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International Students Honoured at Ceremony in UL

Sarah O' Dwyer

The University of Limerick's International Education Division honoured the academic success of their international students at a ceremony held recently. Over eighty international students, who achieved academic excellence in the programmes of study at UL, including students from Brazil, China, India, USA and Russia, were presented with Scholarships and Merit Bursaries.

The high achieving students were presented with Faculty of Science and Engineering Scholarships, Kemmy Business School Scholarships, International Education Division Merit Bursaries and University of Limerick Foundation Entrance Scholarships.

Some Indian students were also given with Government of Ireland Scholarships for India. This well-regarded scholarship entitles Indian students, who have gained a place on a one year Taught Masters Programme, to a full fee waiver and a stipend of €10,000 to cover living expenses.

The awards were presented to the students by Professor Paul McCutcheon, Vice President Academic and Registrar. Faculty and staff, including staff from the International Education Division, attended the ceremony to honour the outstanding academic merit of the international students.



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Plans Begin for Limerick City of Culture

Michelle Ryan

Pat Cox, former European Parliament President, was in Limerick last week meeting with members of the public to discuss ideas for the city as it prepares to become the City of Culture in 2014. Pat has recently been named as chair of the governing group for the city along with Bill Whelan and Paul O' Connell.

Limerick is the first city to take the title in Ireland and Mr Cox has said that although it will be a challenge it may also be the start of something new. Last week, many meetings were held to discuss what should be done for the city. Pat, along with other members of the governing body, listened to ideas brought forward by arts, cultural, sporting and community groups. All of the ideas presented will be reviewed in the coming weeks with Mr Cox saying they are trying to accommodate everyone.

Many of these ideas will be brought together for a draft programme that will be put forward in June to be finalised in the autumn. It is thought that there will be some iconic events, such as Riverdance, taking place as well as the possibility of a big New Year's celebration to start things off. An artistic director will be named this month who will oversee the programme that Cox believes can be "the beginning of a Limerick Renaissance."



LIMERICK2014
CITY OF CULTURE

Tremendous Treatment Given To Sick Teddy Bears

Sarah O' Dwyer

The inaugural Teddy Bear Hospital was hosted by Medical School Graduates at the University of Limerick on Wednesday 27th of February. Hundreds of primary school children in the Limerick area attended the event with their sick teddy bears, the aim of the event being the alleviation of childhood anxiety about the medical environment.

This initiative was developed by five current University of Limerick, Graduate Entry Medical School students: Kira Gullane, Jennifer Johnson, Lukas Kieswetter, Niamh Rafter, and Melissa Shack. More than 75 of their fellow medical students participated in the event also, working on ten different stations set up in the University Area, focusing on medical activities such as: Triage; Stethoscopes; Vital Signs; X-ray; Exercise; Surgery/Gowning; Asthma; Safety; First Aid and Healthy Eating.

Speaking from the event UL Graduate Entry Medical School student Kira Gullane said "The UL GEMS Teddy Bear Hospital is designed to be an interactive initiative that allows children to experience the atmosphere of a healthcare encounter without being a patient themselves. Primary school students (aged 4-7) bring their teddy bear which then plays the role of the patient for the day. This visit to the Teddy Bear



Hospital provides the children with an opportunity to interact with and assist in a range of simulated healthcare, while also providing them with an opportunity to ask any questions with respect to healthcare that may concern them in a friendly

and fun environment."

The campaign for a healthy life and preventative medicine was at the head of this educational, yet fun event. The topics covered included the importance of regular exercise, thorough hand-washing techniques

and a healthy diet.

UL President, Professor Don Barry said "This is the first time that UL has run this event. Bearing in mind the fact that the Graduate Entry Medical School was only recently established and that its students are undertaking

a highly intensive medical education programme it is remarkable that this type of initiative has developed so early in the School's history. It is a testament to the type of student that the Medical School at the University of Limerick attracts."

Sonia O'Sullivan Among Guest Speakers at UL International Women's Day Conference



Michelle Ryan

This year's International Women's Day Conference will play host to some prestigious guest speakers including four time Irish Olympian Sonia O'Sullivan. Sonia has enjoyed major success throughout her athletic career as she broke records and brought Ireland to the world stage with her Olympic success. Now, as a trainer, broadcaster and author, O'Sullivan will speak at the

International Women's Day Conference. Joining her will be broadcaster and historian John Bowman as well as Jenny Daisley from The Springboard Consultancy Ltd. Other speakers include Kathleen O'Toole, Nicola Byrne, Dr. Ita Richardson, Paul McNeive and Professor Teresa Rees.

Workshops will also be taking place during the day in the Irish Chamber Orchestra Building. As well as this, introductory treatments on

head massage, Reki treatments and reflexology will be available from the Cappavilla Common room. The International Women's Day Conference will take place on Friday the 8th of March in the newly opened Irish Chamber Orchestra building. Admission is free but spaces are limited. To secure your place email tdbookings@ul.ie.



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Recognition of Limerick for Great Limerick Run

Sarah O' Dwyer

Fáilte Ireland has named The Barringtons Hospital Great Limerick Run as a 'tier one' national event in Ireland, along with an elite group of 27 events and festivals nationwide, events such as: the Dublin Fringe Festival, the Rose of Tralee and the Cork Guinness Jazz Festival.

Race director John Cleary said that the inclusion of the Great Limerick Run into this national category of events will "open many new possibilities in the further growth and development of the event."

"The objective of the Great Limerick Run team from the inaugural event in 2010 has been to showcase Limerick in a positive way both nationally and internationally. In this regard we have worked with Tourism Ireland over the last few weeks on the launch of a targeted overseas Facebook campaign which will start this week," explained Mr Cleary.

The Great Limerick Run is almost 50% ahead of its target number of entrants for this year already, with a record high number of entrants registered. To date more than 3,100 entries have been received, with over 10 weeks to go to race day.

Close to 10,000 people are expected to run, jog or walk on May 5th. The recent confirmation of Barringtons Hospital as the event's first title sponsor is another step in its development, Mr. Cleary said.



Limerick is Ireland's Smarter Travel Demonstration City

Cornelia Foley

Did you know that Limerick City has been designated as one of three centres in Ireland that are to become Ireland's First Smarter Travel Demonstration Areas? The Limerick submission (a collaboration between Limerick City Council, Limerick County Council and the University of Limerick) was ranked 1st of all submissions received by the Department of Transportation. Limerick will receive funding of €9million to be used over the next five years to roll out a wide range of measures and interventions targeted at encouraging people to use more sustainable modes of transport and to engage in transport planning.

So what do Limerick Smarter Travel intend to do? Our intention is to consider how we can change the way people think about travel in Limerick City and the University of Limerick so that we can make a significant improvement to our city and act as an example for the rest of Ireland in changing travel behavior.

So how does this affect you? As a part of this project, the University of Limerick campus is to move towards becoming a 'Smarter Travel' campus! However, in order to do this we

need your input and ideas on how to best make this change and improve UL's mobility management. The UL branch of Limerick Smarter Travel have been on campus collecting information and ideas from students and staff regarding how the campus could be improved for pedestrians, cyclists and drivers.

To help collect your ideas and opinions, Limerick Smarter Travel at UL have a weekly presence at the Farmers' Market. Here, with the aid of an aerial map of UL campus, you are actively encouraged to draw or discuss with us your ideas on how to improve your campus. The power to change the campus is in your hands so grab a coffee, drop by and have your say. UL Smarter Travel will tell you about the benefits, you tell us about the barriers and we'll all get moving!

Alternatively check out our Facebook page, Limerick-Smarter-Travel and Twitter page LKSmarterTravel, or visit www.limericksmartertravel.ie to see the work we are doing and to learn more about upcoming meetings and events



Warning: This is a Rant

Aoife Coughlan

I will start by saying that this is a rant, so you can take it as you like, you need not agree with me if you do not wish to, I ask nothing more than a willing ear or in this case eye, in order to vent my frustration. The cause for this is marked by two cases I have recently been aware of, cases that are cause for concern for the type of society we are creating. In short, it is the advent of this nanny state culture that irks me. It also leads on to other issues regarding how we act, react and conform.

The first issue I take is with a comment in a lecture recently. Anyone who has been in a film studies class will probably be aware that we are shown, and therefore exposed to, different types and genres of film. Violence and post-modernism is one of these. Shocking and possibly disturbing to some, these films are hard viewing and not always for those faint of heart. However, I was more shocked by a certain reaction to being shown such a film than by the extent of the violence itself.

The reaction was for someone to email the professor to complain that we should have been notified of the extent of the violence so to give us apt opportunity to decide if it would be too upsetting to sit through. Now the violence in this particular film extended to domestic violence and I will admit that it was graphic and could be what some would term harrowing viewing. But, to react in such a way as to feel that we should be warned is the idea of society taking the responsibility for our personal feelings to another level. Surely if something is disturbing for a person



they can have the choice of walking out or deciding that it is not for them based on their own taste, but expecting someone else to take account of individual needs in something that is educational and for the point of expanding horizon is taking concern much too far. Since when are people expecting that someone else should anticipate feelings and emotions? Out of courtesy you may say, this may be a logical reason but given the context of an academic lecture, something we signed up for, I really feel that this is

wrong.

The second issue I take is linked to the babying of society idea. This time it is a post on the University Student's Union wall. Here it was announced to the student population the time of mass and ash distributions for Ash Wednesday. Underneath someone took offence that such a religious statement should be made, and questioned why it was there if no announcements are made regarding any other faith's days of obligation. Once again, we seem to think that

someone has to go above and beyond the call of politeness and equality in issuing the same degree of social standing to every such group or sect. That probably sounds a lot more controversial than I mean it to be and I clarify that I am not against any religion or non-religion. I believe that Catholicism, as the faith of a majority of students can certainly be seen as worthy of an announcement as such, many people would like to know the information stated. The clear point here is the word majority. To start

adhering to the needs of every single person is madness and illogical. The idea that to be inclusive we must also be disregarding to established systems, values, traditions is oxymoronic.

The individual seems to be a dying species and in its place is a society expecting universality for every emotion, feeling or preference. It is time for people to start looking at their own actions to justify their own beliefs instead of expecting a universal acknowledgment.

€2,750 Renewable Energy Masters at NUI Maynooth under Graduate Skills Conversion Programme

The Master of Engineering (ME) in Renewable Energy Systems at NUI

Maynooth is one of a range of Masters of Engineering programmes at NUI Maynooth that is subject to reduced academic fees, with students paying 2,750 euro (in September 2012) as the programme is subsidised by the Graduate Skills Conversion Programme. The ME Renewable Engineering Systems is an industry-oriented Masters course in the emerging area of renewable energy. Many of the lectures utilise industry professionals as lecturers and the course contains a compulsory industry seminar series, featuring professionals from the full spectrum of the renewables industry, including national agencies like SEAI and EirGrid, and Irish device developers and suppliers such as Wavebob, Aquamarine Power, Ecologics and EcoEvolution. Each ME student undertakes a significant project carried out in co-operation with industry. Ann Kennedy is a current Masters student on the Renewable Energy course at NUI Maynooth:

'I was attracted to Renewable Energy at Maynooth because of the quality of lecturers, their renowned research in ocean energy and the companies



Photo courtesy of Aqua Marine Power Ltd.

that have been established within the university supporting wave energy research. The Masters gives you opportunities to meet potential employers -one of the best modules I've had is the industry seminars where we were visited by wave and wind energy developers, giving us cutting edge international examples of how they are meeting the challenges of developing new energy systems. Science Foundation Ireland has made Ocean Energy one of their priorities and I am feeling very positive about the job potential in renewable energy

from wind and wave in Ireland. I'm getting the best start possible at Maynooth, with amazing support from admin and teaching staff that always keep their door open for you.'

Students can apply for the programme by registering on the www.pac.ie/nuim website and should contact electronic. engineering@eeng.nuim.ie or visit: <http://www.eeng.nuim.ie/courses/postgraduate/index.html> for more information. The NUI Maynooth Postgraduate Open Evening is taking place on the 12th March from 4-8pm.



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Afzal Guru's hanging has laid the groundwork for a potentially radioactive end-game

Karl Fort

For those who do not know, Afzal Guru was a native of Kashmir who was convicted of participation in the December 2001 attack on the Indian Parliament, and was sentenced to death in 2002. The sentence was delayed and Afzal remained on death row until 3 February 2013, after his mercy petition was rejected by the President of India. He was later hanged at around 08:00 A.M. on February 9, 2013 by executing the Kashmiri in the way that it did, the Indian government has decided to fuel the process of destabilisation in the region.

What are the political consequences of this secret and sudden execution going to be? Does anybody know?

A memo was sent in the post to Afzal's wife regarding the situation. The memo, in callous bureaucratese, with every name insultingly misspelt, sent by the superintendent of Tihar Jail, New Delhi to "Mrs Tabassum w/o Sh Afzal Guru" reads:

"The mercy petition of Sh Mohd Afzal Guru s/o Habibillah has been rejected by Hon'ble President of India. Hence the execution of Mohd Afzal Guru s/o Habibillah has been fixed for 09/02/2013 at 8 AM in Central Jail No-3.

This is for your information and for further necessary action."

This memo arrived after the execution had already taken place, denying Tabassum one last legal

chance to challenge the rejection of the mercy petition. Both Afzal Guru and his family had that right. Both were thwarted. Even though it is mandatory in law, the memo to Tabassum gave no reason for the president's rejection of the mercy petition. If no reason is given, on what basis can you appeal?

Since Tabassum was not allowed to meet her husband before he was hanged, since her son was not allowed to get a few last words of advice from his father, since she was not given his body to bury and since there can be no funeral, what "further necessary action" does the jail manual prescribe? Anger? Wild, irreparable grief? Unquestioning acceptance?

Meanwhile, Kashmir is under curfew, once again. Its people have been locked down like cattle in a pen, once again. They have defied the curfew, once again. Three people have already been killed in three days and 15 more grievously injured. Newspapers have been shut down, but anybody who trawls the internet will see that the rage of young Kashmiris is cold and corrosive. Unforgiving. There is little reason it should not be.

For more than 20 years Kashmiris have endured a military occupation by the Indian army. There are tens of thousands who lost their lives were killed in prisons, in torture centres, and in "encounters", genuine as well as fake. What sets the execution of Afzal Guru apart is that it has given the young, who have never had any

first-hand experience of democracy, a ringside seat to see How The World Really Works.

They have watched the wheels turning, they have seen all its institutions, the government, police, courts, political parties and even the media, collude to hang a man, a Kashmiri, who they do not believe received a fair trial, and whose guilt was by no means established beyond reasonable doubt. He went virtually unrepresented in the lower court during the most crucial stage of the trial. The Supreme Court deliberated on that matter and decided it was OK. They have watched the government pull him out of the death-row queue and execute him out of turn.

All of those who pay attention to international events know that 2014 is going to be a watershed year. There will be elections in Pakistan, in India and in the state of Kashmir (which by the way is administrated by Pakistan. See the connection?) We know that when the US withdraws its troops from Afghanistan, the chaos from an already seriously destabilised Pakistan will spill into Kashmir, as it has done before.

After three consecutive years of mass protests in the state of Kashmir ended in 2010, the government invested a great deal in restoring its version of "normalcy" (happy tourists, voting Kashmiris). The question is, why was it willing to reverse all its own efforts? Is it a clumsy attempt to regain control?

In fact their actions will have potentially dire consequences, as it did shortly after the Parliament attack in '01. In response to the "attack", over half a million Indian troops were deployed to the India - Pakistan border. It was a precursor for full-on war. And now they are again throwing gasoline on the fire by hanging Guru who they have suspected was "a Pakistani agent". And India is going to cross international borders to bomb a country - with nuclear arms - that is rapidly devolving into chaos? Anyone can see where that will lead.

India's professional warmongers derive a great deal of satisfaction by sneering at what many see as the disintegration of Pakistan. Anyone with a rudimentary knowledge of history would know that the breakdown of Pakistan (into a gangland of crazed, nihilistic, religious zealots) is absolutely no reason for anyone to rejoice. The country is on the brink of civil war, and India shoving a foot in the front door will only escalate matters.

The US presence in Afghanistan and Iraq and Pakistan's official role as America's junior partner in the war on terror, makes that region a much-reported place. The rest of the world is at least aware of the dangers unfolding there. Less understood, and harder to read, is the perilous wind that's picking up speed in the world's favourite new superpower. The Indian economy is in considerable trouble. The aircraft they were sitting

in has begun to stall just after take-off. Exhilaration is turning to panic. Again and again, whether it's about corruption, rising prices, or rape and the rising violence against women, the new, emerging middle class is at the barricades. They can be water-cannoned or tear gassed, but they cannot be shot and imprisoned in their thousands, in the way the poor can, in the way Dalits, Adivasis, Muslims and Kashmiris can.

The old political football is not going to be all that easy to control. And it's radioactive. A few days ago Pakistan tested a short-range battlefield nuclear missile to protect itself against threats from "evolving scenarios". Two weeks ago the Kashmir police published "survival tips" for nuclear war. Apart from advising people to build toilet-equipped bombproof basements large enough to house their entire families for two weeks, it said: "During a nuclear attack, motorists should dive out of their cars toward the blast to save themselves from being crushed by their soon-to-be tumbling vehicles." And to "expect some initial disorientation, as the blast wave may blow down and carry away many prominent and familiar features". Prominent and familiar features may have already blown down. Perhaps we should all jump out of our soon-to-be-tumbling vehicles.

A New Referendum based on Student Feedback?

Keith Young & Martin Kehoe

Following on from last semester's referendum concerning the student levy an independent survey was organized by the Students Union, through the University. The purpose of this survey was to assess and investigate what aspects of the referendum proved both positive and negative to the entire student body. Given that 62% of the student body approved of the referendum, it was felt that a survey was necessary to see if a second referendum could be constructed in a different way to satisfy the majority of the campus.

In recent weeks the idea of organizing a second, different referendum was added to the agenda of both the Student Council and Clubs & Societies Council. Of both, the overwhelming majority of representatives present were in favour of exploring the potential of a new proposal that would be of more benefit to the student body.

Following on from this mandate,

students of both councils were invited to join a working group to discuss how a new referendum could be shaped and approached using the results of the survey.

The feedback given allowed us to identify the major issues associated with the old referendum and begin to generate ideas to address these issues. The main concerns that were raised included:

1. The lack of information being circulated in the lead up to the referendum
2. That the increase in the levy from 72 to 130 was too much
3. That there was too much uncertainty surrounding the projects and what would happen when they were completed.

With this in mind the working group started to generate ideas on what could be done to address these issues, if a second referendum was to be brought to the students. A provisional list of these ideas included the following:

1. Separating all three projects and having a vote on each.



2. Investigate if the current levy of 72 can be reduced if only the Arena Extension and Maguire's Pitches are put forward.
3. Negotiating a reduced membership rate in the Arena for all students in return for their investment (4.5Million).
4. Agreements are put in place prior to the referendum concerning the students' use of the new facilities that would be created.
5. Not request a student centre

as part of a second referendum because as a project it seemed to generate the most concern and questions. Rather to apportion a specific amount of money towards a more in-depth, professional feasibility study of the current needs of students e.g. focus groups, more detailed architectural drawings. (A separate vote would need to be held at a future date to build the student centre if the student body desired it.) This again is just a provisional list

of ideas. We are constantly exploring others, but to do that effectively we need as much feedback as possible from the student body. Meetings are already being organized to explore the above ideas and their viability with the University. Do these ideas appeal to you? Do you have any others? Would you like to get involved? If you do, please get in contact with the working group by e-mailing keith.young@ul.ie.

