

# AN FOCAL

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## An Focal wins at Smedias

By Jason Kennedy – News Editor

**AN Focal has beaten a number of college publications across Ireland to be titled the People's Choice Award winner in the Student Media Awards this year. Editor of An Focal, Aoife Ní Raghallaigh, is the 2nd person in UL to win a student media award, after former Editor, Anne Sheridan, won it in 2006.**

In the award ceremony, which took place last Wednesday in Dublin's Mansion house, An Focal bet stiff competition for Trinity's The Piranha, Queens' The Verdict, Trinity's TCD Miscellany and DIT Aungier Street's DIT News. Ms Ní Raghallaigh claimed she was delighted with the win. "I still can't believe it.

We were up against four fantastic publications so I didn't think we'd win. It's amazing and a fantastic reward for all the students who volunteered their time to make An Focal what it is. I'd like to thank everyone who voted for An Focal because we wouldn't have won this without your help. I'd also like to thank the oxygen.

ie for giving us this opportunity." Communications Officer Elect, Finn McDuffie hopes that this win will get people talking about An Focal. "I hope that winning the People's Choice Award, which is the only publically voted award in the Smedias, gets people excited about writing for the paper and shows people that if you work at something it will pay off.

I'm absolutely delighted for Aoife. She deserves this victory. She often spends late nights in the Communications Office and it paid off." Ms Ni Raghallaigh has similar hopes for the coming year. "I hope this award will raise An Focal's profile for next year and I have full confidence in Finn McDuffie."

Originally, the University of Limerick Students' Union was shortlisted for five awards: Newspaper of the Year, Layout & Design of the Year, Editor of the Year, Website of the Year and the People's Choice Award, but was only on the final list for the People's Choice Award.

Ms Ní Raghallaigh claimed no matter what happened on the final list, she was happy to be shortlisted. "I was nervous when waiting for the final list to be published, but I was happy either way, because even being shortlisted for an award is a real honour."

During the voting period, the Communications Office put posters up around campus urging students to vote for An Focal for the awards.

The People's Choice Award is considered one of the most important awards of the night and was sponsored by Aero this year.

UL were also represented at the award ceremony by 2nd year Journalism Students, Craig Hughes and Rowan Gallagher, who were nominated for Journalist of the Year (National Press), but were beaten by DCU's Joanne Hunt, who has been published in the Irish Independent and Irish Times. DCU were the big winners of the night, taking home 10 of the 33 Awards, which were presented by Daithi O'Se and Katherine Thomas.



Editor of An Focal, Aoife Ní Raghallaigh and Eoin Ryan, Editor of www.oxygen.ie  
Photo: Basil Lim

## President Barry slates Government over cuts

- **UL must spend less or face "nightmare scenario"**
- **Government can impose recruitment embargo**
- **No guarantees on quality of student experience**
- **Students urged to "get talking to politicians"**

By Finn McDuffie -  
Chief News Correspondent

**UNIVERSITY Head, Professor Don Barry, has spoken out against the government over the University finances, claiming over-spending will have "dire consequences" for UL. Speaking at his third annual address to Class Reps Council in Week 12, he said UL is being directed by the government to make a number of adjustments.**

The changes, which include an employee reduction of 6% by 2010, require the University to run

a balanced budget in the academic year "regardless of how much the government reduces funding." The politicians are also insisting UL pays off its accumulated deficit of €5.5 million. "We have to agree a plan with the government to eradicate our accumulated deficit," he said. Failure to comply with these requirements may lead to a government-imposed recruitment embargo.

"If I spend €1,000 more than I get from the government then there'll

be an embargo on recruitment and any lecturer who retires cannot be replaced. I think that would be a nightmare scenario for the University," he said. "We are trying to avoid UL getting into that situation and it's bloody hard to do." He also spoke about UL's use of the Student Services Charge (SSC). "The government is playing games with students by engaging in an incredible amount of baloney about the [SSC] being for a particular, confined set of services

to students," he said. He indicated that, in wake of government cuts, the SSC is being used to pay for services that would otherwise be covered by the core budget. He said, "there is no definition anywhere in government about what this money is supposed to be spent on" and added that SSC money is currently contributing to "bone fide student services." President Barry also said he could not be sure if the quality of the student experience would remain the same in light of the

University's financial dilemma. He urged students "to get out there and get talking to politicians!"

The orphan of the Irish education system is undergraduate education," he said, adding "the government aren't paying enough for Universities to be sure of providing a quality undergraduate education."

He called the Batt O'Keeffe formula "a mistake" and criticised Ministers for their inability to see how things are at Irish Universities.

## AN FOCAL DIGEST

# Students' Union Summer Opening Hours

The Students' Union building and reception will be open Monday to Friday from 9am - 5pm during the summer months.

SU Reception can be contacted at 061 202324 or by emailing [adele.ocarroll@ul.ie](mailto:adele.ocarroll@ul.ie)

The Sabbatical Officers for 2010/11 are:

**President:** Ruán Dillon McLoughlin ([supresident@ul.ie](mailto:supresident@ul.ie))

**Deputy President/Welfare Officer:** Derek Daly ([suwelfare@ul.ie](mailto:suwelfare@ul.ie))

**Vice President/Education Officer:** Aoife Finnerty ([sueducation@ul.ie](mailto:sueducation@ul.ie))

**Vice President/Campaigns and Services Officer:**

Vivion Grise wood ([sucso@ul.ie](mailto:sucso@ul.ie))

**Vice President/Communications Officer:**

Finn McDuffie ([sucommunications@ul.ie](mailto:sucommunications@ul.ie))

**PSA President:** Ryan Dan Comerford ([psapresident@ul.ie](mailto:psapresident@ul.ie))

# Quotes of the Year

Words of wisdom from the staff and Sabbats of the Students' Union

**"What? We have to wear clothes?"**

President Ruán Dillon McLoughlin shows his true, nudist, colours.

