reputation. If you visit for this merit you will not be disappointed. Home of student staple, pasta Bolognese, Bologna ensures the jarred Irish variety will never suffice again. Fresh pasta making restaurant, Osteria dell'Orsa, provides gorgeous stuffed pastas for a student crowd and Osteria Anna Maria is a local institution worth seeking out, especially if they give you shots and jam tarts on the house! My stand out experience is the Osteria de la Sole.

On Vicolo Ranocchi a room with wooden benches is packed with locals at lunch. Buy your lunch at mouth-watering delis and pay just two euro inside for the biggest glass of wine imaginable. I cannot promise you will find such generous Italian companions as I, who shared their conversation and food with me but I can assure you that this may be the most atmospheric lunch you ever have! Sunday morning walks in the Emilia Romagna countryside are a must as is a day trip to Parma.

Bologna takes you by surprise, first with its severity and then with its assortment of characters. The city is summed up in the Piazza Santo Stefano: youth, families, tourists, the high and low of life converge, but over a glass or two of wine everything exists in harmony. I left Bologna vowing to return, but now it was on to Tuscany and the city of Lucca...



"There is no life beyond Verona's walls", Shakespeare, it seems, may have had a point"

The beautiful Verona

Erasmus in Spain

Alana Walsh

So I still have not left this dreary wet country! My departure is imminent though, and I am a little bit hyped up. Whoever would have thought there would be such a volume of stuff to do before moving to a different country for a mere few months. I know I have brought all stress upon myself entirely due to my frantic need to have every eventuality covered, which apparently is an impossible task. Working full-time in the middle of this madness may just be making matters worse. However, everything will fall into place, or so I keep being told.

Online check-in is complete, boarding passes printed for myself and two UL amigos that are travelling with me. We've booked a hostel in Malaga for our arrival night as we do not fancy wandering around or possibly getting lost in strange cities in the dark. The next morning we will travel to Granada, where we will be staying in a hostel indefinitely until we find ourselves somewhere to call home. Orientation begins on the 19th so it would be great if we had a roof over our heads and were

settled before then. Give us a chance to check out the local bars, you know, all the essential settling in malarkey! Plenty of time to worry about modules and the actual university part to the Erasmus experience. I finally finished off my Coop report last week and after it I think the next time I will be fit for college work is at least a month away.

I realised I forgot a rather crucial aspect to this trip, Spanish. As in, I have not studied it since last December and in true student fashion I am pretty sure I have forgotten ALL useful phrases. Never fear though, a friend of mine brought me back a Spanish phrase book from Urban Outfitters in New York, it is filled with useful ways to flirt and insult people in the language, just what I need to get by, right? Sure I'll chuck it into the suitcase anyways, the currently overflowing suitcase that is going to need to be repacked, again!

I think this waiting to go is half my problem. I just need to be on the plane already and start my Spanish adventure. The clock is ticking...

Co-op in AOIFE

Caitríona Ní Chadhain

"Everyone I've spoken to so far is really enthusiastic about the magazine"

I'm settling in here now and am really enjoying it so far. From hearing reports of others on coop who are twiddling their thumbs and spending long hours trying to look busy; I wasn't expecting to have much to do. My title here is 'Press and Communications Assistant', which sounds pretty swanky and I was pleasantly surprised to learn that I would actually have a good deal of responsibility.

My main job at the moment is to prepare a press strategy for the AOIFE (Association of Irish Festival Events) Conference coming up in November. I was quite intimidated by the scale of this at first but everyone here is really nice to work with and always really helpful with any questions I might have.

As well as my AOIFE responsibilities I've been given the role of Deputy Editor of Ballinasloe Life Magazine while I'm here. This is completely separate from AOIFE but run from the same office. This is a community magazine and I'm currently working on the 4th edition. The magazine is

new to the area so there's still quite a bit of hype about it. Everyone I've spoken to so far is really enthusiastic about the magazine and people have started to recognize me as the new reporter in town which is strange!

I've met a lot of interesting people, last week I went to meet the people of Canal House, a training college which is part of the probation service. The people were really interesting and seemed really grateful to have me there to do a piece on their work. Just last night I went to report on a local boxing club and their long history within the community. I really enjoyed meeting these people. They were very excited about having a piece in the magazine, they made sure all the coaches were there and insisted I get in the photo with them, which I tried to decline but it was me versus a group of boxers so reluctantly I ended up in the photo.