The True Meaning of Charity Week

It's that time of year again, when we let loose for a week and raise money for charity in the process. Sounds like a pretty good idea on paper, however, much like any other celebration it somewhat suffers from having lost its meaning. The whole point of Charity Week isn't about getting drunk, or skipping class or the poor life choices you made that week (incidentally nominations for sabbatical positions close on the Friday the 8th of March). The whole point is to raise money to give to the charities selected. This year the charities who we are raising money for are Adapt House, Bodywhys, Aware and Midwest Spina Bifida and Hydrocephalus Association. These are all great charities who are in need of funding and so they have to ask us to give them the money that we earn by our exploits on Charity Week. Again something that seems to work on paper, have fun while doing good. However, we have to be careful that that is what is actually happening. Sitting at home and drinking all day doesn't fulfil those two criteria. Particularly when the charities involved gain nothing except the harmful effects of your actions. These charities need money, so they have no choice but to accept the money that is donated to them. This becomes a problem when sometimes that money has a price attached to it. When we act in a way that brings disrepute on Charity Week we don't just harm ourselves or the student body of UL, we also drag the names of the charities themselves through the mud. Because they are accepting the money we raise, there is a perception that they are also tacitly accepting any bad publicity that comes with that money. In a situation where inappropriate behaviour comes to media attention that behaviour is unfortunately exactly what will make the headlines. Not the fact that at the end of it all a cheque was given, not the fact that our state and society fails people all of the time and so sometimes basic needs and rights are being provided by charities. Not the fact that problems in society put people in positions where they have to rely on charity. No. What makes the headlines is the damage that was caused by someone not even involved in Charity Week, but still associated with it, by virtue of being a certain age or living within a certain radius. An arbitrary conclusion but one that is drawn nevertheless. It's a problem that is on the decrease, but I think it's important to always be active in trying to prevent it from happening.

So back to meaning. Let's look at the charities that we will be raising money for this week:

Adapt House is a voluntary

organisation which was set up in 1974 to provide a wide range of supports to women survivors of domestic abuse and their children across Limerick City and County. Adapt runs the largest refuge in the country providing emergency accommodation for women and children who have to leave their homes because of domestic abuse. They also work in communities to prevent domestic abuse from occurring, through education and awareness. Our society is one in which domestic abuse isn't really talked about. This culture of silence surrounding domestic abuse means that people who are in situations where they are being abused in their own home are less able to say anything about it. The fact that you are living in fear, in a place where you should feel safe. The fact that someone you love is doing this to you, The fact that society will either ignore you or view you differently if you say that you are being abused means that you are more likely to internalise the whole thing and that idea of 'maybe it's my fault' makes it much more difficult to get out of a situation of abuse. Under the status quo it continues in silence up until breaking point when you have to take drastic action. This is where Adapt comes in. Adapt provides emergency help to women in these situations. They also work to break down the culture of silence that surrounds domestic violence, which is far more prevalent than we like to think. In 2011 alone ADAPT services supported 768 individual women and children who were experiencing domestic abuse in the mid-west region.

Bodywhys is an organisation that provides support for people who have eating disorders by helping people with these issues to access information, support and treatment. They are particularly important in an Irish context because support services for eating disorders in Ireland aren't adequate to deal with eating disorders. Eating disorders affect people who have them on both a physical and psychological level. Having an eating disorder shouldn't inhibit anyone's right to access equal opportunities. However in some instances it does. Bodywhys works to break down social stigma surrounding Eating Disorders and also advocates for the provision of better treatment services.

Aware was founded in 1985. Aware works to create a society where people who experience depression and related mood disorders, and their families, are understood and supported, are free from stigma and have access to a broad range of support options. They receive

only 20% of their funding from the government and so rely on donations to provide services and support to people going through depression. The high rate of mental illness in Ireland means that the work that Aware does is hugely important.

In 1968 a small group of parents whose children had Spina Bifida and/or Hydrocephalus established a voluntary organisation which would highlight awareness of these two conditions and support families, individuals and carers who were affected. This organisation is the Midwest Spina Bifida and Hydrocephalus association. Spina Bifida and Hydrocephalus are two separate conditions. Spina Bifida is a relatively common condition, which affects about one in every 1000 children born per year in Ireland, one of the highest incidences of Spina Bifida births in the world. Spina Bifida is the most common neural tube defect (NTD) which causes incomplete development of the spinal cord. The term Hydrocephalus comes from the two Greek words: 'hydro' which means water, and 'cephalus' which means head. In years past, it was commonly called 'water on the brain'. Put simply it is a condition where there is too much cerebrospinal fluid in the cranium. The Mid West Spina Bifida Association is a voluntary organisation run by parents and friends of people in County Limerick, Clare, and northern Tipperary who live with one or both of these conditions. They rely heavily on funding from donations as less than 30% of their funding comes from the HSE. With the money that they earn they provide vital services to improve the lives of people with these conditions.

These are the four charities that we are raising money for. They are all excellent causes. Obviously the more money that is donated to them the better. They're all organisations that work towards making society in general better and in making the lives of the people who surround us better. They work to prevent suffering and ease pain. They make life easier for people and give them the tools to live their lives in the way that they wish to live them. These charities also represent the best that is in humanity. That people give their money and time away purely to help others. So when we're handing over that cheque let's be able to be proud of the week that raised the money. Let's give it to these charities as representatives of the best that is UL Charity Week and the best that we can be.

~ Lorna Bouge
Co-Editor

AF Students' Union Update & Crossword

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Presidents' Update

Adam Moursy
ULSU President



Welcome to Charity Week everyone! For those of you that haven't experienced it yet, it'll be one of the best weeks of your life. For those of you that have experienced it, this year will top all previous years! This year, our Ents department has put together the best line-up in the country, which will culminate with 2manyDJs performing in the courtyard, the Thursday of Week 7.

I'd just like to echo what has previously been instated in An Focal and emails about being mindful of your behaviour and those around you. It has the makings of a great week, where the predominate focus is supposed to be about raising money for charity. However, any serious incident may put the future of Charity Week in jeopardy. That said, get out, enjoy yourself, take part in some of the events and make sure you donate a few bob to charity.

Elections for SU Executive positions will be taking place during Week 7. For any of you interested in running for a position, I would recommend speaking to the person who is

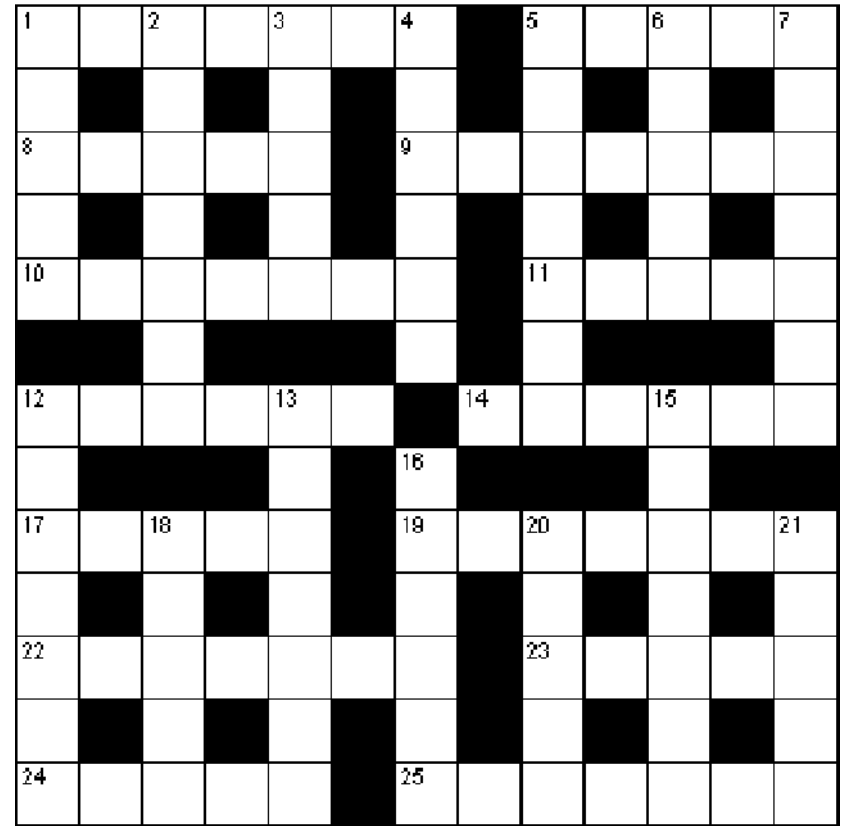
currently in that role, to ensure the role is what you expect it to be and what functions and expectations are associated with it.

Nomination packs are available from our Democracy Development Officer, Roisin Monaghan's office, so if you are running call in to her for the packs.

For those of you not running, this is your opportunity to quiz the individuals seeking to represent you

for the coming academic year. Make sure to have your voice heard and don't be shy to ask the hard questions. This is your chance to have an input on policy they bring into the year.

The next two weeks are two of the most important weeks for both the Students' Union and all our students. Just make sure to get involved in Charity Week and question all Executive candidates.



CLUES

Across

- 1. Freedom (7)
- 5. Berate (5)
- 8. Rhinal (5)
- 9. Ambling (7)
- 10. Impassive (7)
- 11. Tendency (5)
- 12. Fruit (6)
- 14. Loved (6)
- 17. Banquet (5)
- 19. Gossip (7)
- 22. Embrocations (7)
- 23. Entomb (5)
- 24. Arrows (5)
- 25. Mariners (7)

Down

- 1. Golf course (5)
- 2. Woodwind instrument (7)
- 3. Object surviving the past (5)
- 4. Annual (6)
- 5. Perfumed (7)
- 6. Earth's protective layer (5)
- 7. Feared (7)
- 12. Perplexed (7)
- 13. Countries (7)
- 15. Rice dish (7)
- 16. Dissertation (6)
- 18. Change (5)
- 20. Legal excuse (5)
- 21. Tall tales (5)

VP/ Education Update

Cathal Ronan
ULSU Vice President & Education Officer



Hi all,
As you settle into the madness of Charity week it's my job to worry about your academic life as the balance may go askew this week. I really hope you enjoy yourself this week and take a well deserved break from the books (Yeah Roysh!) and cut loose and give, all in the name of charity.

In terms of what is coming up in this office - I have been working on many drop ins and emails as usual in the office. I have also been working on major projects that will help you now and into the future. Working well with the library has led to some new developments such as proposals for increase in seating and available study spaces, extended opening times for exams/FYP and assessing the issue with power supplies for laptops.

Broadening the curriculum has been a primary focus of this office for some time and will be for some years. Essentially the University are looking at expanding the learning dynamic of your degree with specific electives

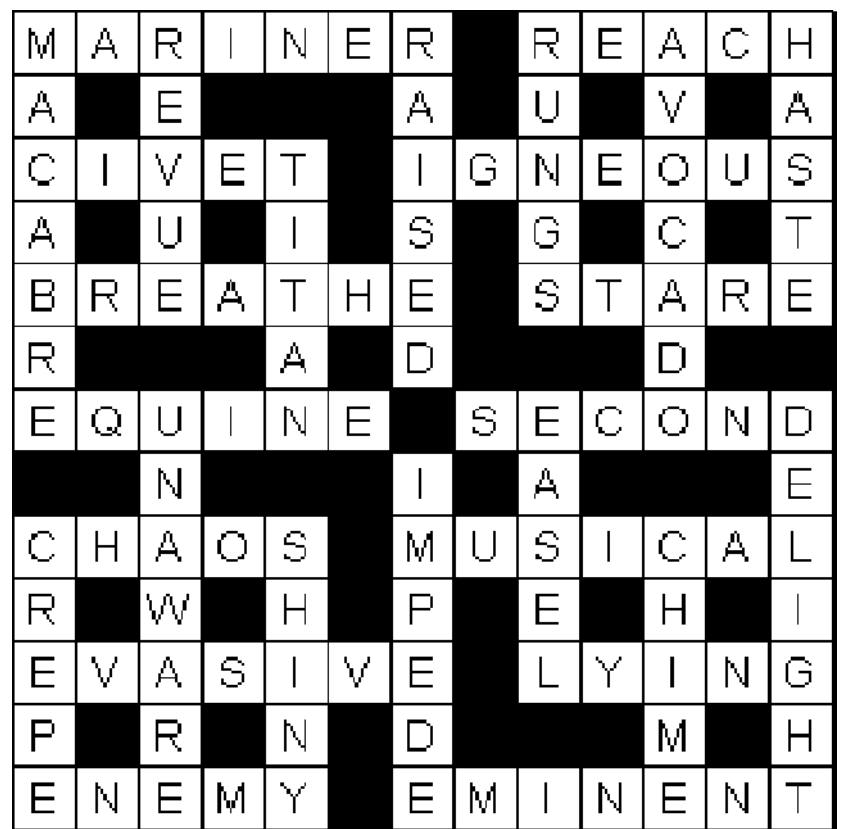
that they have called "broadening" modules. Currently academics are creating modules that are different to core and electives in that they are geared around the UL graduate attributes

These modules will be interdisciplinary and will involve an innovative assessment strategy. At the moment the feedback is that students welcome such electives. But what do you think? Does this make you a better graduate at the end of your degree? Or is it a module that might

take the place of another that could be invaluable to you in the working world? Throughout the rest of the semester I will be discussing this with students from a range of disciplines and via class reps. I hope you join in the debate.

Finally keep a look out for my own brand of academic advice videos on our Facebook page and the education officer page (It won't let me change the name!). Enjoy the festivities of the week, stay safe and most of all look after each other.

ISSUE 8 SOLUTION



Beer Making Genius Required!

Do you know your pressed from your fluid yeast? Your alpha from your beta acids? Your ale from your lager malt? If so you might be the person were looking for. The Limerick Lady Brewing Co. aren't just looking for good staff, but good people. See, although what is on your CV matters, it is what is on your soul that matters most. To be honest we care less about what you've done and more about what you're going to do. Although previous commercial brewing experience is an advantage, home-brewers are encouraged to apply. Training can be provided in industrial brewing equipment but the talent to brew some of the best beers in the world can be a little harder to find.

**LIMERICK
LADY**



Requirements;

- A passion for Limerick.
- A passion for and a knowledge of the science of brewing.
- A previously demonstrated work-ethic.
- Dedication, tenacity and a commitment to the long term future of the Limerick Lady Brewing Co.
- Willingness to work within a start-up company environment.

For further information please contact Michael Quinn on (085) 1474890
limericklady.com / facebook.com/limericklady / twitter.com/lmkladybrewing

Autumn/Winter 2013: Mother Nature's Cruel Joke

Claire McDermott

CONTRARY to what Mother Nature would have us believe, it is in fact spring. I can only imagine the gasps of surprise when reading that statement. Well, muffled surprises as our faces are covered in layers of scarfs for fear of frostbite. Though we are still donning our quilted trenches and fluffy socks, the fashion world has already been showcasing their Autumn/Winter 2013/4 collections. There has been an abundance of fashion weeks this month in New York, Paris and London. I am sure my invite got lost in the post for all of them, but I am not bitter. Here is a quick breakdown of the globe's most fash-tastic events. We will also see if our summer staples can warm us up for winter. (Fingers crossed onesies make an appearance!)

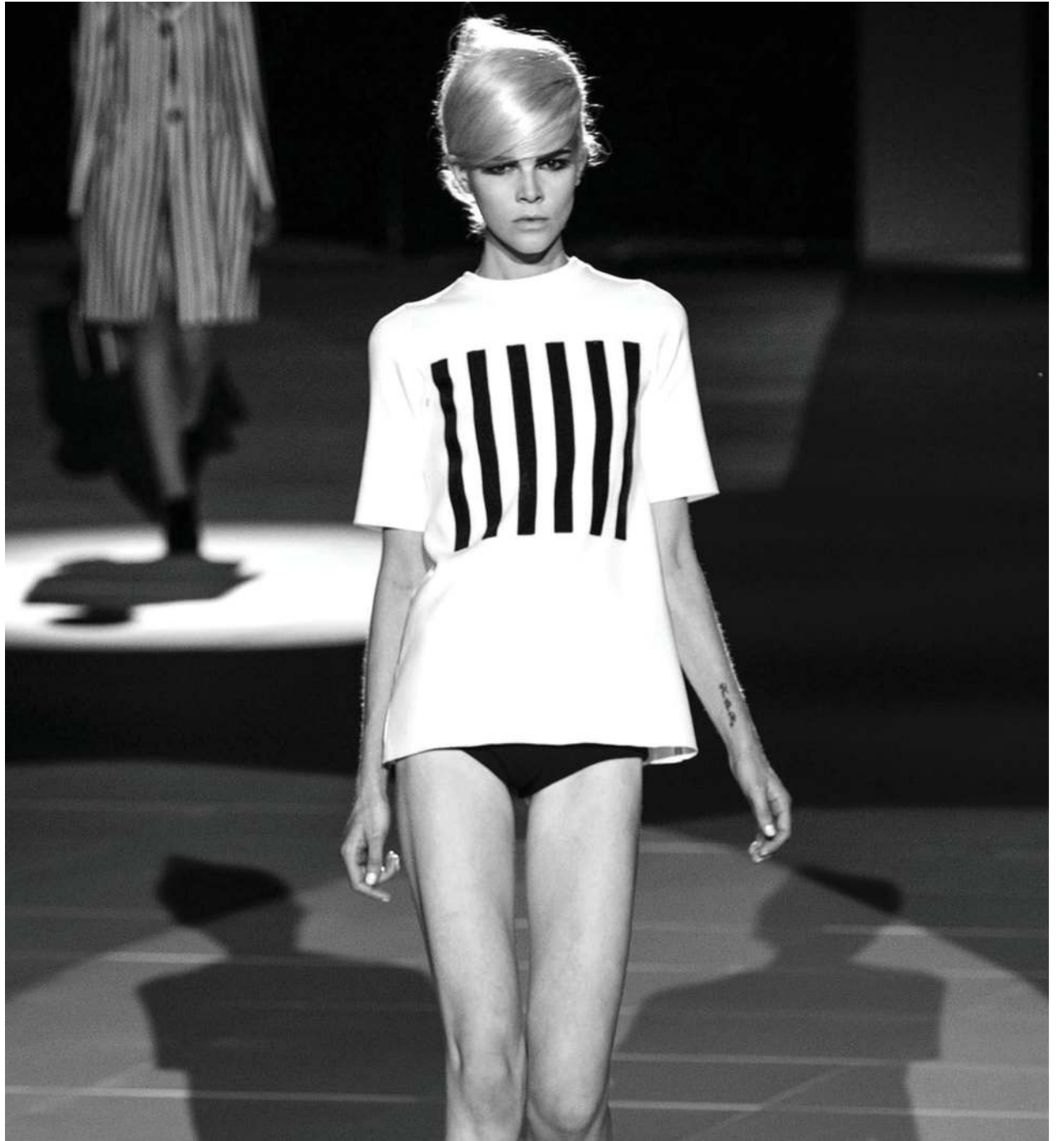
New York Fashion Week got the sequined ball rolling with the likes of heavyweight fashion designers Calvin Klein, Ralph Lauren and Marc by Marc Jacobs. It seemed there was one trend dominant on the Big Apple runways: stripes. Dust off that Halloween convict costume because, as of this season, its fashion. Designers like Michael Kors, Tommy Hilfiger and Marc Jacob all used stripes in their designs. However, though some of us may think that college is your catwalk, think again. Go for one striped item at a time, whether it's a blouse, skirt or even a funky blazer. Head to toe stripes and you're mistaken for a pedestrian crossing.