**"I have to get back to feed the machine in my office"**

Welfare Officer Derek Daly is up to strange things in his office.

**"The wider you spread, the easier it gets"**

Education Officer Aoife Finnerty gives lessons on how to get low.

**"Is that microwave thing recording?"**

CSO Fergal Dempsey confuses a Dictaphone for a Cooking Appliance.

**"Ah sure, no one reads An Focal anyway"**

Communications Officer Aoife Ní Raghallaigh takes pride in her job.

**"That won't even cover the cost of a strap on the nappy"**

ULSU Receptionist Glory Ryan when some students left a less than generous donation in the condom tin.

**"Some girl just corrected me grammerly"**

Co-Op student Julieann Evans has a good grasp of the English language.



UNIVERSITY of LIMERICK  
OLLSCOIL LUIMNIGH

The University of Limerick (UL) with over 11,000 students and 1,200 staff is a young, energetic and enterprising university with a proud record of innovation in education and excellence in research and scholarship. The University of Limerick offers student services, facilities and accommodation of the highest standard in Ireland, as well as world class sporting facilities. The picturesque campus is set on 500 acres of parkland campus straddling the River Shannon. It has excellent public transport links with Limerick City, Dublin, Cork and Galway and, through Shannon airport, with the rest of the world.

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Closing date for applications: 30 June 2010

For further information, contact:

The School of Law, University of Limerick, Limerick, Ireland

Tel: +353 61 202344 Email: [lawinfo@ul.ie](mailto:lawinfo@ul.ie) Website: [www.law.ul.ie](http://www.law.ul.ie)

[www.law.ul.ie](http://www.law.ul.ie)

## And thanks to...

**News Editor** – Jason Kennedy

**Features Editor** – Finn McDuffie

**Arts Editor** – Darragh Roche

**Sports Editor** – Tomás McCarthy

**Design & Print** – Paul, Kieran and Alan at Impression [www.impressionprint.ie](http://www.impressionprint.ie)

**Senior Designer** – Cassandra Fanara

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Andrea Gallagher

Andrew Cleary

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Brian Finnerty

Bríd Ní Nuamáin

Brige Newman

Caitriona McGrattan

Chloe Slattery

Cian Gallagher

Cian Healy

Ciara Considine

Ciarán O'Driscoll

Cillian Burke

Colette Keely

Colette Sexton

Conor McGrath

Conor Payne

Cormac Reidy

Daithi MacGabhann

Daniel Bridge

Daniel Ó Conaire

Danielle O'Driscoll

Darragh Roche

Dave O'Donovan

& Sarah Lynch

(Eightball)

David Kelly

David McMahon

David Studer

Denise Rocks

Diarmaid Hartnett

Diarmuid Lucey

Emily Maree

Emma Hayward

Emma Neilan

Enda Dowling

Eoghan Cannon

Eoghan O'Sullivan

Eoin King

Eric Doyle

Fiona Kearney

Fiona Reidy

Garion Bracken

Gavin Ó Murchadha

Gerald Flynn

Hannah Winter

Helen Kelly Holmes

### Sabbatical Officers

Ruán Dillon McLoughlin

Derek Daly

Aoife Finnerty

Fergal Dempsey

Michael Bourke

Helen Keown

Helena Murphy

Jack Purcell

James Enright

Jamie Fitzgerald

Jennifer Powell

Jill Franz

John Fitzgerald

Julieann Evans

Kanielle F Danite

Katie Meade

Keith Beegan

Keith Young

Kevin McNamara

Kieran Phipps

Liam Corcoran

Liam Togher

Liam Twohig

Lorcan O'Neill

Louise Hollywood

Luke Holmes

Mairtin Lally

Marese Heffernan

Marine Plagne

Mark Connolly

Mark O'Donovan

Martin Hayes

Michael Considine

Michael Curtin

Mike Considine

Nadene Ryan

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Sonja Eisenberg

Stephen Kelly

Tommy Crean

UL Alumni

Association

Vincet Pollet

*Thanks to every single person who submitted an article this year. An Focal would not have existed if it wasn't for all of you and I truly appreciate all of your help and work throughout the year.*

# George Lee address UL students

By Shane O'Callaghan

**IN THE final seminar of the University of Limerick's "Investigating Current Issues in Irish Journalism" series, George Lee gave his first public address since his resignation as a TD.**

Introduced by the head of the Journalism School, Mary Dundon, as "one of our finest investigative journalists", Lee's speech was titled 'Ireland's Economic Collapse: Where to Now?', and drew on his experience as both a journalist and an economist.

Lee gave a background on the current crisis, looking into how it developed, and what the best course of action moving forward was for Ireland. He argued that, rather than the drastic cuts Ireland were taking, that other solutions should be looked at. He claimed that confidence in Ireland's recovery would not be strengthened by cuts and concerns over a range of new taxes.