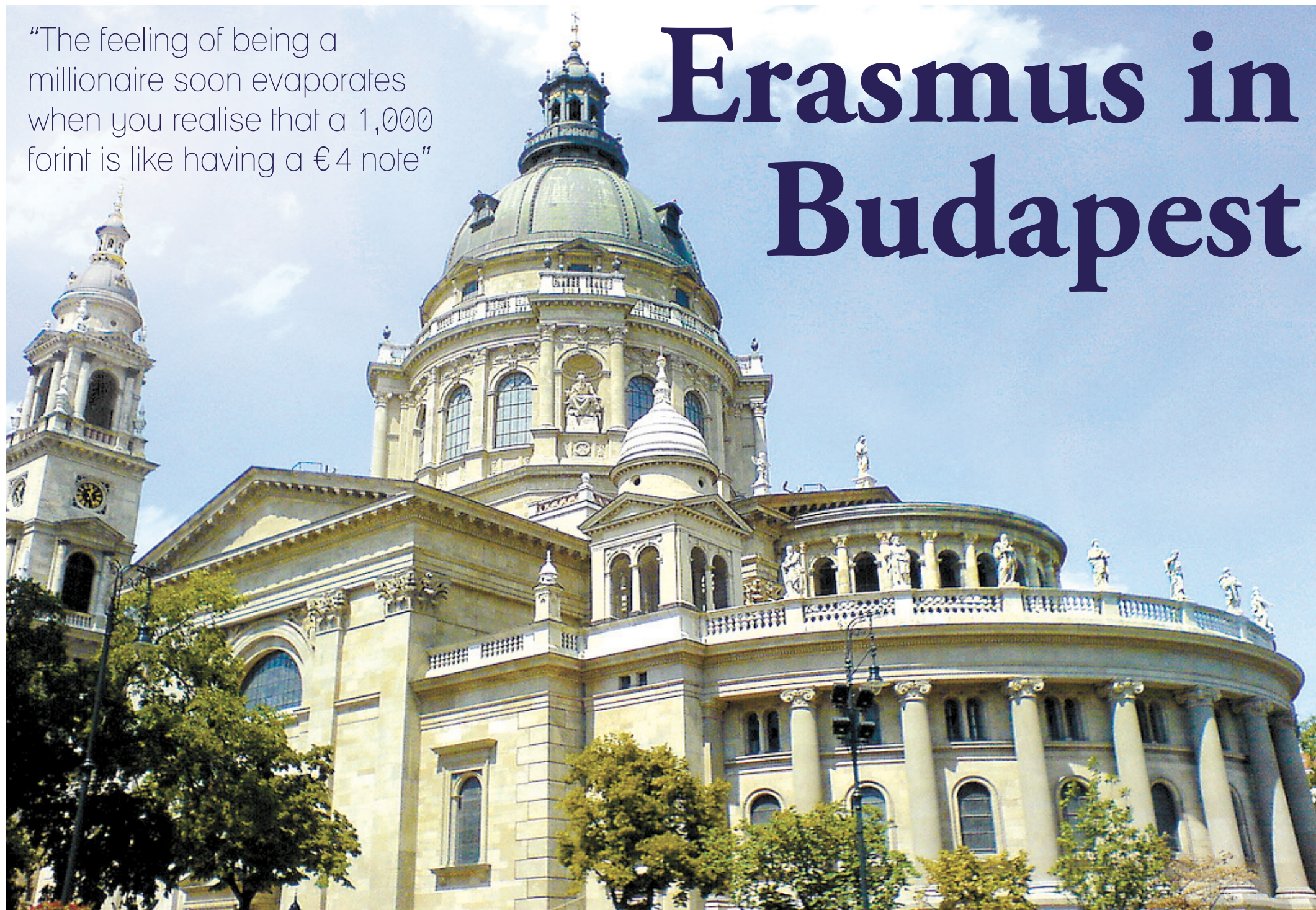
The only downside at the moment is the fact that most days it's me and my bike versus the forces of nature getting to and from work. It's getting darker and windier and the fact that I have to cycle through the grounds of an old psychiatric hospital on my way to and fro isn't comforting. But apart from that all's gravy!



Travel

“The feeling of being a millionaire soon evaporates when you realise that a 1,000 forint is like having a €4 note”

Erasmus in Budapest



St Stephens Basilica

Darragh Roche

THE first signs I saw in Hungary were ‘Tesco’ and ‘Hungexpo’. I haven’t investigated the latter, but the former told me more about Budapest than my guidebook could.

I arrived at my new apartment in 28° heat just after sundown. My elderly landlady and her husband greeted me enthusiastically, but speak no English. Luckily, she and I speak decent German. On Wednesday she showed me every possible attribute of my

apartment; on Thursday she probed me at length about life in Ireland, our use of the metric system, how we take our coffee and what we eat at Christmas. Later I went exploring. The city is beautiful: St Stephen’s Basilica and parliament are staggering, even more so is the view across the Danube of the castle and Mathias Church. A stroll in Pest is a pleasure. It’s far more relaxed than Dublin or London, with young couples strewn on benches and bulky,

bored policemen loafing on street corners. It’s the little differences that I notice the most. There don’t seem to be any Page 3 girls. Instead, the topless blondes appear on the front page. In my local Tesco, there are live fish in a tank alongside other fishy products.

Shops are generously stocked with every kind of nut, seed and cashew available, though I have yet to see potatoes and finding salt took a 20 minute search. Filling chicken with

melted cheese has somehow become popular here. Hungary hasn’t yet changed to euro, so I’m spending notes of 1,000, 2,000 and 5,000 forint. The feeling of being a millionaire soon evaporates when you realise that a 1,000 forint is like having a €4 note. It’s difficult to believe now that when I was born, this city was just beginning to shake off nearly 50 years of malignant Soviet influence and state terror. These elegant boulevards and

tapering promenades once teemed with spies of all nations; the people lived in constant fear of the secret police and to the casual Westerner like me, Budapest was just another part of the hellish and egregious Eastern Bloc. Little evidence remains of that in the attitudes of the Hungarians or the appearance of their ravishing capital. It is as if Budapest was sealed away some time in the late 1920s only to be unleashed into the commercial world 20 years ago.