Next up on our quickest world tour ever is London. Renowned for its

unique street style and quirky take on classic themes, London Fashion Week is no different. Endless trends emerged from this week from biker jackets to white on white (good luck with that trend!) but the trend that is still so popular on the catwalks is the peekaboo midriff. Jonathan Saunders and John Rocha both had their ladies flaunt their lack of tubby tums. This trend can be quite retro but lets focus on the key word – peekaboo. Peekaboo does not mean go to your nearest Penneys and get a bikini top saying you're on trend. Just a glance of the belly is all you want. If you feel you need another few weeks in the gym before this trend, why don't you try and sheer panel first instead. This still looks super chic but gives you a little more coverage.

Another trend that seemed to shine out (perhaps a little too brightly) was wearing neon. This trend is really for the fashion brave as if done wrong you will look like an extra from 'My Big Fat Gypsy Wedding'. For the faint-hearted however, fear not! Neon accessories are also super cool and worn with muted tones can really funk up an outfit. H&M or Zara do loads of neon necklaces and rings, etc. Even if that's too tacky for you, neon nail polish could be another alternate.

Another year, another set of fashion weeks done and dusted. Now all we need is an all-expenses shopping trip! Happy trending!



Where Has All The Glamour Gone?

Amy Grief

SLIGHTLY underwhelming in comparison to recent years, Hollywood's A-list left all glitz and glamour to be desired as they paraded down the red carpet at the 85th Annual Academy Awards.

As the crème de la crème of the award season I hoped that the Oscars would deliver some drool-worthy dresses along with cringe-inducing fashion failures. Sadly, like many of the actresses' dresses, the whole thing was rather grey.

That's not to say that there weren't some knockout pieces. Best Actress winner Jennifer Lawrence looked radiant in a cream Dior Haute Couture gown. Tight around the bodice, the dramatic full skirt proved slightly problematic as Lawrence stumbled up the stairs to collect her Oscar.

Channelling old Hollywood glamour, Jessica Chastain wore a delightfully simple beaded Armani gown. While it's champagne colour seemed an odd choice against her 'ginger' features, she pulled it off perfectly. Similarly sophisticated was Reese Witherspoon in Louis Vuitton. When first interviewed on the Red Carpet I hated the royal blue and black colour-block dress, but later I

could appreciate her choice as one of the classiest of the night.

Another favourite was Amy Adam's romantic, dove-grey Oscar de la Renta ball gown. Though the blogosphere is up in arms, unsure whether to place her on the best or worst list, she looked like a sophisticated Disney princess, so naturally I just adored it.

Breaking away from the neutrals, metallic and sequins that dominated this year's red carpet were Jennifer Aniston and Best Supporting Actress Nominee Sally Field. These two ladies in red nailed it in their boldly coloured dresses. Oh, and Field rocked a pair of bedazzled trainers under her dress making her the coolest (and smartest) actress of the night. I mean, how are you supposed to marathon through a night full of after-parties in five-inch Louboutins?

While the carpet seemed devoid of any venerable fashion disasters (there was nary a swan in sight) some actresses definitely missed the mark.

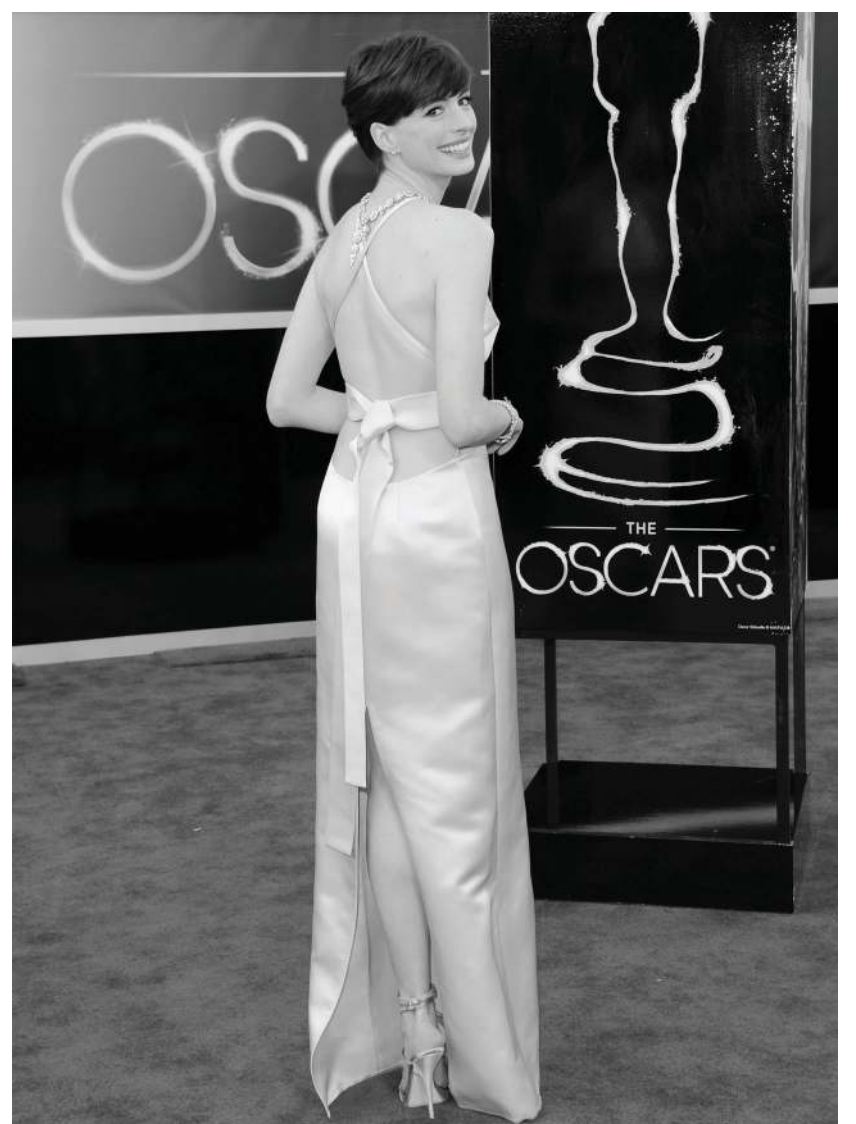
After literally starving herself for her role in Les Miserable, Best Supporting Actress Anne Hathaway showed the world that she was ready to eat by wearing an apron disguising itself as a Prada frock. With its light pink satin sheen and rather harsh stitching along the bust (apparently her nipples weren't protruding) it's

a shame that Hathaway's big night was overshadowed by her awkward wardrobe choice.

Jennifer Garner's Gucci gown left me feeling a little ambiguous. On the one hand I loved the rich, deep purple colour; however, I'm unsure how I feel about the floor-length ruffle in the back. Halle Berry left me in a similar state. While she obviously looked flawless in her sparkly gun-metal and black striped dress, designed by Donatella Versace herself, I wasn't sure if she evoked the essence of a Bond Girl (the intended effect) or if instead she reminded me of a convict in prison stripes.

Other honourable mentions include Adele, who looked classy as always in a black, beaded Jenny Packham number and Jennifer Hudson in a sequined and form-fitting, grey-blue Roberto Cavalli gown.

Oh, I guess I should mention the guys too. Without a doubt, the best dressed was the dapper Joseph Gordon-Levitt, although with him on the red carpet, I don't think it was ever a competition!



Growing Your Own Vegetables

Sheba Gray

AS THE horsemeat scandal rumbles on there is a group of students and lecturers at UL that are determined to get control of at least part of the food they consume.

The UL Community Roof Garden offers hands on advice to the group of volunteers, by the lifelong organic market gardener, Jim Cronin, in the art of growing food. The group has been meeting regularly since the beginning of last semester, participating and learning the art of vegetable gardening, as well as benefitting from some tasty treats later in the year.

The garden puts students and lecturers on an equal footing with their combined interest in educating themselves on the art of vegetable gardening by sustainable methods. PhD student of mathematics, Cathal Cummins is passionate about food joined the group to learn how to grow his own food, "I hate the idea of not putting good food into myself," he said.

Others amongst the volunteer group include Lecturer of Marketing Maria Lichrou and a couple of Erasmus students from New York, Lyndsey Kocher and Alycia Appelbaum all of whom found the session very useful and enjoyable.

This week the raised beds were manually ploughed and potatoes planted under the expert eye of Jim Cronin who gave practical explanations to the methods being used. He also gave a brief training session on how to 'chit' your potatoes which will be followed up by how you



can grow potatoes in bags, which is extremely useful in a limited urban setting.

As news reaches us daily regarding the fraudulent use of horsemeat in our foods, it bring to our attention the fact that we have no control over the ingredients going into our food and ultimately, our stomachs. The food industry is big business and its aim is to make profits, not that all

companies would resort to fraudulent or illegal activities.

The Dutch Government are investing heavily into insect farming as they find, bugs are cheap to produce, high in protein, and can be farmed with a far smaller impact on the environment than beef. Caterpillars have a higher protein value to beef, with grasshopper coming a close second, making insects a serious meat

substitute for the future, according to the Dutch who have recently invested €1m into the project.

Surely it is time to withdraw the tacit consent we give the food industry to feed us with whatever is profitable, be it genetic, chemical, illicit, or purely bugs, and to start expressly growing and producing our own food, as the example being demonstrated by the Community Garden in the University

of Limerick.

The group is coordinated by Dr Colin Fitzpatrick from the UL Department of Electronic & Computer Engineering and the rooftop garden has its own website and blog which can be found at www.ulcommunitygarden.com.

Cookery Corner: Lemon And Blueberry Muffins

Amy Grimes

SPRING is finally in the air, and what better way to complement the March sunshine (and occasional shower) than with some zingy fruit muffins. The combination of lemon and blueberries in this recipe is reminiscent of blue skies and daffodils.

Ingredients

(makes approximately 12 muffins)

60g unsalted butter
280g plain flour
1 tablespoon baking powder
Pinch of salt
200g caster sugar
1 large egg, beaten
Finely grated zest and juice of 1 lemon
1 teaspoon vanilla extract
250ml milk
225g blueberries

Method

Preheat the oven to 220°C and place muffin cases in a 12-hole tin. Melt the butter in a saucepan over a medium-low heat.

Sift together the flour, baking powder and salt into a large bowl. In a separate bowl combine the egg, melted butter, lemon zest, vanilla and milk. Beat until

foamy.

Keeping aside two tablespoons of sugar, add the remainder to the dry ingredients and form a well in the centre.

Pour the egg mixture into this well and with slow, steady movements gradually mix the dry ingredients into the centre to form a smooth batter.

Gently fold in the blueberries.

Spoon the batter into the muffin cases, so that they are three-quarters full.

Bake for 15 to 20 minutes until a toothpick comes out clean when inserted into the centre.

While the muffins cool slightly, stir together the 2 tablespoons of sugar you kept back earlier with the lemon juice until the sugar dissolves.

Transfer the muffins to a cooling rack. While the muffins are still warm, brush this glaze over the tops so that they absorb the lemony mixture.

The muffins will keep in an airtight container for two days, but when do homemade goods ever last that long?

Recipe source: Step-by-step baking, Caroline Bretherton



Let's hear it for the Singletons

Barbara Ross

OUR committed counterparts often see us singletons as lonely and pathetic but it is time that we let our secret out. Being single is fantastic!

The single life has benefits that are a distant memory to those in relationships so stop being depressed and step away from that tub of ice-cream as you are reminded why you are single and ready to mingle.

Guys, how many times have you been in the bad books because the lady in your life was livid for reasons you still don't understand? Why should you cut down on your gaming time just to give your other half the attention that they crave, not need? You should relish not being the target of mood swings and reasoning beyond your comprehension. When you wake up on the couch, you know it's because you chose to pass out there not because you gave her the wrong compliment.

Girls, being single means you have no need to massage any egos or come second to an x-box, PlayStation or any other gadget. There is no need to make your man feel macho by playing the damsel in distress and asking him to open every jar in the house because he is 'just so strong'.

Being single forces you to do things for yourself like cook, do laundry and tidy up your place. Being skilled at these simple tasks make you a more complete, well-rounded and less needy person. This forced independence will also make you a magnet for those relationship chasers just make sure not to get caught if you value your freedom.



A night out with the lads is always better without girlfriends attached and vice-versa. Some harmless flirting or a night of naughty fun can only be accomplished without another half in existence. You won't have to deal with any relationship drama. When you are in a relationship, you always want

to keep it intact. To achieve that, you have to take care of your partner's emotions rather than your own. If that consideration isn't reciprocated than it can cause problems.

When you are single it isn't seen as selfish if you put yourself first once in a while. Singletons may occasionally

feel like you have too much time on your hands, but you can fill that time any way that you want. Want to harden your body at the gym? Learn a new instrument? Learn how to bake? How about watch the Sex and the City movies for the 11th time? Who's stopping you?

Having endless options when it comes to activities, and not having to compromise, means that singletons are less likely to become stuck in a rut and more likely to live life to the full.

What is the Perfect Body?

Alana Walsh

FORMER Miss Universe Ireland Rozanna Purcell sparked some controversy on Twitter recently when she uploaded a picture of herself in lingerie during a photo shoot for TV3's Ireland AM. Some of her follower's comments praised her for her toned body and dedication to staying in shape, while others deemed her as 'too skinny'. Rozanna has defended herself against the claims that she is too thin and assured critics that she is of an athletic build and has a hearty appetite. However, this latest debate over a model's weight leaves us asking the question, is there such a thing as the perfect body?

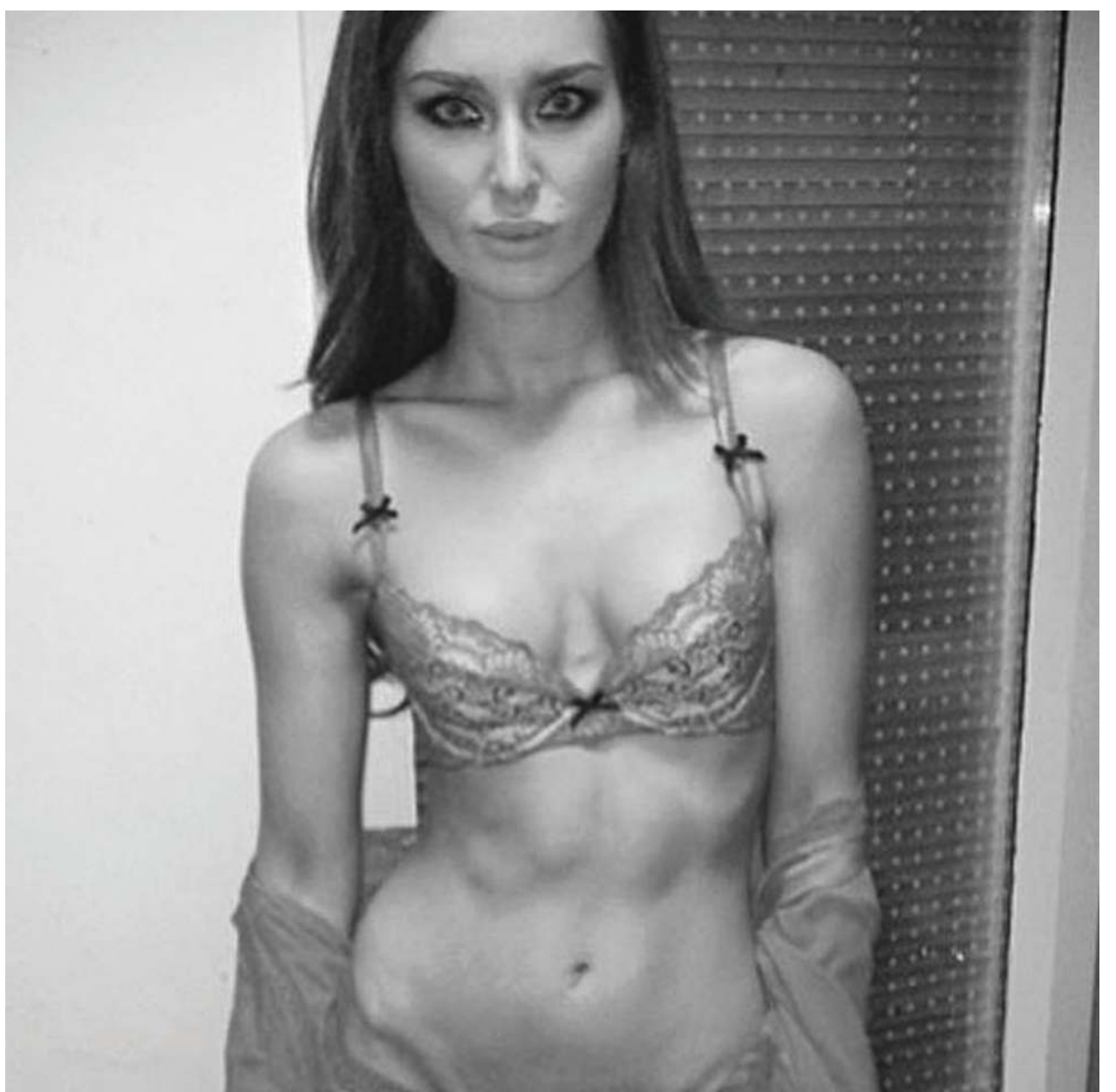
The answer is categorically no. Women, in particular, are under immense pressure from the media to be of a certain shape or size; we are criticised if we are too skinny but also if we put on a few pounds. Every woman's magazine available features the latest hot bikini bodies or a story about some celebrity's weight loss due to a new 'trendy' diet. But if these celebrities go too far and get too skinny, the praise they were given is transformed into judgemental remarks about their unhealthy weight loss and the media is often quick to suggest that the celebrity in question has an eating disorder.

The same applies for weight gain. Singer Jessica Simpson received an astonishing amount of criticism for her weight gain during her first

pregnancy. Yes she put on weight but she was pregnant for crying out loud, surely the baby's health is more important than her dress size?

Celebrities have also been known to publicly comment on each other's weight. When Lady Gaga was reported to have gained weight towards the end of 2012, she retorted that fellow singer Adele is heavier than her. Thankfully Adele is confident in her shape and size and is not bending to the pressures of being in the public eye, stating that she is happy being a size 14-16. So where do we draw the line on the extent to which we allow the media to influence our perceptions of body image?

