

UL and Alcohol



A look at the University’s Alcohol Policy. How it has been implemented. How it can improve.

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New Sabbatical Team for 2013/14

Sarah O’ Dwyer

Elections were held for the 3 Sabbatical Officer positions in the ULSU last Thursday, March 14th. There was a record total poll of 4,177 votes for these 3 positions. This is a record for any Sabbatical Officer Election, beating the 2011 poll of 3,865 votes, which was for 5 Sabbatical Positions.

The two candidates running for the position of Vice President Academic were: Daragh McCoy, and Paddy Rockett, who is the current VP/Academic. The number of valid votes in this category was 3,524, making the quota 1,763. As there were only 2 candidates in this category, the campaign was close and a difficult vote to call.

This was reflected in the final result, with less than 100 votes separating the two candidates. Daragh McCoy fought a strong battle, getting 1,720 votes. However, Paddy Rockett received 1,804 votes, which was over the quota, and he was deemed elected. He said “thank so much to everyone that voted yesterday” and had nothing but the highest of praise for his competitor Daragh McCoy.

For the Deputy President Welfare Position there were 3 candidates in the running. The current DP/ Welfare officer, Cathal Ronan, 4th year Mental Health Nursing student Caitríona Ní Dhonnchú, and James McMahon, a 4th year English and History student. The valid poll was 3,766, with the quota being 1,884. As Caitríona Ní Dhonnchú



exceeded the quota, getting 2,254 votes, she was deemed elected. She said she is “so excited about the year ahead” and that the election campaign “has been the experience of a lifetime”.

Finally, the third Sabbatical Position down for decision was the position of President. Originally there were five candidates in the running for this position, but due to ‘registration issues’ Robert Sheahan was forced to retire from

the election race.

This left four candidates in the running; the current ULSU President Adam Moursy, President of the Comedy Society Tim Foran, Emma Porter who is affiliated with both the Parkour and Kayak clubs, and Kennedy O’ Brien, Trips Officer for the International Society. Having such a diverse group of candidates made for an interesting presidential race.

The valid poll for the position of

President was 3,864, with a quota of 1,933. In the first round of voting no candidate reached the quota, meaning that the fourth place candidate, Tim Foran, was eliminated and had his votes distributed.

This saw all three candidates reach over 1,000 votes each, yet still no one had reached the quota, and the third place candidate, Adam Moursy was eliminated and had his votes distributed. This saw

Emma Porter exceed the quota with 2,076 votes, and she was elected. She said she felt a “massive sense of achievement” and that she is “really looking forward to working with Caitríona Ní Dhonnchú and Paddy Rockett next year!” She also thanked everyone that voted for her for their support.

Congratulations to the 2013/14 Sabbatical Team of Emma Porter, Caitríona Ní Dhonnchú and Paddy Rockett!

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PESS Building Gets Revamp Launch

Michelle Ryan

The Physical Education and Sport Sciences Building (PESS) in UL received a visit from Jimmy Deenihan, Minister for Arts, Heritage and the Gaeltacht. The Minister was there to launch the building’s newly upgraded and extended look.

The refurbished building now holds 2 sports halls, a 160 seat lecture theatre, a 50 seat lecture room, tutorial rooms, a study area, 4 new labs, a computer room, a multi-purpose teaching area, offices and a new cafeteria.

Professor Don Barry spoke at the launch and discussed just how essential the building is to people. “This new PESS building is many things to many people – it is an outstanding learning facility for our students, offering state-of-the-art equipment and laboratories to ensure our students experience the best education available in Ireland.” He also added that the building is valuable to the wider community as evening and “weekend physical activity programmes” take place there.

At the moment, there are 600 full-time students enrolled in various teaching and research programmes in physical education and sport science.



Clubs & Societies Hustings 2013

Sarah O’ Dwyer

The C&S Hustings were held on March 12th in the Jonathan Swift Lecture Theatre. This event saw the clubs and societies of UL, shortlisted in certain categories including: ‘Best New or Improved Club’, ‘Best New or Improved Society’, ‘Best Club Event’, ‘Best Society Event’, ‘Best Club Individual’, ‘Best Society Individual’, ‘Best Overall Club’ and ‘Best Overall Society’. Each nominated club or society was given three minutes each to state their case, as to why they should be given the title they were nominated for.

Up first was ‘Best New or Improved Club’, and shortlisted for this category were: Mountain Biking, Parkour, and Ultimate Frisbee. In the ‘Best New or Improved Society’ the shortlisted candidates were: Fan Forum, Psychology Society and Racing Motorsport.

‘Best Event’, for both the clubs and societies, was down for decision also. In the clubs category the shortlisted clubs included Karate Shotokan IV, Kayak IV and Ultimate Frisbee Siege, while in the societies category, the cream of the crop were the UL Debating Open, Rainbow Week, held by Out in UL and the Student Poker Championship.

Alongside these honours, individual members were nominated for their contribution to their chosen club or society. In the clubs side of things, the individuals nominated were: Thomas Brouder – Archery, Conor Hurley – Parkour and Barry Walsh – Ultimate Frisbee. ‘Best Society Individual’ saw



WOLVES

two of the SU Presidential candidates pitted against each other for the second time in the space of a week. Tim Foran, president of the Comedy Society, and Kennedy O’Brien, Trips Officer of the International Society,

saw themselves up against Tighearnan Noonan of the drama society.

Finally, ‘Best Club’ and ‘Best Society’ were down for decision. In the ‘Best Club’ category, the shortlisted clubs were: Archery, Karate Shotokan and

Kayak. While in the ‘Best Society Category’ we saw the Debating Union, the International Society and Out in UL come up against one another.

Results of the hustings will be announced this week, and we wait

with baited breath to see which clubs and societies gain bragging rights and budget points for the year ahead.

Above Average Number of Female Professors at UL

Michelle Ryan

It has been revealed that UL are leading the way when it comes to the amount of female professors at the University. At the moment, the national average stands at only 18%. However, UL boasts a figure of 34%. Due to this, UL has been chosen as the only university in Ireland to take part in FESTA – Female Empowerment in Science and Technology in Academia. FESTA works to ensure that changes take place in regards to the working environments of academic researchers. This is to encourage female researchers to stay and make a career for themselves.

International Women’s Day was recognised by UL as the University hosted the International Women’s Day Conference (IWDC). The conference, chaired by Dr. John Bowman, heard many women addressing topics such as ‘Women In Business’ and ‘Women In Education.’ Speakers on the day included Former Chief Inspector, Kathleen O’Toole and Olympic Athlete, Sonia O’Sullivan.

UL President Professor Don Barry spoke on the day about the news that the University is above average with its number of female professors. He stated, “A university is about more than just buildings and facilities – it is



the people who give universities life – they create a sense of energy and they provide the power to achieve great

things. As you will be aware, in UL we are committed to ensuring that all faculty and staff are enabled to

achieve their full potential through valuing diversity and equality of opportunity.”

ULSU Student Council Update

Michelle Ryan

Student Council met in the Jonathon Swift Theatre on Tuesday, March 5th. The meeting met quorum.

- PSU President Cian Spillane announced that Leanne Carroll won the PSU elections.
- The Class Reps EU Parliament trip was discussed.
- Charity Week was discussed.
- National Student Survey was mentioned. 1st and 4th year students will be contacted to give feedback on their experiences of third level education.
- No further developments were announced in regards to Student Choice Awards.
- Four students put their names forward for the position of Deputy Chair person: Shane Hogan, Dean Shanahan, Aisling Ross and Orlaith McAuliffe. Hustings took place and Dean Shanahan was voted Deputy Chair person.
- Budget was discussed with the division of funds between C&S and the SU. The budget was then ratified.
- Council amended and renewed the following policies:
 1. ULSU Alcohol Guidelines 2009
 2. ULSU Class Reps Council Attendance Policy 2013
 3. ULSU Class Reps Council Policy (Class Representatives) 2013
 4. ULSU Course Board Policy 2013
 5. ULSU Final Year Project Policy 2013
 - DP/Welfare Cathal Ronan



discussed the Addiction Campaign that will be run completely by students. He asked that anyone interested get in contact with him. The next Student Council Meeting will take place Tuesday, 19th March.

Huge Increase in CAO Applications for UL



Rachel McGrath

UL has experienced a solid increase in the number of CAO applications for its programmes. A reported 60% of programmes have noticed an increase in this years’ applications, and over 30 of the 69 undergraduate degree programmes have seen an increase in application of 10% or more. Professor Paul McCutcheon, Vice President Academic and Registrar, UL welcomed the positive results: “Against a national trend of decreasing CAO applications this year, UL’s programmes continue to be highly sought after by students with excellent Leaving Cert results. Over 60% of our existing programmes have increased their overall CAO application levels.” Arts, Humanities and Social Sciences saw the highest increase of applicants,

with the first preference applications for the Irish and New Media Programme up by 150% and over-all applications increasing by 28%. Applications for UL’s Applied Languages programme were up by 26%, and the number of first preferences for Law Plus increased by 38%. The majority of UL’s business programmes showed large increases in applications. An increase of 21% was recorded in overall applications for Business and French, UL’s International Business degree programme is up 9%; Business and German is up 12% and first preference applications for general Business Studies in general are up by 18%. General Nursing is up 11% and UL’s Mature Midwifery Programme has attracted 23% more applications than in 2012. Mental Health nursing registered

an increase of 17% in applications. Applications to UL’s Physiotherapy undergraduate programme are up 18% on 2012 applications. Science programmes at UL have seen large increases with Pharmaceutical and Industrial Chemistry seeing an increase of 39% in overall applications and 79% in first preference applications. UL’s general science degree Science Choice is up by 16% and Industrial Biochemistry has registered an increase of 57% in general applications. Food and Health Science is up by 23% and Applied Physics up by 14%. Architecture has shown an increase of 20% in applications on 2012 numbers. Applications to UL’s IT programmes have decreased slightly, however Multimedia and Computer Game Design is up in applications by 11%.

UL Hosts National Education Conference



Michelle Ryan

The National Centre for Excellence in Maths and Science Teaching and Learning at University of Limerick recently hosted an event called ‘Why Maths Matters.’ Together with the Higher Education Authority (HEA) and the National Council for Curriculum and Assessment (NCCA), UL brought together 150 of the leading mathematical thinkers, teachers and business people in the country. All of these people came together to share their experiences with the subject as well as discussing any new ways in which maths education could be improved. Among the speakers at the conference was Minister for Research and Innovation Sean Sherlock, TD. Sherlock addressed those who attended and stated that maths education needs to be improved in the interest of our country’s social and economic progress. He added that “International evidence points to the most innovative societies being those where students perform well in maths. While Ireland is not performing badly, we’ve got to aim to ensure that

learners at all levels in our education system have a good understanding of maths and how it can best be applied.” Professor Don Barry opened proceedings and commented that “According to a recent report, approximately 48% of our mathematics teachers at post-primary level have no actual qualification in mathematics teaching. It is reasonable to assume that this fact is contributing to the numbers of students dropping maths studies in school. It is for this reason that the National Centre for Excellence in Mathematics and Science Teaching and Learning was credited at UL – to research, co-ordinate, support, and implement programmes to enhance Irish science and mathematics teaching and learning at all levels. This national resource is not localised to the Limerick area, and will benefit teachers, students and school communities around the country.” Other speakers at the event included keynote speaker Professor Bill Barton of the University of Auckland, New Zealand and Anne Looney, Chief Executive of the NCCA.



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Hugo Chavez

Stephanie Howard

The death of Hugo Chavez the President of Venezuela on the 5th of March 2013 brought great sadness to many in Venezuela and across the world. He was no saint but he also wasn't the villain most western media outlets perceived him to be either. While he did reduce poverty greatly in the country and improve the lives of many Venezuelan citizens, for all his good there were attacks on both the judicial system and censorship of the media.

Born in 1954 in the province of Barinas to a school teacher and school teacher's assistant, he was the oldest of 6 and was raised by his grandmother. Like most young children in growing up in Venezuela he was obsessed with baseball. It was his obsession with the sport that led to him joining the military in 1971 upon hearing that the military academy in Caracas had some of the finest baseball coaches in Venezuela.

Chavez' hero was Simon Bolivar, the Venezuelan Independent leader, but to some degree it's fair to say that revolution was in his blood. His Great-Grandfather was a famous guerrilla fighter named Maisanta who fought in the civil wars against the dictator Juan Vicente Gómez in the early 1900s. While these men greatly influenced Chavez it was his time in the military that really opened his eyes to the suffering of the people of Venezuela. It was this sympathy that led him to start building an underground movement among many military personnel called the 'Bolivarian Revolutionary Army-200'. While the movement was building support among the military for 10 years it was the implementation of an IMF package and the subsequent riots and suppression of those riots by the government of Carlos Andres Pérez in 1989 which set in motion the plans for the 1992 coup which would bring the unknown Chavez to the attention to the people of Venezuela and the world.

The February 4th coup against the government of Perez brought Chavez to prominence. While the coup itself was a total failure in its aims, it can be argued that it was a pretty good move on the part of Chavez



who announced after his defeat that the objectives of the Bolivarian Movement had not been reached 'Par Ahora', 'for now'.

After serving just two years of a 30 year jail sentence Chavez was released and started touring the country to gain support for his Bolivarian movement. He contested the 1998 presidential elections against a former beauty queen and won the election with 56% of the vote. He began implementing his Bolivarian Socialism project. It was the things which he did from this project which cemented this popularity among the poor of Venezuela. Reflected in the fact that he continued to generally win over 50% or more of the vote over his 13 years as president.

While the policies of the Bolivarian project cemented Chavez' popularity amongst the poor; they were very unpopular with the elite who had always ruled the country till Chavez' election. Their growing discontent and his plans to nationalise the oil

company PDVSA and planned land reform led to the 2002 Coup which deposed Chavez from office for 47 hours. On April 11th a countercoup was launched by soldiers still loyal to Chavez and he was returned to power. There has been much speculation about US involvement in the coup, with Chavez stating several times that the US backed it. What we can say for sure though is that the Venezuelan Media, which is explicitly anti-Chavez did indeed play a central role in the coup.

Many claim that the Bolivarian revolution for Venezuela has been 'one of the darkest periods in its history', a view expressed by Republican Senator Marco Rubio recently. It can't be denied that the implementation of Chavez' vision for a Bolivian Republic has caused problems in Venezuela. Venezuela has one of the highest murder rates with 45.1 murders per 100,000 per population. In 2012 inflation reached 31.6%. While these problems can be

said to have been exacerbated by an administration which didn't do good things all the time, it is also true that Chavez created a situation where a government which does is much more likely to be in power.

Chavez' vision for the Bolivarian revolution was about helping the poorer people within Venezuelan society who has been alienated and forgotten by successive governments. His social programmes, made possible with the nationalisation of the oil industry including taking state control of companies in Venezuela such as ExxonMobil and ConocoPhillips and putting these in control of the state oil company PdVSA. The revenues from this round of nationalization was able to fund the program both in Venezuela and other programmes across the region. During his time in power the extreme poverty rate in Venezuela dropped from 23.4% to 8.5%; unemployment has fallen from 14.5% to 7.6%. The influence of Chavez

can be seen across South America, where many other programs were implemented including 'Doctors for Oil', where oil was traded with Cuba for Cuban Doctors who are some of the best trained doctors in the world and helping finance Bolivian crop growing in areas like coca production and giving bilateral aid to the state. The Bolivarian Alliance for the Americas was set up in 2006 by Chavez as an alternative to the American proposed Free Trade Area of the Americas. ALBA is set up on the principle and ideas of social, political and economic integration of states from around South America and the Caribbean. Hugely critical of American influence in South America ALBA was a response to the hegemonic power that the USA has traditionally had in the region. What can also be argued is that the influence of Venezuela since the election of Chavez in South America has had a strong effect on the region's relationship with the USA as a whole. We see across the region more left wing leaders being elected; the likes of Morales in Bolivia, Correa of Ecuador and former president of Brazil Lula, added to this is the strengthening relations of Cuba among South American Nations.

Chavez was diagnosed with cancer in June 2011 and declared he was cured in July 2012. After winning elections in November 2012, it was announced that Chavez would undergo treatment for cancer in Cuba. He was then said to have a severe lung infection in January 2013. A constitutional crisis arose when Chavez was unable to return to Venezuela for the January 10th swearing in ceremony, the ceremony was postponed till Chavez was able to attend. On March 5th the vice President of Venezuela Nicholas Maduro announced on state television that Chávez had died in Caracas.

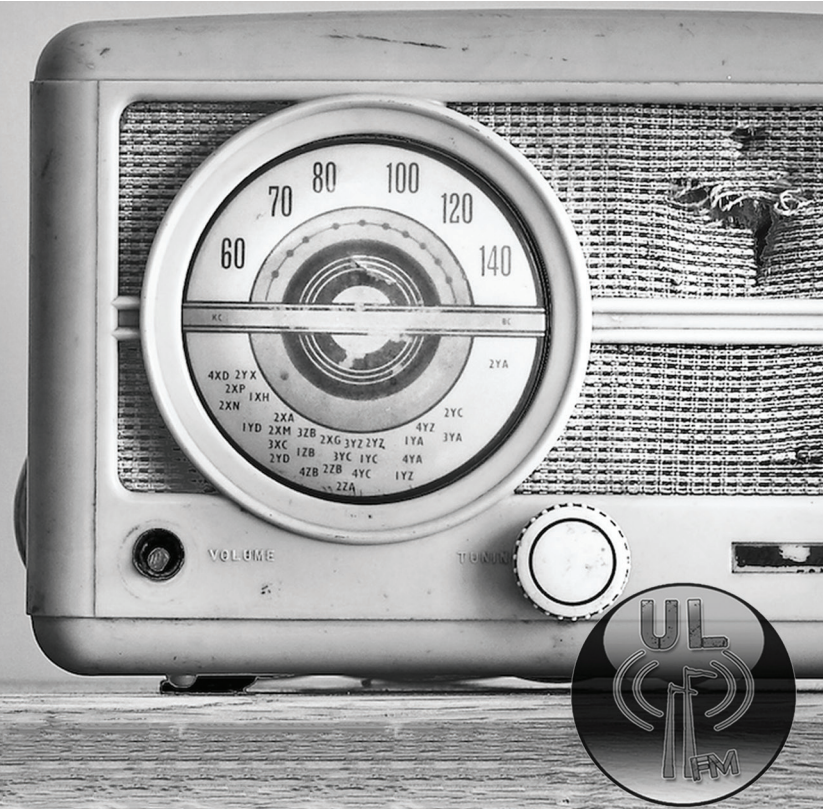
There have and will be many conflicting opinions on Chavez and what he has done for Venezuela. Yes, there were problems with his model for Socialism for the 21st Century but it has improved the lives of many Venezuelans and South Americans as his social programmes were implemented in Venezuela.