A Grad Down Under Erasmus in Sweden

Sinead Ní Chatháin

One of the biggest obstacles when moving to a new country is getting to grips with a new language. Australia, although an English speaking country, seems to befuddle even the best linguists with its unique colloquialisms and strange phrases. Over hundreds of years, Australians have developed their own unique way of conversing that can be very difficult to master or even understand. Moving to Oz with no prior knowledge of the local lingo can make settling in a bit of a challenge. Therefore, before I leave for the land down under, I am determined to do my homework and ensure that I know my grog from my tucker and my flat white from my long black. Collecting the vocab needed to become fluent in Australian requires some contact with real locals. This is where my extended family comes in. I’ve already picked up a certain amount of slang through my Aussie mum, and extending my vocabulary can be done with a simple phone call to a cousin or a friend already fluent in Australian. Aussie

slang is difficult to learn, but easy to find; foreign and bizarre words pop up everywhere in conversation. My list is by no means extensive, but I hope it can help some of you if you ever decide to join us Irish down under.

My A-Z Essential Aussie Vocabulary:

Arvo - The afternoon
Bludger - - Lazy person, layabout
Crook - Sick, injured; a crook leg
Doodle - Penis!
Exy - Expensive
Flat White - A regular coffee with milk
Grog - Booze!
Hoon - Dog
Icy Pole - Icecream
Jumbuck - Sheep
Kindie - Junior Infants
Long Black - Americano coffee
Moolah - Money
Nong - A stupid person
Op Shop - Charity Shop (amazing for bargains!)



Pom - An Englishman (usually a light insult!)
Qantas - Australian Airline
Ripper - great, ‘You little Ripper!’
Spunk - a hot guy/girl
Tea - Dinner
Ugg Boots - no explanation needed!
Vegemite - a much better version of Marmite. Delicious!
To Wag school/college - To skip college
XXXX - pronounced Four X, Aussie beer
Yakka - Work
Zilch - Nothing
Happy yappin’!

Adam Leahy

Does anybody remember the first time they saw Avatar in 3D? Do you recall the feeling of awe and visual pleasure when, in the opening scene, the guy literally floats out of his bed and into the cinema, basically into the seat beside you? As clearly as you remember this, you’ll also remember the ending; the part where you stand in the foyer afterwards and think, “Wait, that was just Pocahontas in space with the colours inverted”.

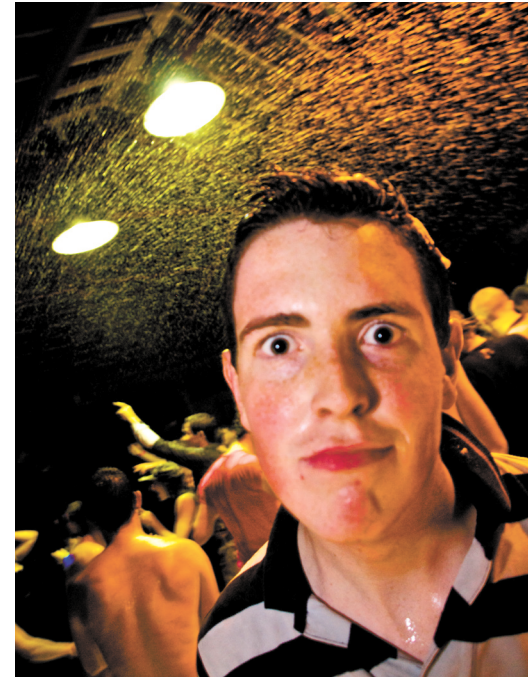
This is an Erasmus column, why am I talking about Avatar? Because, so far, my experience has proven to be quite similar to what I felt after first seeing that film, a vague familiarity. Often since I’ve arrived I’ve thought about my first week of college, the sleepless first nights, the ‘Hi I’m Adam’s, the awkward introductions followed by the even more awkward conversations, the homesickness and the defiant sense of excitement about the whole situation.

This pattern of familiarity seems to be following me. It was brought to a point of ridiculousness when I got my module outlines and book list. I had to

laugh when I saw it, not only would I be taking achingly similar modules to those I studied last year in UL, but the reading list is almost identical. Needless to say, those books are now in the post. Are there any differences? Of course there are. Classes are quite different; lectures and module structures as we know them do not exist, in their place are a series of five week modules made up of small (15 person) almost board-meeting-like classes not unlike UL’s tutorials. This, unfortunately, implies that if there is reading or out-of-class work to be done then it had better be done. So much for a holiday semester, I am already knee-deep in Virginia Woolf (oh, not like that, keep your mind out of the gutter). In the interest of keeping things short (i.e. less boring) I will leave you with a list of the three biggest possible influences on my time in Sweden:

1. I live on a floor containing 12 or so other Erasmus students – Party!
2. My total class hours for this semester add up to 79 - Party!
3. In order to complete this semester, I have to write a thesis - Oh...

In Focus



Freshers' Week, In Focus

Cheeky chappy Paddy Kerley went out and about this Freshers' Week to bring you the best shots of the Wet & Wild Foam Party and the Pleasurefest UV Paint Party. Enjoy!



In Focus



Clubs

A New Year for Outdoor Pursuits



The Outdoor Pursuits club in Killary

Katherine Davis, OPC PRO

WELCOME back to UL and another crazy year in the Outdoor Pursuits Club!

This year in the OPC marks the 20th anniversary of the start of the club and is a milestone in itself. From the demolition of our beloved climbing wall, to the launch of our new club website designed by our very own Keith O'Neill, the OPC is looking at a fresh new start for the year.

After the centre of the PESS building was torn down over the summer, the Outdoor Pursuits Club has found itself without a home for the time being. We are currently working on setting up a new wall in the Grounds and Maintenance building across from the Sports Arena, which should be up and running in the coming weeks.

In the meantime, we have planned plenty of other activities to keep our members busy! With weekend trips, weekly club runs, climbing trips to the Burren, Wednesday night caving trips and information sessions to teach skills

like rope tying, we are sure you will find something to fulfill your interest in the outdoors. Trips this year vary between the different aspects of our club. Caving, climbing, hill walking and orienteering will all have day trips and weekend trips.