Ladies, there is always going to be someone taller than you and someone smaller than you, similarly there will always be someone skinner than you and someone curvier than you. Kate Moss could never look like Kim Kardashian and vice versa. No two bodies are the same and quite frankly it is about time that we stop allowing the media to continuously decide what constitutes the "ideal" body. We need to be confident and comfortable in our own skin. We all come in different shapes and sizes, love your body for what it is, instead of hating it for what it is not.



The Best Methods Of Safe Sex

Barbara Ross

PEOPLE have been using birth control methods for thousands of years. Now we have many safe and effective forms of effective contraception available but which are the best methods?

Women have more contraception choices than men who must use condoms, abstain or consider abstinence.

With careful and consistent use condoms are 99% effective against pregnancy and STIs. Condoms are widely available, can be used in conjunction with other forms of birth control, protect both partners and has no medical side effects. However putting them on correctly requires practice, they can get damaged or split easily and they must be used before the expiry date.

Male sterilisation is a drastic and permanent form of birth control. It is useful for men who have completed their families or don't want children. Sterilisation does not protect against STIs. Women have many more methods to choose from and it is important to choose what is best for you.

The implant (the bar) is a matchstick sized rod that is inserted into the arm to prevent pregnancy. It doesn't interrupt sex, works for up to three years and may reduce period pains. There are of course disadvantages with this method as with all methods. The bar may cause irregular bleeding, weight gain or it may stop your periods. A doctor must do insertion and removal and it does not protect against STIs.



The pill is the most common form of birth control for women and is 99% effective if used properly. It doesn't interrupt sex, reduces bleeding, period pain and PMT and can protect against cancer of the ovaries and womb. The disadvantages include vomiting, diarrhoea and weight gain. Antibiotics can interfere with its effectiveness and it does not protect

against STIs.

Diaphragms are flexible rubber devices inserted into the vagina to prevent sperm from reaching the egg. It can be put in any time before sex and can be re-used. However you must be fitted for a diaphragm, spermicide is needed for every use, must stay in place for at least six hours after sex and it does not protect

against STIs.

The coil is a small plastic and copper device that is put into the womb. It works as soon as it is inserted and can stay in for up to eight years. It may cause irregular bleeding, a doctor must do insertion and removal, there is a risk of pelvic infection and it doesn't protect from STIs.

Of course abstinence is always

the best way to avoid unplanned pregnancy and STIs but remember that there are other ways to reduce the risk if keeping your pants on is not an option.

So if you're getting amorous, stay safe and use protection.

The Homosexuality Debate

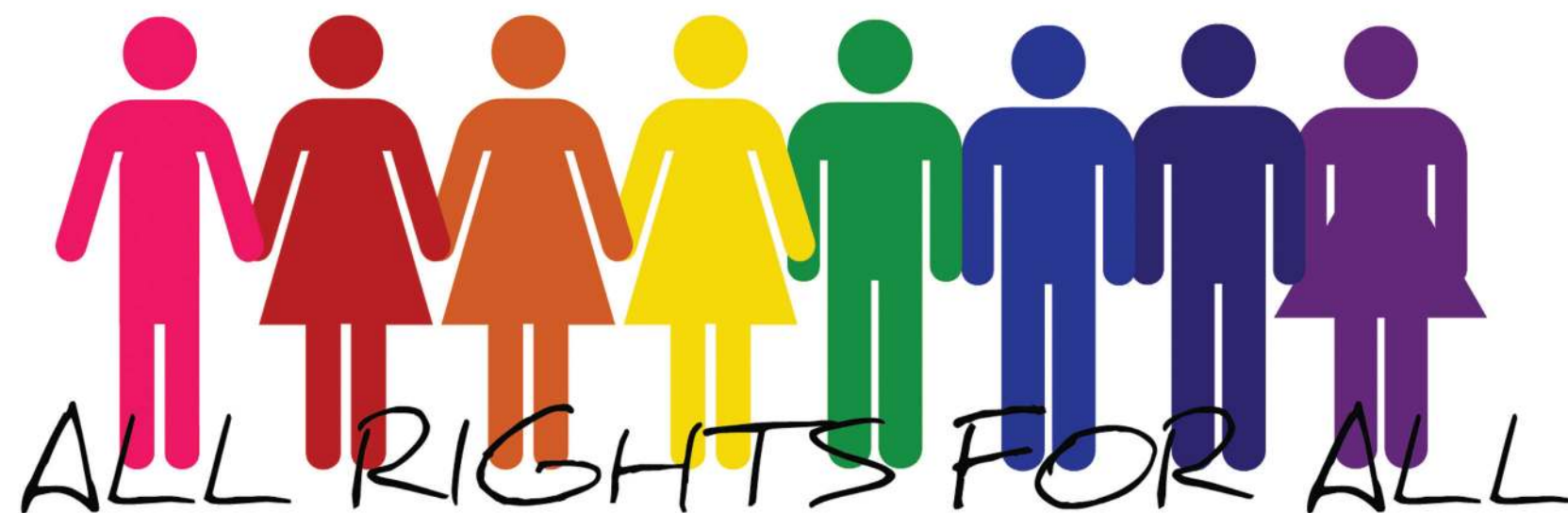
Sophie McDermott

SEXUALITY has always been a hot topic in Ireland. Whether you're for or against homosexuality, everyone has a strong opinion on why two people of the same sex should or shouldn't be together.

Compared to other countries, Ireland is still behind the times when it comes to same sex relationships despite legalising homosexuality in 1993. As it stands, same sex couples have been granted civil partnership rights since early 2011. This means that same sex couples have some of the rights given to heterosexual married couples, with the exception of only one individual in the civil partnership being allowed to adopt a child.

However, in a survey conducted amongst the Irish electorate in November 2012, the results showed that those who opposed the recognition of same sex marriage had more than halved with 73% in favour of same sex marriage. The majority of those opposed to same sex marriage were the older generations while the younger generation voted for the right to be extended to same sex couples.

Many people would argue that results such as these and positive changing attitudes to same sex marriage is strongly related to the decline of the Catholic Church in Ireland. This liberation from the Irish Catholic Church's outdated teachings has given Irish people the freedom to think for themselves and speak freely



against these teachings.

Results such as these show a positive change in the societal values that exist in Ireland. But is this enough? Ireland has a long way to go before we're completely out of the dark ages but shouldn't sexuality be one of the starting points to get us on track to being a liberated 21st century country.

What right does society and the law have to prevent two people in love

from being together in every way possible? The answer is none, love is a personal choice and shouldn't have to be given permission to be recognised as a legal and moral union. There should be no debate on same sex marriage, what's the difference between a man and a woman getting married or two men getting married? In both cases, there are two people who are ready to make a commitment to one another, who can say there is

something wrong with that?

The Iona Institute is a prime example of bigotry and is a prime example of how narrow minded the Catholic Church's teachings really are and the influence it has on people, especially in the older generation. In December 2012, the institute released a video on YouTube stating that marriage can only be between a man and a woman and that blocking gay couples from marriage wasn't discrimination.

But sadly, it is discrimination of the worst kind. It's ignorant bigotry that holds Ireland back in terms of societal values and morals. In the 21st century, is it not about time that we accept the individual's right to fall in love with whatever gender they want and allow them to be free to make commitments to one another?

Egan ends glittering career as Olympic stars shine

Robert McNamara
Sports Editor

Kenny Egan ended his career immediately in the aftermath of his defeat to the 19-year-old Joe Ward at the National Boxing Championships last month. Egan was fighting for his 11th national title in his 13th consecutive final but was easily defeated 25-5 by Ward from Moate.

Egan, a 2008 Olympic silver medallist from Clondalkin, has done a lot for Irish boxing and it was fitting that he received a standing ovation as he left the ring.

"I didn't think people would stand up, it's a bit embarrassing, but it's great. I feel I have a great name in Ireland in the sport and I have carried the mantle for long enough," he said.

"I want to thank everyone who has supported me in these finals for the last 13 years. Tonight is the end of it."

"I kept it very private. I didn't want to cause any commotion, but I had it in my head it was my last fight. I didn't even say it to my coaches or family. It has been a long road."

Egan was full of praise for champion Ward and believes he can be the man to take Irish boxing forward.

"I want to thank Joe, he's the next man and improving all the time. I'm

glad to be handing the mantle over to someone like that because he's a legend already."

"He's an exceptional talent. I thought I would test him again this year, but he is getting better all the time. It is great to see. I said it to him in the ring I am here for him. I am here to share bits and pieces with him. I can add to his arsenal. It could be the smallest thing that wins him a fight."

Egan is hoping to become a mentor for other Irish boxers.

"I have so much to offer. I know all about the sport. I have been more or less the captain for the last number years."

"I hope to stay in boxing. It's a sport I have loved since I was eight years of age. It brought me all over the world and I met some fantastic people. It has been great and tonight is the right time to do it. I am off the drink so I can't go wild, but I might spoil myself with a big mac."

In other matches Ross Hickey won his welterweight final by beating Ray Moylette. The match was level at 8-8 after the first two rounds, but Hickey won the third 7-3 to finish in a 15-11 scoreline.

Hughie Myers, defeated by Paddy Barnes last year, completed a 17-8 win over Thomas Waite in the light



Egan looks on as Ward is declared champion.

flyweight final.

Crumlin's Declan Geraghty had an easy 16-7 win over Gary McKenna. Sean McComb won the lightweight title with a comfortable 19-7 success over George Bates 19-7, while Jason Quigley from took gold over Roy

Sheahan in 15 -6 scoreline.

Michael Conlon and Adam Nolan both completed national title hat-tricks. Paddy Barnes was absent with flu but Katie Taylor made her long awaited return to the ring in an exhibition against Karolina Gzarczyk

of Poland. Taylor easily dispatched Gzarczyk before another fight and another win two days later against Maike Klueners of Germany at the Bord Gais Energy theatre.

UL reach Munster Division 1 Plate Final



Elaine O' Flynn

Cup games have played a salvation role for UL Ladies Hockey Club in recent weeks amidst a tough campaign in the Munster League. Recent matches against Fermoy, Cork Harlequins and UCC have had unfortunate results leaving the team in a fighting position within the league. Although a tough battle is ahead to retain their position in Division 1, UL have come up trumps advancing to the next stages in both the Munster Plate and Irish Trophy. These competitions now act as a portrait of the team's true capabilities and potential.

Last weekend saw UL advance over Bandon with a two-nil victory to reach the Munster Division 1 Plate final to be played in the coming weeks. From the start, UL donned a winning attitude, led by the influential Éadaoin Moore. UL hit the scoreboard in the first half with a fast paced rebound from Captain Sorcha Carey. Bandon retaliated and won a short corner, only

to have their disguised pass intercepted by Munster starlet Rachel Nyhan. The second half opened and finished at a fast pace. No goal was going to be an easy feat. Sisters Steph and Laura Peters were competitive in their attacks against their native team, with Peters converting in the 47th minute. While Bandon didn't give up easily, fantastic defending from both Emma Wilson and Emma Sherlock kept the score line at a neat two-nil win to UL.

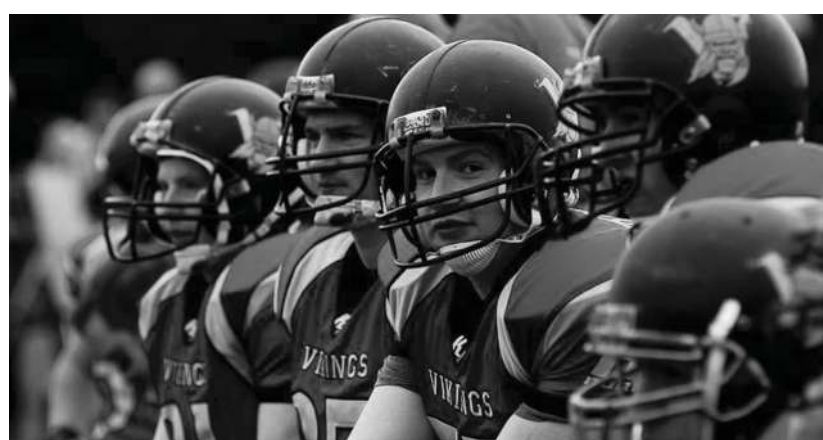
UL now play Church of Ireland in Garryduff in the quarter final of the Irish Hockey Trophy. This Munster battle will provide a platform for UL to perform to our full potential against a tough team. Needless to say a victory would be a tremendous feat for the team. Read the next edition of An Focal for the result.

UL Ladies Hockey Club would like to thank everyone for their continued support both on and off the pitch and would be delighted for supporters to come along to our upcoming matches.

Vikings defence leads to victory

Ian Cahill

The UL Vikings kicked off their season with a 11-0 victory over UCD in Dublin on February 24th. This was the first game since they lost the Shamrock Bowl back in July which still sits uneasy with the Viking faithful. It was a scrappy game with a lot of mistakes from both sides with each team having new head coaches early season jitters were expected. The first half was action packed with interceptions, sacks forced fumbles and a lot of good running by both QB's. Due to the stellar play of the Vikings defence, continuing its form of being the stingiest defence in the league for the past two seasons and errors in key situations by the Vikings offence the half finished 3 - 0 courtesy of a long field goal by the ever reliable Adrian Garvey. The second half began as the first finished with the Vikings defence dominating, however the offence was quickly beginning to make its mark on the game. Then disaster struck, starting quarterback Paul "The Flash" Keane got hit low on a courageous run through the UCD defence. The Vikings looked on as Paul hobbled from the pitch, later x-rays showed two fractures for the young gunslinger. Then all eyes turned to their backup Adrian Garvey who, long renowned as one of the league's best running backs, was entrusted with the keys to new offensive co-ordinator Paul Gilhool's offence. Adrian stepped up and led the team on a long drive which resulted in a touchdown and two p[er] joint conversion. The Vikings defence continued to impress and hardly gave



UCD a sniff of their half all day. With key interceptions, one jaw dropping catch with his legs by Killian Vigna and another last minute game finisher by Alan "baby face assassin" Stewart, the Vikings closed out what turned into a tough game in Belfield. While the Vikings are off on the right note they must learn from this game and use it to against the Visiting Trinity College team Sunday March 3rd in what must now be viewed as the tone setter for the Southern Division. I smell a dogfight!

Season Structure:

Feb 24th - UL @ UCD,
W 11 - 0
March 3rd - Trinity @ UL,
March 24th - UL @ UCD,
April 7th - Trinity @ UL,
April 21st UL @ Trinity,
April 28th - UL @ Cork,
May 26th - Cork @ UL,
June 9th - UCD @ UL
June 23rd - Wild card playoffs
July 7th - Semi Finals @ Tallaght

Stadium,
July 21st - Shamrock Bowl XXVII Final @ Tallaght Stadium.

Club News

UL Viking's Poker Night Fundraiser @ The Office Bar:

Our first fundraising event of the semester takes place on Wednesday 13th March, where The Office bar has agreed to host a UL Vikings Poker night, where free food and drink concessions will also be provided in what is setting up to be a great evening!

Great Limerick Run 10k

On the 5th of May the UL Vikings will be completing the 10k event in the Great Limerick Run, while wearing full match kit weighing up to 30 pounds in aid of Milford Hospice. The UL Vikings decided to dedicate 50% of fundraising for the year to Milford hospice which has helped the lives of loved from the team and greater Limerick area for many years.

Great teams you've never heard of: Peñarol

Eoghan Wallace

Uruguay's oldest football club's origins lie in the Central Uruguayan Railway Cricket Club, which was organised in 1891 by a handful of British workers. The club was renamed Peñarol in 1913 after British influence declined. Since winning the first professional Uruguayan league in 1932 they have shared the majority of domestic honours with arch-rivals Nacional, a duopoly which has been broken on only a few occasions.

The club provided five members of the Uruguayan team that won the inaugural World Cup in 1930. In 1950 nine of their players were part of another victorious national side. Among their number was star player Juan Schiaffino, voted the second best player at the 1950 tournament. Schiaffino left Peñarol for A.C. Milan in 1954 for a then world record sum of £72,000.

The club were the very first winners of the Copa Libertadores in 1960 and a year later they retained their title. They would win another three titles in 1966, 1982 and 1987. Only Independiente and Boca Juniors, both of Argentina, have won the competition on more occasions. They also became the first team to win the Intercontinental Cup, the FIFA Club



World Cup's predecessor, three times. Domestic success in recent years has been rare. After winning their fifth consecutive league title in 1997 they experienced a barren patch,

winning only two league titles in the subsequent decade. Things began to look up in 2010 after an unbeaten streak of 15 games saw them win the latter end of the season undefeated,

the only team ever to do so. To sweeten the deal they came from 11 points behind Nacional and defeated them in the two-game playoff.

Peñarol are currently leading the

table and have qualified for the playoffs where they will be hoping to add a 47th title to the trophy cabinet.

Your local team needs you "The Lisbon Lions"

Robert McNamara
Sports Editor

Limerick FC's rise to the Airtricity Premier League has been absorbing. The football mad city deserves a club that can capture the public's imagination and draw the crowds away from their settees and foreign TV subscriptions - back to watching their local side.

The club are ingrained in the personality of the city and, whilst interest peaks and troughs, the glory days of The Market's Field will always form an important part of Limerick's sporting past. The league triumph in 1980 and the FAI Cup win of '82 are particularly well remembered and Des Kennedy's goals against Real Madrid in the 1980 European Cup will probably never be matched in terms of prestige.

The club remained stagnant for years following relegation in 1993-94 - with only a League Cup in 2002 to add to the trophy cabinet - while the side lived a nomadic existence moving on from the run down Markets Field to Hogan Park near Southill and then to Jackman Park next to Colbert Station.

New ownership has led to money being pumped into the club and expectations are high for the new season. The club's recent decision to move to Thomond Park for the 2013 season has raised eyebrows, but the news that owner Pat O' Sullivan remains committed to moving the club back to their spiritual home at Market's Field is encouraging. "Our spiritual home is the Markets Field and that is where we will end up. But it would have been too rushed moving in there next season, so we have a deal all but agreed to move to Thomond Park for next season," he said



Stuart Taylor's Limerick FC side will need local support this season in the Airtricity Premier League.

recently.

Limerick's attendances for last season averaged out at just 700 people per game. It is hoped that this will be doubled by moving to the rugby venue with big games against the top brass in the league attracting up to 5,000. Hopefully, this will battle the likely cavernous din of a modest number of spectators in a 26,000 seater stadium.

Ireland is full of people who pledge allegiance to English teams. I know, I am one. There is nothing wrong with that. You can't control who the heart

falls for.

However, supporting football in the towns and cities we live in is more important than ever. Okay, it's not Man. United, Barcelona or Juventus, but it is football in a live setting. Something we usually have to get on a plane to experience.

The Airtricity League can never compete with England and Europe's giants, but it can grow and become better if the football loving people of Ireland embrace it and pay their way through the turnstiles.

Eoghan Wallace

In May 1967 Celtic, the first British club to ever reach the final, travelled to Lisbon to compete for the European Cup against the might of Helenio Herrera's Inter Milan. Inter had won back-to-back titles in 1964 and '65 and were heavy favourites to win a third European Cup. The competition until then had been completely dominated by 'Latin' clubs, with Real Madrid, Benfica and the two Milanese sides sharing the eleven previous titles. It was no wonder that Celtic were such huge outsiders for the game.