Lee also referred to the current British situation where the recession has already ended and how they were able to do this due to their position outside of the EU. He stated that Ireland went into the common currency "with our eyes open" and so while he did not blame this on our problems, he criticized the culture Ireland had formed where it refused to look at any gloomy outcasts, and take action before it was too late. Lee also spoke about the EU's requirement to cut the debt by 2014, and

its impact on Ireland's recovery. He questioned why Ireland had fought to keep certain financial powers, and yet failed to use them.

When suggesting a model on which Ireland should base its recovery, Lee said that he believed that in looking at any other state and the actions we should take, Ireland's best path was to look at the one it followed itself, in the 1980's.

He argued that Ireland needs to return to that level of competitiveness in order to attract the investment required to fix the country's problems. Lee also outlined some advice for journalism students that were present. "It is vital that you are prepared to challenge, not just individuals, but ourselves, our thinking, and where we are now economically". He explained that he believed it important for journalists to look at everything "with a curious eye".

Lee, who resigned as a Fine Gael TD in February after nine months, was understandably reticent about talking about his personal experience of politics. He took great care to state repeatedly that any arguments he made in his address were not skewed by party beliefs, and that he was not attacking the government, rather questioning were the actions being taken the correct ones. During the Q&A that followed, Lee admitted that he would not be able to return to economic journalism specifically, as he had been "tainted in some people's eyes".



George Lee speaking in UL

## The Department of Sociology at UL has two exciting Taught Postgraduate Opportunities in 2010-11

Apply to:  
 Postgraduate Admissions Office,  
 Graduate School,  
 Foundation Building,  
 University of Limerick.  
 Email: [postgradadmissions@ul.ie](mailto:postgradadmissions@ul.ie)



[www.ul.ie/sociology](http://www.ul.ie/sociology)

MA in  
**Sociology**  
 (Applied Social Research)

Further details may be found at:  
[www.ul.ie/sociology](http://www.ul.ie/sociology)

If you need further information please contact:

MA in Sociology:  
 Course Director;  
 Dr. Brendan Halpin at  
[brendan.halpin@ul.ie](mailto:brendan.halpin@ul.ie)  
 Tel: +353 61 213147/202445

MA in Gender,  
 Culture and Society

Further details may be found at:  
[www.ul.ie/womensstudies](http://www.ul.ie/womensstudies)

If you need further information please contact:  
 MA in Gender, Culture and Society:  
 Course Director; Dr. Breda Gray at  
[breda.gray@ul.ie](mailto:breda.gray@ul.ie)  
 Tel. +353 61 2234207/202445

**BOTH COURSES ARE AVAILABLE ON FULL TIME (1 YEAR) AND PART TIME (2 YEAR) BASIS**

women's studies at UL sociology

# President's Award launched

By Sharon Whelton

**THE President's Volunteer Award has been established to harness, acknowledge and support the contribution that UL students make to their communities by volunteering.**

The programme draws on a strong tradition of student engagement both on and off campus and assists students who wish to develop tangible and transferable skills alongside practical experience.

This new initiative will consist of two different levels. The first level is to incentivise new students to take an interest in volunteering and to create a formal programme in which student volunteering will be recognized throughout the University. In this way, students will receive a bronze award for volunteering 20 hours of their time, a silver award for 40 hours and a gold award for 60 hours.

Students will not compete with one another for these awards; as long as they can

demonstrate the quality of their volunteering work, be able to reflect on their experience and a reference from their sponsoring organisation or supervisor, they will each receive an award.

In addition, the college will have a second level of five competitive "Outstanding Achievement" Awards which will be handed out each year. These are for students who have shown a great commitment to volunteering throughout their time in UL, who have made a strong difference to their communities in their chosen volunteering activity and who are active role models for civic responsibility for new students. A new website, [www.ul.ie/volunteer](http://www.ul.ie/volunteer), will also be launched and will grow to serve as a comprehensive database of volunteering opportunities for students and as an online database where charities and staff members can register their projects for students to easily browse through them. Many problems that the UL community

faces are already being tackled by groups or individuals and through the database it hopes to connect more and more people to work together.

Many students of UL have achieved and continue to achieve extraordinary things through volunteering. In the last academic year, they have contributed to projects such as tutoring economically disadvantaged children; mentoring at-risk youth; building houses; advocating for social justice and human rights; cleaning up the environment; supporting fair trade; empowering women; fighting against human trafficking; and raising money for disaster relief, refugee relocation, disease research and numerous non-profit organizations.

Many of these students didn't stop there. They gave blood; hosted workshops; recycled waste; circulated petitions; provided translations; marched, walked, danced, ran, and fasted for a cause; but most importantly

made a difference on campus, in the community, and around the globe. It's also important to mention the college faculty and administrative staff who serve as active role models for civic responsibility on campus and encourage UL students to take part in volunteering activities. They serve on boards, organise and join students on volunteering trips, and help them to take a stand on local and global issues.

The ripple effect of these contributions is nearly impossible to quantify; however initiatives such as the President's Volunteer Award will highlight many of these volunteering projects under one umbrella, allowing everyone to see the impact that students and staff are making in their communities more clearly than ever before. The University of Limerick hopes that this new initiative will continue to inspire its students and to create a sense of active citizenship that will stay with them long after their time at university.

## Postgraduate President Elected

**MASTERS student, Ryan Dan Comerford, has been elected as Postgraduate Students' Association President in the first election for the position in a number of years. Mr Comerford fought off stiff competition from David Morrin and Eadaoin Walsh before being deemed elected.**

Mr Comerford is a student of MA in Business Management and he previously completed his undergrad in BSc in Industrial Biochemistry at UL. In his manifesto he promised to improve facilities for both taught and research postgraduates as well as improve representation and orientation for postgraduates. He also aims to raise awareness amongst students about financial opportunities.