Our first weekend trip of the semester will be to the Burren for rock climbing and Doolin for hill walking. Other weekend trips will be our annual trip to Letterfrack in Week 6, a hill walking trip in Donegal in Week 8 and two Caving weekends in Weeks 8 and 10.

Keep an eye out for Club Nights out too! Usually starting in The Scholar's Club and then moving into town, it's a perfect way to meet people in UL. To keep up with what we're doing for the semester follow us on Facebook, UL Outdoor Pursuits Club, or join our mailing list for weekly emails about our club activities and trips! You can also check out our new website at www.ulopc.com or drop us an email at info@ulopc.com.

We're Back Windsurfing This Weekend!

Brian Stewart, ULWC PRO

The recruitment drive was a great success as we got over 70 new members and a few returning members for the club.

Our first trip will be on this weekend (September 23 – 25) and it will be a complete beginner trip. The cost of the trip will be €35 and that gets you transport to and from Castlegregory, accommodation, food for 2 days, hours of tuition and rental of gear. All you need to do is bring yourself, a change of clothes and a towel.

We will take care of the rest. Sign up will be from 12pm – 1pm on Wednesday September 21 in the red raisins restaurant near SUBWAY (B block). This is done on a first come first served basis because there are a limited number of places available on the trip. So be sure to sign up at 12 to get your spot. Also remember you have to sign up in person to get your place on the trip! We are all looking forward to this weekend now. It's gonna be a good one!

UL Ladies Hockey Club welcomes new members

Our club consists of two teams, division one and division three which caters for all players of all abilities.

We train on Tuesdays and Thursdays from 6.15pm - 8.00 pm.

Our matches are at weekends and we get the privilege to travel and play on various different pitches all around Munster, playing different teams.

Our league matches commence on the September 24. We are also all excited for the inter-varsities which take place

at the end of October. We have been honoured to have special guests, the Irish senior coaches, to train with us next month, which is another exciting event for us to look forward to.

As a club, we have many fundraiser nights planned. From speed-dating to interfaculty tournaments, there's something for everyone!

Also, plenty of hockey nights are on the cards. We look forward to this season with anticipation!

UL Badminton Club wins National Award

Rachel Harrison and Jean Charpin

UL Badminton club was represented at the Badminton Ireland Awards for the first time this summer.

A group of members, including the Captain Colm Cunniffe (UL Staff) and Chairperson Rachel Harrison (4th year, Mathematical Sciences), represented the club at the Badminton Ireland Awards ceremony in Dublin. Damian Hehir (Graduate, Physiotherapy) won the regional Volunteer of the Year award for Connacht. Badminton

Ireland praised his contributions to the Intervarsity tournament held in UL in March 2010, which was described by the committee as 'a wonderful and successful event'. The club was also nominated in the following categories: 'Website of the Year', 'Club of the Year' and 'Volunteer of the Year'.

In the next few weeks, badminton players will be very busy. The club will host the 8th annual Irish International Student Badminton Tournament (ISBT) in the UL Arena on October 29-31 2011. UL will also enter teams in the Limerick league. The Limerick League competition involves matches played both home and away between clubs all over Limerick and runs

through November to March. Training and team selection will start in the next few weeks.

Anyone interested in taking part in these events should contact a member of the committee. Our main points of contact are Rachel Harrison (0852309@studentmail.ul.ie), Bridie Welsh (0879835@studentmail.ul.ie) and Colm Cunniffe (Colm.Cunniffe@ul.ie).

You can follow our activities on Facebook at <http://www.facebook.com/ULBadmintonClub> and on our website at <http://www.csn.ul.ie/~shuttle/>.



Clubs

No Rest for The Ninjas

Áine O'Donnell

For the fifth year in succession, The UL Ninjas competed in the annual Windmill Windup Ultimate Frisbee Tournament in Amsterdam. In contrast to 2010, the team brought a squad of 24 determined young players, a team more than 3 times the size of the previous year.

NUIG and UL have had a long standing comradery regarding Frisbee, and this year's troop consisted of a mixture of UL, NUIG and UL's comrades in arms Spot, Enda and Graham. We Departed from Dublin Airport on Thursday 16 June in high spirits and triumphantly pitched our tents at the pitches of the "Nationaal Rugby Centrum Amsterdam" later that Afternoon.

The team rose ready for action on the Friday morning, each player eager to see what the tournaments "Swiss draw" would bring us. This eagerness turned to

readiness once we discovered our first match was against the renowned team "Gentle". The first match is always the hardest we discovered, as the opposing team was anything BUT gentle and after a defeat, our mood was grim.

The squad was left feeling unfulfilled. Knowing we hadn't played our best, we set our sights towards the next match. Our form improved over the afternoon and we fought hard against "Barbastreji" and the "Funatics", just failing to claim a win on the former by a 2 point gap, beaten only by the clock. Despite failing to clinch the win, a lay-out point by the club's own Conor Carey left both teams speechless and bursting into a round of applause. Despite the unfruitful Friday, we were in high spirits and approached Saturday's matches with a battle ready mind set: we hadn't been "bagelled" yet. The team reported at the pitches Saturday morning, ready for duty. The morning started out much like the previous one with a defeat against "tsunami vintage", however, things were looking up as we secured our first victory, against the amiable "Soimii Patriei" in a remarkably well spirited game. The



Game also saw Amy Clancy score her first point at international level. We had a new determination within us; this was clipped soon after however, by "Ultimate DeLux" when they beat us in an epic encounter in the afternoon. We picked up after hearing that our final match of the day was to be against our old friends "Soimii Patriei"; we'd be able to win two matches at least. Soimii Patriei didn't make it easy the second time however, taking an early lead, but the Ninjas pulled back by scoring an astounding 10 points in a row, steamrolling their way to victory. The final team huddle saw Niall McCarthy walking away with MVP having earned MGP the previous year.