Celtic had come a long way in two years though. In March 1965 the club appointed Jock Stein as manager, and never looked back. Stein inherited a squad which was familiar to him from his time spent with the youth and reserve squads. Within weeks of Stein's arrival he had delivered his first piece of silverware, a first Scottish Cup in eleven years. Celtic possessed a resolute team spirit which had been moulded during a five week tour of North America in the summer of 1966. Stein's belief in a strong team ethic was highlighted in his pre-final quotes - "Cups are not won by individuals...they are won by men in a team, men who put their club before personal prestige. I am lucky - I have the players who do just that for Celtic."

The final did not start well for Celtic; six minutes in and they were already a goal down after Mazzola converted his penalty. It would be a game of contrasting philosophies as Inter resorted to a typically Italian defensive display whereas Celtic were playing, as Jimmy Johnstone remarked, "like the Dutch speeded-up." Come the



second half Celtic began to completely dominate the Italians. After several chances Celtic equalised on the hour mark through Tommy Gemmill. In spite of a stubborn Italian defence Stevie Chalmers scored the all-important goal five minutes from time which elevated "the Lisbon Lions" to legendary status.

In winning the European Cup Celtic completed a historic quadruple having won the league, domestic cup, and league cup as well that season. Stein would lead the club to nine straight league titles between 1966 and 1974 and another European Cup final in 1970. What is most astonishing about the "Lisbon Lions" though is how local the team were; all but one of their fifteen man squad was born within a thirty mile radius of Glasgow. Stick that in your pipe, Barcelona.

Alonso aiming for glory in 2013

Wayne O'Connor

FERNANDO Alonso feels he may be the man to finally wrestle the Driver's World Championship crown away from Sebastian Vettel this season.

The action gets underway in Melbourne on Saint Patrick's weekend and concludes 20 races later in Brazil this November.

Fernando Alonso is viewed by many as the main rival for the young German's crown this season.

Alonso is buoyed by the pace shown by Ferrari in pre-season, especially considering that he came so close to wrestling the championship away from Vettel last season.

"I am optimistic about 2013 because I fought for the championship last year with a car that was two seconds off the pace, so to improve on last year's start is not so difficult," Alonso said.

His message to his team was that they will fight for the championship and win it if "we improve the car a little bit".

Alonso may well have got his wish.

After recent test sessions in Barcelona, the BBC asked technical expert and former F1 car designer Gary Anderson to do the number crunching and explain what cars look most competitive. According to Anderson, it is McLaren and Alonso's Ferrari that top the pile when pace and fuel load is taken into consideration. This should provide Alonso with the über-competitive car he craves.

Jenson Button could also feature high on Vettel's list of drivers to be



wary of. Lewis Hamilton's move away from McLaren means the Briton will have a car tailored to his unique driving style.

Not since his championship win in 2009 has Button had a car built to

suit his smooth style. Then he won six of the first seven races. A strong end to last season, where he won the final race in Brazil, also makes him a standout driver to rival Vettel.

Another driver Vettel may have a

close eye on is Kimi Raikkonen.

The flying Finn finished third in last season's championship despite having just returned to the sport after a two year hiatus. Raikkonen's ability to finish every race last season showed

he is a serious racer capable of picking up points with great consistency.

Not just the nonchalant guy who shouts "leave me alone" at his team, he also demonstrates clear hunger and the desire to win titles. When questioned about this hunger by Sky's Craig Slater last week, Raikkonen laughed at the question and brought the interview to its conclusion.

Lewis Hamilton, however, claims his car is "not fast enough" but many will still expect him to be at the front end of the grid.

Fierce competition and a determined, hungrier chasing pack means that Sebastian Vettel could face his toughest challenge in 2013 as he aims for a fourth successive world title.

The other race winners from last season; Mark Webber, Nico Rosberg and Pastor Maldonado, a previous challenger for the Championship in Filipe Massa and other potential winners such as Sergio Perez and Roman Grosjean means competition at the front looks greater than ever.

Vettel is now on a pedestal as the man everyone will want to beat. He is the only driver still competing to have won more than two Championship crowns and is the sport's poster boy.

Last year we saw a record equalling eight race winners in one season. This season that figure may increase and make a fourth crown for Vettel an even more remarkable feat.

Rodger's slow burning revolution

Conor Finnerty

Liverpool are most definitely the most frustrating team to support in the Premier League.

They continue to create glowing performances against the top teams in the league and somehow still manage to come away with just a point or worse, nothing at all.

As a Liverpool fan, it is great to see Brendan Rodgers trying to instil the one touch football that made Liverpool the pinnacle of European soccer so long ago.

He has worked at some of the best clubs in the world, including Swansea and even the mighty Barcelona.

After transforming Swansea into probably the most attractive footballing side last season he is attempting to do the same with Liverpool.

But as we all know Liverpool have flattered to deceive this season with some moments of sheer brilliance partially glossing over their far too common horror shows.

But Swansea and Liverpool are completely different prospects. Liverpool is a club with a worldwide fan base with huge expectations, while Swansea was a club who would have been happy with survival.

Now, their expectations may have heightened since their first outing in the Premier League and a League Cup trophy, but Liverpool are left languishing in mid-table while their bitter rivals Manchester United sneer down at them from the dizzying

heights of first place.

People say that Rodger's style of football is not cutting edge enough and they may well have a point. He encourages players to pass the ball out from the back and far too often players tend to be playing passes but going nowhere.

Michael Laudrup has introduced a more direct style of play while still keeping with the Swansea tradition of passing the ball and playing attractive football.

That is what Liverpool need to do. Play intelligently. Move the ball. Be clinical. And above all: be consistent.

Liverpool hold the record for the most shots on goal in a single game in all of Europe. Admittedly that was against a depleted Swansea side who had one eye on the League Cup Final.

But, never the less, most of Liverpool games tell a similar tale. There have been countless needlessly dropped points due to lack of finishing and mistakes in defence.

Daniel Sturridge's arrival in January was a master stroke by Rodgers in my opinion. Sturridge and Suarez sounds like a match made in heaven, the names even role off your tongue.

But there is still a lack of back up options with the likes of Fabio Borini not settling in too well after multiple injuries.

Reinforcements need to be brought in in the summer transfer market. And not just up front.

The team needs some serious fine tuning this summer and it could be a pivotal time in deciding on how long



Daniel Sturridge has been in good form since he was signed by Brendan Rodgers.

it will take for Liverpool to be genuine title contenders again.

Now the American owners were quick to splash the cash when they first arrived. Undoubtedly some of their acquisitions have been flops, namely Andy Carroll, who has not lived up to his inflated price tag.

But, some like Stewart Downing have shone of late and has shown moments of brilliance that merit the chance for him to stay until the start of next season.

Rodgers must spend wisely. This summer could be the making or

breaking of him as a manager.

Succeed and live in everlasting glory while being mentioned in the same breath as Bill Shankly and Bob Paisley.

Fail and endure the pain of defeat and face a life of managing poor quality teams.

I cannot stress enough the importance of this summer dealings. Contracts need to be sorted, rumours need to be quashed and business needs to get done early unlike last season.

Remember, Rome wasn't built in a day, and even Alex Ferguson took

a season or two to stabilise United before they started the march towards dominance. Rodgers needs to be given a chance to bring his dream to life and create his dream of a perfect team.

He must continue to give youth a chance, buy intelligent and creative players while also plugging the gaps at the back.

A tall task awaits Rodger's this summer. He can talk the talk, but time will tell if he can walk the walk.

From Grand Slam dreams to wooden spoon nightmares

Conor Finnerty

This year's Six Nations campaign was transformed from a dream start to a nightmare in the space of two games for Declan Kidney.

After the Wales game there was already talk of a Grand Slam winning opportunity, but alas, the dream of both that and the Triple Crown quickly faded with the defeat to England.

With multiple injuries and Cian Healy suspended for the stamp on England's Dan Cole, the Scotland game was Ireland's chance to regain some pride.

The hesitance of Jamie Heaslip as captain and the inexperience of young players cost us the game.

Twice Keith Earls had the chance to pass to Brian O'Driscoll in a move which would have most certainly finished as a try, but he hesitated.

Two early penalties were kicked to the corner instead of over the bar. Then the third most difficult penalty was sent wide of the posts.

Now, some people argue the fact that if Kidney was going to give youth a chance he should have picked Leinster's Ian Madigan but that's neither here nor there.

Paddy Jackson is a very talented rugby player and played well in open play but the indecisiveness of his

captain cost Ireland the game.

The most crucial part of any game is to get points on the board and we failed to do that.

I understand what Kidney was trying to do in handing the captaincy to Heaslip this term but O'Driscoll has the right to feel aggrieved whether or not he admits it in public.

We must not linger on what damage has been done and look towards the next game.

Looking at the other teams in tournament, England have impressed everybody with the power and style of play and surely nobody will stop them now.

Manu Tuilagi's commitment and try was the catalyst for England's victory over France. Anybody who gets a gash in their ear, resulting in 18 stitches after the game, and plays on deserves a lot of respect.

Italy are a different animal this year. They no longer rely so heavily on their pack. They have a decent out-half and some creative attacking players. Scotland's defence looks weak, France are not their old selves and Wales form is erratic.

Ireland have missed a chance.

A campaign that begun so brightly for Kidney's side is left in tatters, with the Corkman on the verge of losing his job.



Declan Kidney's selection of Ulster's Paddy Jackson has come in for much criticism.

Triumphant ladies rugby squad well represented in national team

Bronagh O'Donovan

UL ladies got off to a flying start against UCC early in this semester. Having a match in week two is hardly desirable after six weeks holidays, but with the coaches on their backs and some hard sessions in week one, the team was looking forward to round two of their league clash with the Cork side.

UL retained possession well at the beginning of the first half and set themselves up well with a line out in the middle of the field. A well-rehearsed move saw flanker Anna Caplice break the line and set up a maul demolishing the UCC defence and make ground into the oppositions half. The ball was moved quickly and scrum half Sarah-Jane Cody caught the defence sleeping and slipped behind the line, a Briggsy like side-step sent the full back the wrong way and let Cody in to score under

the posts. Out half Claire Keohane duly added the points.

Clever play and precise passing saw UL once again camped inside the oppositions 22, Leah Barbour took the ball at the back of the ruck and leapt across a pile of bodies and touched down for the second try of the game.

UCC were always going to come back into the game and they did late in the second half, UL absorbed a lot of pressure but got sucked in at the break down, and quick hands at the line for UCC gave them the overlap and they scored in the corner.

The majority of the second half was played in the UCC half and UL applied constant pressure in search their third try. Persistence paid off and UL were rewarded with another try by Caplice. UCC once again came knocking on the door for a score but some dogged defence kept them scoreless in the second half. The



UL Ladies Rugby players with coaches Gillian Bourke and Niamh Briggs and UL Alumni, Laura Guest and Lynne Cantwell after their historic win over England.

whistle blew to end the game with a score line of 17-5. A special mention has to be given to Fiona Malone whose work rate was at an all-time high throughout this game.

The team have expressed their desire to wish their coaches Gillian Bourke and Niamh Briggs, UL alumni and the rest of the Irish women's team the very best of luck with the remainder of

their Six Nations campaign. They will line out against France in Ashbourne RFC on the 8th of March and any support would be greatly appreciated.

AN FOCAL *Extra*

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Some Like It Hot
Full Charity Week Schedule
Film and Gig Reviews

Arts & Ents Editorial

Fintan Walsh
Arts & Ents Editor

While the core mission statement of Charity Week is to ensure that there's some bit of altruism in the student body, it is also implied that the Students' Union makes an effort to provide a field of entertainment.

In recent years, the aforementioned has been wayward and it has appeared that only a small margin of the student body is somewhat charitable, while the Student's Union bends their back to engender a line-up that is quirky, eccentric and worthwhile. This year is completely different.

Last week, the air was awkwardly anxious about this week's line-up, as there was – in the words of Cool Hand Luke – “a failure to communicate” between the SU and the people.

“What's going on next week?” were amongst the many head-scratching questions that eddied from pole to pole on campus.

This time last year, a fine depiction of Charity Week's events and line-up was already made known to the public, which meant students were more inclined and more eager to purchase week-long passes and to socialise freely.

Because it appears vague, ambiguous and horrendously nebulous, people are not comfortable contributing as much to the good cause and to their own week-long agenda.

It seems the SU's claim to success is announcing 2ManyDJs for next week, while the Dirty Epics and Hermitage Green lead the way for this week. Sincere kudos to the organisers for



snatching 2ManyDJs, but scheduling the act for a week after Charity Week seems rather disproportionate, off-kilter and bizarrely illogical. The fact that they are acclaimed in the UK and Ireland, it would have easily forced envious visages on every SU around the country if we had held the gig on the actual line-up of Charity Week. In terms of music, there is an entertaining line-up; you can't take

that bit of pride away from the sabbaticals. However, it is nothing fresh, nothing new and, certainly, it does not compare to last year's spice.

Your popular independent, DIY artist in Ireland can cost you anything between €100 and €300. A number of acts that performed at Indipendence 2012 confirmed that they were just breaking-even. Indipendence, because of last year's extravaganza, is

now one of Ireland's most anticipated festivals this summer.

Every single Students' Union in Ireland is more affluent than any festival. A festival has one shot at making a tactical profit, whereas an SU like ours has ample opportunity to consistently make annual profits, through strategic planning.

If a festival is at a €5000 loss, that can be slightly worrying. But if

the SU makes the same loss due to Charity Week, it's a mere shrug of the shoulders. If a large costly line-up was planned and published, the SU would have a better chance at breaking-even than a situation where they watched every penny like a miser, which is what seems to be the case now.

Though we can never point at particular officers in the SU, you can be certain that the great intentions from the bottom were shunned by those from the top.

When you treat Charity Week like an enterprise, it restrains the entertainment value. What is needed for the quintessential Charity Week is public and expert opinion; round-up gig organisers in Limerick; muster up a group of like-minded, active students; research the net for local and national acts; and feed off everyone's advice. If we don't outsource external, expert opinions, the SU is going to be run like a regular Irish government – you know the one where your Prime Minister is a qualified teacher.

Other than the average line-up and the SU's lack of communication – thanks to no more Communications Officers – the on-campus activities are still going to be mindlessly enjoyable. The Students' Union has, indeed, issued an antidote that outweighs the bane. From everyone at An Focal Arts & Ents: while you're obeying the law, contributing to charities and respecting your neighbours, be sure to let your hair down, loosen up and make this week a exemplary reason to be a student at the University of Limerick.

2013: Year of the Macronite

Jack Brolly

Since 2011, Macronite has been involved in bringing some of the world's most renowned producers to Limerick. Acts like Forward Strategy Group and OM Unit have been top of the bill in Dolan's Warehouse. Ireland's own talent is well represented, too, with mynameisJohn, Lakker and Deviant. Macronite's 10 Limerick-based events last year—including a huge Patrick's Day celebration, which they're repeating this year, prove that they are serious promoters and serious about improving Limerick's cultural landscape.

“Macronite began as an idea to join four club nights together and promote all our music and styles through a large coop club night once a month.

“It had been running as ‘Micronite’ for three years previously so we changed the name to Macronite. That's it basically,” explains boss Dan Sykes.

There's a conversation going on in Ireland at the moment about the state of our club culture. Irish producers don't have an environment that allows them to thrive. Dan's take on it is that while Ireland is no “Berlin or Tokyo”, it “has its advantages as well.” He explains further:

“We have our own scene here. Also, every city in Ireland is different and has a different take on things. I think the environment – political, social, economic – plays a lot on the cultural

output of a region or area. Though our club scene is restricted in a big way, you will find that there is a lot more energy in the club during the hours people are there. One way to tackle this would be for people to come out to the clubs earlier and support the local talent but this can be incredibly difficult.”

When it comes to Limerick's own scene, Dan says: “It's good, I think. It could do with some more appreciation from the powers that be, they seem to only care about Munster Rugby.”

Promoters have persevered through a time when some people can't afford to go to gigs or don't want to spend money. Macronite is no exception.

“Like anything in life, at the moment, things are tough. You win some and you lose some but you keep doing what you do because it's your passion and hobby. Being a promoter is never easy but the satisfaction comes when the roof is being blown off the place.”

This is the attitude that keeps Ireland's music culture alive and kicking and the kind of attitude that saw Limerick have a surge cultural activity in recent years.

Despite any adversity that Macronite may face, 2013 is the year of the Macronite. Their resident DJs are playing Life festival. They want to take Macronite out of Limerick for a few nights around the country—like they did last year in Galway—and they've some “interesting things lined-up.”



“We have some big names in the pipeline who you'll all hear about soon. Hopefully this year we'll see the expansion of our brand a good bit.” Dan explains.

Macronite's next gig is their Patrick's Day Celebration, which starts at 2pm. An Focal recommends you get down to Dolan's that day and support a collective of people who are bringing

life to Limerick for the love of the music. For more information see www.macronite.ie.

The Holy Sparks!!!: Ready To Ignite

Fintan Walsh
Arts & Ents Editor

Who said that having an acute ear for engendering explosively flavoursome music was only for the cultured, the secluded Daniel Johnstons and the pretentious album collectors? That is right – no one credible and sane did. And if there is some obnoxious snob out there who says that, punch them right below the diaphragm and make them listen to *Plots of the Patriarchs* by the Dublin trio The Holy Sparks!!!. Research Centre Assistant Manager at UCD, Eoin Cotter, spoke on behalf of the band's luck and prosperity since their public debut in May 2012. After six months of incredibly imaginative jamming, lo-fi-esque, psychedelic recordings and a blend of inter-genre influences, The Holy Sparks!!! managed to gain astoundingly charming accolades from some of Ireland's most exalted publications and blogs.

"The EP has generated approximately 1050 percent more critical interest than we expected. I expected to get one review that moaned about the production and told me I sounded like Nick Cave. Instead, we've gotten several really good reviews from fairly credible sources and made a couple of end of year/best of lists, which is a big confidence boost," Cotter reflected.

On *Plots of the Patriarchs*, there is an almost obvious trickling teardrop of Talking Heads streaming down the face of the four-track EP. However, it was not to be the case when it came to the band's foresight about the finished product. Cotter did, nonetheless, perfunctorily agree that 'There is no code' brushed off that Eno-produced



sound a tad bit.

"I think the three of us have pretty wide and differing tastes, which as we tend to write a lot of our stuff through spontaneous jamming means that a little bit of everything goes into the mix.

"I think we'd be a much less interesting prospect if we shared one big influence. So, unlike a lot of bands who rip-off one genre/influence, we plunder the entire back catalogue of popular and unpopular music. At the moment, I'm going through a bit of a Hawkwind obsession," he explained.

Dublin is itself a humungous, densely populated city with an exhaustive back-catalogue in the independent DIY industry. There is massive cultural centralisation within the boroughs of Dublin city. It's a dome for aspiring young musicians to set up camp for a night, to see if

they have the merit to be the next My Bloody Valentine. It's also a haven for imported independent acts, from all corners of the Earth, to exchange their culture shock with ours. And Cotter paid a bit of homage to that, praising the musically eager society that we live in.