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Alcohol and UL

Alcohol is something that has been inextricably linked with student culture. It is something that in moderation can form a part of how we enjoy ourselves, and how we interact with one another. Rightly or wrongly perhaps, it should be acknowledged that it does in fact have an influence on how the majority of students socialise. In and of itself, alcohol as a substance isn't something that's particularly harmful. The alcohol market is one that is worth around 6.6 billion in Ireland each year. Of that 6.6 billion around 2 billion goes to the state through excise duty and tax. The alcohol industry also supports around 62,000 jobs in Ireland. These are all good things. However, It's how we use it that causes harm. The benefits that the alcohol industry brings to the economy pales in comparison to the social and health related harms that are caused by the abuse of alcohol; An average of 3.7 billion a year is spent on health and crime problems as a direct result of alcohol abuse, other knock-on harms add to this astronomical figure. Add to this the average of 170 deaths a year caused by alcohol poisoning (all generally in the under 50 category, and the vast majority in the ages 18 to 25) and we have a huge national problem.

Alcohol, being a national problem is something that is also acknowledged by the University, which has an alcohol policy that is implemented by staff and services at the University. More importantly than that though, in terms of tackling the acceptability of 'high risk' drinking behaviour within student culture, is that this policy has been adhered to and implemented by the Students' Union and by Clubs and Societies. The promotion of a 'low risk' drinking culture, which is the stated aim of the University's alcohol policy document, is something that is also implemented by the student body. The only way that a social problem within the student body can really be tackled is through the student body being facilitated to be pro-active in promoting 'low risk' drinking, and in not tolerating or promoting 'high risk' drinking behaviours. In the last number of years this has been implemented in concrete ways by clubs and society policies, which forbid student organisations from promoting alcohol products

or from serving alcohol without a non-alcoholic alternative being provided and an adequate amount of food for people who are drinking. Clubs and societies have in fact been acknowledged within the policy document as being instrumental in changing the focus of student life from drinking to other activities. The provision of a way for students to socialise outside of the context of alcohol is something very valuable that Clubs and Societies provide, something which has been acknowledged by the University Governing authority, and furthermore is something that is more important now than ever.

Why is this the case? The Alcohol document itself actually answers this question. College is a time of transition for many students; for many it's a place to be fully independent for the first time, both in learning and in socialising. These are good things, and the University provides a caring environment in which to have independence and freedom of choice. However, the costs associated with certain types of socialising are ones that can over-stretch students, both financially and academically. This can result in exam failure or first year drop out. In a situation where students are told that it is acceptable to engage in drinking behaviours which make the burden of passing your degree more difficult, they are more likely to engage in these behaviours. The increase in the difficulty of obtaining a degree, financially and academically, means that more vulnerable students are more likely to turn to alcohol as a coping mechanism. By changing the prevailing societal acceptance of 'high risk' drinking behaviours the University hopes to decrease the amount of students who drop out or find university more difficult.

So how has the University worked to achieve this? They provide services and awareness campaigns, they fund the Student's Union and Clubs and Societies. However, is there enough funding and services going to clubs and societies in return for the implementation of the University's alcohol policy? The needs of Clubs and Societies have changed since the implementation of the Alcohol Policy. The current financial crisis, with all of its associated cutbacks has resulted in the average student having less disposable income. This means

that most are faced with a choice; whether to spend their money on Club or Society events, or to spend it on drink. While Clubs and Societies have more members than ever, many will tell you, from the frontline, that there are less active members. that attendance at C&S run events has dropped. Why is this? The choice mentioned earlier is only a choice because the limited funding of C&S has resulted in a greater financial burden being placed on the participant. While funding is being provided to C&S, the question is, is enough funding being provided? The number of Clubs and Societies has increased hugely in the last number of years. It now stands at around 72. Meaning that each gets less of the overall pot of money. The closure of the main building and other buildings to C&S activities means that C&S committees have to look elsewhere for holding events. Adding expense to running events and meaning that budgets are being tightened and that costs are being passed on to members. Further disincentivising people to participate in C&S events. The back pages of this paper aren't filled with students falling out of bars and clubs. They're filled with students who are making friends through doing an activity that they love and some even going on to represent the University in fantastic ways. This is exemplary of the caring environment that the University wishes to promote. Now is the time for a bit of introspection, are we doing enough to facilitate this environment? Section 2.3.1 of the alcohol policy refers to sponsorship, 'A proactive approach by the University is to be pursued as a top priority, to help student clubs and societies find an alternative to drinks companies sponsorship'. This is a step in the right direction. C&S needs money in order to facilitate the running of events and activities for participants. To ensure that students actually participate in an environment that is one of the most enriching experiences you'll find on campus. To provide students with both a support network and with a different focus. Can we keep it that way and have a look at this?

~ Lorna Bouge
Co-Editor

AF Students’ Union Update & Crossword

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AN FOCAL LETTERS TO THE EDITOR

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

These Great Men

Stoned Michelangelo
is it you or David that is more true,
more like life in grey?
Your hand heeds soft to hold
but hurts in thoughts of catching.
My feeling for the grey chiseled man
are betrayed by your lines.
They are made of rock and mortar,
drawn by he the blackened talent,
a hidden work of art.

These great men who paint reflection
and sculpt their bones to bricks.
They are the downcast alleys of fame and patient portraits
whose glory goes to galleries written, built
and hung by the great men these ones won’t meet.

By Jessica Leen

With The Waves

She’s running faster away
from the chase
Placidly amid the noises and the haste
her Desiderata takes the fall
but worst of all, she tries to.
And I’m just catching meadows with my palms
a silhouette from garden paths

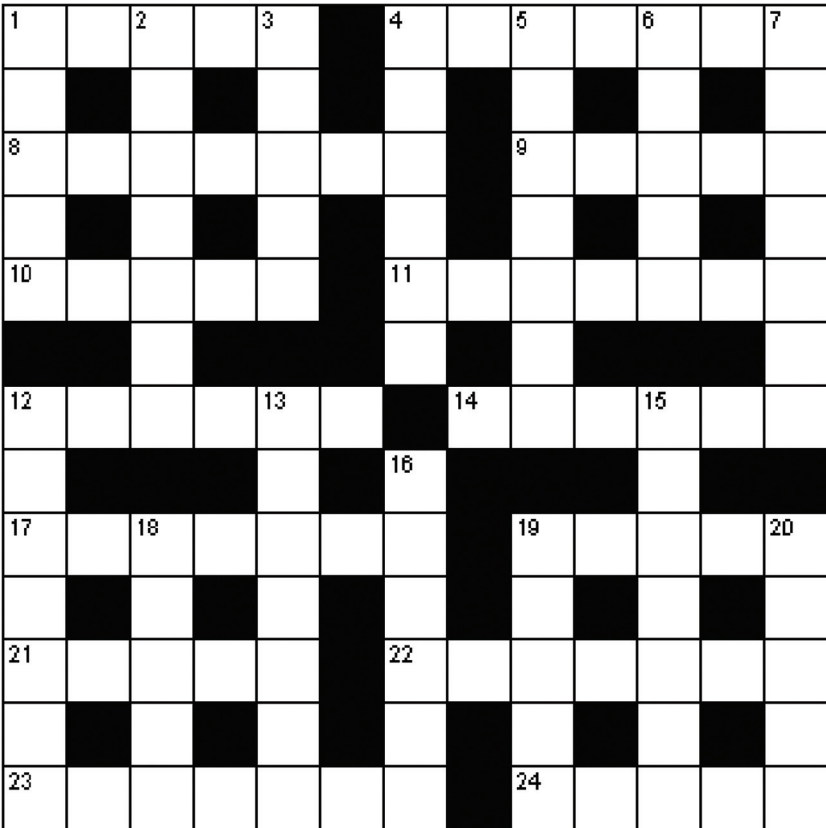
Her weeping smile
my dancing vice is trying to be,
but until dusk only she shall dance

And when I wake
the white tower has no stairs,
Its winding walls have fallen with the waves

The pictures, small,
were too grand for my sleeping land
to build a frame for woken hands.
*And she’s running from my chase,
so placidly amid the noise and haste.*

By Jessica Leen

<http://thewaitingpoet.wordpress.com>



CLUES

Across

- 1. Tempest (5)
- 4. Perplexes (7)
- 8. Fall back (7)
- 9. Portion (5)
- 10. Boasts (5)
- 11. Compared (7)
- 12. Pact (6)
- 14. Pique (6)
- 17. Certify (7)
- 19. Meeting place (5)
- 21. Mountain range (5)
- 22. Flair (7)
- 23. Passed by (7)
- 24. Begin (5)

Down

- 1. Bush (5)
- 2. Indignation (7)
- 3. Encounters (5)
- 4. Improved (6)
- 5. Crevice (7)
- 6. Jumped (5)
- 7. Thin (7)
- 12. Kind of syrup (7)
- 13. Despots (7)
- 15. Cure-all (7)
- 16. Assisted (6)
- 18. Play (5)
- 19. Planet (5)
- 20. Happening (5)

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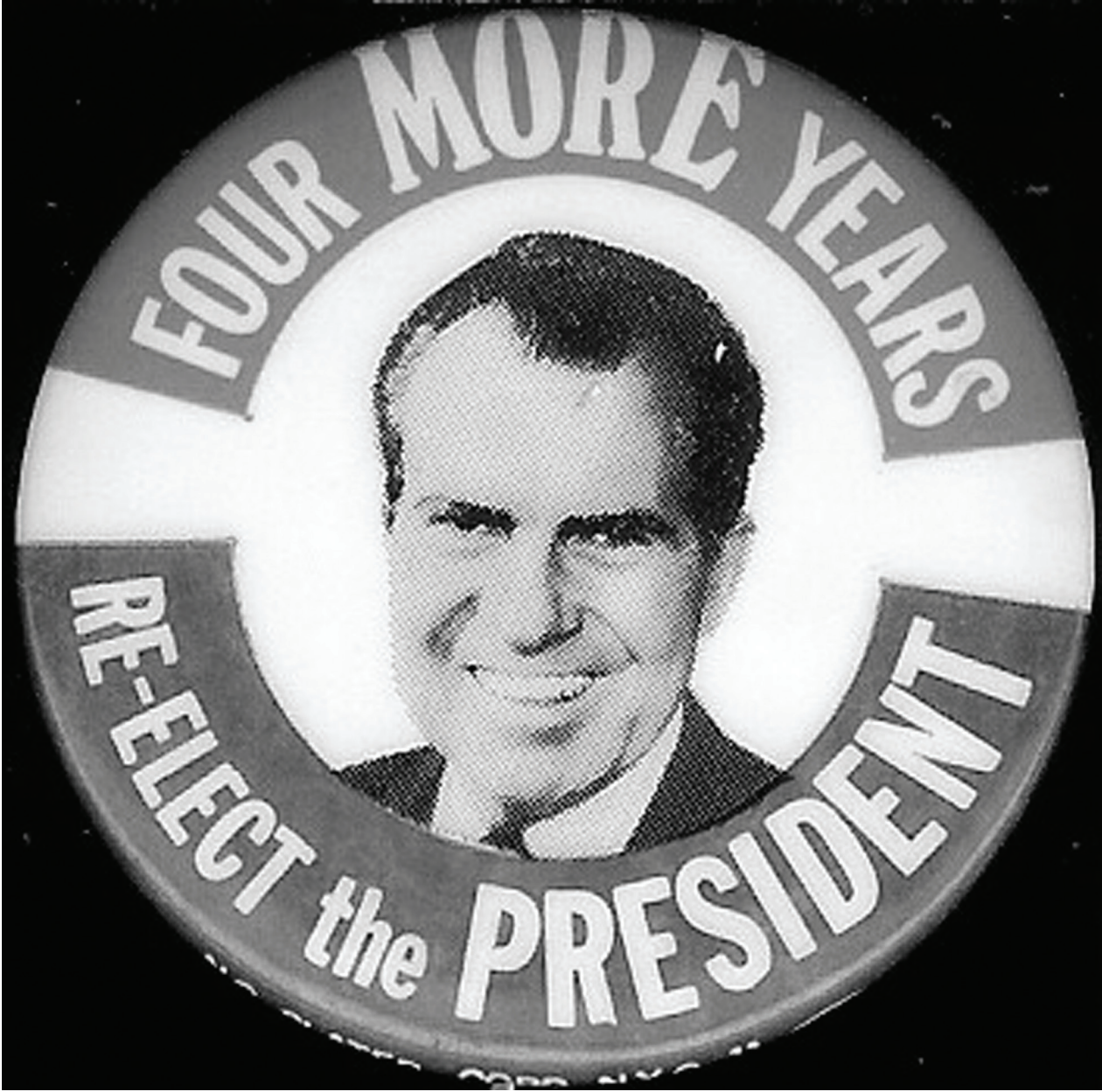
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SU elections give hope for the future

Darragh Roche

EASILY the most striking feature of the recent SU elections was the defeat of two sitting sabbatical officers. Outgoing president Adam Moursy not only failed to top the poll but placed third behind two candidates who were relative unknowns, while the winner, Emma Porter, romped home with a majority of more than 600 on the final count. Another unknown, Caitriona Ní Dhonnchu, walloped incumbent Cathal Ronan by a margin of more than 1100. Academic Officer Paddy Rockett once again proved himself a survivor. With a majority of 84 he keeps his office by the skin of his teeth and not for the first time. Why were the office holders so roundly defeated? In previous years it would have been easy to blame their incompetence or consistent in-fighting, but that was not the case in 2012/13. Not only did the sabbats get on better than almost any team in recent memory but they performed their jobs well, too. Unlike last year, there were no fuck-ups, no scandal and no emotional meltdowns. Moursy and Ronan deserve particular praise for steering a middle course and keeping their noses clean, while the typically ebullient Rockett seemed to adopt an uncharacteristic stoicism for the duration. What reason, then, did voters have for tossing out a fairly successful team and replacing them with relative nobodies?

Two things stand out: firstly, the total poll was over 4000, a higher number than might have been expected. By SU election standards, this is a high turnout and SU election officials will be pleased. Last year’s polling was comparatively paltry, which was blamed on the SU’s financial difficulties and the less than



ideal way in which those difficulties were handled. Such a large number of votes can only indicate that more students are interested in who runs the SU (and possibly that old wounds are

healing). The second thing to note is the status of the candidates. Our president-elect, Ms Porter, has held no previous position in the SU administration and although I am reliably informed

of her involvement in Parkour, that hardly qualifies her as an SU insider. Ms Ni Donnchu is even more of an outsider, coming as she does from the North Campus with no previous

involvement in SU politics to speak of. And Daragh McCoy, who put up an admirable fight against Mr Rockett, is no institutionalised politician either.

So the people came out in droves and voted for candidates with no strong ties to the SU. This can only be a good thing. For too long the sabbatical positions have been held almost exclusively by insiders. The tendency to migrate from office to office or to slowly claw your way up the ladder may have finally been properly challenged. There was a time when some so-called insiders considered sabbat positions theirs by right. Many are guilty of thinking they belong in some elite class of students who run the SU – Class Reps, C&S leaders, even An Focal editors have sometimes been victims of this mentality. What the recent election shows is that sabbat positions are now open to everyone. Anyone who can convince the average student that they can do the job has a fair chance of victory. But more than this, the election of outsiders will bring fresh perspectives to the SU, which is often slow to embrace change.

Complacency is a disease that the SU has long suffered from. Financial crisis brought this out into the open, but the election of fresh faces may well be the turning point we need. Despite the disappointment that losing candidates must feel, it may be that the greater good of the SU will be served by the newly elected sabbats. Their own election coups should remind them that complacency will not be rewarded and their jobs are open to anyone. We shall see how they perform.

How Do You Tweet?

Michelle Ryan

Twitter is a space where you can find just about anyone’s opinion on just about anything. It’s used the world over and is now the first place people go to hear the latest news from around the world. With such a high volume of users, you must be wondering if there is some sort of pattern to how people tweet, a certain group that tweet more than others or a specific topic that gets the most coverage. Well wonder no more because Brandwatch have found the answers out for us.

A recent study by Brandwatch took 10,000 tweets from a group of 1,000 randomly selected British Twitter users. The results they found aren’t very shocking but they did make me stop and look at my own account to see if I fit in with their results. The answer is yes. I have a very predictable relationship with Twitter.

According to this study female users tweet a lot more than their male counterparts with an average of 15 updates a day. What are they tweeting about you ask? Well I’ll tell you. The most popular topics of discussion online among women include television programmes, celebrities

and the general what’s going on in my life. With this in mind, I looked at the tweets I’ve sent to see what I’m annoying my followers with and it seems that I’m the typical female user. My tweets are mostly about music or what I’m watching on T.V as well as retweets of some interesting celeb stories.

When it comes to male Twitter users, the study found that they mostly discuss sports and news. Edward Crook, an analyst for Brandwatch commented on the results saying “It is clear that men and women are both discussing different topics on Twitter and using different language to do so.”