After a hard day of Ultimate there was nothing left to do except play the customary gigantic game of "Mingle-Mingle" and join in the tournament's traditional Saturday night festivities. We gathered the next morning for what can only be described as a truly incredible tournament final the next day.

All round the trip was a success, with this year's Club President and Team Captain Barry Walsh stating "It was a real honour to captain UL at windmill windup. It was a great tournament and we really did ourselves proud with some of our performances. It was a great learning curve and we gained a lot of experience from it, which will hopefully help us improve for next

year. Thanks also to the NUIG Panteras, Enda Spot and Graham for joining us and playing out of their skin"

The UL ninjas have remained busy during the break and we encourage all of our players to join a tournament over the summer. With several tournaments lined up, we are planning our own International Tournament in the spring semester of this year to come. Some have even gone as far as starting their own clubs in their local area. Should you wish to learn more about training times and events planned for the future, Please do not hesitate to contact us on our website: www.ulninjas.com

Strength in a handshake

Vincent Lee,
UL Shotokan Karate PRO

Recruitment Night has just passed, and every year I find it is a rewarding time to be a part of Clubs & Socs.

It is invigorating to see the martial arts community side by side at the stalls and we will soon see them working together in the near future.

Special mention goes to Srđan (Krav Maga) for his hard work and Aoife (Tae Kwon Do) for being an active member of three martial arts clubs over the past two years.

The Karate black belts are back in good form, mature fourth years some of them, and fresh from the rigors of summer training in their home dojo (martial arts school). As the remaining "old boy" of the Karate club (member since 2006) I believe this year will be the brightest of all.

Plans for the coming weeks include a Quiz Night at the Sports Bar on Wednesday 28 in Week 4 (many quality prizes including 4 tickets to see the Ireland V France Rugby League match in Thomond Park in November) and a Martial Arts Promo night on Week 6 together with Krav Maga and Tae Kwon Do. A few casual martial arts movie nights and relaxing drinks after training are a must now that the Karate HQ is in Cappavilla Village for the academic year!

We will have our own sensei (martial arts teacher) up for seminars and a grading/exam in October and November to keep us on our toes and learn new tricks especially useful



for self-defense or competition. The club has never come away from a competition without a medal and anyone in the club can compete. Competition sparring is semi-contact so there is a relative safety for anyone to compete in this sport.

We are keeping our eyes on the open competitions from various organizations and meeting old rivals at the Intervarsities in the second semester. Speaking of the second semester, ten of us will be travelling to Tokyo in early January for training in the honbu (headquarters) under Kancho (grandmaster) Kanazawa and

present our donations to the Tsunami-Earthquake appeal. Kancho's ancestral village of Miyako (a fishing community) in Iwate Prefecture was devastated by the tsunami in March.

We would like to do our part for the SKIF Tsunami Disaster Fund since our black belts are all part of the SKIF family (Shotokan Karate International Federation). We have been busy with fundraising for the past year. This will be the third time the club has travelled to Japan, the home of modern Karate.

There are a few places still open and we hope to bring some of the new members of the club with us.

This year our Shotokan Tiger will be delighted to be part of the UL "wolf-pack" of martial artists and serve the UL community.

Training Tuesdays 7pm - 9pm and Thursdays 8pm - 10pm in the UL Arena for the foreseeable future. Let the receptionist know you're there for Karate class and they'll let you in for free. Like our Facebook page at www.facebook.com/ULKarate and keep up to date with events and training. Email: pro@ulkarate.net

€400 worth of prizes with UL Rowing

Sean Sweeney,
UL RM President

Over 100 new novice rowers were put through their paces at UL Boathouse this week following last week's successful recruitment drive.

They were given a tour of the excellent facilities at the Boathouse before being shown the basic rowing technique. Novice training will continue to be held between 5pm and 8pm on Mondays and Wednesdays. If you are interested and haven't signed up yet, you are still more than welcome to join us. If you have any questions, don't hesitate to call in to the club any evening after 6pm to talk to our coach James Mangan.

At the moment, we are organising a weekend trip away for the entire club. This will be a great opportunity for the new rowers to get to know the existing members and each other.

Final preparations are now being made for the 2011 Winter Run Series, which begins the 29th September. This is a 9 week series with the course distance increasing every 3 weeks, 5k, 7k and 10k. It is 5 euro per night, or 40 euro for the entire series. There is 400 euro worth of prizes available, with prizes being given to the top 3 men and women. This would be a good event if you are interested in improving your general fitness. For more information see www.ulrowing.com/winterrunseries

Societies

Gay Mitchell comes to UL

Anthony Woods,
UL Young Fine Gael PRO

UL Young Fine Gael welcomed the FG presidential candidate Gay Mitchell to Campus on Friday of week one with a walk around the University.

The society also treated Gay to lunch in Eden. Gay arrived into the Students Union courtyard before 1pm where UL YFG members had a stall set up to welcome him. Gay was accompanied by Kieran O'Donnell TD for Limerick, Seán Kelly MEP and Cllr Mary Jackman. Gay took a stroll through the campus, down to the Library and on to the Ski Slopes. The group then headed to Eden Restaurant where Gay had lunch with the students of UL. With his hectic schedule, it wasn't long before Gay had to head out on the road again but not before we passed through the Stables, the social hub of UL.