"I think just, in general, Irish people tend to be more inclined to get involved in actually playing music than in other cultures. I remember, many years ago, I went out with a girl from Mallorca – once when visiting her folks we went down one evening to this little harbour where they were having a kind of blessing of the fishing boats festival effort. There was a boat coming into the harbour, bedecked with flowers, from which was coming traditional Mallorcan music. I was really interested in seeing what kind of instruments etc they were using.

Turned out it was a recording.

"In Ireland, there's no way that that wouldn't have been live; at the very least you'd get some oul bollix with a banjo belting out Wolfe Tones songs, or a couple of kids squawking their way through the Kerry Polka on tin whistle and fiddle, or some smiley fat fella with a monstrous piano accordion. Given that propensity to be actively rather than passively into music, it's not surprising that in the largest centre of population that there's a lot going on," he said.

Cotter touched off a deep sentiment when asked about his "eccentric" lifestyle – that of being an academic, a promoter and a member of a skilful group. The Drunkenlust affiliate wasn't budged by his seemingly bilateral lifestyle and, in fact, deemed it to be no more than a normal lifestyle. As he reflected on his work

life and his extracurricular world, he smartly commented:

"There's not much to balance really. I guess it doesn't fit the stereotype-image, but frankly that doesn't particularly bother me. Would we make better or worse music if I lived in squat and sold jewellery and second-hand books? I don't know. Work I do is very task-project orientated, which means hours I work are irregular and flexible, which can be handy for getting music stuff done. Besides, Jimmy Page was a lab technician at one point."

Other than Record Store Day – a cheesy anthem day for charity – and a fresh gig with Hot Colossus and Turtlemeier, at Thomas House this Friday night, the band will be working on an album, with fingers crossed to perform at a few festivals from around the country. Much like An Focal's contrasting interview with Cork prog-rockers Rest, this stately group said they will be content in just having an album with a few national tours by the time the year sees its end. Jokingly, Cotter wished for two things:

"Drinking champagne out of Bono's skull? Being better people?"

This group of "hilarious oddballs" may not consider themselves the cultured bunch, though they do dabble in history, politics, some film, visual arts and anything that drives the contemporary alternative scene. Clouded and shadowed by minimal presence online, The Holy Sparks!!!'s popularity would be spurned against all edges of the globe if at least one foreign, major publication gave them the credit they endlessly deserve.

Fallow Records beat the digital era

Jack Brolly

It's not easy to start a label in Ireland in 2013, especially a label whose first two releases are on tape. Yet, Ian Maleney, after putting the Quarter Inch Collective to bed, has decided to do just that with Fallow Records. The tapes may seem like a hipster scornfully railing against the digital-era but, in reality, releasing music on tapes is a financial move, not a statement. The first two releases are: 'Tea, Sugar, Soda, Soap', which is the first release by Ian's own drone project, 'Be Honest'; and an album of improvisations called 'Samekh' by ambient duo 'JG/BC'.

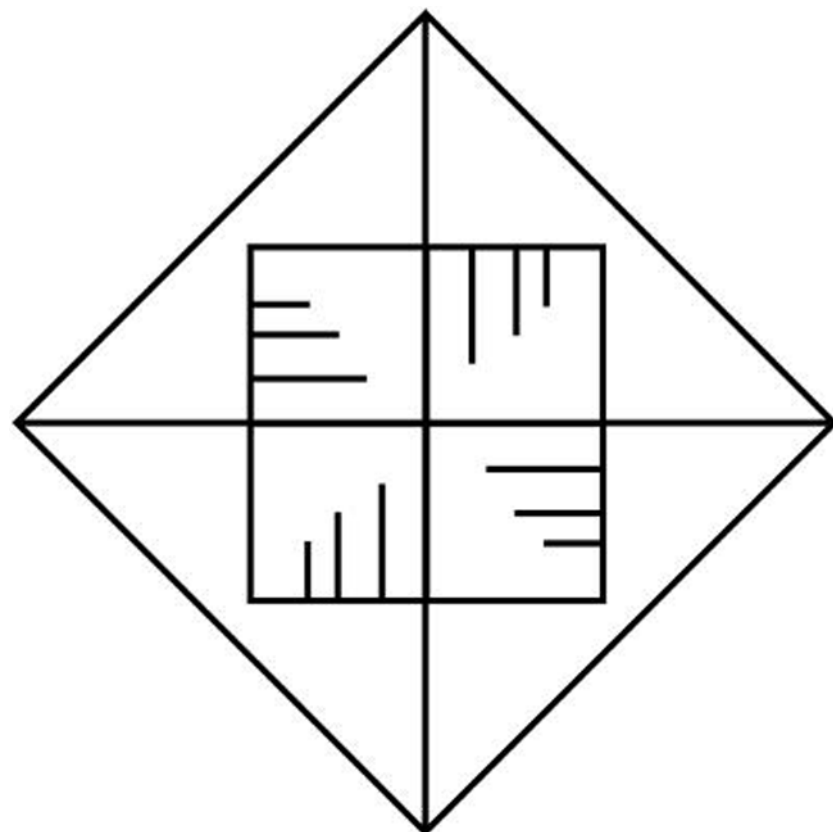
'Tea, Sugar, Soda, Soap' is 50 minutes of sprawling drone. The first side is a beautiful combination of field recording, guitar and synth that all come alive over 24 minutes. It journeys around the fields, rivers, roads, and bogs of Offaly. Ian's guitar echoes above the drones and then gets sucked back in to create one huge fuzz that drives towards a common purpose. Side two, on the other

hand, is mechanical and noisy. It's a completely different landscape to side one; like you've been walked from the fields into warehouses and milking parlours, with machinery churning and reverberating. By the end, the noise subsides and you emerge outside into the sun. This ending allows the second side to run into the first side again, creating a looping portrait of rural life. 'Tea, Sugar, Soda, Soap' is a well-executed statement and the kind of sound art that you don't get much in Ireland. As Fallow Records' first release, it's a mission statement that shows that Maleney isn't going for commercial viability but something a lot more interesting.

Jamie Grimes and Brian Conniffée's, 'Samekh', alternates between beautiful ambience, noise and more abstract drones. The backbone of 'Black Dwarf' is the swirling whoosh of winds and about half way through staccato chords echo in and out of existence, creating an eerie soundscape. 'Hausos Awakes' is a wonderful seven-minute delay-drenched, mesmerising guitar work-out. Opening track 'The Vision

of the Machinery of the Universe' begins with the sound of birds singing and ends in a huge, noisy crescendo without ever feeling forced. 'Samekh' never seems improvisational, each track feels like it has a purpose, like it's going somewhere.

Sound art has not become a prominent part of Ireland's music and art culture. My hope for Fallow Records is that they can nurture that sort of talent in Ireland and give them a platform they be heard from. Fingers are crossed that they find an audience who appreciates, engages with and supports their art so that Ireland's music culture can become more diverse, sophisticated, and interesting. In the future, Fallow Field Music and Press—which is the full title—intend on distributing some releases from small international labels and writing about music too. It's an ambitious project which is bound by success.



Daft Funk prepare for explosive summer in Ireland

Yves Trey

Imaginably, there is going to be disappointment drifting about the air when you find out that the grade-A tribute act Daft Funk pulls out of the Charity Week line-up. At Indiependence 2012, they performed on a stage that was as analogously petite as an underclass trailer. It was a concealed stage, as if the organisers were treating the acts as left-over chicken wings. After midnight with a few strobes burning the sky, this duo managed to attract a glut of the festival goers.

There were silly little moments when drunkards and overly-enthusiastic, deluded music lovers genuinely believed them to be the real Daft Punk. With all that soaked in the rear canals and rivulets of the memory, there is no surprise that there were a few curses uttered when they pulled out due to conflicting schedules.

They allayed the disappointment when they confirmed that they would be returning to Limerick to celebrate the new release by the parents.

"We are working on a tour to go in line with the release of the new album, so we aim to hit Limerick then or even before, if the opportunity arises," they said.

Surely, a regular person will think, why is being a tribute act for an electronic duo anything special; just press "play" on the DJ software; look marketable and stylish; and exploit your drunken audience with an array of supernova light effects? Contrary to those thoughts, it is a business that requires sleepless years and tight investment on the right product, pushed by the right publicity. Luckily, in the group's five years as the cornerstone tribute act, they have

managed to mould their own identity.

"We've been up and running in one form or another for over five years now. Once we realised the demand was there for the show, we invested in it and developed the costumes, helmets and the show itself. In the last two-and-a-half years, we have been flat out touring, trying to give the most accurate and entertaining tribute to the original."

Though they have never been in contact with Bangalter and de Homem-Christo, the two affirmed their brief acquaintance with the band's former manager, Busy P. Whether it affected the group or not, the authentic Daft Punk "play for your people and not for your money" aura has glued to the Irish lads.

"Our ethos is simple. We want to get everyone up and having a good time. Crowd interaction is a huge thing for us too. The most enjoyable gigs for us are the ones where people are having a great time at, regardless of numbers through the door. That fuels us."

The two weren't just friends who bought a thinking cap on Cork's Patrick Street – in that outrageous costume shop – and said, "Hey, let's start a tribute band," which was then followed by an impulsive series of purchasing all the ding-dong equipment needed to synonymise Daft Punk. The two happen to be well-distinguished DJs, who have separate, successful and happy lives. Despite being a hardcore tribute act, the group try to mix it up with a blend and variation of Daft Punk's music, in order to excite the hardcore Daft Punk fan.

"We do make our own Daft Funk remixes and bootlegs which feature in our sets. We are two independent DJs



also and we do create our own music, remixes and bootlegs as individual DJs. We spend so much time together – all enjoyable of course – individual projects are a welcome break. I would tell you our other aliases, but the mystery of the act is part of the appeal, don't you think?" they said.

Even though they claim to conceal their cherished identity, they are a group that is completely at ease when

physically interacting with their audience and not being afraid to treat them after exclusive concerts. When asked about one of their after-party highlights, they talked about one of their Cork gigs, where they vaulted themselves into the crowd during the last song. Afterwards, a handful of the fans got the opportunity to participate in backstage drinking.

With all that digested and deep in

the intestines, can you blame yourself for being a tad upset about not being able to ogle at them this week? But as we speak, the two are preparing for a thrilling summer of Daft Punk mania, as they purchase new helmets and focus on newer and more meticulous mixes. This summer, there will be a transformation of Robot Rock near you.

Album of the Week: Foals – Holy Fire

Laurena Lawless

2013 is already shaping up to be a year full of exciting musical comebacks and the first of those has come from Oxford five-piece Foals with the release of their third album, Holy Fire.

Undoubtedly one of Britain's most successful bands of the past 5 years, Foals already achieved commercial success when they debuted with *Antidotes*, which peaked at number three in the UK charts. Then followed their Mercury Prize-nominated sophomore record *Total Life Forever*, which climbed to number eight. This steady hold over the charts looks set to continue with the triumphant and much anticipated release of their third studio album.

They initially ease into the album with a four-minute instrumental in the simply titled 'Prelude', before exploding into the first single from the album, 'Inhaler'. Anyone who is a fan of Foals will agree that this track definitely has a harder edge than what would typically be expected from the band but this direction has clearly

worked for the them as they have delivered one of the most epic and stadium-sized tracks of their career. The intense build up throughout the song and powerful breakthrough moment when lead singer Philippakis screams the line, "Get enough space", instantly sets off an image of a throng of festival-goers absolutely losing their minds during this self-reflective moment.

'Inhaler', along with 80s tinged 'My Number' and the atmospheric 'Bad Habit' are the stand-out tracks on an ambitious album that proves them to be a risk-taking, accelerating band, while still staying true to their signature sound. Their choice to work with producers, Flood and Moulder, has clearly encouraged them to step outside of their comfort zone, yet still maintain their fashionable combination of big songs – balanced with blissful ballads. 'Late Night' serves as the 'Spanish Sahara' for this album while 'Providence' contrasts with its aggressive, heavy instrumentation.

Foals have refined their sound on this album – rather than reincarnated



themselves – while still delivering a progressive album that is sure to

provide potential for them to become headliner status.

Some Like It Hot

Paul Saunders

You might think a movie about two cross dressing men escaping the mafia by hiding in all female jazz band to be a terrible idea for a movie but 'Some Like It Hot' turned out to be one of the most influential comedies of all time. Today you get many zany and wacky over the top comedies, however, back in the 1950s many films were confined by a strict code known as the Hays Production Code. This particular film got a C rating which means Condemned, this along with the release of Hitchcock's 'Psycho' the following year helped bring an end to films been overtly censored. It allowed more creative and artistic freedom in film with taboo subjects of the time such as cross dressing portrayed in 'Some Like it Hot'. The next time you watch a close to the bone comedy you have Jazz players Joe (Tony Curtis) and Jerry (Jack Lemmon) to thank!

The film is a loose remake of an earlier German and French movie, but the original did not feature the gangster motif which present in this version. The earlier film had a slightly more sexist undertone as the two male leads cross dressed just to meet woman. In the Hollywood offering Jerry and Joe are forced to cross dress after witnessing a murder performed by a notorious gangster. They meet Sugar (Marilyn Monroe) and both Jerry and Joe are attracted to the blonde and agree not to compete for affection. Alas, Joe, while dressed as man and pretending to be a millionaire runs into Sugar and they start a relationship while Jerry however has unintentionally attracted a wealthy billionaire Osgood that will stop at nothing to get him or her. They head down to Florida to perform in a hotel but chaos ensues as the gangster that they were on the run from turns



up at the hotel.

You may have heard your parents or grandparents talking about this film. This screwball comedy was a watershed moment in the history of cinema. Recently voted the greatest comedy of all time by the American Film Institute and it is also one of the most quotable; whenever you say 'Nobody's Perfect' you are quoting

one of the greatest film ending lines.

The film offers some terrific comedy as it goes from one hilarious situation to another and offers some dramatic weight also, the film through Joe and Jerry's cross dressing helps highlight the sexist attitude that men had towards women in the 1920s as poor Jerry gets regularly felt up by the sleazy band manager which is

something a lot of women can relate to today. The film kick started the genre of screwball comedies allowing films to go wilder and crazier in tone. The film offers sweet romance, hilarious comedy and thoughtful look into sexism that many women were subjected to. You can't help but laugh at Joe and Jerry as they try desperately to stay in character

and hide from both the woman they love and the mafia. The film may be slightly dated but you can't help but enjoy its sweetness and charm and you could argue that the films not perfect but it does come damn close.

The Oscars 2013: An Overview

Paul Saunders

Normally each year after watching the Academy Awards I'm left slightly frustrated and annoyed with the choice of recipients. This year I have to say overall I can't complain. The Oscars are usually associated with snobbery as, of course, every year they fail to award certain films and people. This year they even failed to nominate some deserving recipients.

I can't moan about those choices, every single one of them was quite deserving of their award. Argo quit rightly deserved Best Picture as well as its Adapted Screenplay award and it's with Argo that the Academy Awards made their biggest mistake. It's with the Best Director category that the Academy overlooked Ben Affleck and also Kathryn Bigelow for 'Zero Dark Thirty' instead going with Michael Haneke for Amour and Benh Zeitlin for 'Beasts of Southern Wild'. Don't get me wrong, they both directed great films and were great directors but Affleck and Bigelow were better in my opinion. The Academy snubbed them just to show their superiority over other award shows such as the Golden Globes and the BAFTA's.



Many people tipped Jessica Chastain to win Best Actress but Jennifer Lawrence did an amazing job in 'Silver Linings Playbook' so she deserved her award. Christoph Waltz beat off his main competitor Tommy Lee Jones to win Best Supporting Actor for 'Django Unchained'. I agree with

many other Tarantino enthusiasts that DiCaprio should have been nominated for his menacing portrayal of Calvin Candie, this only serves to help the argument that the Academy Awards do not like DiCaprio. Anne Hathaway was always going to be the winner of Best Supporting Actress

despite just a 15 minute portrayal of Fantine in 'Les Miserable'. There was never going to be any question whether or not Daniel Day Lewis was going to win Best Actor as he was brilliant in 'Lincoln'.

There weren't many surprises out of the acting categories; the biggest

surprise came with the Best Director category with Ang Lee winning for the Life of Pi. Lee, who won the award previously in 2005 for Brokeback Mountain, fully deserved the award beating Spielberg who many critics thought would be a shoe in. As I have said, Affleck should have won if nominated but I will admit that Ang Lee's direction was stunning in the Life of Pi which many people thought would be an unadaptable book.

The numerous technical awards went out to the right people, with effects awards going to the Life of Pi and set design, make up and production awards going to Lincoln, Les Miserable and Anna Karenina.

I would have been enraged by the Academy Awards if they went ahead and bestowed the highest honours on Lincoln which was a great film but the others deserved the recognition they got. While they did make some hiccups with their nominees overall all they were thoroughly deserving of their awards and for the most part this year I can call it a job well done.

Grabbers: Review

Michael Kane

My well-established love affair with cheesy, B-horror movie creature features probably makes me more than a little biased when it comes to testing the mettle of films of this genre. There's a terrible scarcity of such flicks in recent times, making it difficult for me not to sound a little over-bearing in my enthusiasm for discussing whatever one does happen to crop up. That's before you even begin to take into account that 'Grabbers' is almost entirely an Irish production. That's an Irish cast, filmed in an Irish location by an Irish-born, British-based director (Jon Wright) and based on a script by an Irish gentlemen (Kevin Lehane). Be not wary of its home-grown origins however, this one gets it right for the most part.

'Grabbers' is set on the idyllic, remote island of Erin, located somewhere off the coast of Ireland. The story focuses on incompetent, boozehound Guard named Ciarán O Shea (Richard Coyle) who finds himself in over his hungover head, when an enormous, tentacled monster from outer space crash lands just offshore his quiet little island town, and begins sucking the life out of the local patrons. Together with island newcomer and sappy love interest, Garda Lisa Nolan (Ruth Bradley), a sharp British scientist (Russell Tovey) and absented minded local farmer, they discover the only means of survival involves saturating your blood with alcohol, which is of course, poisonous to the alien invaders. They're best option seems obvious; round up everyone in



town at the local pub for an all-night lock-in, and try to stay alive until sunrise (the creatures are nocturnal).

If you've ever seen a typical 80s, or early 90s monster movie like 'Critters', 'Gremlins' or 'Tremors', you'll have an idea what 'Grabbers' is paying homage to, though in spite of its

considerable charm, it never quite manages to reach the heights of any of the aforementioned. Its tone is a little too sweet to allow us to ever feel genuinely scared, and while the CGI is cute and creatively implemented, it does leave the viewer wondering what results the organic approach might

have yielded. These issues aside, there's plenty to enjoy about this endearing production. The banter between the nearly all Irish cast is consistently amusing throughout, and quite a few clever nods to former Hollywood horror classics have endearingly wormed their way into

the script. Here's a film that knows well not to take itself too seriously and just have fun, as should anyone watching.