So why do people use Twitter then? From this study it appears it’s to give people real-time updates of what we’re watching on T.V as well as commenting on the latest drama in celeb-land with some serious news topics thrown in for good measure. Personally, the main reason I use the ‘tweet machine’ is to keep up with all the celebrities I follow. Yes, I’m one of those people but I just can’t help it. There’s something sort of addictive about checking out what the famous do everyday and how fabulous their lives are. Don’t judge me, we all do it! Twitter has majorly grown in



popularity over the past few years so it’s interesting to see these types of studies being done to find out why

exactly it’s used so much. After you read this article log on to Twitter and have a look at your own habits. You

might just surprise yourself.

Fashionable Fellas: The Rise Of The Haute Couture Balls

Claire McDermott

ARTHUR and his knights had their sheaths of armour; Merlin had his layers of white cloth. Heck, even Harry Potter started a short-lived trend with floor length capes. However, the men of 2013 have seemed to up the ante in regards to fashion. This can only be a good thing, how many times can George Clooney win most stylish man? He has grey hair, get over it. From Fun’s peasant boy look to Chris Brown’s signature ‘douchebag’ style, there have been many new looks seen this year. Here we are going to take a look at three of the best dressed newbies on the block. The chopping block that is (cue evil laugh)!

When you write a song that contains the lyrics “dressed in all pink, ‘cept my gator shoes, those are green. Draped in a leopard mink”, you gotta have one eccentric taste in fashion. Enter Macklemore. This Seattle born rapper has to be one of the hippest people I’ve ever heard of. As in boy got swag. The only other person who wore such floor length fur coats was Cruella De Vil. Denim tuxedo, fringing, onesie - the boy can do no wrong, even when he doesn’t make a clothing right. Macklemore manages to bring just the right balance of flamboyance and creativity with his clothing while maintains a very masculine demeanour.

Anyone who beats up Chris Brown

is a good man in my books. Frank Ocean not only achieved this but probably did looking fabulous too. Ocean burst onto the music scene (and blinded us while doing so) in a neon yellow suit in his music video ‘Forrest Gump’. Ever since, Ocean has been a regular at fashion shows, usually rocking a headband or going a bit 90s with collarless suits. With Jay-Z and Kanye both up the ‘Zafira’ looking river, there is room for a new prince on the R&B throne. We shall begin to kiss his Retro Nikes in preparation for the inauguration.

Lastly, an oldie but a goodie - Joseph Gordon-Levitt. Although Joseph is actually only thirty two, he seems to be forever on the telly (Tommy from third rock from the sun? Cameron from 10 Things I Hate About You?). This is why I’m using first name, its like we’re friends. However, long gone is the Junior Infants bob and in its place, a pint-sized hunk of a man. A chunk of a hunk, if you will. Making suits cool, this is a man who can rock the waistcoat, the dickie bow and the three-piece suit. However, its him or heels because Joseph is only 5 foot 9. Sophie had an easier choice for goodness sake.

Ladies, we shall finish up with wiping the saliva off our keyboards and taking a swift look right to the nearest and dearest man in your life. I know, I’m sickened too!



The New Worrying Teen Obsession: The Thigh Gap

Barbara Ross

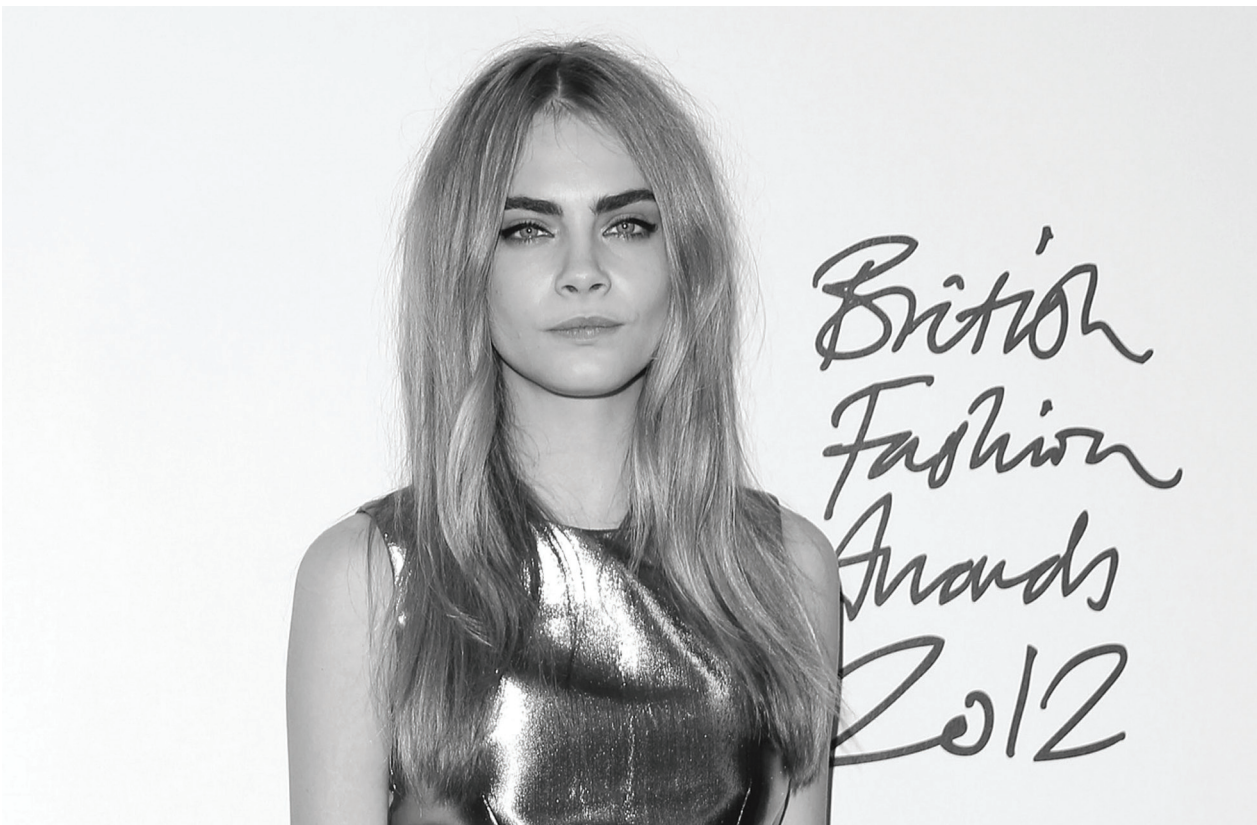
TEENAGE girls are always obsessed with something. If it isn’t the hottest guy in Hollywood or the newest band on the block, it’s the latest in neon clothing. However, some obsessions are a little more serious than that. Growing from the ‘popularity’ of pro-anorexia (pro-ana) websites the new teenage obsession is now the thigh gap.

Teens are starving for a ‘happy gap’ - the space between a female’s super-skinny upper legs that don’t touch. It appears that the latest form of teenage hysteria is starving oneself to get this gap and, of course, using social media to instantly bond with like-minded folk. It is the latest obsessive-compulsive activity of (mostly) teenage girls and boys who watch Project Runway. This thigh gap is the latest deified look, a Tumblr darling and a disturbing body trend fixating and hurting teen girls. Glamourized and glorified, teens are copying thigh gaps sported by skinny fashion models and celebrities by dieting, exercising and outright starving themselves so their thighs don’t touch.

They share their pain, pleasure and pictures on countless ‘thinspiration’

forums. Shocking images of impossibly thin thighs and alarming declarations of self-hatred are trending worldwide, filling web pages and Twitter profiles, dedicated to the elusive gap like those of models Cara Delevingne and Kate Moss. The thigh gap craze even extends to Pinterest where tips on how to achieve the gap are shared.

While the pressure to be uber-thin is not particularly new, what is different is the far-reaching and powerful impact social media has on its captive teen audience. Pro-ana websites have caused uproar in the recent past but the usage of websites like Facebook, Tumblr and Pinterest have taken it to a whole new level. Pro-ana refers to the promotion of the eating disorder anorexia nervosa. It is often referred to simply as ‘ana’ and is sometimes personified by anorexics as a girl named ‘Ana’. Pro-ana organizations differ widely in their stances. Most sites claim that they exist mainly as a non-judgmental environment for anorexics: a place to turn to, to discuss their illness and to support those who choose to enter recovery. Others deny anorexia nervosa is a mental illness and claim instead that it is a ‘lifestyle choice’ that should be respected by



doctors and family.

Thinspiration is the amalgamation of the words ‘thin’ and ‘inspiration’. A person’s thinspiration is usually an image or photo but can include other things such as lyrics, poems, quotes

or sayings. It is something that mostly anorexics and bulimics use. These websites that provide thinspiration are just a gateway for easy access to tips on how to get the new and elusive thigh gap.

Encourage your daughters, sisters and friends to focus more on the space between their ears and not their thighs.

Domestic Violence: A Silent Issue

Jenny Grace

WHO ARE Chris Brown and Rihanna? Do we care? Depending on your level of celebrity interest, you may or may not know who these individuals are and why they are being referred to here. Recent media frenzy has erupted regarding Rihanna’s move to take back her former boyfriend despite being subjected to domestic violence at his hands in 2009. As the age-old tale goes, a torrent of abuse was hurled at Rihanna for her decision to forgive her boyfriend. What kind of example was she setting?

This story highlights many issues. One pertinent issue being that it appears domestic violence is an issue that seems to come to the fore only when brought into the celebrity spotlight. Until then, it would appear that people prefer to keep quiet about domestic violence. This silence is not only characteristic among people as a collective, but also an important characteristic of the domestic violence cycle.

In a TedTalk given by Leslie Morgan Steiner, a survivor of domestic abuse, Leslie claims that silence plays a huge role in the cycle of domestic violence. She describes how isolation, coupled with fear and abuse of power creates a vicious cycle of repeated domestic violence, one from which women find it difficult to escape. Looking further, statistics report that over 70% of deaths resulting from domestic violence occurs after the victim leaves. One third of domestic violence victims in Ireland tell nobody of the violence they are experiencing. Why? Many barriers to disclosure exist – fear of further violence being one of the main reasons.

National Research commissioned by Women’s Aid demonstrates that of



those surveyed, a current or former partner has abused 1 in 5 Irish women over 18. Taking a look at the figures, we find that 1 in 5 people die from tobacco use in the United States. Worldwide, we are all aware of a raging campaign against smoking - on cigarette boxes, on television adverts - all of which aim to warn of the risks of smoking and encourage prevention.

Where is such a campaign against domestic violence? Could we apply the same logic of advertising on cigarette boxes as a means of prevention to domestic violence perpetrators? Due to stigmatization probably not, but such extreme measures do highlight the importance of re-examining this issue and promoting awareness among victims that they should not suffer in

silence.

But what is domestic violence? Those who have experienced it first-hand have reported that until the violence became extreme, they had not realised they were in fact victims. It seems that the stigma surrounding domestic violence also perpetuates the lack of knowledge society has in relation to it. It is not only that we know about it and ignore

it; it could be concluded that many are confused as to what actually constitutes domestic violence and how common it is. The Irish Task Force on Domestic Violence defines domestic violence as; “The use of physical or emotional force or threat of physical force, including sexual violence, in close adult relationships. This includes violence perpetrated by spouse, partner, son, daughter or any other person who is a close blood relation to the victim.”

We see campaigns against assault, theft, alcohol consumption, and drug use all the time, yet domestic violence seems to be left on the backburner.

How aware are you of the services available to individuals, both men and women, who find themselves exposed to domestic abuse? SAFE Ireland, ADAPT, Women’s Aid, Rape Crisis Network and Nineteen Refuges are all non-governmental organizations that provide support to both female and male victims of domestic abuse; the HSE and the Garda Síochána also provide domestic violence support. However, it does appear that these services are not widely known about. I had to Google them. Given that 1 in 5 Irish women over the age of 18 have experienced some form of domestic violence, it is high time that this issue is given the attention it deserves. These services are there to highlight that no one should have to suffer in silence, and that social supports to those in need are available.

- For further information on domestic violence services visit:
- safeireland.ie/domestic-violence-services/
 - womensaid.ie/services/
 - cosc.ie

Who’s Your Female Inspiration?

Marie Enright

IN TODAY’S modern society, the subject of inspirational women is becoming increasingly popular. It is now socially acceptable for women to aim to be successful in all aspects of their lives in terms of career, personal development and home life. What is most interesting though is the shift in the type of women that people now class as being inspirational. During the nineties and early noughties, women like Britney Spears and Kate Moss and predominately women in the entertainment industry were who women aspired to be like. It was women who fit into the stereotypical mould of being society’s version of beautiful and alluring that held the most power but this has now drastically changed.

Women now want it all. To ‘have it all’ is a catchphrase inspired by the likes of celebrities including Beyoncé and Victoria Beckham who have managed to carve out successful careers, build empires and also have a family. It is this surge in wanting to have this success in all areas of your life

Michelle Obama is a prime example of a strong and inspirational woman



today who is respected and admired all over the world. As the First Lady she has demonstrated her ability to share her thoughts and opinions on political issues, raise a family, involve herself in various projects and do so

with grace and determination. One of her most successful endeavours was the ‘Let’s Move’ project which is aimed at raising a healthier generation of children through educating them on food and exercise

in fresh and motivating ways. To date more than four thousand schools in America have achieved certification in the Healthier US School Challenge and this is inspiring similar projects all around the world. It is her direct

involvement and clear passion for these projects that really shines through and makes women aspire to be just like her.

Another inspirational woman of this age is Germany’s first female Chancellor, Angela Merkel. She has had a massively successful career in politics and has definitely left her mark on society. Her rise up through the Christian Democratic Union political party and appointment as party leader in 2000 is inspirational to all women and helped shake the stigma surrounding successful female politicians. However, her election as Germany’s first female chancellor in 2002 was a monumental moment in history and set the bar for other female politicians.

These are the type of aspirations that women nowadays, a drastic change in what society used to deem acceptable. Women like Michelle Obama, Angela Merkel and most recently Irish boxing Olympian Katie Taylor have completely raised the bar for women and proved that with hard work anything is achievable. These are the women that we should be looking up to.

J-Law’s Meteoric Rise To Fashion Fame

Kelly Ireland O’ Sullivan

JENNIFER Lawrence is truly the new golden girl of Hollywood. Yes, not many people can fall up the stairs in front of Hollywood’s elite, wearing a Dior gown and still manage to look as effervescent as she can. She has created an iconic image that is up to the standards of legends such as Grace Kelly and Audrey Hepburn. However, Lawrence did not start out so elegant. When she first appeared in 2007 she looked slightly awkward as she was still finding her red carpet identity. She appeared in ill-fitting dresses such as the blue, rose-print, satin gown with black netting which completely swamped her tiny frame and black dresses that were much too short and much too tight. As her career continued to grow, so did her style. We began to see her experiment with many fabrics, lengths and patterns. She also changed her hair quite a lot, swapping from Californian bleach blonde to smouldering brunette. Lawrence was only seventeen when she first began appearing on red carpets so this could explain her reasons for changing her look. She was still growing as a person as well as becoming the style icon we see today. Lawrence has always been credited for her acting, being nominated for

awards from day one. Yet, it is only in recent years that style-watchers have begun to notice her. This could be something to do with her working with stylist Elizabeth Stewart. Stewart was behind the bombshell gowns such as her figure-hugging Calvin Klein Oscars dress in 2011, which caused quite a stir. It showed the star all grown up and how far she had come in the style stakes. Stewart was also behind the metallic gold dress for the Hunger Games premiere, which Lawrence looked flawless in. In fall 2012, Lawrence swapped to stylist Rachel Zoe and this altered her look once again. Instead of the gowns and blonde locks she had donned on the red carpet before, she moved back to being a brunette and swapped her look for a more chic, modern one. Lawrence appeared in a sleek black Dior tuxedo for one of her many ‘Silver Linings Playbook’ appearances. This was a great move for the young actress, as changes to her style like this are what keep people talking. The 2013 award season is where Lawrence made her biggest impact. The star reverted back to her original feminine look and donned several gowns in several different styles, including a figure-hugging navy Dior dress at the SAG awards and the coral haute couture Dior gown at the



Golden Globes. At 22, this girl has achieved a tremendous amount in both acting awards and style accolades. As the new face of Dior’s Miss Dior fragrance you can expect to see a lot more of this girl. Lawrence is definitely one to be watched!

The Fashionable Five

Emily Maree
Life & Style Editor

FOR SUCH a small island, we really have a plethora of talent in the design industry across the world. In a country that has no fashion week, no internationally recognised fashion magazines and models that adhere to photo-call modelling rather than high fashion and runway, it’s hard to imagine that such amazing talent could be present on the international stage. However, some of the biggest names in the design world are indeed Irish so here we will have a look at the four biggest names in Irish and international design!

Philip Treacy – Hailing from Galway, this designer is a firm favourite with everyone from royalty to A-list celebrities. He has designed hats for various Harry Potter films and Sarah Jessica Parker’s hat for the ‘Sex and the City’ movie premiere. His name was hugely publicised when thirty-six of his designs were worn at the Royal Wedding including Princess Beatrice’s one, which was widely spoken about in the media. He is also a firm favourite of Lady GaGa and designed her space-inspired hat for the Grammy Awards in 2010.

Orla Kiely – Based in London, Kiely began her career in the National College of Art and Design before enrolling at the Royal College of Art (RCA) to do her master’s degree. For her exit show at the RCA, she showed her hat collection, which was bought by Harrods but soon changed to handbag design on advice from her father. Described as the ‘Queen of Prints’ by the Guardian, her petal and stem design is instantly



recognisable and her designs have been seen on stars such as Kirsten Dunst and Alexa Chung. Paul Costelloe – For the last 30 years, Costelloe has been at the forefront of Irish and British fashion. His father, hailing from our own fair Limerick, moved the family up to Dublin where Paul grew up. In the late sixties he went to Paris to study before moving to America. Upon his return to Dublin, he set up his eponymous label in 1979, which expanded to London in the 90s. His shows are now standard at London Fashion Week and he has designed the uniforms for companies like Sainsburys, British Airways and the Irish Olympic Team.