A total of 245 votes were cast in the election, which took place in the PSA Common Room on Monday, April 19. On first count Mr Comerford received 116 votes before receiving an additional 8 transfer votes from Ms Walsh who was eliminated, bringing him to a total of 124. This saw him 22 votes ahead of Mr Morrin and Mr Comerford was deemed elected.

Mr Comerford will take up his position on July 1. The Students' Union would like to wish him the best of luck in the position and also congratulate Mr Morrin and Ms Walsh on their campaigns. Current PSA President, Michael Bourke, said "I was delighted to see three such high calibre candidates come forward and it's encouraging to see that the PSA will be in safe hands for the foreseeable future. Congrats once again to Ryan Dan Comerford."



PSA President elect, Ryan Dan Comerford

## Friendship award for UL Student

By Sharon Whelton

**A STUDENT from the University of Limerick has been chosen to accept a scholarship from Peace Board, which leads to a Global Friendship Award. T**

ara Sheehy was studying at the University of Bergen as part of her Erasmus programme, and enrolled for Japanese as she had more time. Ms Sheehy then received notification saying that it was possible to apply for Peace Boat, an international organisation that is in consultation with ECOSOC branch of the United Nations.

"Peace Boat offers four scholarships to students of Japanese, and I was one of those who accepted. While on board, the objective is to have Japanese immersion while participating in activities in port, such as community project building in Venezuela."

Ms Sheehy also said that by the time she arrives in Yokohama, Japan on July 25, the result should be a medium to high proficiency in the Japanese language. The voyage she selected is from Copenhagen June 1 - Yokohama,

Japan July 25. Maho Takahashi of Peace Boat said that the organisation was impressed with Ms Sheehy's enthusiasm towards learning after reviewing her essay, not only towards Japanese and its culture but the reality of the global world.

"We believe that Peace Boat is a good environment for you to explore that, while learning about not only limited to, but including the world, people, and culture, while studying and exploring Japanese every day," Mr Takahashi said. "The Hibakusha and the environment will be 2 of the main themes will be focused as well. Therefore, we would like to grant you our Global Friendship Award."

Following this, Patricia O Flaherty of the Erasmus Office in the University of Limerick confirmed that they would make a contribution to Tara's achievements. "The Erasmus Section of International Education at UL will make a contribution to support Tara's great achievement," she said.

# Great May Weekend ahead in UL and Limerick

By Eugene Ryan

**LIMERICK is gearing up for two big events with Riverfest kicking off on Friday, April 30 and running until Monday, May 1. The Great Limerick Run will also hold an exhibition on April 30 in Thomond Park before it takes place on May 2.**

After a break of 25 years, Limerick is organising three runs on the same day, May 2, as part of the Great Limerick Run. A 10k race will start at 12.30pm and 1,300 are already signed up for it. An hour and a half earlier, at 11am, the Half Marathon will start, with 1,200 signed up for this already. Earlier still, at 9am, 600 plus will start the Full Marathon and part of this course comes through UL. Places are still available for these races, by contacting <http://www.greatlimerickrun.com>. There is student rate of €20 for the 10k, the Half Marathon costs €60 and the

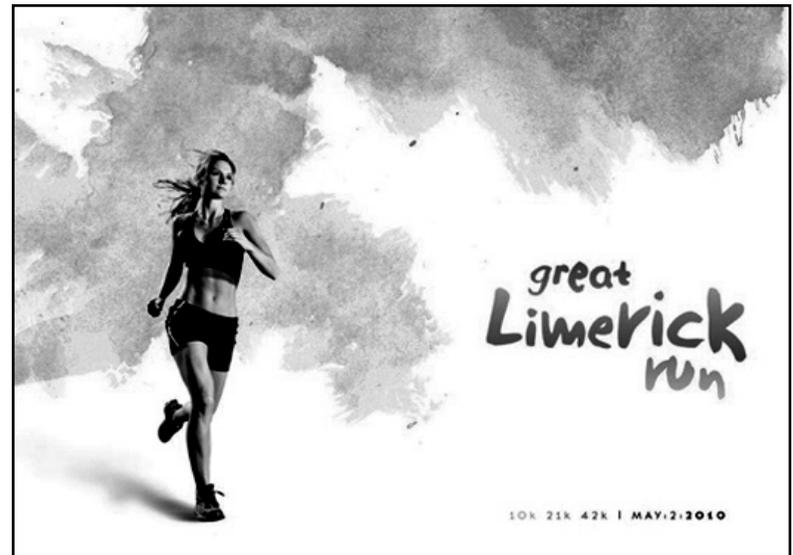
Full Marathon costs €80, so happy running. On the same morning as the Marathon the Joey Hannan Memorial Triathlon, organised by the Limerick Triathlon Club, will take place. The Memorial Triathlon will see hundreds of athletes take part in an event that has become one of the foremost fixtures on the local athletics calendar.