The Bucks Are Back in Town: The Hardy Bucks Movie

Keira Maher

After a long absence on our screens, the 21st of February saw the return of The Hardy Bucks as they arrived in shtyle. The drinkin' fightin' shmokin' quartet consisting of Eddie Durkan, Buzz, The Boo and "Toashteen" made the move from small screen to big screen with the premier of their first film The Hardy Bucks: The Movie. In November 2012, a trailer was released to promote the Hardy Bucks Movie which was written, produced and directed by Mike Cockayne. The Movie was partly funded by the Irish Film Board and produced by Universal Studios.

For the Bucks, the summer of 2012 is shaping up to be another boring one spent in the shithole known as Castletown, the place they call home. But as the Euros are approaching, Eddie wants to get out of Castletown and head for Poznan for the European cup group matches. Inspired by his uncle Mick (described as a cross between Liam Neeson and Samuel Beckett), Eddie convinces the boys to join him on his journey across Europe. After a long and hard think about the offer Buzz, 'Toashteen', 'The Boo' and 'Salmon' agree to travel with Eddie in Uncle Mick's van on the

road trip of a lifetime. For the Bucks everything is running smoothly until they hit Amsterdam. After a night of hard partying Eddie and 'Toashteen' are in a spot of bother as they are faced with paying a €4,000 tab. In an effort to repay the money, the boys venture to Poznan where they meet with dodgy dealers but an unlikely suspect comes to save the day and the dream of making it to the Euros is back on track.

Described as a Mockumentary TV show, written by Mike Cockayne and Gerry Greaney, the Hardy Bucks started out with a series of largely improvised online webisodes directed and edited by Chris Tordoff (The Viper) who had studied Media Productions. A six part webisode series went on to win the 2009 Storyland competition held by the Irish broadcaster RTE. Makers of the show say that Hardy Bucks was initially influenced by the Canadian series The Trailer Boys. In 2010, RTE showed interest in the Bucks and commissioned a 3 part series. Due to its popularity, the Hardy Bucks produced a Christmas special in the same year. The second series was aired in 2011. According to their Facebook page, the Bucks have been recently awarded with the Siamsa



Sraide award of shit talk and public house dialect.

The Hardy Bucks are an example of hard work and determination by rising to the big-time the hard way. Starting off as a sketch on Youtube, slowly but surely the Bucks have received the credit they deserve in the production of their film. Not

only does the Hardy Bucks series provide endless hours of laughs and entertainment, Buzz McDonnell has become a man of great wisdom.

During these recessionary times, his wise words can be of benefit to all UL students ahead of Charity week as he claims "jobs are a washte a time, ya need to economise the money like

the Polish do. I knew a Polish lad who used to drink toilet duck instead of cans before he went out, but he'd do it in shots so it wouldn't be too bad for him... and I swear ta god he'd be the liveliest lad out!"

I will leave you with that!

Nintendo Development

Tara Kelly

With their headquarters situated in Kyoto, Japan, Nintendo is one of the single most successful video game companies in the world... and with good reason. Originally founded in 1889 (as a card company), Nintendo has sold more than 600 million consoles and more than 2.8 billion games.

The first console that gained Nintendo recognition was the NES (or Nintendo Entertainment System for those in the know) and was accompanied by Super Mario Bros., one of the most successful video games of all time. Later on, the Gameboy saw huge increases in sales and skyrocketed Nintendo's credibility in the manufacturing of consoles. Small changes were applied throughout the years to the Gameboy, which remained successful for a decade. The follow-ups included The Gameboy Colour, The Gameboy Advance, and The Gameboy SP, which acted as a transition period between the former consoles and the new Nintendo handheld console, The Nintendo DS.

However, all was not paradise for Nintendo – rival Sega's Megadrive was pushed to the forefront of sales with a huge marketing campaign that caused a console war between the two companies. With the introduction of the SNES (Super Nintendo Entertainment System), Nintendo's victory was secured and knocked the Sega Megadrive off the hypothetical charts. The Nintendo 64 was soon released, followed by the GameCube



which were both outstanding successes. In 2006, Nintendo introduced a new phenomenon to the gaming world, a console that targets children and adults alike – the Nintendo Wii. Think about this: as a seventh generation console, the Wii was in direct competition with the Playstation 3 and the Xbox 360. Not only did it outrank both in terms of

sales, it also smashed the record of most consoles sold in a single month in the USA. Nowadays, The Wii U offers new advancements to the original console, the most obvious perhaps the new touch screen controller that allows game play while away from the TV – an innovative idea combining a home console and a hand-held video game for on the go

mobility.

As of the end of 2012, the Wii U sold approximately 3.6 million units since its release (not exactly the quality sales that they're used to). This resulted in Nintendo cutting their expected sales forecasts, a new phenomenon for the staff of Nintendo HQ. Due to Nintendo's spectacular history and thriving sales in the gaming

community, I refuse to count this as anything other than a minor hiccup. Now that Sony have announced the Playstation 4, it won't be long before the innovators at Nintendo get back in the game and outsell its competitors all over again.

Metal Gear Rising: Review

Evan Grady

Metal Gear Rising is the new game from Platinum Games, the creators of such action packed extravaganzas as Bayonetta and Viewtiful Joe. It was with some trepidation then, that we learned they would be making the latest game in the long running stealth series Metal Gear.

Luckily, the change from tactical espionage action to tactical lightning bolt action has not made for any reduction in quality, though aside from a few shared characters and a mild obsession with nanomachines you wouldn't know they were part of the same series. The game follows on from Metal Gear Solid 4 and stars Raiden, now a cyborg ninja, on his quest to stop some bad guys from doing something bad. The plot is, to quote Raiden himself: "Batshit insane", but that's always been part of the fun of Metal Gear so it's nice to see it included. The codec makes a return as well, though none of Raiden's contacts have the charm of old series favourites like Otacon or Colonel Campbell.

Platinum have crafted an incredible combat system based around the ability to slice, dice and dismember your foes, basic combat is handled somewhat similarly to other games of the genre like Devil May Cry or God of War but with a greater focus on parrying. With no dedicated

block button and the ability to dodge needing to be unlocked, the combat is all based around the excellent parry system, as soon as you see an enemy begin to attack you simply tilt the stick towards and press attack and Raiden will block their attack. If you wait until the last possible moment though he will perform a powerful riposte that will often stun enemies allowing you to perform a stylish execution on them and regain lost health and power.

When an enemy has been weakened sufficiently you can activate Blade Mode, a slow motion mode that allows Raiden to carefully choose the angle he wants to cut at and slice enemies into itty bitty pieces (you can literally chop any enemy in the game into hundreds of tiny parts). Once in blade mode you will be able to see the enemies "regeneration matrix" and if you cut through it Raiden will perform "Zan-datsu" or cut and take, and grab their glowing blue spine to completely restore his own health and energy. This is pretty vital on the higher difficulties when one or two hits from some of the more powerful enemies can mean death.

Higher difficulty levels offer great replay value, as they change the way you need to play completely, while you could probably bludgeon your way through on normal mode, without learning some finesse and exploring the intricacies of the



combat system you will be out of luck on hard and above as enemies become more aggressive and better at parrying your own moves. Very hard mode even changes up enemy placement completely, placing more powerful game enemies on the very first level which helps keep each playthrough fresh and challenging. That's not to mention the titular revengeance difficulty mode in which almost any enemy in the game can kill Raiden in one hit, and you have to rely on perfectly parrying or dodging any incoming attack.

Incredible bosses have long been a staple of the Metal Gear games and Rising is no exception, though they lack some of the expository

backstory of say, Psycho Mantis, you can learn about them at your leisure by making calls on your codec. The fights themselves never fail to get the heart rate up, as the excellent (if a little off the wall) soundtrack fades in and out as the action intensifies. Rising has one of the most difficult and satisfying final bosses of any game I've played in years.

Unfortunately, as awesome as the combat is, the camera often struggles to keep pace leading to the occasional frustrating death as enemies you can't see fire missiles at you or rush in to grab you before you have a chance to react. The wonky camera and a few other odd decisions like the ability to dodge (absolutely vital on the higher

difficulties) being an upgrade you have to purchase and the game's short length (about 5 hours) do show the limited development time Platinum were able to give this game.

With various difficulty levels that genuinely change the way you need to approach the game, and plenty to unlock, Rising provides plenty of replay value despite it's short length and there is already DLC on the way that will extend the game and let you play as two of the games supporting cast, Jetstream Sam and Blade Wolf (silly names for very cool dudes).

Those looking for a fun action game or a stiff challenge would be remiss not to pick this up. 9/10.

The Success of the Pokémon Franchise

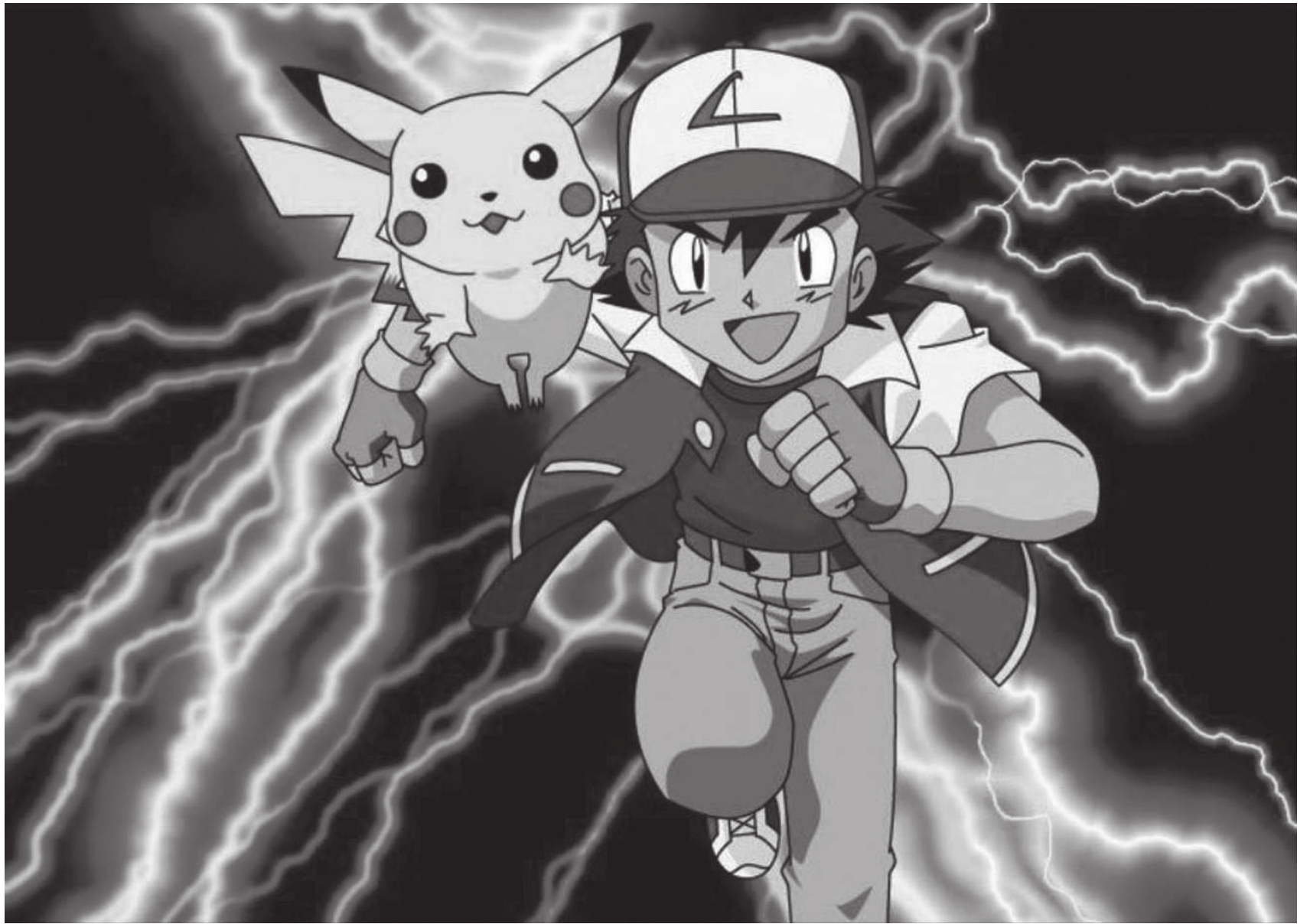
Tara Kelly

I'm sure we can all list a few dozen games that we were addicted to in our childhood years; from Mario and Luigi to Sonic the Hedgehog, from Lara Croft to Spyro, the list goes on and on. One of the most successful media franchises of all time, created in 1996 and developed by Game Freak, that has sold more than 200 million copies worldwide, is the never-ending Pokémon series. The franchise celebrated its tenth anniversary in 2006 and since then has added numerous video games to its repertoire, the most recent of which is the White/Black 2 combo.

Although the first two video games (Pokémon Red and Blue) were released in Japan in February 1996, it took more than three years for them to hit the markets here in Ireland. These games combined have sold more than other Game Boy games in the world and were followed a year later by Pokémon Yellow, the director's uncut version of the previous games.

The Pokémon series was an instant success and continued to dominate the sale rankings of handheld video games. Following the success of the first releases, numerous titles arrived in quick succession. The storylines stayed along the same tracks but the graphics were always changing and developing in new and colourful ways. The Pokémon became more than just creatures in a game; they became partners who followed you through grassy patches, caves filled with Zubats, oceans clearly overcrowded by Tentacool and most importantly, through thick and thin.

Pokémon Gold and Silver were an expansion of the first three games,



introducing not just new areas to access but also new Pokémon. Controversy arose among fans that were adamant to keep what they called "the original Pokémon". And the controversy still exists today, with more than 400 Pokémon added to the

original 151 (if you count Mew). Fans are waiting in eager anticipation of the newest releases, Pokémon X and Y, due to hit the stores in October of this year: prepare for new graphics, new character designs and even more importantly, new Pokémon!

My advice to you is this: put down Skyrim and Fifa for awhile, take a step back and pick up a game from your childhood. Video games today can never imitate the raw passion you felt when you battled with your friends (via wire). If all I've achieved

with this article is that you reminisce about your childhood and feel that beautiful nostalgia, my work here is done! So do yourself a favour and give an oldie a go!

Nominations Open for ULSU Elections

Róisín Monaghan

Positions:

President
Deputy President Welfare
Vice President Academic

These three positions are: Full time (9am-5pm Monday- Friday) salaried staff positions Sabbatical Position- this means that you have to seek authorisation from the college to take a sabbatical year from your studies this only applies to non- forth years.

Minimum Wage +€1 for a 44 hour week for a 54 week year. Term in office commences the 1st June 2013 to the 31st May 2014

Before you go for election:

Talk to the Democracy Development Officer roisin.monaghan@ul.ie regarding any queries you may have. Talk to friends and family to see if you will have support to run a campaign, as this position is elected by student population

Nominations Open at 9am Monday 4th March 2013. Nominations Close at 6pm sharp on Friday, 8th March 2013.

Nomination Forms are available from

9am-6pm from SU reception from the open of nominations and must be submitted with a €40 refundable deposit to Róisín Monaghan (Democracy Development Officer) before the close of nominations.

Election Day is Thursday, 14th March 2013. Elections are electronic. The Returning Officer is Callista Bennis (UL Corporate Secretary). Husting (Public Debate) is scheduled for Wednesday 13th March 2013 at 6pm.

Why would you go for a sabbatical position?

Firstly it is an honour to be elected to represent UL students. In your position you would be helping Students in UL. You have a secure wage for a year. Great networking opportunities in the University. Excellent on your CV. You gain great skills, experience and expertise in Leadership, Personal Development Management, Administration, Advocacy, Networking and possible Project Management



HELLO KITTY.
FOR PRESIDENT

UL Darts hit the mark

Kevin Collins

UL Darts club created by a little bit of history on Thursday the 7th of February by competing in our first ever intersarsity tournament which was hosted in the Dome bar of Waterford I.T. and managed to reach the final which we were immensely proud of. We managed to assemble 2 very strong teams to make the trek down to Waterford and were in a very strong mindset after getting some good practice in the weeks beforehand. We arrived at W.I.T and were warmly welcomed by the darts society there and received a warm reception from the staff at the Dome bar.

It took us a while to settle in to the competition with W.I.T taking advantage of the home support by opening up a sudden lead against our two teams. However we eventually found our feet and soon start throwing well by winning our remaining matches of the round with our 'B' team claiming a great win and our 'A' team narrowly losing their match. We then had a quick interval which gave us time to recharge as we came out all guns blazing in the second round with our 'a' team demolishing the opposition to put them into prime position in the race for the final. However, the same could not be said for the 'B' team who suffered a narrow loss and would face an uphill battle to make the final. At



the half way mark, the two teams were drawn against each other which gave us time to assess each other's performances and have a bit of light-hearted banter against each other as well. In the end our 'A' team managed to earn a well deserved victory over our gallant 'B' team. UL 'A' team had now sealed a place in the final against the hosts W.I.T 'A' team. This would

be a very tough challenge but we were determined to give it our all.

The final was a cracking affair for everyone involved. It was an experience as the final was contested on a fully structured stage with over 150 people watching us perform so there was huge pressure on each player. Unfortunately, the standard and pressure were too much for us as

we could not build on the momentum from earlier on. We graciously lost 5-2 to a better W.I.T team on the day but were still immensely proud of reaching the final.

On behalf of the committee, I would like to thank all our members who travelled down on the day. You guys were outstanding and played with respect and dignity. We must

also thank W.I.T who staged a great tournament and were worthy opponents on the day. We now know the standard required for future tournaments and hope to do UL Wolves proud in our future events. It was a great day had by all and if it was a sign of things to come, then the future of UL Darts club is looking bright!

UL Clubs and Societies Gather Together to Plan Hypothetical Escape from Hypothetical Island

Sean Duggan

Several clubs and societies gathered together last Thursday for UL Debating Union's annual Lifeboat Debate. Despite what you might infer from the title, the Lifeboat Debate isn't actually a debate about the merits and demerits of lifeboats; it's an event in which various clubs and societies discuss what should happen if (alarmists might say 'when') they find themselves stranded together on a remote desert island, with only limited spots on the proverbial homemade liferaft. How would they decide who should be given a chance to make it back to civilisation and who should be left to fester on the island?

Self-aggrandisement is par for the course for university clubs and societies, but the Lifeboat Debate pits them against one another to see which ones really are the best in UL. In attendance at this year's event were; Drama Soc, UL Boarders, Out in UL, International Soc, Music Soc, Maths Soc and the organising society, the Debating Union.

International Society put forward a convincing plea for a spot on the liferaft; claiming their collective fluency in a plethora of languages

would be crucial for bargaining assistance from passing boats in international waters. They lost support amongst their fellow stranded societies however after making a suggestion that their large number of members could be used as a source of food if times got desperate. They were promptly kicked off the liferaft. Subsequently, Out in UL managed to fill the spot on the hypothetical raft back to proverbial safety in explicitly opposing cannibalism.

Whatever else people might say about UL students, let it be known we officially do not endorse eating people.

UL Boarders fought a losing battle to convince the crowd they deserved a spot on the liferaft. While all recognised the importance of watersport enthusiasts to human civilisation, it was decided that giving a spot on a liferaft to the people with floating boards would probably be a waste. They were cast off to fend for themselves.