J.W. Anderson – A recent designer on the scene, J.W. Anderson hails from Magherafelt in Northern Ireland. Born in 1984, Anderson graduated from London College of Fashion and is now seen as one of Britain’s most popular fashion designers. He made his debut at London Fashion Week in 2007 and once used real insects in his jewellery during a catwalk show.

These are just four of the numerous amazing designers that Ireland has to boast about, making a splash in both the Irish pond and the international ocean. With talent like this, there is never a need not to buy Irish design again!

Cookery Corner: Strawberry & Rhubarb Crumble Tart

Barbara Ross

SPRING is finally here and while we wish we could throw off our scarves and gloves replacing them with sunglasses, but we’re not quite there yet.

However, that doesn’t mean that we can’t enjoy some good homely food that sings of spring. This crumble tart is light and delicious but still wraps you in a big warm hug against the cold nip in the air.

Ingredients

- 6 large sticks rhubarb
- ½ punnet strawberries
- 2 tbsp sugar
- 10oz plain flour
- 25oz butter
- Pinch of salt
- Water
- 5oz porridge oats
- 5oz light brown sugar

Method

- First, make the pastry by rubbing 20oz of butter into 5oz flour until it looks like breadcrumbs.
- Slowly add a little water and mix until it comes together. Wrap in cling film and leave in the fridge for 30 minutes.
- Cut the rhubarb into pieces, place in a pot with the a little bit of sugar and cook until just soft. Once the rhubarb has cooked down taste and add more sugar if it is too bitter. Wash and slice the strawberries.
- Preheat the oven to 160°C.



- Roll out the pastry to cover a pie dish, line with baking beans and blind bake for 15 minutes, remove the baking beans and bake for another 5 minutes. If you do not have baking beans you can use uncooked rice or any other uncooked dried bean or pulse.
- While the pie base is baking, make the crumble by rubbing 5oz of the butter into the brown sugar, porridge oats and 5oz of flour until it resembles crumble.
- Fill the tart base with the rhubarb, top with the uncooked strawberries (they will cook as the tart is baking) and then top with the crumble mixture, ensuring all the fruit is covered.
- Cook for 30-35 minutes until golden brown.

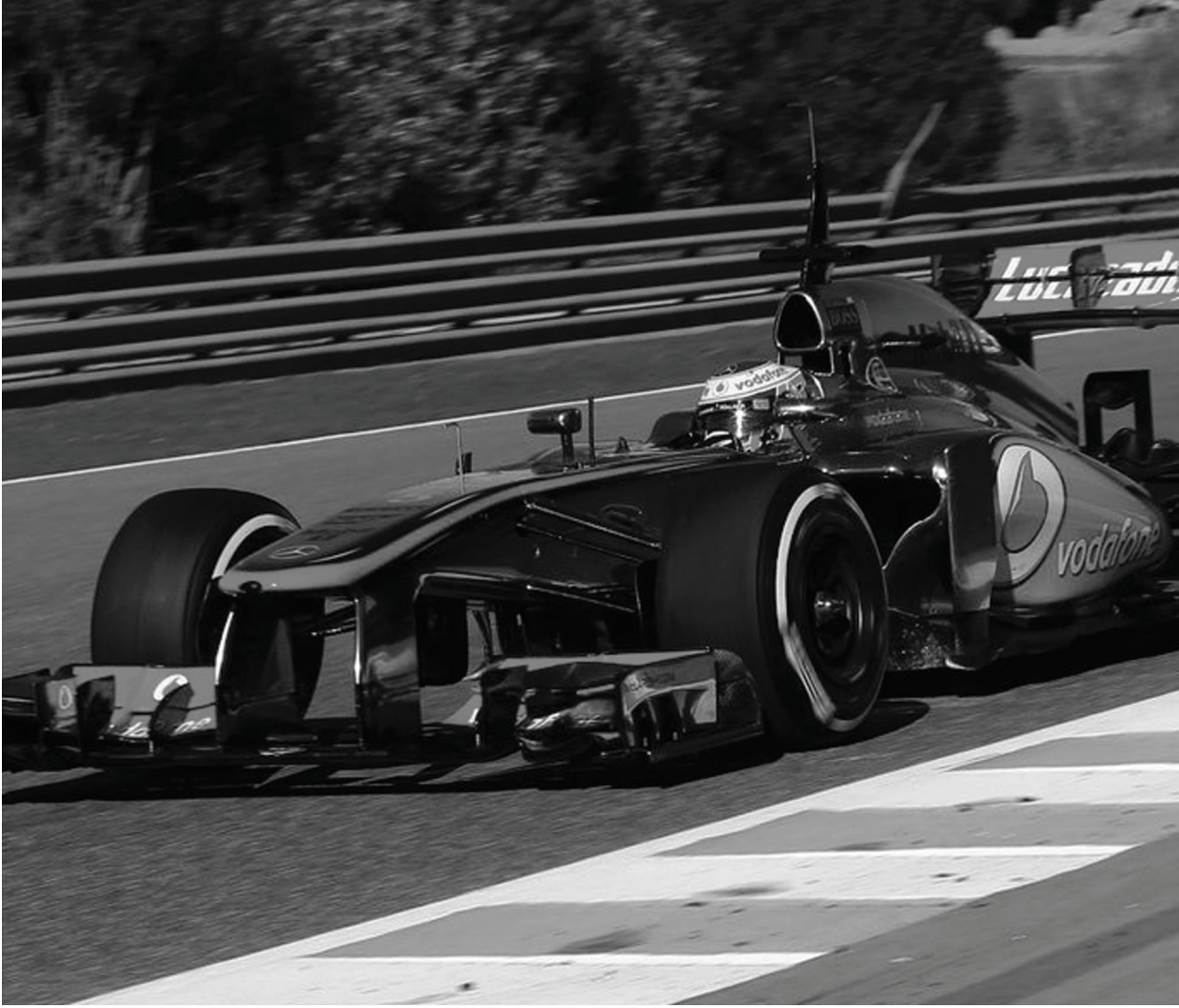
This is beautiful served warm with cream or ice cream to put a spring in your step.

2013 Formula One season to be closest ever

Garry Irwin

Winter testing is over for the teams and they should all be raring to go for the new 2013 Formula 1 season. There are only 11 teams making it to the grid this year as Spain's HRT Racing could not find a buyer before the deadline for registration, and are currently in liquidation. Some bemoan the fact that this will make the races less competitive, while others are not too bothered, because HRT only ever managed to finish in a high of 14th place, and that was back in 2010. What this does mean though, is that six cars will be eliminated after the first two qualifying sessions, and with middling to lower teams battling for less spots, teams could find themselves with both drivers out after Q1.

As exciting as the qualifying can be, people watch to see the cars and the drivers jostling for pole position and those crucial points in the race itself. With no major architectural changes happening to the cars again this year, we should see teams recording lap times that are closer to one another. And when this is the case, it really is down to driver skill when it comes to winning races. It is thought that Fernando Alonso is the best person to have behind the wheel of your car and that Ferrari should be able to help him gain a third driver championship. But Red Bull won't give up their hard fought supremacy so easily



and Sebastian Vettel will be all out to claim a fourth championship for himself.

What about the other racers? McLaren will look to Jenson Button

to get the most out of a redesigned car, while also hoping that Sergio Perez can hit the ground running for his new team. Mercedes have gone and paid some big bucks to get Lewis

Hamilton as their number one driver, and they haven't rested there, pouring money into the car which they hope will propel Hamilton into being their first drivers champion since

the 1950s. Hoping to bounce back somewhat this year are Lotus and former champ Kimi Raikkonen. They were solid for most of last season, but would hope to be more competitive this year.

The remaining teams are just looking to be reliable and gain as many constructors' points as they can, with maybe a podium or two in the process. Sauber, without Perez, may struggle. Force India have returned to Sutil and di Resta in an effort to at least claim 6th in the constructors. But they will be battled all the way by Williams and Toro Rosso, with Williams the more likely to challenge this year. The bottom two teams, Caterham-Renault and Marussia-Cosworth should remain just that, with Marussia perhaps having the edge this year to avoid last place.

The first few races should enable us to see who has got the most out of their offseason testing, but with a sport such as this, improvements can make a difference from race to race too. Red Bull has shown itself to be the best team in this regard over the last three years. Despite this, other teams have upped their game too, and with the drivers' championship staying competitive for a number of teams well into the season last year, I see no reason why 2013 can't be just as competitive if not more so.

Gazza

Eoghan Wallace

It's 4th July 1990, the semi-final of the World Cup, and England are playing the ol' enemy, Germany. Eight minutes into extra time and Paul Gascoigne challenges Thomas Berthold for the ball. The tackle is late, Berthold hits the deck, and that yellow card is produced. Already on a yellow from a previous game, the anguish on Gascoigne's face is beamed all over the globe, he knows should England make the final he will play no part in it. The tears come streaming down his face. It will become the most iconic image in English football since 1966. 'Gazza' becomes a national treasure. A Geordie by birth, Gascoigne began his with career with local club, Newcastle United. He showed promise early on, captaining the under-18s to FA Youth Cup glory in 1985 and scoring twice in the final. Breaking into the first team the following season, he finished the 1985-86 campaign with nine goals. For the 1987-88 season he was awarded the PFA Young Player of the Year and also made the PFA Team of the Year. Interest in Gazza by this point had increased tenfold and despite initially promising Alex Ferguson he would sign for Man. United he would eventually join Tottenham Hotspur in the summer of 1988. Gazza developed enormously under

the tutelage of Terry Venables. In his first season he helped Spurs to a sixth place finish, third the following year. In 1991 he scored six goals on the road to Wembley including a spectacular free-kick against rivals Arsenal in the semi-final. A rash tackle 15 minutes into the FA Cup final against Nottingham Forest's Gary Charles resulted in him rupturing his own cruciate ligaments, Gazza was forced to watch Spurs prevail 2-1 in extra time on the sidelines. By then he had already agreed terms with Lazio. The injury though would delay his Italian debut by a year.

He would spend three years at Lazio. His time in Rome was difficult; injuries and lack of fitness meant he never lived up to his £5.5 million price tag. In 1995 he returned to Britain, joining Rangers, where he would help the club win their eighth and ninth consecutive Scottish league titles. He was honoured with both the footballer and player of the year awards in 1996. Beset by problems he left for Middlesbrough in 1998. From here on his diminishing abilities and a deeper spiral into alcoholism led to his career fading into obscurity. Despite a decent club career Gazza will be most fondly remembered for his exploits in an England shirt.

Gascoigne was England's best player at Italia '90. Linekar scored the goals but Gazza made them. He assisted David Platt's wonderful volley via

free-kick against Belgium in the round of 16. In the quarter-finals he played the through-ball from which Gary Linekar won the penalty which proved the winning goal for England. Despite his booking in the semi-final Gazza continued to fight tooth and nail against the Germans. So impressive were his performances he made the team of the tournament, the only Englishman to do so.

It wasn't until EURO '96 that Gazza had an opportunity to strut his stuff at an international tournament. Shining once again for England, he scored arguably the goal of the tournament against Scotland, flicking the ball over Colin Hendry's head and volleying it into the net. The subsequent celebration saw him reenact the infamous "dentist's chair" incident which occurred prior to the tournament. In the semi-final England would lose once again on penalties to Germany. Gazza had a glorious opportunity to win the game in golden goal extra-time, mere millimetres from nudging the ball across the line. It would prove to be his last tournament for England.

A week before the announcement of the 1998 World Cup squad tabloids showed a visibly drunken Gascoigne eating a kebab in the early hours of the morning. As a result Glenn Hoddle omitted him from the squad. Outraged at being dropped



Gascoigne wrecked Hoddle's hotel room and would never play for his country again.

Like George Best before him Gascoigne was a mercurial talent, arguably the most gifted English footballer of his generation, but a talent tormented by demons. When

Gascoigne makes the headlines today it's more than likely about his reoccurring battle with alcoholism or his fragile mental state. We should however try to remember Gascoigne more for his brilliant footballing ability and not his alcoholism which as tainted his life for the past 15 years.

Forgotten Footballer - Alan Smith

Darren Mulryan

Alan Smith's bleached blonde hair is as iconic as David Ginola's flowing locks back in the glory days during Leeds United's rise in the Premier League, and Champions League Journey in the early noughties. Smith began his career as an 18 year old tough tackling dynamo with Leeds United. It wasn't long before Smith had cemented a starting role alongside a brilliant Leeds United team consisting of Mark Viduka and Harry Kewell, amongst others.

The pinnacle of Smiths 6 year career with the Yorkshire club was helping the club reach the semi-finals of the Champions league in 2001. He followed these fine performances under David O'Leary's team the following season putting in man of the match performances. Smith was a popular player amongst the Loyal Leeds supporters earning him back to back, "Supporter's Player of the Year" awards two years running between 2003 and 2004.

Following Leeds relegation in 2004, Smith crossed the Leeds Manchester border and was subject of a tirade of hate filled abuse for joining the Red Devils. Smith's work rate in midfield attracted the attentions of Alex Ferguson at a time that United needed more fighting graft in midfield. An injury prone first season prevented smith the playing time that he would have wanted, although he still managed to score an impressive 10 goals.

The following season during a defeat by Liverpool in the FA Cup, Smith broke his leg while trying to stop a free-kick from John Arne Riise, an injury described by Alex Ferguson as "one of the worst I've seen". His comeback came in 2006 in the Champions League and he started to gain fitness to gain a place



Alan Smith has revived his flailing career at the much maligned MK Dons.

in the England squad. Smith's return to full match fitness spelled the end of his injury ravaged term with the Old Trafford side and left with a premiership medal along with a FA cup runner up medal. He finished with a tally of 11 goals in 6 years.

Despite these stats, Smith was snapped up the following season by Newcastle United. The striker struggled to adapt with the Toon in his first season, failing to net a single league goal. The following seasons spelled out an injury cast time with a recurrence of his ankle injury sustained at Manchester United. A couple of transfer window signings such as Cheick Tioté prevented Smith from nailing down a first team place. A disappointing 5 year career with

Newcastle ended with Smith playing 85 games and not netting a single league goal.

Like all forgotten footballers Smith still had a passion and a fire for Football and went looking elsewhere to regain his fledging career. In 2012 Smith left Newcastle and joined up with Milton Keynes Dons on Loan. Scoring two goals and impressing with midfield displays ensuring Smith earned himself a two year contract at the end of the season. Smith currently has 30 appearances this season and has a regular starting position. Perhaps this could be one last push in a memorable career to help Milton Keynes Dons gain a playoff position in League One. Let's wait and see.

It's time Racism is kicked out for good



Darren Mulryan

It seems you can't open up a sports section these days without being splashed with racism spats across the beautiful game. The need to highlight the importance of banishing racism needs to be given extra impetus to our children and fans alike. We set the example for the next generation of young and inspiring sports stars. It is us that the buck falls with and this is the time that the worlds sporting bodies need to kick the issue into 5th gear.

Recent attempts by FIFA and UEFA have helped encourage fair play in the game but fail to impact some players who appear to disregard this basic human manner. Simply fining clubs a couple of thousand Euros in response

to a player committing racist abuse at others simply does not work. This is as ineffective as trying to build a skyscraper out of mud and sand.

The way forward is for FIFA to impose much higher fines to hit clubs where it hits them most. Imposing transfer embargos can be effective as this also reduces a clubs capacity to perform at the highest level. The bigger picture should paint a moral compass of guilty players and fans being involved in workshops with children and youth clubs. Encouraging and educating young athletes is a pro-active way to engage in a sports environment.

Let's hope the future holds a bright and positive light. Let's put racism OUT.

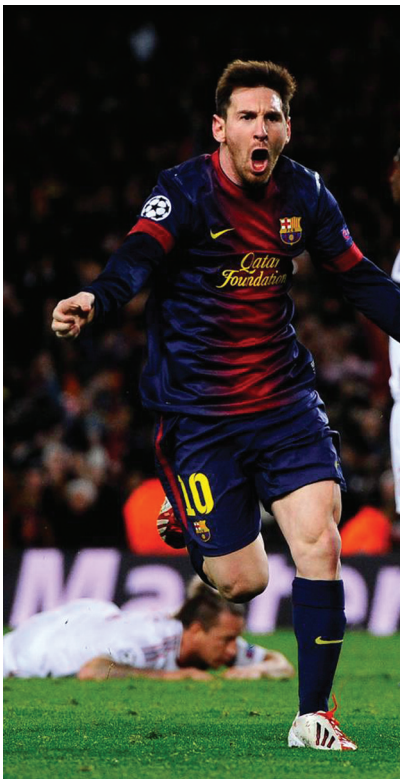
Stuttering Barca still the team to beat

Darren Mulryan

Confidence in the Catalan camp could not have been any lower following two defeats at the hands of fierce rivals Real Madrid in both El Classico and La Liga. When Lionel Messi and Co arrived at the San Siro for their first leg Champions League last 16 tie, nobody predicted just how easily the Rossoneri overwhelmed Barca's troops.

There was a lack of urgency in their play. This is exactly what has made Barcelona so great in the past. A fluid and controlled passing style that disables their opponents ability to gain possession. At a time when they trail Madrid in the League, all they have left is a convincing European journey to ensure the fans at the Camp Nou are satisfied. The expectations are gargantuan, albeit realistic considering the ability and depth of squad absent Tito Vilanova's side possess.