Gay is a strong contender for the Presidency and is more than capable of representing Ireland on the international stage. Mr Mitchell has been a TD for 26 years and an MEP for 7 years. Born in Dublin the youngest of nine children, his father died when he was five years old. His mother served as his inspiration, working nights to raise her children. Gay went to night-school, college and University. He became a youth leader before holding elected office.

UL Young Fine Gael will be working hard for the year ahead and there has never been a better time to join us as we secure Ireland's future. So join us in rebuilding Ireland!
ulyoungfinegael@gmail.com



Gay Mitchell at the UL Main Entrance talking to Student Advisors

UL Racing & Motorsport, Off the Starting Line!

Sean Sweeney,
UL RM President

UL Racing & Motorsport (ULRM) had a very successful registration for a new society. Lured by the rush of experiencing motor racing and the idea of visiting Monaco for the F1 in May, we picked up an extra 50 members at the C&S drive, pushing our numbers to over 60. With our members in, we rushed to have our first event, Jap Fest at Mondello Park in Naas, the week of the C&S drive but everything was on short notice so the idea was disbanded as our first club event, although some members did attend in smaller numbers. This left us to start the planning for our next event; the Irish Superbikes Adelaide Master series at Bishopscourt, NI. We are planning on heading up to the North on the Friday evening so we can be ready for the qualifying on the Saturday, we will be organising access to the pits so members can see what's required from an Adelaide Master Class race team. We will also be having a night

out up in Belfast on Saturday night, and then Sunday is the Racing. This will be taking place on September 24. We will begin our weekly event of Go-Karting on Wednesday Week 2 at the National Karting Centre in Corbally, Limerick. There will be a round on Week 2 and Week 3 for everyone to get a chance to experience the machines before we dive into the UL Karting series. This Championship will continue throughout the year and points will be up for grabs at each event from Week 4, our Karting weekends away will have one Championship race worth more points, the rest of the weekend we will be having team endurance races, sprints, and a bit of show drifting, along with experiencing the night life all over Ireland. The winner of the UL Karting Series will be one of the drivers in the UL Formula Student Race Team.

The big trip we are aiming for, and are busy determining the potential of, is the

"We will be organising access to the pits so members can see what's required from an Adelaide Master Class race team"

Monte Carlo F1 GP, Monaco. This trip is still in the early stages of planning but it's dated to be on the weekend of the May 27, just after exams. We will be looking into going there for 4 to 5 days, if you're interested keep reading An Focal as we will be posting the progress of this amazing opportunity, along with the progress of our internal and intervarsity go-karting championship.

If you're interested in this soc and being involved in Irish motorsport or just fast fun, check out UL Racing/ Motorsport on the C&S page, there is a lot more to come and some serious opportunities to take advantage of.



Societies

Taoiseach accused of election U-turn

Damian Kelly,
UL Ógra Fianna Fáil PRO

AN Taoiseach Enda Kenny has been accused of overseeing another election U-turn after the Government approved Thursday October 27 as the date for the Presidential Election and referenda.

According to UL Ógra Fianna Fáil Chairman, Ger Fogarty, An Taoiseach tabled an Electoral Amendment Act in 2007 to conduct the elections at weekends, which was subsequently defeated.

Mr Fogarty said Fine Gael also made a pledge in its General Election Manifesto to secure

weekend voting for future elections, which represented another broken pre-election promise.

The last general election, local elections and European elections were all held on a Friday. Speaking at the Clubs and Societies recruitment drive, Mr Fogarty complained that "this date disenfranchises thousands of students who would find it logistically or economically impossible to return to their local constituency to vote in the election and referenda. Most students were not due to return to college when the date was confirmed.

This gave them very little time to register for a postal vote. "Mr Fogarty has called on the Minister of the

Environment Phil Hogan TD to amend electoral legislation extending the registration period for a postal vote for future elections and referenda "in the interest of everyone who has the constitutional right to vote, a right which was hard fought for". Ógra Fianna Fáil has consistently fought for weekend polling and is running an online email petition to Government Ministers on www.ogra.ie, and I invite all students to log on and fight this blatant disenfranchisement. Overall, the recruitment drive was very successful for UL Ógra. The interest amongst students joining the Cumann was excellent. "Given the current circumstances, people are far more interested in

joining political societies, asking questions and getting their voices heard" Mr Fogarty stressed. Also present were Clare Councillor Cathal Crowe and Willie O'Dea TD for Limerick City.

Members can look forward to a lot of events throughout the coming year. These include guest speakers, annual Dáil trip, Ard Fheis, National Youth Conference, President's Dinner, charity fundraisers and lots more. UL Ógra Fianna Fáil meets every Monday evening in Room 3 of the Student's Union at 6pm. For more information or to join, email ulogra@gmail.com or visit www.facebook.com/ulogra.



Willie O'Dea, TD for Limerick City

UL Debating Union to host Abortion debate

David Hartery

Abortion is an issue that many feel strongly about and it is one that is once again topical in Irish political discourse. This follows the ruling in the European Court of Human Rights last year that the current Irish legal status quo fails to vindicate the human rights of certain women.

This ruling in ABC v Ireland has raised a number of political and ethical questions. The University of Limerick Debating Union will be

hosting a debate on the topic on Thursday September 29. Speaking for the motion "This House Believes Ireland should change its stance on

abortion" will be Malachi O'Doherty, the BBC Louis MacNeice Writer in Residence at Queens University Belfast. Mr. O'Doherty is vocal commentator on political affairs, writing for The Irish Times, The Guardian, The Sunday Times, The Observer, The Scotsman and The New Statesman.