As many as 480 competitors will compete in the annual event at the University Arena on the Sunday, which commemorates former Limerick Tri Club member, Joey Hannan, who was killed while cycling to work on St Patrick's Day in 1992. It is unfortunate that these two events coincide but it is hoped that the Marathon will have passed through UL before the athletes leave the pool for their bikes and head off out the Dublin Road. According to the Limerick Triathlon Club's

website, the triathlon is full so UL should certainly be an exciting place on May 2. For more information visit <http://www.limericktriathlon.com>

If all the excitement of Marathons and Triathlons was not enough there's always Limerick's Riverfest! This festival is designed to showcase and celebrate all that's great about Limerick City by highlighting and revelling in our art, culture, music, sport and food. The Great Limerick BBQ is on Saturday, May 1 in George's Quay where over 70 teams from many nations will cook and compete with each other. There is also a Continental & Irish Market in Michael Street running from Friday to Monday.

There will be fishing from 11am on both Saturday and Sunday at Merchant's Quay, with the Junior Competition on Saturday and the



Senior Competition on Sunday. There's also boat racing and currach racing on Saturday, May 1 at 5pm as well as Angling Cots and Gandalows on Sunday, May 2 at

5pm. In addition to this there is also Riverfest Fun & Games in Arthur's Quay Park on Sunday, May 2 at 3pm. For more information visit [www.limerickcity.ie](http://www.limerickcity.ie)

# World Academy of Music and Dance opens

By Caitiona Coyne

**THE €21m Irish World Academy building is now up and running on the Clare side of the campus. The building contains theatres, dance studios and research space for 40 PhD students.**

*“Mr. Feeney has donated over €548m to worthy causes in Ireland through his “Atlantic Philanthropies” organisation”*

It was renowned composer Micheál Ó'Súilleabháin who dreamt up the purpose-built building for students of music and dance in

UL, of which there is currently 150 undergraduates and 30 PhD students.

An International Architecture Competition was launched in 2006, in association with the Royal Irish Association of Architects, to come up with a design for the building. French architect, Daniel Cordier was chosen as the winner out of 94 entries. “Now we plan to move across the bridge and occupy his creation. The official opening will be held in September 2010”, said Professor Ó'Súilleabháin. Irish American Philanthropist, Charles (Chuck) Feeney gave generous funding for the building's construction. All in all Mr. Feeney has donated over €548m to worthy causes in Ireland through his “Atlantic Philanthropies” organisation. Professor Ó'Súilleabháin commented on job prospects for graduates of the academy in these tough economic times, saying: “I am not aware of a single student of ours currently out of a job. That is an amazing statistic.

I mean people do not stop going to concerts because of the recession. In fact the opposite is the case. People need things of the spirit even more today than ever.”

In his time as Professor of Music at UL he has developed BA and MA

courses, became the first chair of Music at UL, and founded the Irish World Music Centre which has now become the Irish World Academy of Music and Dance.

He is seen as one of the most important figures involved in

integrating Irish traditional music and dance into the Irish higher education system over the past 30 years.

In his first decade as Professor of Music Ó'Súilleabháin hired 16 faculty staff and 200 students.



An artist's impression of the World Academy of Music and Dance

# Students Challenge Inequalities

By Aoife Ní Raghallaigh - Editor

**WEEK 11 saw students taking part in Flash Mobs, getting married to members of the same sex and learning what it's like to have a disability, all in the name of equality. All of these events took place as part of Equality Week, an annual event organised by the Equality Officer, to raise awareness about the inequalities some students face on a regular basis.**

Students' Union Equality Officer, Jason Kennedy, was very pleased with how the week went and also with the amount of students who got involved. Almost €250 was raised for the Irish Wheelchair by three students who volunteered to experience life as someone with a disability. 1st year student Adam Moursy volunteered to discover what it felt like to be deaf while 2nd year students Tighernan Noonan and Susan Tormey volunteered to spend the day in a wheelchair and not speaking respectively. All three students faced challenges as a result of their "disability", whether it be not being able to order their lunch or not knowing the most wheelchair friendly route.

On the same day Mr Kennedy also organised a screening of Irish film, Inside I'm Dancing, as well as a game of charades to raise awareness

about the difficulties facing persons with a disability. The following day Mr Kennedy arranged a number of activities for the Lesbian, Gay, Bisexual and Transgender Day. The activities included a YMCA flash mob in the Students' Union Courtyard followed by Gay Weddings, which were introduced by last year's Equality Officer, Aoife Finnerty. A debate with UL Debating Union was also organised. An International Day was also organised on

***"All three students faced challenges as a result of their "disability""***

Thursday in addition to a Stereotype Wall which was available in the Students' Union all week. Students were invited to write common stereotypes on the wall.

Mr Kennedy would like to "thank everyone who helped with the week and especially people who helped on the Physical and Mental Disability Day and the LGBT Day. Those were the most successful."

## LIMERICK COUNTY COUNCIL

Invites applications to form panels for recruitment of:

### Temporary Lifeguards at Glin & Kiltairy Piers - Summer 2010 (5 posts)

Candidates must hold as a minimum a current Irish Water Safety Beach Lifeguard or an equivalent qualification and be not less than 17 years of age on the 1st April 2010. Other qualifications that are desirable: S-VHF Certificate, First Aid, ISA Powerboat Level or higher, Manual Handling, Occupational Health & Safety.

All candidates will be required to undergo a water test conducted by an examiner nominated by Irish Water Safety (scheduled for Saturday 22nd May 2010). Employees will be required to maintain a daily training routine unless they are engaged in life saving operations.