A real test faced them tonight at home versus Milan. No team in recent Champions League history had ever overturned a two goal deficit, especially without scoring a crucial away goal. Lionel Messi rose to the occasion majestically, but 10 other players stepped up and offloaded the burden on the magnificent Argentine's shoulders. The key to progression was ensuring



Messi continues to mesmerise in a flawed Barcelona team.

Barca did not sit too deep in allowing Milan's midfield to dominate. This proved vital in an entertaining game and while Barca still conceded chances, they were just too good for Massimo Allegri's side.

No Turkish delight for Ferguson

Darren Mulryan

Generally Alex Ferguson has a great relationship with pundits across the media even the newly repaired circles with the BBC. But you know something has gone terribly wrong when Mike Phelan is summoned to illustrate the sheer dismay and angst faced by Manchester United players in the Champions League against Real Madrid.

The build-up to the match was intense. The stakes could not have been higher with most of the world watching on as Jose Mourinho claimed, "The world would stop to watch". Indeed it did and everybody stood up to take notice of just how magnificent European nights can be. The Manchester camp was said to be concerned with the introduction of Turkish referee Cuneyt Canir for the tie earlier that week. And it only took over 50 minutes to justify those doubts as Cuneyt showed a straight red for what appeared to be a high foot on Madrid's Alvaro Arbeloa.

It was a high foot but many agree that Nani's posture enabled him to keep his eye on the ball to gain possession and not to cause malice or harm to his opponent. One surprising view in



Nani sees red as Arbeloa looks on.

support of Cuneyt's decision was that of ex Manchester United maestro Roy Keane. The pundit claimed the red was the correct decision and slammed the Portuguese winger for not being a "brave" player and further suggesting he goes down to ground too easy.

Cakir has previous with English clubs and players, having sent off Mario Balotelli during a Europa League match against Dynamo Kyiv in 2011, Steven Gerrard during England's World Cup qualifier with Ukraine last September and Gary Cahill during Chelsea's World

Cup final defeat to Brazilian side Corinthians three months later. More worrying news for English football fans is that Cuneyt is on FIFA's list of officials for next year's World Cup in Brazil.

The beautiful game hinges on a fine balance between letting play flow and awarding decisions and fouls based on common sense. Roy Keane should know this after years of combat in United's midfield. Perhaps Old Trafford's chefs prepared too many Turkish delights for the press box that night.

Britton doing Ireland proud

Robert McNamara
Sports Editor

Fionnuala Britton's stock continues to rise after she summoned the resources to put in an excellent final lap to win a bronze medal in the Women's 3000 metres final in Gothenburg in March.

It's her third major championship medal in the last year and a half. Portugal's Sara Moreira won the gold while Germany's Corrina Harrer was pushed all the way for silver by Britton.

Britton's achievement is put in context when you realise that Britton is the first Irish athlete to win medals at European Indoor and Cross Country Championships, combining two very different forms of running.

Britton stayed out of the early melee in the race after a false start and a collision in the qualifying race.

She told RTÉ Sport after her medal ceremony: "After yesterday I knew I had to stay out of trouble and not waste energy. It is kind of hard to know what you're doing.

"You're running in lane two so I suppose you are wasting energy but no one is getting in your way or tripping you up or making you go slower so I felt I was out of trouble most of the time where I was.

"At the very start, the whole false start thing made me realise there is no point being near the front in this.



"There is too much elbowing and standing in front of each other so by being at the back and all of them running three wide, it meant I wasn't very far off the front anyway.

"I could sit in a little bit and see what happens and I knew to keep an eye on Moreira as well because when she went she wasn't coming back.

"If she wasn't at the front I thought it

was probably okay."

Britton won a gold medal in the European Cross-Country to add to her 2011 victory in December and came in first at the Great Edinburgh Cross Country and Antrim Cross Country races. She was also triumphant at the National Indoor event in Athlone before the European Championships.

Great sports teams you've never heard of: The Oklahoma Sooners

Robert McNamara
Sports Editor

There are a number of college football teams that have gone through a whole season undefeated. The Oklahoma Sooners, however, have by far and away the longest winning streak in the history of American college football. They have held the NCAA record for consecutive victories with an incredible 47 wins - over a four year period - since 1957.

Inspired by legendary coach Bud Wilkinson, they began their ridiculous run with a hard fought 19-14 victory over the Texas Longhorns on Oct. 10, 1953.

Oklahoma strolled through the remainder of the 1953 season and finished on an impressive 9-1-1 season total, without conceding a touchdown in the Orange Bowl in a 7-0 shutout victory over Maryland in the Miami heat.

The Sooners then completed 10 straight victories in the 1954 season and 11 in 1955. Their 30th win came against rivals Maryland in the Orange Bowl as the Sooners picked up another championship.

Victory no.35 was sealed with an outstanding 40-0 annihilation of Notre Dame in October 1956. Oklahoma finished that season on a high, bringing the winning streak to 40 while picking up another title.

In November 1957 Oklahoma completed the 47 game winning-streak with a 39-14 victory against the Missouri Tigers. Alas, all good things must come to an end and a week later, the Notre Dame Fighting Irish ended the run with a very close and cagey 7-0 victory at Owen Field.



Oklahoma beat Notre Dame 40-0 in 1956. A year later the Fighting Irish ended the Sooners' 47-game win streak.

The Sooners rallied and finished the 1957 season with a 48-21 victory against Duke in the Orange Bowl to post a 10-1 record.

The Oklahoma side have won 44 conference titles in their history, including a stunning 14 consecutively between 1946 and 1959.

Seven all-America championships have been won by the Sooners in 1950, 1955, 1956, 1974, 1975, 1985, 2000. The

NCAA also recognises 9 others 1949, 1953, 1956, 1957, 1967, 1973, 1978, 1986, 2003 but these are not by the University of Oklahoma.

The Sooners reside at the superbly named Gaylord Family, Oklahoma Memorial Stadium. Administration at the college added 'Gaylord Family' in tribute to Edward K. Gaylord and his family for the contribution they have made to the college over the years.

Eagles recover to add more silverware to the cabinet



Robert McNamara
Sports Editor

UL's period of dominance in top-level Irish basketball continues as the Eagles were crowned winners of the SuperLeague Trophy.

The Eagles suffered a blip on the road to the title when they slipped up against UCD Marian before sealing the title against Dublin Inter at the National Basketball Arena. The Eagles can now look back on a successful year after the dissapointment of losing out in the SuperLeague cup final to Cork side Bord Gais Neptune.

"We were all relieved to finally get the job done," said head coach Mark Keenan. Keenan is celebrating his second brace, having led Killester to back-to-back titles in 2009.

He expressed delight at defying the critics who had raised doubts over UL's staying power.

"The players read the stuff on the Basketball Ireland website and other places questioning if we were going to

blow it and I think that helped focus the minds and gave us a bit of motivation. We were very focused."

UL needed to put in a very strong performance to overcome an average Inter side, as the Dublin team led the game in the first quarter. A Limerick rally saw the Eagles regain the lead for the second and third quarters, before a late fightback by Inter was finally quashed 72-64 with Jason Killeen sinking 21 points for the Eagles.

"I was never worried that we couldn't get it done. Inter are a good team but when we changed up to zone defence it broke their rhythm," said Keenan.

"This Eagles team is as good as any other team I have coached," said Keenan. "We may not play up to our talent as much as we'd like to but when we do, we are as good as any team that I have been with," he added.

The UL Huskies did the double in the ladies competition, adding the SuperLeague regular season title to their SuperLeague cup victory in January.

UL Runners-Up In Spillane Cup



Jamie Flynn

UL travelled to the University of Ulster, Jordanstown, located just outside Belfast City to take part in the Collingwood Cup. The Collingwood Cup is the premier University soccer competition and Universities north and south of the border contest the cup annually. The competition was hosted by UL last year and UCD came away victorious beating Mary I 1-0 in the final.

With 12 teams competing, there was a preliminary round prior to the quarter-finals for 8 of the 12 teams. UL were drawn against NUI Maynooth in this preliminary round. UL had already played Maynooth this season, and in that close league encounter, UL came away narrow 2-1 winners.

UL faced Maynooth in the early kick off on day one of the Collingwood Cup. In the opening 20 minutes of the match, both teams had half chances but UL looked the better of the two sides. At 25 minutes, a ball was played low into the box from a Maynooth corner. The Maynooth player turned and Darrin Hanrahan, who had already committed to the tackle, ended up taking down the Maynooth player down inside the box. Niall Langan stepped up to take the penalty for Maynooth. UL keeper Alan Coleman didn't commit himself and easily caught the penalty which was struck right down the middle.

You would be forgiven for thinking that after such a sequence of events, luck was on UL's side, but within five minutes, NUI Maynooth were in the lead. A Phillip Lavin tackle in the UL box took an unfortunate ricochet and fell perfectly to a Maynooth forward. A simple square ball across the face



of goal and a tap-in meant NUI Maynooth stumbled into a 1-0 lead.

UL, who had come from behind versus Maynooth already this season, responded well. Within two minutes, UL were centimetres away from levelling the game. An excellent Limerick set piece resulted in the ball bouncing on the Maynooth goal line. No UL player could get close enough to bundle the ball in and eventually Maynooth cleared.

Despite the Shannon-side team threatening, it was a Maynooth clearance that ended up being the assist for the second goal of the game. A long clearance from Maynooth fell perfectly between both UL centre halves. With both centre halves caught out and the UL Keeper caught in no-man's-land, the Maynooth striker did well to finish and put NUI Maynooth 2-0 up at half time.

UL came out for the second half ready to fight their way back into the game. The third goal would be crucial and in the 57th minute, that goal fell NUI Maynooth's way. Again a Maynooth forward received the ball and managed to negotiate his way between UL centre halves Feeney and

Lavin. A side foot finish into the far corner gave the UL Keeper no chance and Maynooth led by 3.

At 3-0 down, it was tough to see how UL would get back into the game. With 25 minutes to go, UL were given a glimmer of hope. A long throw from Darrin Hanrahan was knocked on by Ben Savage in the Maynooth box and Eoin Walsh was on hand the head the ball into the roof of the net. Despite being dominated on the scoreboard, UL sincerely felt they were not dominated on the field. At two goals down with 25 minutes remaining, UL felt there still may something there for them.

The final 20 minutes or so was a dogged affair and UL could not manage to penetrate Maynooth's goal again. Maynooth appeared to shut up shop and were determined to not allow UL back into it. A 3-1 loss meant UL were out of the Collingwood Cup and into the secondary Cup competition, the Spillane Cup.

UL contested the semi-final of the Spilane Cup the following day versus UU Magee. UU Magee brought the much fancied DCU to extra time the day before, only to lose in extra time.

Again UL started out much the better of the two sides and on 26 minutes, Jack Byrne opened the scoring with a well-crafted finish. Ben Savage got the assist with a well-played through ball and Byrne took a touch before finishing with his left foot. UU Magee didn't threaten very often but UL could not seem to find the second goal despite going close on several occasions. UL were made pay on the 60 minute mark when UU Magee equalised. UL fought on but could not find the winner in normal time.

Extra time was 10 minutes a half and, after 100 minutes, the sides still could not be separated. Going into the final 10 minutes, UL still looked the better team but penalties looked imminent. In the 109th minute, Savage broke past a Magee defender and calmly finished past the keeper. With one minute to go UL looked all but assured of a place in the Spillane Cup Final. After a tense 60 seconds, the referee blew for full-time.

UL met NUIG in the Spillane Cup final. NUIG had lost in extra time on day one to UCC and had beaten Trinity College 2-1 in the semi-final of the Spillane Cup. With this being



the third game in three days, both teams were fatigued and injuries within the squad were becoming a factor. In such games, the first goal is absolutely crucial as teams often find it difficult to find the energy required to fight back from a goal down. So proved to be the case as NUIG went into an early lead after a short back pass let NUIG in for an easy goal.

UL were forced to make two changes due to injury in the first half and after a second NUIG goal before half-time, the comeback never looked on. NUIG went on to score two more for a final score of 4-0 against a battered and bruised UL side.

UL Squad: Alan Coleman, Andrew Walsh, Brian Norris, Shane Harrington, Niall Feeney (c), Phillip Lavin, Ronan Greaney, Jonathan Hannafin, John O'Leary, Ryan Sappington, Kevin McCarron, Darren Nolan, Darrin Hanrahan, Ben Daranyi, Eoin Walsh, Ben Savage, Jack Byrne, Robert Doyle

UL Players of the Tournament: Ryan Sappington, Ben Savage, Ronan Greaney

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Non-Threatening Boys Magazine
Justin Timberlake's New Album
Gene Kelly and Singing in the Rain
Milk Baby Interview

Arts & Ents Editorial

Fintan Walsh
Arts & Ents Editor

In the last issue’s editorial, there were a few bare-knuckle digs at the organisers of the University’s Charity Week; about how it was all put together like a toddler doing improvised finger-painting. There is a tinge of truth in that, but there is no malice intended.

You’re talking about a time where students are watching their pennies over menial things, like casual after-class pints in Scholars; taxies home; eating out; and anything that is deemed worthy of spoiling oneself. So, naturally, whatever decisions the organisers are going to make, there’s going to be a few one-way tunnels, where money and time is going to go astray.

Since there are grounds for fair and honest opinion of a public society that has been utilising – if that’s the apt word – students’ fees, it would be a suitable time to invert the SU and look at a particular group – the Music Society.

University of Limerick is one of Munster’s freshest hubs for new, independent and talented musicians, but no one knows it, albeit Milk Baby and Banterstar Galactifunk popping up every now and then.

We have one of Ireland’s most outspoken lecturers on cultural icons – Dr Eoin Devereux. We have the Irish World Academy of Music and Dance, which is clustered with musically talented minds. We have the Music, Media and Performance Technology course that is loaded with talented musicians, such as Aaron Lipsett, who is an underground DJ played on BBC frequently. We have it



all, but no one knows it.

Not only has the Music Society a strict responsibility to utilise the campus’ talents and to showcase our musical significance in comparison to other universities, it is our right,

as students, to see these talents. After all, we pay more than enough to the Students Union, just so we can see where all the funding is going. For the Music Soc, the end results are a bit misty.

Since week three, the society went through two EGMs. This meant, in the first place, something was awfully wayward with the organisation. The fact that the first EGM didn’t reach the quorum should have

raised a deafening alarm, with a few SU officers shrieking. But luckily enough, just last week, eight new board members were elected.

Another falling dimension in the society was the Open Mic Night – something that should be gung-ho fun and riddled with laughter and drunkards. Instead, organisers and favour-doers ended up taking over. It has been confirmed, by former President Eanna Brown and organisers, that not enough promotion has been put into it. With 930 likes on Facebook and an infinite ring of social networks, promotion should be a trivial task for one of UL’s most popular societies.

“There could be some promotion done by the SU itself,” was one remark made in regards to the ruin of the society. However, that is completely irrelevant. The Student Union gives a society’s board a lump of cash to play with for the year, so it is the society’s job to make use of that cash. The society can now run independently, while conforming to C&S rules, obviously.

“El Presidente” Jonathan O’Connell and his posse need more than just the usual agenda, which has undermined the students’ expectations of UL’s music life and UL’s music life itself. They need to shower their organisation with a strong web-base, organise small gigs in-and-out of campus grounds, hold talks on music, and involve the student body in whatever it’s doing. Otherwise we have an awkwardly ineffective society that is wasting its members’ time and our own money.

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Justin Timberlake – The 20/20 Experience

Amy Grief

After a seven-year musical hiatus, SNL shorts notwithstanding, Justin Timberlake is back on the charts with ‘The 20/20 Experience’.

This is his third solo album, since breaking away from 90s boy band N’Sync, the hype surrounding its March 19 release has been almost palpable. The Twitterverse has exploded in a flutter of hashtags as the album streamed free on iTunes last week.

While many were disappointed when his first single, ‘Suit and Tie’, dropped last month, opinions are sure to change as JT shows off his virtuosity across what he has described as “music you can see”.

Breaking away from the bass-heavy sounds that have dominated airwaves as of late, the ‘20/20 Experience’ brings pop music back to its roots. A far cry from 2006’s synthy ‘FutureSex/LoveSounds’, Timberlake still brings sexy back, albeit in a more sultry and less obvious way, pointing towards his growing maturity in the music scene.

Opening with a grandiose string interlude, the album quickly launches into its first track: ‘Pusher Love Girl’. This song is groovy and soulful with a definite Motown vibe.

The aforementioned ‘Suit and Tie’, featuring Jay-Z, fits much better into the context of the album than as a stand-alone single, its jazz-inspired beat conjuring up images of a quintessential night on the town.

‘Don’t Hold the Wall’ harkens listeners back to JT’s earlier days, and despite its current simplicity, one can almost imagine it remixed into a summer club banger.