Speaking against the motion is prominent legal academic and pro-life advocate Professor William Binchy from Trinity College Dublin. Professor Binchy is an outspoken critic of attempts to legalise abortion in this country, successfully campaigning to maintain the constitutional prohibition on abortion in 1983. Students of law will no doubt be familiar with McMahon & Binchy "Irish Law of Torts" among his other high profile seminal publications.

There will be a number of other submissions on the night, from both students and high profile speakers.



ARTHUR COX

Invites **UL Students** from all degree courses to a Presentation on our

Trainee Solicitor Programme

at 6pm on Thursday, 29 September 2011 in **The Wood Room, Plassey House at UL** followed by a Reception.

Dress is casual. The presentation will last approximately 45 minutes.



For further information on our Trainee Programme visit our website at

www.arthurcox.com/trainees

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WEEK 3

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WEEK 4

MEET YOUR ADVISOR

WEEK 5

LEARNER SUPPORT CENTRES

WEEK 6

CAREER, CIVIC ENGAGEMENT & VOLUNTEERING
AWARENESS

WEEK 7

CRITICAL THINKING & LONGER TERM PLANNING



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Union

THE
PRESIDENT'S
COLUMN

Derek Daly,
President

Weeks 3 and 4 coming at ya! Glad to see you've managed to get this far.

I hope everyone is registered and using the necessary supports. When I finish writing this I'm off for a tour of the campus to meet you, the ULSU members, to ask what we need to do to make ourselves more relevant to you. We are all a Union of students, we are part of the UL community, so lets all pull together and make this the place to be!

Considering this is printed on Tuesday the 20th we either have approval for a new Council structure or we don't, hopefully we'll be running a new Council this year, if not, all I can say is at least I tried to give you what you voted for if you voted for me in March.

Looking back at the 2nd edition of An Focal from last year, Ruán also wrote about formalising structures. I have about 10 other Word documents open as well as typing this which are draft job descriptions for the members of the new Council.

I know it's not an exciting concept to many, but it's such huge change in terms of what we have.

Derek Daly
President
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WELFARE
WATCH

Tara Feeney,
Welfare Officer

Howdy,
Hope everyone enjoyed their first week back!

The last two weeks have been crazy busy in the Union. Orientation week was a great success and many thanks to everyone who helped out around the Union. We couldn't have done it without all your help!

A lot of students have come to me already with accommodation issues. It's very important that you are happy with your house before you hand over any money or sign a lease. Also, I would advise everyone to take dated pictures once you move in, this will ensure that you are not held responsible for damages that were there when you moved in. If you need advice regarding your accommodation, don't hesitate to call into me or send me an email.

If you are a single student parent and are struggling with the cost of childcare, the Childcare Bursary Forms are now available from the Student's Union reception. The form must be completed and returned by Friday week three, so the quicker you pick up a form the better.

Think that's all for now,
Until next time!
Toodles,

Tara Feeney
DP/Welfare
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ENLIVENING
EDUCATION

Aoife Kenny,
Education Officer

Hey All,
So hope you're all settled back into campus life.

It has be an absolutely CRAZY few weeks since Week 1, with exam rechecks and appeals and deadlines and people wanting to change course. All this and developing and finalising the new Class Rep structure, which will hopefully be passed when this goes to press!

I hope everyone enjoyed Fresher's Week with 5ive and S Club, I'm sure everyone remembered the dance moves to "Reach for the Stars"!

I want you all to remember that my door is always open. I have a lot of University Committees to sit on so if I'm not in the office, please email me and we can make an appointment. The most important thing to remember is that this is YOUR time, it's YOUR future and if there is any lecturer or tutor or anything getting in the way of you achieving your very best then I'm here to help you solve it.

Contact me at any time and remember; be a Class Rep.
Hope everyone enjoys the ULFM radio Launch this week!

All the best,
Aoiffs

Aoife Kenny
VP/Education
061 203491 | 086 043 5302

CAMPAIGNS
BRIEF

Paddy Rockett,
Campaigns and Services Officer

Well would ya look at the cut of ya? Freshers Week and you're wrecked... the smell of cheesy 90s pop lingers in the air.

Hope you all had a great week of Craic banter & shenanigans. All I know is that if that was Freshers Week, I'm looking forward to the rest of the year! Last week was also Student Safety week so I hope you have taken heed of some of the great advice on offer. Remember: we are here to look after your safety and welfare but the responsibility lies with you.

This Week is Know your Union Week and it is essential you get involved here. We do so many things day to day that students don't know about... and you should, this forum and meeting will be a must see for anyone who needs more info on their union.

Kelly's Radio Launch is on Wednesday and I'm really looking forward to it. It's so nice when something someone has worked on comes together so well. Keep an eye out for student wellbeing week next week for more mayhem and shenanigans.

Hope your enjoying yourselves!

Paddy Rockett
VP/Campaigns and Services
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WORDS
FROM THE
PSA

Sarah Jane Hennelly,
PSA President

Hi there! I hope you are all settling in nicely.

Firstly, I'd like to start off by thanking everyone who came and helped out with PSA Annual BBQ, it was a great night! There will be many more to come over the course of the year, so keep an eye out for Postgrad events on our PSA Facebook page.

PSA will be hosting Faculty Parties from week 1-4 for each faculty. It is a great way to meet others from your faculty, be it research or taught. It will be held in Scholars Bar with live music and drinks promotions.