### Rate of pay: €409.50 per 35-hour week

Lifeguards will be required to work irregular hours to coincide with tidal conditions and bathing periods, including work at weekends and particularly over holiday weekends. Application forms and details of the above posts are available to be downloaded from [www.lcc.ie/careers](http://www.lcc.ie/careers) or from Human Resources, Limerick County Council, County Hall, Dooradoyle, Co. Limerick Tel: 061 496331; e-mail: [hr@limerickcoco.ie](mailto:hr@limerickcoco.ie).

**Latest date for receipt of completed application forms in the Human Resources Department is**

**4.00 pm on Tuesday 18th May 2010**

Limerick County Council is an equal opportunities employer.

# Trees planted in UL Orchard

**THE UL Environmental Committee first proposed that a fruit orchard be established on campus two years ago. Now President Don Barry has planted the first apple tree in the orchard. The orchard will make an aesthetic addition to the beautiful campus and is in keeping with the heritage of Plassey Estate.**

As the orchard develops, it is hoped that everyone will feel a sense of ownership and pleasure in this new amenity. Fruit trees will be planted in this space in a manner reflective of traditional parkland. Serious planning has gone in to the layout and character of this small orchard. Its location will allow it to take the full benefit of natural light and so that it borders a busy walkway where it will be easily observable and accessible for the campus community.

The choice of apples will be varied, ensuring that there is a spread of harvesting from mid August to October. The trees that have been selected will be compatible for pollination, and there will be 'historic', 'local to the type of estate' and more recently developed varieties.

It is hoped that this orchard will become a showcase for active biodiversity protection. It will be managed so as to become a haven for wild Irish bees which have seen their populations go into serious decline in recent years. The maintenance of the orchard will

hopefully become a focal point for general student volunteering as students assist with the pruning of trees in winter, the application of organic fertilisers in spring and the harvesting of fruit in autumn. It is envisaged that this orchard will also make an excellent informal learning space for Education for Sustainable Development activities. Already, the new Sustainable Development module (team taught by academic staff drawn from across the disciplines) has received extremely positive feedback from both students and faculty.

This orchard (and several other Environmental Committee initiatives such as the Farmers Market and the new environmental maps / podcasts) supports the campus community's engagement with this living campus. Indeed, in conjunction with the UL Farmers Market, the orchard could serve as a case study for courses such as Entrepreneurship, Marketing and Education. Developing a broad awareness in the campus community of food miles, seasonality in food production, and the role of forests in both fostering biodiversity and sequestering CO2 among others are key objectives of this project.

This orchard is another unique feature of the campus and a powerful informal tool for education for sustainable development, thereby re-affirming our continued leadership on this issue at a national level.

# From UL to DC!

**Students gear up for the Washington Ireland Programme**

**UL STUDENTS Adrian Hall and Ruth Murray have been selected to take part in the Washington Ireland Programme (WIP). The programme offers thirty students from the North and South of Ireland to take part in DC's most prestigious internships.**

Mr Hall, a first year, Bachelor of Technology (Education) in Materials and Engineering Technology and Ms Murray, a fourth year, LLB Law and European Studies, will be offered a range of internships. From Congressional offices (Senator John McCain, Senator Jeanne Shaheen and Congressman Patrick Kennedy) to Government Departments (Homeland Security, Department of Education and The Library of Congress); Political Lobbying Organisations (Susan Davis International) to Diplomatic Offices (Irish Embassy) and Business Organisations (World Bank), students are offered some of the most desirable internships in Washington DC.

The programme aims to incorporate leadership development and community service. Students must undertake thirty hours community service before they depart for Washington and will complete a team service project during their last week in Washington. The leadership curriculum is intense and students will participate in many events, including a speech writing master class with former president Bill Clinton's senior advisor, Don Baer and will meet with Chief Justice Roberts of the Supreme Court.

While working in DC, students stay with a host family, enabling them to fully embrace the American culture. The 2010 WIP class will also enjoy cultural events in Washington and a weekend trip to New York.

The programme is open to all third level students of all disciplines and any students interested or wishing to apply next year should visit [www.wiprogramme.org](http://www.wiprogramme.org) for more information.



The White House in Washington DC

# Going to America this summer?

## Check out "Students to Wildwood 2010"

**TRAVELLING on a J1 visa to America this summer? If you have not figured out where exactly it is you are going yet, or even if have but can be persuaded otherwise, check out Wildwood, New Jersey.**

Wildwood is a seasonal beach resort located in New Jersey on the east coast of America. It is situated about two and a half hours south of New York and is half an hour from Atlantic City, the east coast's Las Vegas. It is also about an hour and a half from Philadelphia. It is home to upwards of 200,000 people in the summer season. The organisation "Students to Wildwood 2010" has been set up to assist students in all aspects of their J1 journey to Wildwood. They can be found on Facebook under the name of the organisation or can be contacted at studentstowildwood2010@hotmail.com. Help is at hand for everything from directions to potential employment to accommodation.

Wildwood has all the vital ingredients to provide for a summer to remember. On the job front, the opportunity to work on, or just yards from, Wildwood's glorious beaches is a world away from a summer here at home, on the dole and in the rain! Jobs are primarily located in arcades, casinos, amusement parks, water parks, restaurants, clothes shops, and to a lesser extent, bars.

Summer temperatures generally stay above 30 degrees, and often go upwards of 40.