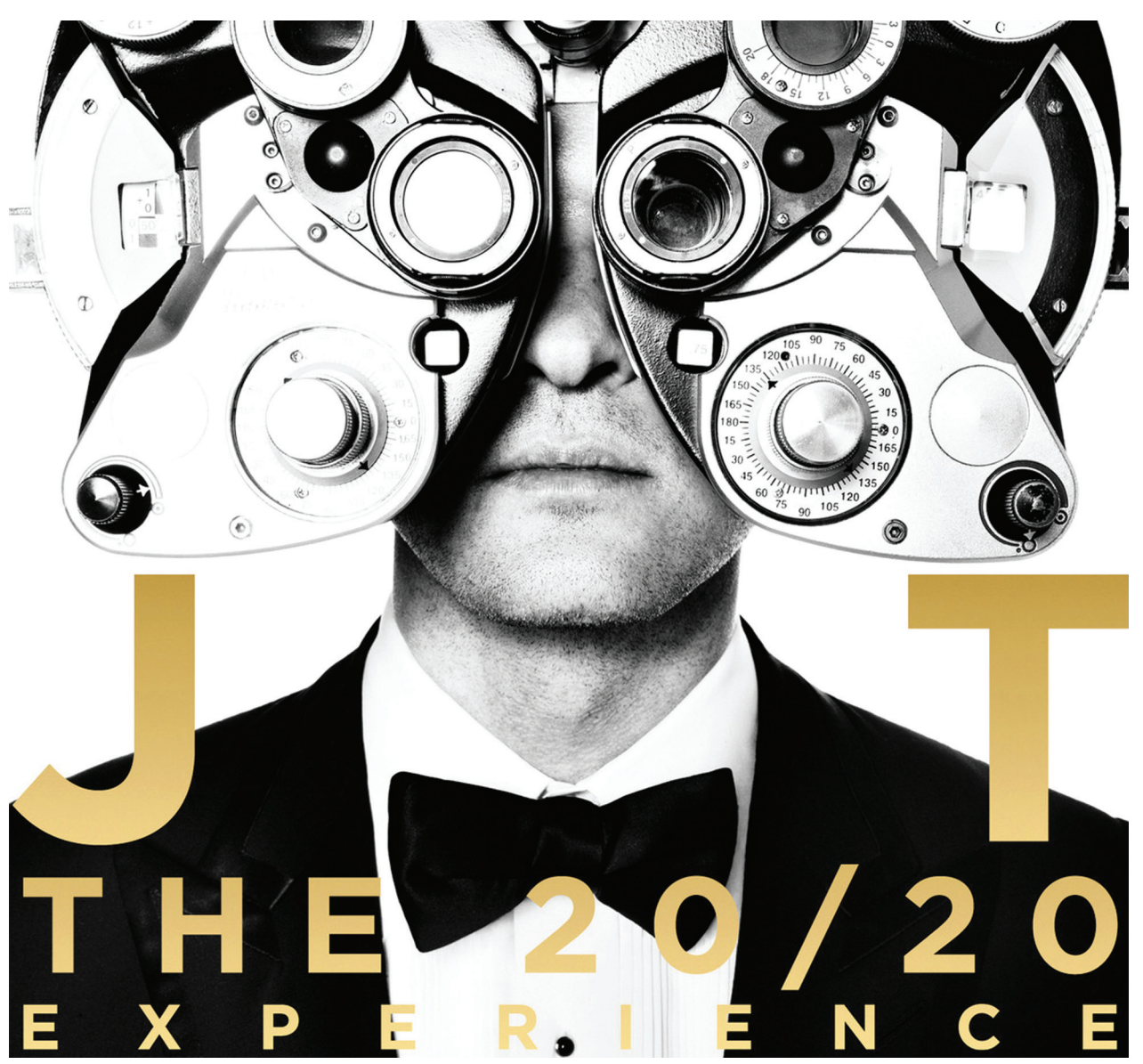
Timberlake’s signature falsetto shines on the galactic-ally inspired ‘Spaceship Coupe’. Lyrics aside (no need to overdo it on the space imagery JT; N’Sync’s ‘Space Cowboys’ was more than enough) this slower track showcases some of Timberlake’s finest singing.

The album’s biggest surprise comes on ‘Let the Groove’ in - a frenetic Latin-sounding dance anthem. Fun and light-hearted, this track places the listener at a beach party, and will definitely be a song to look out for as summer fast approaches.

Albums about love are standard, and ‘The 20/20 Experience’ is no different. This theme is most apparent on ‘Mirrors’, the album’s second single that recently premiered on Jimmy Fallon. A simple pop ballad, ‘Mirrors’ seems to be perfectly crafted for radio play and has all the markings of a platinum hit.

The album closes with the seven minute long ‘Blue Ocean Floor’. Timberlake’s most experimental track, Timberlake passionately croons atop futuristic, lo-fi drum and synth sounds. Ethereal, with a magical quality, this track holds the listener rapt until the last wistful note.

Self-produced with the help of hip-hop giants Timbaland, Jarome “J-Roc” Harmon and Rob Knox,



‘The 20/20 Experience’ will satisfy JT fans young and old. While it’s not the dance-heavy album some would expect, it’s unique in its own right, providing much needed variance on the Top-40 scene. Though the lyrics leave much to be desired, the soulful R&B sounds supporting Timberlake’s signature vocal style give listeners an hour and a half of escape in light-hearted, musical bliss.

2ManyDJs Review

Jack Brolly

When 2manydjs came out on stage on Thursday night, the first thing that they would’ve seen, from their raised vantage point, was the small turnout—the crowd didn’t even stretch back as far as Ulster Bank. The duo has played much, much bigger venues than the UL student courtyard and has filled them too and the appeal of their particular brand of electro bangers has an almost universal appeal amongst the student populace.

So, why were there such small numbers on Thursday night? After the week-long, regret-filled binge that is Charity Week, it’s imaginably the fact that most student’s pockets were nigh on empty. It’s a shame really because 2manydjs are exactly the type of act who benefit from sizable crowd creating a sizable buzz.

Despite all that, 2manydjs didn’t put a foot wrong and their set was the type of drop-laden affair you’d expect. After years of touring, the Dewaele brothers have mastered their set and, no matter how many people show up, they’re going to execute it perfectly every time. Their sets take unexpected—if you haven’t watched



any live video of them—turns when they mix in snippets of songs like ‘Girls and Boys’ by Blur or when they play the entire intro to ‘Master of Puppets’ by Metallica.

2manydjs played an infectious set and provided UL with something to dance the night away to; it’s a shame there was hardly anyone there to enjoy it.

Leo Abrahams – Zero Sum

Rob McNamara

Pulp guitarist and Brian Eno collaborator Leo Abrahams’ new record, ‘Zero Sum’, is an assemblage of achingly exquisite compositions that will enchant anybody willing to be seduced by its artistry. The album hears Abrahams bellow his own vocals around his music for the first time - having previously released records that were instrumental only. He’s admitted to being apprehensive about adding his voice, but fans of his music will be wondering why he didn’t do so earlier in his career. His mantra-like, gentle tone wraps itself around these beautifully constructed songs masterfully. ‘That’s What You Do’ features a glittering guitar intro, conjuring images of sun rays shining on the fret-board and making the notes sparkle. It is embellished by a change in tempo and some open chords to move it along in a different direction. The vocals are hushed and compliment the instrumentation very well. It’s the perfect way to introduce the album. The lyrics do what all good lyrics should do, they portray images and open the door to interpretation – a theme repeated throughout the record. ‘Winter’s Kiss’ is acoustic based and there is some wonderfully busy percussion lingering in the

background. The lyrics and feel of the song are almost medieval and Abraham’s soundtrack work seems to be an influence. ‘No More Onto Silence’ is more like a soundscape than a conventional song. It’s a journey and the listener is never quite sure where they are being taken from the sombre opening acoustic guitar picking, to the sweeping strings, to the African-esque backing vocals and back again. ‘Sleep Here’ is Nick Drake like in its delivery with the distinctive English lilt of Abrahams’ voice. The backing vocals marry the melody perfectly and again, there is no obvious direction and the song beats an adventurous path. ‘A Different Kind of Wrong’ features the lyric, “Life got on top of me like a big, brown dog, on the outside I seem like a man with a plan, but I keep my mind busy so it doesn’t realise how lazy I am.” It’s song about struggling with direction in life, yet it features Abrahams’ voice at its most relaxed and effective on the whole record. ‘Time Take Me Back’ chimes solemnly and slowly to end the record on a lovely note. These songs are awash with humility, imagery, sincerity, and, it seems, the experience of a musician comfortable with his song-writing. Abrahams should make more solo records.



Five Minutes With An Focal – Purple Earth Theory

An Focal (AF): How did ye guys form together in the first place, and how did you get that funky sound? You don’t hear that often in a Limerick band these days.
Michael O’Dwyer (MOD): I got to know Mickey [Ridley] pretty well from playing with him in a cover band. My friend Mike Hogan put me in contact with him and from the beginning I knew that his tasty bass playing was the first ingredient that I needed when I started writing the music for Purple Earth Theory. The first time I met Myles was randomly in a pub one night. I knew him as one of the other guys that worked in Savins. I had heard nothing but good things about Myles’ drumming but when we got together for that first jam he just knew exactly what the music needed and more! I actually thought Martin was a 30 year old piano teacher the first time I saw him, no joke. He was the extra bit of spice that Purple Earth Theory needed. Our sound itself has come to exceed anything I imagined when I first started writing the music. I suppose we all just love the groove and music that you can feel and I think that is what heavily influences the sound we give out.
AF: According to your guy Myles, being a low-key band at the moment is deliberate and that you don’t want



to spoil your exposure. Is this a way saying “we want to come out with a BANG when we’re ready”?
MOD: Personally, for me, I just

want people to hear us at our best. I think that the rest of the guys would agree, but I’d prefer to go out there and play a gig that is so well rehearsed

than putting a half arsed effort into putting a set together. I want people to come see us and say F***[sic] they were awesome, if it means that much

to even just one person, I’m happy.
AF: What do you think of the Limerick music scene, and who would you recommend to watch out for (apart from you, of course) in the future?
MOD: The amazing thing is that there are some savage bands coming out of the blue these days. We’ve got Sum Yung Wans, which Martin already plays with. But in particular our good friends in Leading Armies are on their way to big places. But we have to give a shout out to a band that are sure to be a well-known name in the future and that’s Paddy Dennehy and the Red Herring.
AF: Any sign of an EP soon?
MOD: We’re working on our live show more than anything at the moment, just getting the name out there. But we are doing a small bit of recording. I’m sure we will have something ready to go in the coming months.
AF: Lastly, what’s your favourite new song?
MOD: That’s a tough one. It’s a toss-up between either ‘Sleep’ by Allen Stone or any of the works of Tingsek.

Purple Earth Theory has been accepted to play at Indie Week in April 2013.

Five Minutes With An Focal – Milk Baby

An Focal (AF): How did ye guys start up?

Milk Baby (MB): We started off playing in our bedrooms, using faulty equipment and only one mic! Then eventually began to use Limerick City Rehearsal Studios in the Franciscan's Church. Our music has now developed into a very unique style and we constantly strive to improve and explore our sound.

AF: Your new video looks swell and is probably the most viewed debut in Irish music this year. Tell me about that.

MB: Thank you very much. the music video is of our original track 'Milk Dub' which will feature on our soon to be released EP 'That's Life'. The video was shot in Limerick City, directed by Eugene O'Connor, who has worked with many famous bands such as John Legend, Joe Satriani, Foo Fighters and many more. Camera work by Dominik Kosicki and Steve Hall, also edited by Dominik Kosicki.

AF: Your EP is a concept album, clearly. Can you go through what it means to you?

MB: Well, for us, it is a journey of our progression from when first formed as a four piece. The order of the songs on the EP is the same as when we

wrote those songs. Each song has its own very different story to tell, which had been relevant to when they were written. They each depict a different style of music which we have created from our own unique backgrounds.

AF: You had trouble with funds near December. Because of your amazing support, you are now at a comfortable level to market your product. How did this all happen?

MB: Well we started off small, everyone does, and kept working on writing new melodies and experimenting in new sounds. We slowly started to build a following which helped greatly in bringing us to where we are right now. We wouldn't be in the position we are in if we were not for own fans which we truly appreciate.

AF: Congratulations on the Indie Week announcement. What's your plan between now and April?

MB: We have a lot planned for April, as you know we have the EP launch on the eleventh of April and now Indie Week on the 24th - 27th, so we will be doing a lot of rehearsing over the next few weeks. We will be working on some new songs and we have something really special planned for the EP, we hope to blow



A photograph of the four members of the band Milk Baby. From left to right: a man with short brown hair wearing a dark jacket over a white t-shirt, holding a red electric guitar; a man with a shaved head wearing a dark jacket over a white t-shirt, holding a black electric guitar; a man with long blonde hair wearing a dark jacket over a white t-shirt, holding a black electric guitar; and a man with a beard and long dark hair wearing a dark hoodie, holding a black bass guitar. In the top left corner of the photo is a circular logo with the text 'MILK BABY'.

you minds !

AF: Have you thought about other gigs/festivals?

MB: Well, we're aiming to play at the Indiependance Music Festival in early August and maybe a few other nice indie ones along the way. We're sure there will be plenty of gigs happening in Limerick in the near future with some of Limerick's new and upcoming bands.

AF: Limerick is now a thriving hotspot for indie music - tell us about your counterparts and other local acts.

MB: Yeah it's really great to see, and we're all really close as a music scene, almost like a giant family! We are friends with many great Limerick bands such as Leading Armies, Purple Earth Theory and Animal Beats who we have recently played with in Dolan's Warehouse for 'Dolan's: Ones To Watch 2013' It was a terrific night with great music and it goes to show how we all influence each other in striving for our best potential.

AF: Where will you be this time next year?

MB: We honestly can't say as two of the band members are still currently in college, however by next summer we will always aim as high as we can, we are very determined to leave a foot print in the Irish music scene which we feel is growing. We would love to get the opportunity to play some festivals around the country and tour around Ireland, or even the world, spreading all the milk that 'Milk Baby' have to give. Peace.

UL Festival Antics

Kevin O'Brien & Finan Walsh

It took us around twenty minutes to get the green light from the organisers and the bands before we could settle down in the comfy Student Union seats and chat to our first interviewees, Dublin's Dirty Epics.

I was the silent shorthand stenographer, scribbling down all of the evening's quirky comments, while Kevin deep-throated every interviewee with his Dictaphone.

The quartet and the two of us formed a neat social circle for what was to become a classily informal discussion.

Relaxed and in a serene, happy-go-lucky state, female lead Sarah-Jane was eager to get on the inside of Kevin's own group Sparkle Motion. Though it was only a brief, "What kind of band are you in, Kevin?" question, her lively allure seemed to generate the ice-breaker.

One of the first striking topics was their reflection on hometown gigs. They were quick to say that the primitive, old-school venues that often had "shitty sound-systems" were always the "fun places". If they were a band with a different musical vibe, perhaps that viewpoint would have differed a tad bit.

"What would David Bowie do?" is what the foursome said when they referred to their forthcoming album, which is out on iTunes this Friday. Though they compared themselves to Paramore, followed by a slight chuckle, sounds encircling surf rock,

generic blues rock, Pixies and Yeah Yeah Yeahs came to mind when describing their latest efforts.

They took some time out to practise their shameless self-promotion, constantly repeating the album's price, where to find it online, where to find them online, and pushing their new music video, which was illustrated as a concoction of "Mad Men versus Smack My Bitch Up" in one "really cool video".

Kevin's quirky question of the evening was one to tip your hat to: "Have you ever killed an animal?" Sarah-Jane led by example, talking about how mice once scurried into a bin-bag, which was followed by a series of stomping and crushing. We felt we didn't need to ask anymore.

Outside of the dressing room, Dirty Epics proved their prowess, causing a whirlwind of networks on social media praising their performance, though the fest's turnout was phenomenally small.

We gambolled into the Common Room, where a handful of UL Fest's acts were. First in sight was The Dead Heavys, a group that is more familiar to the Irish Alternative Rock eye than rain to a Limerickman.

The Waterford-based group nested in the corner of the noise-laden chamber, surrounded by empty junk-food wrappers and empty bottles of Miller; the sign of a successful warm-up.

This is a band that was asked to perform at both Indiependance and Electric Picnic, without having any on-stage practice. To say that's

totally against the grain in the Irish music scene is an undoubted understatement – things like that don't happen.

With a red-carpet underneath them already, we were delighted to discover that it was the group's debut gig in Limerick. It was also an honour to be told that this is a band that adores hounmous.

When they were asked if they had ever killed innocent animals, the most prominent thing that was blurred out was, "We killed a few butterflies on the way up." But their modest and charming interview was nothing compared to the vivacity of their performance. Their vocal and instrumental arrangement hit the G-spot.

One of the musical highlights of the multi-gig, day-long festival was the energetic Kildare trio, Soldiers Can't Dance. Flagrantly powerful and whacky on stage, it's quite the challenge to avoid an RATM comparison with these guys, except they have their own Irish USP going on, being a trio and all.

Off-stage, there wasn't much to say about the group that wasn't already visible to the general gig-goer. Though they spent around 10 minutes delving into a mind-boggling analysis about the credibility of pro wrestling, the band mutually agreed that after that night's gig, they were going to "keep playing music and get louder and louder".

After UL Fest, it really did seem that anything within the boundaries of Waterford was the hotspot for starting

a new, alternative rock band. Paper Planes established that with their young, post-adolescent liveliness and, most notably, their devilish honesty.

What happens when all of your band mates finish their Leaving Cert and you all want to keep gigging? Do what Paper Planes did and all go to the same college, regardless of what course you are doing. They are all in UCC and if it wasn't for that, UL Fest more than likely would have reserved another band for the line-up.

"We played our own stuff and people enjoyed it. We were really thankful that we got to play here, too," they said, referring to their debut as a band.

After their fan base at their local GAA complex began to roar their support, they admitted they got a wee bit cocky, but it was their confidence that kept them on the stage ever since.

"We thought we were kings," one of them light-heartedly muttered amongst a music-heavy atmosphere.

They hope, by the summertime, they will have fully-mastered recordings of their own original material. They affirmed that they have full faith in the music they write.

Just before Kevin and I were about to enter Bipolar Empire's insane scene, Paper Planes had something incredibly zany to giggle about. When Kevin proposed to himself the "have you killed an animal" question, he wasn't expecting anything like Paper Planes' response.

One of the youngsters recited, in detail, about a time he was driving along the road and noticed a van

smacking a fox. Thinking he had sufficient time to roll around the fox, he noticed its suffering body peer up at the driver and, regretfully, ended up rolling over the fox. The story resulted in a huge harmony of guilty pleasure guffaws.