PSA provides a limited amount of financial aid to postgrads in the form of the Childcare Bursary which is intended to help students who are single parents struggling with childcare costs. Application forms can be found at the SU Reception.

PSA also provides a limited amount of HARDSHIP Loans which are interest free and are to be paid back in full before graduation. The loans are not to be used for fees of any kind and are limited to those most in need.

Remember, PSA is YOUR representative body, use it!

Sarah Jane Hennelly
PSA President
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Rape Crisis Midwest support SHAG Week

Annie Dillon

Rape Crisis Midwest is delighted to be participating in this years Sexual Health and Guidance (SHAG) week which will commence on the October 4.

SHAG week aims to concentrate on the issues surrounding sexual health with additional attention to the emotional side of sex. For the first time, Rape Crisis Midwest will be contributing an exhibition and information stand during SHAG week. We endeavour to provide a non-directive and non-judgemental counselling service, which is free and confidential with the support of professionally trained counsellors.

For those who have experienced and survived sexual violence we appreciate how difficult and painful to have to face the trauma of reliving the experience in a court setting.

Such an experience can often be intimidating and worsened by the fear of facing the perpetrator in a court of law. Rape Crisis Midwest recognises this and provides a court accompaniment service for advocacy and support through emotional support prior, throughout and after the Court process.

Rape Crisis Midwest relies heavily on the contributions of our volunteers. Anyone interested in volunteering please do not hesitate to contact our office by emailing verena.tarpey@rapecrisis.ie

ie or call to our stand during SHAG week. We offer training programmes, which will equip those interested in becoming Volunteer counsellor or Sexual Assault Treatment Unit (SATU) Support Worker. The training course for volunteer counsellors is run over two year's period. The aim of the training is to provide prospective volunteers with a good foundation in counselling theory and counselling skills.

SATU Support Workers provide an out of hour's service based in Limerick Regional Hospital. Support Workers provide emotional support, information and advocacy services to clients in the aftermath of rape or sexual assault by accompanying them to the assault unit. In addition, we regularly hold

workshops on topics such as handling disclosure, impact of child abuse, the aftermath of rape, sexual harassment and impact of pornography.

In addition, Rape Crisis Midwest is delighted to be one of the charitable partners of the PVA at University of Limerick. Last year, we had up to 20 students volunteering at our centre.

We will be available to answers and questions or concerns throughout SHAG week and look forward to participating in the event.

For anyone wishing to avail of our services in a confidential and non-judgmental matter, our Freephone number is 1800 311511



**RAPE CRISIS
MIDWEST**

Interview

I, Keano Director brings Best tribute to UL

Jason Kennedy

Over the last few years, Peter Sheridan has been in charge of incredibly popular plays, such as 'I, Keano' and 'The Shawshank Redemption'.

Now he has moved onto a brand new theatrical venture, a musical based on the life of famous footballer, George Best. His musical 'Dancing Shoes' will

hit the University Concert Hall for one week only from Tuesday 27 September. Mr Sheridan says that the process of making 'Dancing Shoes' took over 10 years and started with the composer, JJ Gilmore, who wrote and created the music. Mr Sheridan said it took Mr Gilmore a while to find the appropriate backing to start the musical.

"JJ gave the CD to Marie Jones, who is a highly respected in theatre. At first she wasn't interested in the project. She thought that there was enough documentation on George Best, but JJ asked her to listen to his CD and it just blew her away.

"I became involved in the project in November 2009. I was immediately interested in it, because I'm a big football fan. I read the script and I gave them some feedback on it."

George Best's family and friends were also involved in the production, which Mr Sheridan is pleased with. "George's sister, Barbara, was involved with the production and she also came to our opening night.

"When we brought the show to Manchester, some of the people who used to play with George Best came to see it. They were very emotional by the end of it. It brought back a lot of memories for them. They said that it was a touching tribute to Best's life."

Mr Sheridan is no stranger to the dramatic arts, having received the Rooney Prize for Literature in 1977, two Arts Council Bursaries and was the writer in residence at the Abbey Theatre in 1980. With his brother Jim he founded the Project Theatre Company and his writing credits there

include 'The Liberty Suit'. Mr Sheridan points out that there is one moment throughout the creative process that stuck with him.

"There's one quite iconic scene in the second act where Alex Higgins goes to visit Best in Hospital. We can't be sure what was said between them, so our writers wrote it as best they could and I loved it. "One day then I was in a bookies opposite the Europa Hotel and I noticed a man who seemed to be looking at me. After a while I noticed that it was Alex Higgins, which was quite extraordinary. He looked very ill and it was obvious that he didn't have long left. He actually died on the night of our second show."

So far, 'Dancing Shoes' has received very positive reviews. One review went 'The frequent musical numbers, some

with very catchy lyrics, were immensely enjoyable. The strong voices and live band guaranteed the entire audience was tapping their feet. The inspired set design ensured seamless scene changes and the costumes for the many, many characters were very authentic.'

Mr Sheridan himself is very proud of 'Dancing Shoes' and is looking forward to bringing in to the University Concert Hall, promising that no one will leave it disappointed. "It's a terrific piece. It's very audience friendly and it's a great night out. We've received different reactions each place we've went. The actors are top notch and it's a very family-friendly night out. I'm very happy with it." To book tickets to 'Dancing Shoes' visit www.uch.ie.

"They were very emotional by the end of it. It brought back a lot of memories for them"



Aidan O'Neill as George Best and Paddy Jenkins as Alex Higgins performing 'We had a ball'