Debating Union of course secured their spot on the raft early on, with general agreement that in this hypothetical scenario they would more than likely be the owners of the life raft and any extra spots for

other clubs existed only due to their renowned benevolence. Murmurs amongst the crowd also told of the debaters' natural charm and charisma being characteristics quite deserving of rescue from the tropical hell, although this was never mentioned by the ever-modest Debating Union members.

Maths Soc found themselves left behind on the island, with the attendees reaching the consensus that their superior mathematical intelligence would be most well utilised on the island, one which they could perhaps find a new society based around the efficient division and distribution of coconuts.

Drama Soc, in a plea fitting to their love of the dramatic, included an impassioned dialogue around the importance of 'monkey butlers'. Unable to present their peers of a convincing argument for a place on the life raft, however, they too were left to their fate on the island, possibly to fill the places themselves of monkey butlers for their Maths Soc overlords.

In a final surprising twist, it was also decided to offer an honorary spot on the liferaft to the ginger-haired of UL. Although not actually



represented by their own society, it was felt that given their long history of oppression and susceptibility to the sunburn, it would be unconscionable to leave them behind on a tropical island.

Keep an eye out for more Debating Union events, and be sure to take part

in next year's Lifeboat debate to prove to the world your club or society is worth saving!

George Hook comes to UL

Sean Duggan

Renowned Irish broadcaster, journalist and rugby pundit George Hook was in UL earlier this month, acting as chairperson of a public debate on the topic of Nuclear Energy. Hosted by the UL Debating Union and Future of Rural Energy Europe (FREE), the debate included students from several fields of study, from physics and engineering to politics and law.

Despite the safety improvements in modern nuclear power plant design, Nuclear energy has always been opposed in Ireland. With many of the existing plants in Europe in the process of being shut down in the aftermath of the Fukushima nuclear disaster in March of last year, some say nuclear power will soon be a thing of the past.

The debate focused not just on past failures of nuclear energy, but discussed whether the improvements in safety and nuclear waste storage are a sign that this notorious but incredibly powerful source of energy might be worth developing further. In an age of dwindling resources and increased pollution, no solution should be discounted without an in-depth discussion on it, and that's exactly what happened in this debate.

George Hook will hopefully be returning to act as chairperson for more UL debates this year, so keep an eye out for upcoming events!



Knitting Makes Everything Better

Sarah Markham

Ok, here it is... We're taking back knitting! No longer is it going to be the elite sport for granny's everywhere. More and more people are taking up this creative and contagious pastime. Some famous knitters (both real and fictional) include; Audrey Hepburn, Kate Moss, Cameron Diaz, Charlotte York (*Sex and the City*), Julia Roberts, Sandra Bullock, Gromit (*Wallace and Gromit*), Betty Rubble (*The Flintstones*), and Joey, Phoebe and Monica (all from *Friends*). Even Russell Crowe has been rumoured to pick up a pair of knitting needles, though there is much debate on this.

The amazing news is we're starting a knitting society in UL. If trips to craft fairs (both home and abroad), knitting classes, competitions and maybe even some knit-bombing, as well as a weekly knit and chat get-togethers sounds like something you'd be into, then join the Facebook group "UL Knit Soc". Of course we'll also have all the usual Clubs and Socs activities such as mystery tours, and fundraising events. We're only just starting so all suggestions are much appreciated and we'll hold a meeting in Week 7. More details will be posted on the "UL Knit Soc" page.

Everyone is welcome, from the complete beginner to the experienced knitter looking for a few new 'purls' of wisdom. So all you secret knitters, or those of you who are curious about the world of wool, join UL Knitting Society.

(Crochet also welcome)



How to look busy in an office environment – Co-Op 2013

Úna Ní Shúilleabháin

In my office in France I often find myself, like many other Co-Op students, with nothing to do. Everyone in the office knows you have nothing to do. No-one has anything for you to do. The plants have been watered. The stationary cupboard organized in alphabetical order. Hundreds of trees have been needlessly cut down to support the amount of unnecessary printing that you decided to do. Of course it is impolite to sit there staring aimlessly out the window, equally rude to stare intensely at your work colleagues. So you find yourself trying to look busy at your desk, in an attempt to retain a sense of decorum. After a while, you begin to pick up little tricks along the way...

1) Have a pen in the same hand as the mouse:

Perception: "Oh, I'm far too busy to pick up the pen at a later stage. This note taking must be done ASAP".

Reality: "Oh, I'm far too lazy to have to put down the pen, only for me to have to pick it up in an hour or two."

2) Take off your glasses, pinch the rim of your nose and put them back on again:

Perception: "I've spent so long staring at the computer screen doing complex calculations that I'm just double checking that my nose hasn't

fallen due to sheer concentration."

Reality: "...Maybe if I pinch my nose REALLY hard, the pain might allow me to stop daydreaming about being Jennifer Lawrence's bestie..."

For those who do not have glasses, jab one of your eyes out and get glasses then OR possibly invest in some decorative glasses, and pretend you're Zoëy Deschanel.

3) Post-it note EVERYTHING:

Perception: "Look at the professional who has so many things to remember".

Reality: "If I write out the entire lyrics to Thrift Store on post-its then I'm BOUND to remember them all..."

WARNING: Excess amount of post-it notes may gather concern about your quality of memory.

4) Have your hand hovering over the phone:

Perception: "A professional is always about to make a phone-call or is expecting one."

Reality: "Please don't ring. Please don't ring. Please don't ring..."

5) Go for coffee breaks:

Perception: "I need coffee to keep on writing out my post-its and answering the phone"

Reality: "Yum yum yum hot chocolate...I'd love a nap right now..."



Erasmus: Stockholm With A Vengeance

Tom Horan

MY first of four "terms" at Sodertorns Högskola is finished and with it goes the majority of my workload, so I'm now left with more free time than I know what to do with. I could get a leg-up on my German ahead of returning to UL in fourth year, or see every park, museum, and ornate fence that Stockholm has to offer. They have the internet in Sweden too, so I could just lock myself in my room with Facebook and 9gag open and pretend I never left Ireland.

Or I could spend it "finding myself" as people are supposed to when they travel. "Finding yourself" brings to mind images of someone fishing bits of their ear from under the couch cushions, but one really does learn more about themselves by travelling. When at home, it's easy to indulge "what if" statements like "I'd be way more productive if only I lived near X" or "I'd already be a successful Y if weren't for all these Z's". After some time in new surroundings, where everything's different and the only familiar constant in this experiment is me (and the three other UL students), the habits and patterns I brought with me from home are more apparent. I'm learning what it is that makes me different to the other international students, but also what it is we have in common, what makes us...pause for

dramatic effect... human.

The best bit of the trip so far was a recent cruise to Helsinki. Cruise ships are a cheap way to see the countries bordering the Baltic with my bed costing only 80kr, about ten Euros, both ways. The boat took sixteen hours to reach Helsinki, and we only ten hours in Helsinki before returning. Ten hours was enough time to look at some old churches, walk across the frozen river, and spend too long deciding where to eat.

The cruise was actually the best part of the trip. Imagine a floating airport duty free with a nightclub and casino. The boat was filled mostly by parents and kids, so it was far from a student party boat. The ship's attractions felt gaudy and artificial, like one of those cheap holiday resorts in Spain where English families go when they want to sunbathe, but not have to see or talk to any Spanish people.

Despite the weirdness, it was fun piling into the tiny four-man cabins for some tax-free drinks, then ruining karaoke for the entire boat by barking like uncoordinated, multicultural seals.

Similar cruises are run from Stockholm to Tallinn in Estonia and to Riga in Latvia at similar prices, provided you're not claustrophobic.



AF Charity Week

AnFocal.ie
Facebook.com/AnFocal

#ULCW 13

SUNDAY 3RD

22:00 The Charity Week Pre-Session /
Great Adventure Ends Sinbin Nightclub

MONDAY 4TH

All Day	Bucking Bronco	Stables Courtyard
All Day	Xtreme Bungee Trampoline	SU Courtyard
All Day	Gladiator Podiums	SU Courtyard
All Day	Sumo Suits	Stables Courtyard
11:30	Duck Race	River By Kilmurry
13:00	Raft Race (In Association with UL RAG Soc)	River By Kilmurry
13:00	DJ Marty	Stables Courtyard
13:30	Shave or Dye	Stables Courtyard
14:00	Leg Wax	Stables Courtyard
14:00	Yard of Ale / Coke	Scholars Club
14:00	Cadbury Egg Eating Competition	Stables Courtyard
15:00	Iron Stomach	Stables Courtyard
15:30	DJ Ber	The Stables
16:00	Kissing Competition	The Stables
16:00	Musical Jenga Competition	Scholars Club
14:30	Rock Band Competition	Stables Courtyard
17:00	Grinding Competition	The Stables
17:30	Fruity Games	The Stables
18:00	Lovely Girls Competition	Stables Courtyard
	Slave Auction	
19:30	Char-a-oke (Charity Karaoke)	The Stables
	Win a Semester's Worth of Beer	
21:30	Scholar's Beer Club Plus	Scholars Club
	Live Band "Emma's Lovely Friends"	
21:30	Paint@low 2.0 - €10	The Stables

WEDNESDAY 6TH

13:00	King of the Campus Launch	SU Courtyard
14:00	Mud Wrestling	Stables Courtyard
14:00	Sex Quiz	Scholars Club
14:30	King of the Campus finish	SU Courtyard
15:30	DJ Ber	The Stables
15:45	Magician	Stables Courtyard
16:00	The Sausage-Fest (sausage eating comp)	Scholars Club
16:30	Blind Chat Up	The Stables
21:00	Hermitage Green - €7	SU Courtyard
22:30 - Late	Playboy Pyjama / Onesie Party Feat. Mash Unit & Slipm@t - €4	The Orchard

FRIDAY 8TH

20:00 T.G.I.C.W. - €2 The Stables
(Thank Goodness It's Charity Week)
Red Cup Party feat. Ruaila Buala & DJ Ber
(In Association with UL International Society)

University of Limerick

CHARITY week

TUESDAY 5TH

All Day	Bucking Bronco	Stables Courtyard
All Day	Xtreme Bungee Trampoline	SU Courtyard
All Day	Gladiator Podiums	SU Courtyard
All Day	Sumo Suits	Stables Courtyard
11:00	5-A-Side Soccer Tournament	Astroturf
12:00	Mock Weddings	Stables Courtyard
12:30	UL Wide Game of Tag	SU Courtyard
13:00	DJ Marty	Stables Courtyard
14:00	Hypnotist	Stables Courtyard
14:00	Dirty Shots	Scholars Club
14:00	Breakdancing Competition	The Stables
14:30	Nearly Naked Mile (In Association with UL RAG Soc)	North Campus
15:30	DJ Ber	The Stables
15:30	Head Banging Competition	Stables Courtyard
16:00	Cadbury Egg Eating Competition	The Stables
16:00	Helium Karaoke	Scholars Club
17:00	Fifa '12 tournament	Room 3, Students Union
17:00	Nose Pea Push Competition	The Stables
17:00	The Big-Ass Comedy Gig	Scholars Club
21:30	Live Trad Band	Scholars Club
21:30	Shifters - UL Weekly Club Night - €5	Sinbin Nightclub

THURSDAY 7TH

12:30	Tag Rugby	UL Pitches
13:00	Comedy Soc Present: Mass	SU Courtyard
13:45	Charity Auction	Stables Courtyard
14:00	Mankini Challenge Day	Scholars Club
14:30	Cadbury Milking	Stables Courtyard
15:00	An Focal Vs Thomond Student Times	UL Pitches
15:30	Helium Karaoke	Stables Courtyard
16:00	Take Me Out	The Stables
16:00	Boat Race	Scholars Club
From 17:00	Ulfest at 4 Venues - €10	SU Courtyard
		Scholars
		Stables Bar
		Stables Courtyard

THURSDAY 14TH

19:00 2Many DJs - €20 SU Courtyard

ALL TIMES SUBJECT TO CHANGE, ALL EVENTS SUBJECT TO APPROVAL.
KEEP AN EYE ON WWW.FACEBOOK.COM/ULSUVENTS FOR ALL UPDATES

About Charity Week 2013

Keith Quinlan

This year Charity Week will be raising funds for four great charities: Adapt House, Bodywhys, Aware, & Midwest Spina Bifida.

During the course of the week there will be a whole host of activities both during the day and night time, with the end goal of making as much money as possible for Charity.

This year An Gardaí Síochána will be operating a zero tolerance policy for any students who are littering or engaged in anti-social behaviour and will hand out fines immediately. This in particular pertains to drinking in the estates so please don't do it. There are a lot of local residents with families who live in these areas so let's try having some respect for them. If Charity Week is to continue it is vital that we respect the families that live in the estates, so do not litter, drink in public, or hold house parties in the estates. If you are fined, it is a lot of money to have to hand over and could ruin your week.

The most important thing about Charity Week is raising money for good causes, and the best way to do that is by getting involved. Students around the country have come up with some amazing ideas for clever ways of fundraising and there's no reason UL students shouldn't follow suit. If you want to dress up as condom for a day, blindfold yourself for 48 hours, chain yourself and some



mates together, do a fun run, shave or dye your hair, or even spend a day on campus working as a gardener. No idea is too silly, in fact the sillier usually the better. If you wish to get involved with fundraising or have your own idea for a way you can fundraise personally, please contact the Events Office at suevents@ul.ie for more information. Charity Week

is only as good as you, the students make it.

With Regards to the events happening this year, the best place to source information is from our website for the week www.ulcharityweek.com or our social media sites ([fb.com/ULSUEnts](https://www.facebook.com/ULSUEnts) & @ULSUEnts on Twitter). We have the biggest RAG lineup in the Country,

it's going to be a great week.

Our headline act this year are 2Many Djs, one of the most prolific and sought after DJ acts in the world. Following their Marlay Park headline show, and two sell out shows in the Olympia they are coming to UL (their only college show in the Country). What's more is we've knocked a tenner off their usual ticket price so

tickets are only €20! It's gonna be a whopper party

Be safe, Be sensible, Have fun but take time during the week to raise some money for the Charities. It ensures we can do it all again next year.

Where Does the Charity Week Money Go?

Aware

Aware is a national organization that offers support, information and education to people all over Ireland, who experience depression. 1 in 4 people in Ireland today will be affected by depression at one point in their lives. Aware believe depression is treatable and that people can come through it with help and support. They promote the recovery of people throughout Ireland availed of Aware's support services. Their services are more in demand now than ever. Aware provides a loCall Helpline, Face-to-Face Support Groups, Email support service, and a Life Skills programme and an Aware website www.aware.ie.

BodyWhys

BodyWhys is the national voluntary organization supporting people affected by eating disorders. The Department of Health estimates that up to 200,000 people in Ireland may be affected by eating disorders. BodyWhys is committed to the belief that people with eating disorders can and does recover. As such, the organization strives to empower people affected by eating disorders

to access information, support and treatment.

Mid-West Spina Bifida and Hydrocephalus Association

In 1968, a small group of parents whose children had Spina Bifida and/or Hydrocephalus established a voluntary organisation which would highlight awareness of these two conditions and support families, individuals and carers who were affected. This resulted in the establishment of the Mid West Spina Bifida and Hydrocephalus Association. These parents continue to dedicate their time to the association and are now elected volunteers on their Board of Directors as well as being elected to Branch Committees nationally. The Association has close to 100 families in Limerick, Clare, and Northern Tipperary consisting of those with Spina Bifida and/or Hydrocephalus, their parents, siblings, family, friends and carers. The biggest strength of the association is its members and volunteers.

The association continues to evolve and is now an active body where paid and voluntary staff work together to support its members as proactively

ADAPT Domestic Abuse Services

ADAPT Domestic Abuse Services is a Limerick-based voluntary organisation established in 1974. They provide a safe haven for women who have experienced domestic abuse and their children. They

and effectively as possible.

Supporting Women Survivors and Their Children

also provide support for women who leave the relationship id that is what they choose to do and their children to overcome the trauma of having lived with domestic abuse and move on with their lives. Adapt provide a range of quality services for women survivors and their children including: 24-hour emergency refuge accommodation, a 24-hour free phone helpline, one to one and group

Support, court accompaniment, child and youth services, training and workshops including the Healthy Relationship programme for young people.

Adapt also promote awareness of domestic abuse and its impact on women and children in the community and statutory sectors and lobby for change to bring about the elimination of abuse against women.



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MSc in Work & Organisational Psychology/Behaviour (f/t & p/t)

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Full details on www.ul.ie/business



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Important Information for Charity Week

BEHAVIOUR AT EVENTS/ ON CAMPUS:

Anyone who is behaving in an inappropriate manner will be dealt with accordingly.

Severe misconduct can result in the individual being banned from ALL Charity Week Events and possibly further ULSU Events in the future.

ALCOHOL CONSUMPTION:

Drinking in a public place or having a can/bottle with the intention of consuming it in public WILL result in an on the spot fine of €75.

LITTER:

Anyone found littering a public area will result in an on the spot fine of €150 OR if convicted of a litter offence

in a District Court, up to €3000.

This also applies to keeping your property free of litter, if your property is littered you will be fined.

PARKING:

Cars are to be parked appropriately. Fixed charge TICKETS will be issued to cars parked on:

- Double Yellow Lines
- Near/On Pedestrian Crossing
- Grass Margins
- Or any vehicles causing an obstruction.

NOISE LEVELS:

Remember, keep the noise level down, as a breach of noise regulations can result in a Fine of €3,000 or 12 months in prison.



Set Yourself Apart With A Masters In Marketing

“All of us need to understand the importance of branding. We are CEOs of our own companies: Me Inc. To be in business today, our most important job is to be head marketer for the brand called You” Tom Peters.

The unprecedented economic downturn has made achieving a specialist post-graduate qualification an increasingly attractive proposition. The problem is that the proposition is so attractive that just about everybody is doing it. The key into the future will be, not just to get a postgraduate

qualification, but to get one that sets you apart from the mainstream, that differentiates you in the job market, that creates a brand called You.

The MSc in Marketing, Consumption & Society at the Kemmy Business School provides just such a qualification. In a world of ‘radical unknowability’ third-level programmes need to foster a range of values including bravery, strength, commitment, freedom and openness. This implies a learning approach in which dialogue and potentiality are central themes. Thus, forged on an

ethos of experiential learning, the MSc in Marketing Consumption & Society welcomes applicants from a variety of cognate disciplines including business, cultural studies, sociology, management etc. The programme not only ‘produces’ graduates with industry-specific skills and techniques that may be seen as minimum performance requirements, but also ‘produces’ engaged candidates capable of working in dynamic, uncertain environments, candidates that stand out from the crowd.

The MSc in Marketing,

Consumption & Society is like no other postgraduate qualification in marketing on the island of Ireland or beyond. Rather than focusing of marketing just from the organisation’s perspective, we take a 360° view of the situation through an engagement with marketing as a managerial function, the consumption of goods, services, ideas and experiences, and the overall impact on society in general. A mix of both academic and professional educational principles underpin the programme dedicated to providing a strong foundation

in the knowledge and application of marketing to a variety of organisational settings including private, public and not-for-profit.

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Successful Year for UL Debating Union