At this stage, Kevin and I were shattered, droopy and ready to put the gear away, so we could happily enjoy the rest of the festivities. And despite being devoid of any speck of energy, by the time Bipolar Empire welcomed us in their changing room, we were bursting with fervour. We were bewildered, dazzled and flabbergasted by their insanity.

One minute the drummer, Callum McAdam, is giving you a massage, the next minute he's talking about smack, jumping about the building and dominating the interview from the top of a giant cupboard.

Between bottle-blowing a full symphony, getting felt around the rear and watching a whole group of grown-ups throwing the closest inanimate objects at each other, it was easy to realise why they were called Bipolar Empire.

Because, on stage, they are cool, atypical of their off-stage visages and are just holistically tame in every manner. To end a 25-minute interview of mindless, brain-gouging mania, the Tallaifornians confirmed that they were going to release a new album by the middle of summer.

Game of Thrones : Season 3 is coming!

Paul Saunders

Why do we love Game of Thrones so much? Anybody who watches the show loves it wholeheartedly and ranks it among the best shows every on television among the likes of Breaking Bad, The Wire and The Sopranos. But what compels people to love this show so much and why?

Personally, I believe if you don't watch Game of Thrones then you are missing out on an extraordinarily good series. I didn't start watching it until recently and I can't sing its praises enough. The show seems to transcend all demographics and groups and strangely the first person to recommend the show to me was my doctor.

Game of Thrones is set in the mythical universe of Westeros where seasons can last from a few months to ten years and we come into the show just as the first winter in ten years is occurring. The show details the war waged for the Iron Throne between many contenders of the crown after the lineage of its new successor is brought in to question. It focuses on many characters from this continent and others across the narrow sea as all of them seem to be fighting a battle of some kind.

The action takes place in King's Landing, the Northern stronghold Winterfell, the giant ice barrier of the Wall and the savage land

of Essos inhabited by the savage nomadic warriors of the Dothraki. If you don't follow the show what I have just said sounds like gibberish but even though the show is of epic proportions encompassing many characters it's not the most difficult to follow.

People who don't watch Game of Thrones say that it's a nerd fantasy show and just a copy of Lord of the Rings but they couldn't be further from the truth. Just about anybody

can really get into the show and while it shares some similarities to the Lord of the Rings they are not that alike. Long battle sequences and heavy handed violence often play second string to exploring political themes and delving deep into every character.

We can choose who we want to cheer for, there is no black and white divide of what is right and what is wrong. If you go by those conventions then you could call every character evil

and crazy, however for the most part in every character you find great ambiguity. It plays on to the concept that valor, honour and nobility will get you nowhere in this society as back-stabbing and conspiracies are the order of the day.

The villains and anti-heroes are always the most interesting characters, this actually helps you really connect with each character and as they all have flaws and faults, you let those go and support the most

interesting character rather than the good character. I can't go into specifics on characters as there are just too many which is a good thing, if you don't like a certain group of people in the show don't worry there is sure to be another group of people who hate them just as much as you do and are dying to kill them.

As we are gripped by certain characters in the show you should expect some tears from everybody not just from women - I have seen grown men cry at certain aspects of the show which is a testament to its greatness as it effects people of all ages.

Game of Thrones is not like any other program you have seen before and proves how committed HBO are to making a good quality series that do not pull any punches. With Game of Thrones they go all out as it is beautifully produced and shot, some scenes are even filmed in Northern Ireland. Also to note, I couldn't finish this article without mentioning the greatness of Peter Dinklage as Tyrion Lannister, the half-man of the Lannister house and probably the funniest and greatest smart-ass on television.

There are a million reasons to watch this; that being the main one for me and with the release of Season 3 shortly I envy you if you haven't watched already as you are in for a truly spectacular series of television.



Cinema Icon: Gene Kelly and Singing in the Rain

Paul Saunders

While I'm sure most of you have sang the song while running around in saturating precipitation, I wonder how many of you have actually seen the original 1952 film Singing in the Rain starring the most influential Golden Age actor Gene Kelly. Gene Kelly might not be a name that most of you are familiar with, but back in the day Gene Kelly was considered one of the greatest dancers every to star in Hollywood musicals.

From around the 1930s to the 1950s Hollywood churned out musicals like they churn out silly predictable rom-coms today. And Gene Kelly was the biggest name of them all. He shot to fame in the 1930s and didn't stop, having a consistently good career so much so that the Academy Awards gave him a special honorary award for his contributions to the musical genre, and this even before he starred in his most well-known film Singing in the Rain.

It's doubtful today that many people would watch a musical film as many of them are not even produced anymore but hopefully with the success of the recent Les Miserables

film viewers might take a renewed interest into the musical genre. You may have found Les Mis slightly dreary and depressing but if you watch Kelly's most beloved works such as 'Singing in the Rain', 'An American in Paris' and his directing of 'Hello Dolly!' you will leave with that fantastic Hollywood bubble-gum happiness that we all need at sometimes in our lives.

Singing in the Rain is regarded as Gene Kelly's Magnus Opus and arguably the greatest musical of all time. It features Kelly in the role of Don Lockwood an actor who faces troubles as he switches from silent films to talkies. The plot does sound quite familiar as it has been recreated a dozen times most recently in the Oscar winning The Artist. Lockwood is part of a duo who appear together in every film together but while his other half (Lina) may look good she has a horrifyingly shrill, whinny and squeaky voice that Lockwood can't stand. Neither will the new viewers as they recruit Debbie Reynolds to dub over her voice. Of course when Lina wants to take all the credit for

the singing talents a battle ensues for who publicly will be named the great singing talent of the film within a film the Dueling Cavalier.

The movie features some of the most memorable dance numbers in all of cinema history ,the running on the floor and the walls with Donald O Connor's high energy"Make Em Laugh", the Good Morning Song recently used in the new Tropicana adverts and the iconic dancing in the rain to the iconic theme performed by Gene Kelly himself For triva fans Gene caught a tremendous cold after performing the wet routine so much by his own choice, as he co-directed the film as well as choreographed all the dance numbers.

If you are to watch only one musical then Singing in the Rain is the quintessential Hollywood musical as Kelly could not be any more charming and his Irish wise cracking partner in crime couldn't be any more funny. Kelly, even though musicals were dying, refused to give up on them and continued to produce and star in numerous musical films long after their hay day.



Kelly will be remembered for popularizing dance as something masculine on film as well as taking it to new creative heights. During one of his dance routines for his only Oscar nominated performance in Anchors Aweigh, he taught Jerry the mouse from the Tom and Jerry cartoons to dance. Actors today such as Hugh Jackman say that Kelly inspired him

to star in the Les Mis musical film as well as Bradley Cooper who recreated the famous Mosses Supposes dance with Jennifer Lawrence in the Silver Linings Playbook.

Take a walk or dance back in time and discover a whole new genre of viewing pleasure with this iconic film and you will be in for a treat.

The Lure of the Big Screen

Joe O’ Brien

Why do we watch films? It’s a broad question, and there really are dozens of reasons why any one individual might watch a film. To get a specific answer, just simply ask the person! I’m going to tackle this particular piece with a slightly broader perspective.

The 1880’s saw the birth of film, with motion pictures initially exhibited as a carnival novelty. Movie theaters rose to popularity in the pre-1930’s, silent era, seen as a cheap alternative to entertain the masses. Back then, it was new, it was a novelty. So the reason for why people would watch them is obvious.

As cinema evolved, films became more and more common, more mainstream, and naturally the novelty of it faded. The 50’s and 60’s saw the peak of the “Drive Through Theater”. And henceforth the classic “Dinner and a Movie” date night was established. Movies became cool and the drive-through was the place to be on a Friday or Saturday night (or even a school night, if you were bold enough to sneak out).

Looking back at this time, the appeal is blatantly apparent. Watch a movie on the big screen from the comfort of your own private vehicle, bring your own goodies to snack on. It was the perfect place to bring that special someone on a romantic date or just to bring that chick you like from school, in the hope of scoring in the backseat of your Dad’s borrowed car. Perhaps you just wanted somewhere to go, to have a few beers and have a few laughs. Whatever your reason for going, the movie itself was rarely the main attraction.



The drive through popularity waned, but the idea of movie date-night never did. It is something that continues to live on, and will likely continue to live for as long as movies are still around. Bored couples with nothing else to do will go see a movie just for the hell of it. Or better still, rent one for home viewing, and enjoy a night of maximum comfort curled up by the fire with a blanket and some Jiffy-Pop!

The question can certainly be asked, in these cases, whether the movie-watching is merely passive. I think in a lot of cases, it is. It’s simply something to do. Background noise

for you and your girl getting hot and heavy, or just something for you and your friends to talk over. Sometimes people just look for something to do. A way to pass the time. This goes for friends, couples and even individuals. I witness it all the time, and I really do believe that this “passive” form of watching does account for quite a chunk of film-viewership.

There are then those of us though (like myself) who seem to associate a stronger sense of importance with films. Instead of just being in the background of your life, they are often the foreground; the centre of attention. We seek them out, we need

them, we crave them. Something hits us at a point in our life for whatever reason, and we realize that we couldn’t live without it. We live and breathe celluloid! A cinema trip is much more than just a way to pass the time. It’s something we look forward to, and something we remember for a long time.

I personally, can’t pinpoint one exact reason why the medium is so important to me. It comes down to a number of things. From a technical point of view I find every aspect of film-making absolutely fascinating, and the more I watch the more educated I become.

There is also, of course, the emotional side to it. I often find myself genuinely engulfed in a film’s story, falling in love with its characters and having such connections with it that it feels so pure and natural that it transcends the screen and finds a way into my heart. I am merely a representative for a large population of film-lovers like me. There are those who will find that my words ring all too true, and those who don’t.

Whether we watch passively or actively, films always hold a place in our lives and interests.

Haiku Re-view

Adam Leahy

At An Focal Film we like our long detailed reviews, but here is something that little be different, Haiku reviews! short and sweet, courtesy of Comedy Soc’s Adam Leahy.

Test your film knowledge and find the answers are at the bottom of the page.

1) ‘Hey’, his agent said -
‘Day-Lewis wants an Oscar’.
Enter President’!

2) Frodo screws it up.
Great music and direction.
Could have been shorter.

3) Single girl meets boy,
Laugh-out-loud cringe comedy.
Check brain at the door.”

4) This shark comes along.
Ending is ridiculous.
Need a bigger boat?

5) Spaniard kills his Da?
A dozen males get annoyed.
Turns out he was right”

6) Why did he say that?
Nosy paps dig way too deep.
It was his sled’s name.

- 7) Colonel goes AWOL,
Napalm smells good at breakfast.
War is really bad
- 8) Makes no sense at all.
Just get over your wife man.
Poem within a poem
- 9) Eighties kids in room.
They never ever leave it.
That’s pretty much it
- 10) Christian Bale lost weight.
A load of weird shit happens.
Mental all along?
- 11) Murder, same as you .
A hole behind the poster!
Andy got away.
- 12) Bring out the gimp.
Really good songs play throughout.
Clocks are all the same
- 1) Lincoln 2) Lord of the rings 3) Bridget Jones Diary 4) Jaws 5) 12 Angry Men 6) Citizen Kane 7) Good Morning Vietnam 8) Inception 9) The Breakfast club 10) The Machinist 11) The Shawshank Redemption 12) Pulp Fiction



ULdebU Reaches Mace Final

Seán Duggan

On the 16th of March, Michelle Coyle, Auditor of DebU and her speaking partner Lorna Bogue, travelled up to Dublin to take part in the Irish Mace Final. The Irish Mace is a National competition in which speakers are given time to prepare their speeches. The team which reached the final have been working towards progressing through the competition all year. Their hard work paid off when they got through the semi-final in UCD to reach the Final. Michelle and Lorna were proposing the motion that ‘This House would not have Children’. This was the first time since at least the year 2000 that students from UL have been represented at the final of this competition. Last year, ULdebU had a team in the semi-final, while Michelle and Lorna only reached the quarter final last year. Members from DebU travelled up to the Final which was held in the Royal College of Surgeons on Stephen’s Green to support the team. Unfortunately, they didn’t win. But they did represent us very well and the society is very proud of their achievement in reaching the final. There was then a social afterwards, at which a great time was had by all. Speaker Development classes continue at 7pm on Mondays in SU room three and we are currently taking sign- ups for the DCU competition, which promises to be great. We are also going to be holding trials soon to pick teams to go to the



European Debating Championships this year in the summer. The success of Michelle and Lorna reaching the Final has been the icing on the cake for what has been a very successful year for ULdebU.

UL Boxing Club going from Strength to Strength

The University of Limerick Boxing Club may still be considered a fledgling club in terms of the time it has been established, but what can’t be argued with is the level of success it has experienced in its relatively short existence. These past two weekends marked the occurrence of the IATBA Intervarsity Open in which UL had 5 students compete. After the opening rounds of the competition, UL had enjoyed a 100% win rate and entered last weekend’s finals buoyed by their early domination. Boxers Fionnbarr Thompson, Mark Kirwan and Kyle Preston-Kelly displayed a certain flair and determination which has become synonymous with the UL Boxing Club and made their mark in the finals. Thompson and Kirwan both cruised to easy victories whilst Preston-Kelly finished runner-up in a hotly contested section. Honourable mentions must also go to David Lewis and Seosamh Ferry who only narrowly missed out on final appearances at the hands of very experienced opponents. To further mark the evolution of the club, Thompson was officially voted “Novice Boxer of the Competition”, taking four wins from four over the two weekends.

In other news Boxers Fionnbarr



Thompson, David Lewis, Mark Kirwan and Seosamh Ferry have all been asked to travel to Dublin next Wednesday as part of an IATBA Irish Select to compete against the Irish Defence Forces Squad.

Internationals on Tour

Monika Gaciarz
Vice-PRO

As you well know, the International Society never ceases to surprise with new, exciting events and trips. Since the International Week, we have kept our members busy with the usual activities such as the book club, the music club, mentor dinners and of course our weekly get-togethers in the Stables – TGIFs! This however, is not all that we have been up to for the past three weeks. In week 5, we teamed up with the Kayak society for a ‘Switch night’, during which our members could try their hand at some kayaking under the watchful eye of professionals. On the 2nd of March we organised a mystery tour, which attracted many of our members. It was a huge success as most of them have never participated in such an event before. We also organised a TGIF in conjunction with the PSU in week 5, which was headlined by the band No Way Home.

The highlight of those three weeks was our trip to Kerry. Due to a limited amount of time, it was somewhat of a crash course in Irish culture and scenery for all participants. The breathtaking landscapes of the Ring of Kerry, Killarney, Dingle and Tralee will definitely remain engraved in the memories of all. The bus with over 50 of our members left UL bright and early, at 8am sharp. On that day, we drove around the Ring of Kerry, bravely fighting the tempestuous weather. On Sunday, we visited the towns of Dingle and Tralee, where we got a chance to taste their regional products and learn a bit about the history of Kerry. Exhausted but full of unforgettable memories, we returned to Limerick at around 7pm Sunday evening.

As a society, we strive to ensure that



our members make the most out of their time in Ireland and get a feel for Irish culture. Trips are the best way to achieve this; therefore we have already begun planning our next one. Our first stop will be the St. Patrick’s

parade in Dublin. We will bring over 150 people and make it possible for them to be part of one of the most coveted events in the world. We have great news for those of you who have a sweet tooth and like to laze

around in pyjamas. We have teamed up with the Chocolate Appreciation Society to create a Choc/Pyjama TGIF Easter party during Easter Week (Week 9). No need to dress up! Just put on your most comfortable

pair of PJs and be ready to stuff your face with chocolate! Sounds good? Keep an eye out on our Facebook page and the weekly e-mails (if you are a member) for more information. We’ll see you all there!



It’s Not Such a Long Way from Clare to Here

Carla Heeran

University of Limerick Young Fine Gael is launching a campaign to highlight the lack of recognition given to Clare on the University of Limerick campus. We are requesting that a sign be erected to inform students that they are crossing from one county into another. A social media campaign titled “God give us a Clare sign in UL” has been launched by UL Young Fine Gael, to help make students aware that Clare is part of the UL campus. In recent years, the campus has extended over the River Shannon into Clare, which is now home to three student villages, three academic departments, the new sports complex and the on campus home of UL President, Professor Don Barry. UL has rebuffed previous attempts at a name change, which would have incorporated Clare into the title. However, UL still does not recognize that numerous academic departments lie on the other side of



the county border running through its campus. In a survey carried out on the Living Bridge, which crosses the border between the two counties, 69% of students were not aware that they were crossing a county border. UL Young Fine Gael feels that it is of paramount importance that Clare is recognized as part of the University of Limerick campus. In the past,

Clare has been the victim of many of Limericks boundary extensions, but this time UL Young Fine Gael are adamant that it should not get washed under the bridge. Councilor for Clare, Tony Mulqueen along with the public representative Sean McLoughlin were on the living bridge on March 4th to launch the campaign by UL young Fine Gael.

UL Ninjas host The Siege of Limerick

Caoimhe O’ Sullivan
& Eoghan Lalor

The Siege of Limerick returned to the North Campus pitches last weekend to the delight of the Irish Ultimate Frisbee circuit. A grand total of 24 teams entered into the open division with 4 teams traveling from Britain, Amsterdam and Belgium to compete. 6 teams entered into the Women’s division.

It was an early start for the Ladies team with our first game at nine against TCDCU (a combination of players from both Trinity and DCU). We got off to a great start and built on this throughout the game to finish with a great victory of 12 – 2. Straight after it we faced second seeds: Rebel. It was a hard game but gave us the opportunity to work on our offense. In the end it saw Rebel take the game on a score line of 13 – 1.

Our final game of the day saw us up against UCD. After losing to them at Developments this game gave us the chance to showcase our improvements and strive for victory. We took the opening points after some great grabs in the end zone. We built off this and continued to dominate with a final score of 13 – 2 in UL’s favor.