Employers are usually willing to let student employees take advantage of the beach during the day, and allow them to work in the evening time, enabling plenty of night time activity! Wildwood is, both in terms of employment and lifestyle, perhaps the most laid-back place you will ever experience. It is almost guaranteed that you will not work very hard, whatever you do! Wildwood is situated within extremely manageable distances from Atlantic City, Philadelphia, New York, Washington and Delaware. Often in Wildwood, someone may finish work at 11 or 12 o'clock at night, and head off on the bus to Atlantic City, where their casinos stay open all night. Atlantic City is about 30 minutes from Wildwood by bus, which costs about \$8 return. Philadelphia is about an hour and a half away, and New York is around two and a half hours.

"Students to Wildwood 2010" has been set up both to attract students who are yet undecided about their summer destination, and to assist those who will be jetting off to this J1 haven. The organisation is based on the principle that every student of sound body and mind should experience for themselves a J1 Summer. And this non-profit organisation is thriving to promote that cause. Students are free to contact the organisation at studentstowildwood2010@hotmail.com or on Facebook at "Students to Wildwood 2010". The summer of a lifetime is ensured for all!



The infamous Wildwood Boardwalk

# UL student makes it to final round at Accenture 'Leaders of Tomorrow' Awards

**Máire Griffin, a UL student, made it to the final round of the annual Accenture 'Leaders of Tomorrow' (LOT) Award which took place at the company's offices in Dublin recently. Ms Griffin is currently studying for her Bsc in Food Science and Health.**

Ms Griffin's project submission focussed on the promotion of a healthy lifestyle during pregnancy and the link between foetal imprinting of later diseases such as obesity, cardiovascular disease and diabetes. It also examined how investment in promotion and education of metabolic programming in-utero could decrease instances of these diseases and potentially save millions on healthcare.

The Accenture 'Leaders of Tomorrow' Award, open to third-level graduates across the country, seeks out innovative and entrepreneurial young talent in order to foster Ireland's

next generation of leaders who will ultimately shape the public, private and social landscape of this country in coming years.

The 2010 judging panel featured some of Ireland's most respected business leaders from across various industries: John Herlihy, VP Global Ad Operations Google; John Moloney, CEO Glanbia; Liam Kavanagh, MD The Irish Times; Niamh O'Donoghue, Director General Department of Social Protection; Mark Ryan, Accenture Ireland MD; and Marian Corcoran, Head of Business Consulting at Accenture.

There were several hundred applications to this year's LOT awards, representing all the main universities across the island of Ireland. Many innovative business ideas were submitted in areas such as technology, green business and public policy and the five finalists - comprising both

individuals and groups from WIT, University of Ulster, DCU, TCD and UL - were required to present their projects to the adjudication panel.

The overall winner was awarded the specially commissioned Leaders of Tomorrow Trophy and will now participate in the Accenture Global Leadership Experience, which is a two-part prize involving a trip to New York this summer and a Leadership Development Internship at Accenture Ireland. The winning prize is designed to provide students with a hands-on understanding and appreciation of the changing business, technology and leadership landscape which faces Irish leaders today. The Accenture Leadership Experience Tour to New York will provide the opportunity to learn from a global business hub innovation trends which will shape the environment in which Ireland competes.



Máire Griffin with Mark Ryan, Country Managing Director of Accenture in Ireland

## UNION DEBRIEF

# Ruán's Rundown

**THE end is near; one last hurdle of exams and you are finished another year at UL. For some of you these are your last few days as a student and from here a world of opportunities open up. For the rest of you the summer will involve either chasing work and complaining about not being able to get work or else involving going to work and complaining about work!**

While this is happening the show will still be going on in the Students' Union. We will be working away trying to prepare for your return next September. The summer is a very important and busy time for us. With the reduction in student activity it allows us to try and achieve what you elected us to achieve. We can start plotting and planning how to bring about the change you are looking for. As well as this it sees the change over of Sabbatical Officers. This year we have two new officers, Finn and Viv, who will be taking over from Aoife Ni and Fergal. This is a great opportunity to bring a fresh perspective on the issues we are dealing with from day to day.

Well enough of looking to the future for the moment, we can't forget about the impending exams! I have to say the part of exam time I find the funniest is the moment where you promise yourself that if you get to next year you are actually going to go to all of your lectures, keep up to date with coursework and going to start studying by Week 10. You are in such a bad way that you nearly actually convince yourself that you are actually going to do it! Those promises are no good to you now, for the present you gotta make do with the time and notes you have. Try remember that they are only exams and they are not worth losing your sanity or your health.

Everyone finds exam time stressful. Some people can cope better with stress and stress

can make people act in strange ways. I would ask you guys to please look out for your mates over this time, make sure they are coping ok and not over working themselves. Make sure you look after yourselves and take lots of breaks and eat well. Not leaving time for this will be counter productive and leave you worse off in the long run. If your worried about a friend or feeling its all getting a bit much please get in contact with either Derek, your Welfare Officer (derek.daly@ul.ie), or Declan Ahern in the Counselling Office. They are more than happy just to have a chat with you and help you out. You can also check out [headsup.ie](http://headsup.ie) for some tips on dealing with your own stress or helping others deal with stress.

Well best of luck with the exams guys, have a great summer and I look forward to your return in September! Have a good one!

Run



Ruán, UISU President

# Postgrad News

**So here's the final "Postgrad News" of the semester, enjoy!**

## Elections

Monday, April 19 saw the first election for PSA President in a number of years with three candidates putting themselves forward for the job. Ryan Dan Comerford, David Morrin and Eadaoin Walsh ran great campaigns and congratulations to all their campaign teams and everyone involved. In the end it was Ryan Dan Comerford who won out and I would like to wish Ryan all the best over the next year and look forward working with you for handover in June.