After a great first day and a Saturday night party, Sunday saw us face our toughest competitors. We began the morning against a strong UCC team (who later went on to win the Women’s Division). Our defense was both intense and consistent throughout the game but on offense we couldn’t capitalize on our work and this saw us lose to the UCC girls 13 -1.

Our next game saw us face top seeds Jabba. It was an intense game but unfortunately Jabba’s experienced players proved vital and witnessed

the girls take the game with a result of 12 -3 in their favor. Our final game saw us compete against Jabba again for 3rd place. This time round we were determined to display our improvements over the weekend. We began by scoring the opening points but Jabba soon fought their way back into it. We never gave up and fought until the very end of the game but saw Jabba once again win on a tight scoreline of 10 -7.

UL Ninjas Ladies finished 4th, our best ever finish at the Siege. Our Most Valuable Player award went to Nikki Laurence, our MSP was Hannah McDonald and A Game went to Emily Goetz. A significantly depleted UL Ninjas team also took to the pitches early on both the Saturday and Sunday to participate. With several of our players playing for the Ireland Open U-23 teams, our less experienced squad performed well; finishing 19th overall. Their first game was against NUTS, a team from Amsterdam. Although the game finished 13-3, this score line was not a fair reflection of the game, as the young Ninjas squad suffered from some hot-headedness outside the end zone, while also falling to an extremely clinical team. However, this game proved vital in the team’s learning curve over the weekend, and it was a fantastic experience for all of our players to play against a team from continental Europe. Their second game of the day was against Glasgow, a team chock full of experienced players, who were well-drilled in their game plan. This game ended 13-2 to Glasgow, as they showed their class. They were superior in every department, and it wasn’t difficult to see how they finished 5th overall. The final game of the day was against NUIM. Having been defeated by them at

developments the week before, and with most of that team playing, we were out for revenge. Although the Ninjas started slowly, we rallied to level the game at 8-8. Unfortunately like the week before, NUIM just got the edge on us, and after scoring 4 quick points in a row, ended up 12-8 victors.

Having lost our first 3 games, we finished bottom of our group. This meant that we had to defeat Juice in our crossover to avoid falling into the bottom bracket. Despite matching them in most areas for the majority of the game, our tired legs came into play, with Juice winning a close game 13-6. This meant that UL could only finish as high as 17th.

After enjoying the Saturday night party, we faced off against DIT 2. Although initially falling behind, we began to exert pressure on them, forcing several turnovers which were clinically converted. Despite being 6-2 behind, the half time score was 7-6 and eventually they went on to win the game 13-6, giving us our first victory of the weekend. This meant that a vastly experienced Belfast Ultimate were our next opponents. In a game where our young squad performed admirably, we were unlucky to lose 10-7. This was definitely the team’s best performance of the weekend despite the loss. In our last game of the day, we faced off against the other team from the North; Queens. In a shortened game, UL emerged as comprehensive 7-3 winners, building nicely on the performance against Belfast.

Overall, our young squad learned a lot over the weekend, and the future of our team is bright! Big thanks to Barry Walsh and Andrew Meade for being the Tournament Directors for the tournament, and for setting the standard for an Ultimate



Tournaments in UL. Congratulations to Ireland Open Under 23 Y who won the final against the Sussex Mohawks, and to our own Barry Walsh who won MVP of the final. It

was truly the best tournament we’ve ever played at and we can’t wait for it to happen all over again next year!



Dance UL take Dublin by storm

Carol Jane Shanley

Since the beginning of the club in October 2008, Dance UL has maintained that anyone can be an amazing dancer as long as they have determination and commitment. This idea was well and truly proven at the 2013 all Ireland Intervarsities that were held in UCD on the 26th of February.

After weeks of preparation and countless hours of rehearsals, the day that twenty –eight members of Dance UL had been training for, had finally arrived. Despite the fact that they departed from UL at five o'clock on a freezing cold morning, there was a tangible sense of determination and excitement in the air. This excitement steadily grew as the morning progressed and they arrived at UCD.

Our Irish Dancers were our first squad to compete. After a quick warm up and rehearsal, they took to the stage to perform an incredible routine which was choreographed by the wonderful Dale Halvey (Lord Zacharias Halvington). The crowd could literally feel the power radiating from their feet as our dancers gave it their all. The screams of the crowd clearly expressed their amazement at the flawless dancing.

Next up were our Hip-Hop squad who performed a truly mind-blowing routine which was



choreographed by the talented Olivia Hogan, Rita Mc Donnell, and Conor O'Brien. The crowd erupted as they executed each move with pure genius and attitude. To say

that the audience were wowed with their incredible whacking, popping, and locking skills would be a huge understatement. The walls vibrated with the sound of the screams that

came from the UL supporters and other audience members as our Hip-Hop squad left the stage.

Our last squad to compete were the Jazz squad, who performed

what can only be called a spine-chilling, spooky routine which was choreographed by the gifted David Billy Tidswell. The audience were left completely stunned and mesmerized as our Jazz squad pulled off a series of challenging moves in perfect synchronization and in heels!

Dance UL could now relax as other colleges competed in the lyrical and mixed categories. Some anxiety began to build as the day drew to a close, and the awards ceremony began. Our squad's anxiety was short lived however, as they carried on Dance UL's tradition of placing at the Intervarsities. Our dancers certainly did us proud as they placed third, third and second in Irish Dancing, Hip-Hop, and Jazz respectively. UL was the only college out of thirteen that placed in every single category that they entered.

Everybody who represented UL that day gave it their absolute all, and the impressive results speak for themselves. A huge congratulation is in order! For those who weren't lucky enough to see our dancers in action the videos of the routines can be view on the official Dance UL YouTube page.

Let Them Eat Cake!

Emma Norris

Remember when Madonna turned 50? This is bigger. In 2011 queers were going gothic, last year, queers went native. This year queers are going all out for the birthday bash of the year. Queerbash hits double figures for its 10th anniversary and we're channelling our inner Marie Antoinette – because there's a decadent little vixen in all of us – as we roar, 'Let them eat cake!'

Come along to celebrate 10 years of this fabulous, award-winning, showcase event in Limerick City, hosted this year by the darling Davina Devine & the charming Candy Warhol. Expect performances from UL Drama, UL Choral, DJ John, and many more!

Got a sweet tooth? There'll be a free cupcake for the first 100 people in the door.

Join us for a celebration of epic proportions. Friday 22 March. Dolans' Warehouse. Tickets €10 on the door.

For more information, please contact:
Emma Norris
Email: pro.outinul@gmail.com
Tel: 085-1797966



QUEERBASH 10

let them eat cake

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**DAVINA DEVINE
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FEATURING
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Human Safaris?

Stephanie Howard

Many of us dream about going on a Safari. Hoping to catch a glimpse of wildlife and animals that we would never get to see otherwise or dream of seeing. Now imagine if that practice was extended to humans, where people pay to go see people who live a different lifestyle to them. Surely there would be outrage? The sad fact is that Human Safaris do happen. Tourist pay to go see indigenous people going about their daily lives, as if they were only there purely for the entertainment of tourists. In the Andaman Islands in India women from the Jarawa tribe have been known to dance for food for tourist.

However, recently the Indian Supreme Court ruled that a road which goes through the reservation where the Jarawa tribe live is to be closed, to stop the tourist coming into the reservation. The court had originally ruled in 2002 that the road be closed and the exploitation by tourist to be stopped but the Andaman Administration did not close the road. There are other tourist attractions, a limestone cave and mud volcano, which are the cover for tourists to drive through the reservation. These were ruled to not be a legitimate reason to drive through the reservation. According to Survival International, an organization which promotes the

rights of indigenous people, most of the tourists will admit that the main fascination is in fact the Jarawa tribe. This type of voyeurism has had a huge effect on the Jarawa people, as mentioned before Jarawa women are forced to dance for the pleasure of tourists.

The fact that the administration of the Andaman Islands have allowed the Jarawa people to be exploited in this is quite shocking but then again when they attract over 180,000 visitors a years it is easy to see why they have disregarded the welfare and rights of these Indigenous people.

While the Supreme court many have ruled to close the road that allows tourists see the Jarawa people, not every indigenous group is safe from this type of exploitation, to some degree the plight of the Jarawa people was only brought to the attention of the world because the Guardian released a video exposing the exploitation of a people whose cultures and traditions should be protected not used as some attraction for tourists. According to Survival International most people find the so-called ‘uncivilised nature’ of the Jarawa people fascinating, but surely anyone who would pay to see and then humiliate a group of people is in fact the uncivilized person.

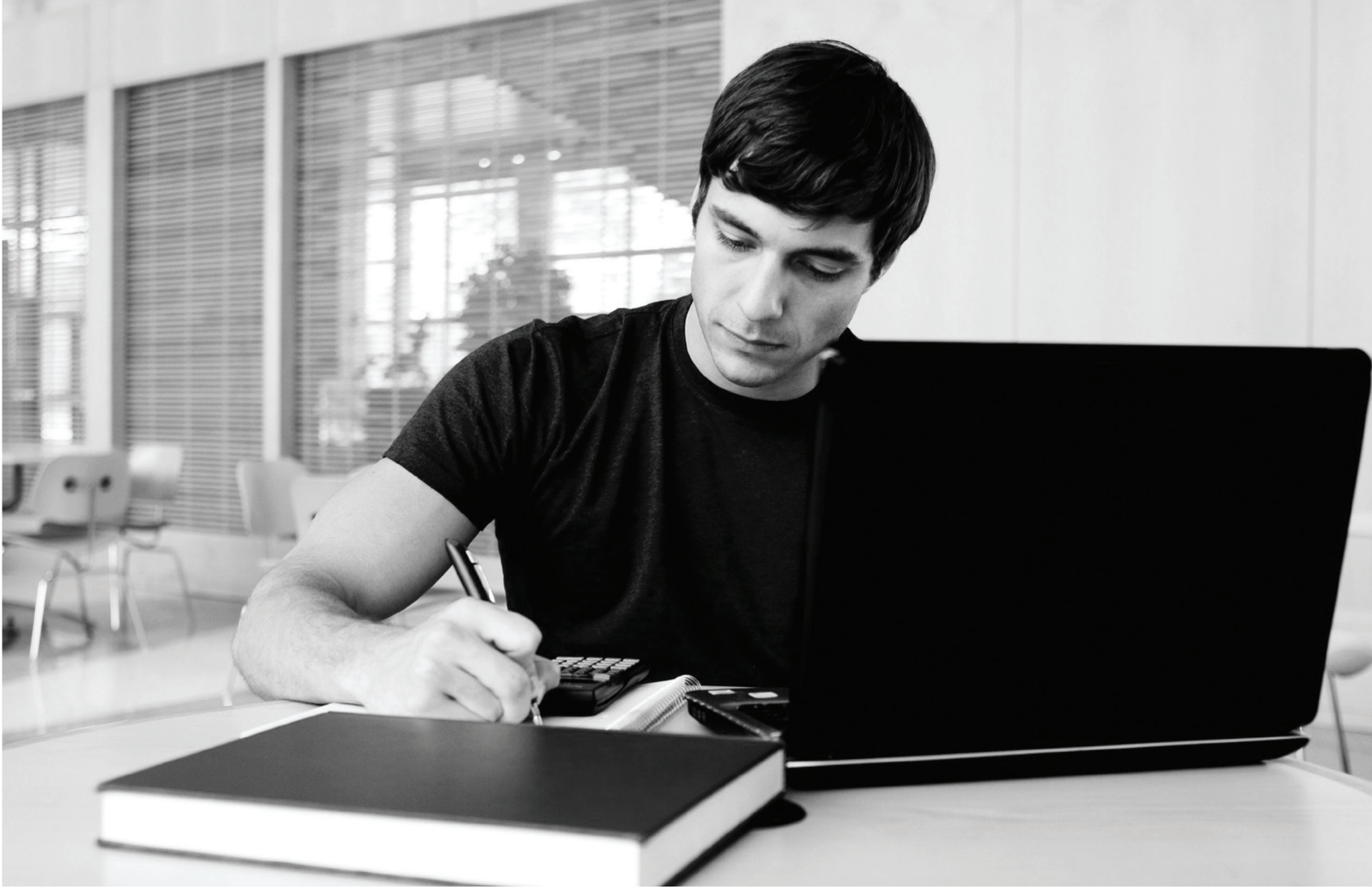


The Language Barrier: Co-Op 2013

Úna ní Shúilleabháin

One of the most common difficulties when moving to a foreign land is of course, the language barrier. As a Language student, the primary objective is to break down this barrier. Of course it’s easier said than done. Although your comprehension of the language improves after a few weeks, you still get caught out. Although they say that there’s a universal language barrier anyways between the youth and the older generation, no-one teaches you what on earth the youths are saying. This wouldn’t be much of a problem, if it wasn’t for the fact that youths enjoy talking to you. When you’re alone. Walking. At night. And they’re revving up beside you in their cars. This is where the language barrier causes an issue. They could easily be saying; “HEYYYYYYY Quelle est le craic?! Woooo!!” Or indeed; “Excuse me mademoiselle, would you be able to inform me where one could acquire an antique rocking horse.” Or they could be saying; “I’m going to bundle you into my car and cut you into little pieces.” When in doubt, it’s probably best to stick to the latter.

For the first few weeks, I still found myself adjusting to being fully immersed in the French Language. Occasionally I would wake up, and find myself hearing the neighbours outside. It would never register in my head that I was not actually in the countryside of the west of Ireland, and I’d always be confused why there



where French people outside my door. I felt like I was in a scene from ‘Taken’.

And of course, there’s work. They speak to you. And you get the “gist” of it. And you’re following the conversation, until suddenly they

walk away. And then you find yourself doubting anything you’ve ever heard. Only today I was at a meeting with two other co-workers. And they were explaining the context of the meeting and I was totally following them. And they started to just type away at their

laptops. In this very short space of time, I started to question everything. What am I doing here? Do they need me to write something down? I don’t have a laptop, surely what do they need me for? So I did what I could only think of doing, sit there and wait

for some-one to tell me what to do. Turns out they actually only needed me at the end of the meeting.

The language barrier isn’t that bad to break through. It’s the silences that’ll challenge ya.

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Erasmus in Stockholm: Familiarising the Foreign

Tom Horan

It goes without saying if you've ever seen photos of it, but Stockholm city is a downright lovely place. For the first month my knowledge of the inner city was limited to several compartmentalised bits, which were reached by following the other international students through the subway. The problem with the subway is that as soon as I go underground I lose all sense of direction. I enter the subway at the central station, exit at the Old Town, and I've no idea if I've travelled North, South, East, or West since all I've really done is sit down in a box, wait a bit as it moves about in the dark, and come out somewhere else. We don't have to put up with such nonsense in Ireland since our most efficient piece of public transport, the humble Luas, stays almost entirely above ground.

The thought that I couldn't trust myself to navigate the islands that make up Stockholm city centre on foot made what was already a foreign place full of foreign foreigners feel even more foreign.

Saying that, the day when I can take the commuter train for 20 minutes into central Stockholm and not get lost will be the day it gets boring. Though my house-mates raise an eyebrow at the idea, I like to go into the city by myself, pick a direction and walk until there's nothing left to see. It would be terribly uncomfortable with someone else, as you'd be constantly asking each other "should

we walk up that way, or...? Do you think there's anything up there? Do you think it's time to go back? What do you seriously expect to find up there?" With somebody else, cutting through a random housing estate on the way to somewhere you haven't found yet would feel downright silly.

After a month and a half, the geography is making far more sense. Places I thought could be anything up to a half-hour walk from the central station are in fact just around the corner, over a bridge, past a 7-Eleven.

Sometimes I end up in places a tourist has no business being anywhere near, places where there isn't a McDonald's for miles and the only other sign of life is an old man walking his dog. I wonder if he could tell that I didn't live here.

One typically cold and dark evening, on the way back from another aimless wander, two girls walked past me. One of them said something fast I didn't understand.

"I don't speak Swedish" I said, presuming they'd understand English. Everybody I've come across here understands English.

"All you need is a hug!" she said and proceeded to give me said hug before walking on.

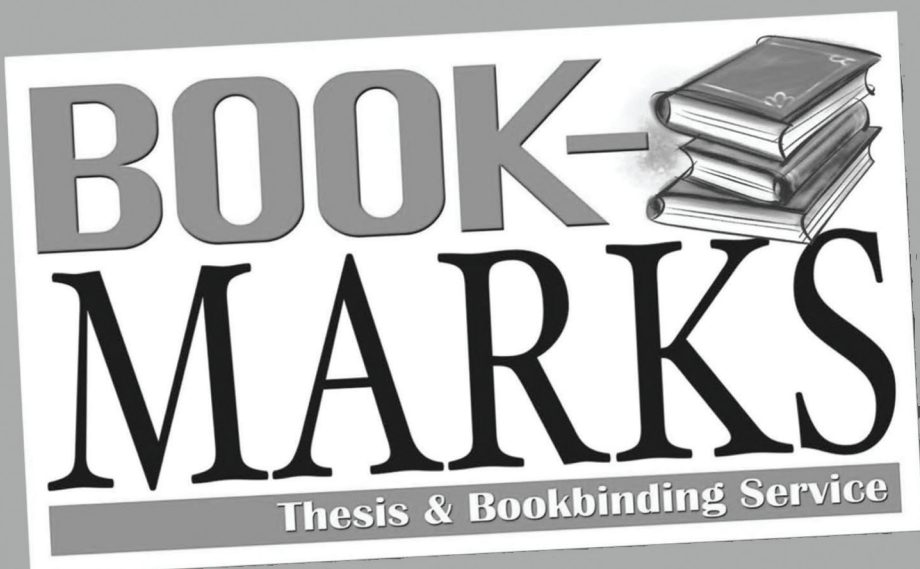
It was too early in the evening for them to be drunk, so I don't know what to make of the situation. Maybe she thought I looked a bit down.



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