## Events

The PSA is having a party on Thursday, April 29 in the Stables in aid of Oideachas San Afraic (OSA) an African development and educational charity set up by UL postgrad, David Morrissey. On the night we will have two bands, a DJ and a few surprises. It's the last Thursday bar-extension of the semester so come on down and give the semester a good send-off while helping a great cause. Tickets will be available from the door and should be no more than €3. Expect reggae & soul sounds to keep you bopping until the early hours of Friday.

This will be one of the last events of the semester but there will also be at least one if not two BBQ's during the summer months so keep an eye on [www.postgrads.ie/events](http://www.postgrads.ie/events) for more info.

We also held our first children's movie for the children of the postgraduate community, on Thursday, April 15; "the Secret of Kells" was screened in KBG12 with a crowd of over 50 people. It was a great success and I would like to thank Patricia Moriarty from the UL Arts Office for all her help.

## Tea Day

On the May 6, its National Alzheimer's Tea Day and the PSA will be hosting a tea-party in aid of the Alzheimer's Society of Ireland in the aptly decorated PSA Common Room. The PSA provides free tea and coffee throughout the year so it would be great if people could make an effort and give what you can on this particular day. After tea day the money collected will be presented to the charity along with the €2,000 raised from the PSA Annual Charity Ball.

## Thanks

As this will be my last ever "Postgrad News" I would like to thank you all for reading (assuming someone has actually read this) and Aoife Ni for including postgrad issues in An Focal. I would also like to thank the PSA Exec and everyone who has been involved throughout the year and wish the new President the very best of luck.

Slán,

Michael Bourke

## ULSU Nite@link

### Timetable for Academic Year 2009/10

#### Route A

19:00, 20:30, 22:00

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

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

Returns to UL  
 via Flag Pole Entrance

#### Route B

19:45, 21:15, 22:45

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

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

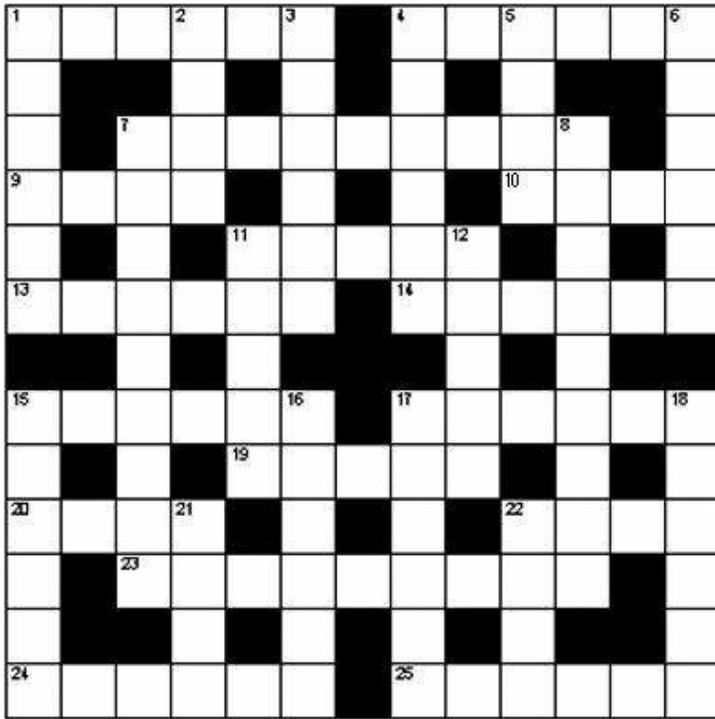
Returns to UL  
 via East Gate entrance

#### Route C 23.30 Only

Route A+B Stops on Request, Drop off only

**FUN PAGE**

**Crossword**



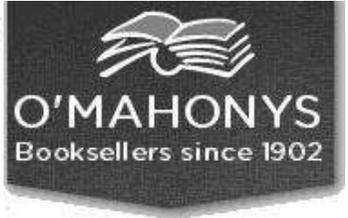
**Across**

- 1. Make
- 4. Persons who fly planes
- 7. A whole made up of different parts
- 9. In a short while
- 10. Celestial body
- 11. A fish
- 13. You, me and \_\_\_\_\_, film starring Owen Wilson
- 14. Quid \_\_\_\_\_, one thing for another
- 15. Stunts, mischief
- 17. Road
- 19. Emerge from an egg
- 20. Type of lettering
- 22. Tiny particle
- 23. \_\_\_\_\_ & me, film starring Julia Stiles
- 24. A whipped dessert
- 25. Vibration felt after an earthquake

**Down**

- 1. Hexed
- 2. Unknown author
- 3. Lands ruled by single authority
- 4. Exercise which strengthens arms
- 5. Many
- 6. Better sound than mono
- 7. Able
- 8. Rules of social etiquette
- 11. Educate
- 12. Opposite of lies
- 15. Declare to be true
- 16. Tester
- 17. Written version of a film or play
- 18. Disposition
- 21. \_\_\_\_ and that
- 22. Continuous dull pain

Sponsored by:



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

**An Focal Word of the Year "Cacography"**

**Bad spelling or bad handwriting.**  
 In its earliest form "cacography" meant "a bad system of spelling" rather than "incorrect spelling". Back then spelling was not standardised as it is now and so people did not worry about spelling a particular word correctly and people spelled words whatever way made sense to them.

**Sudoku**

Sponsored by:



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

**Instructions:**

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

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

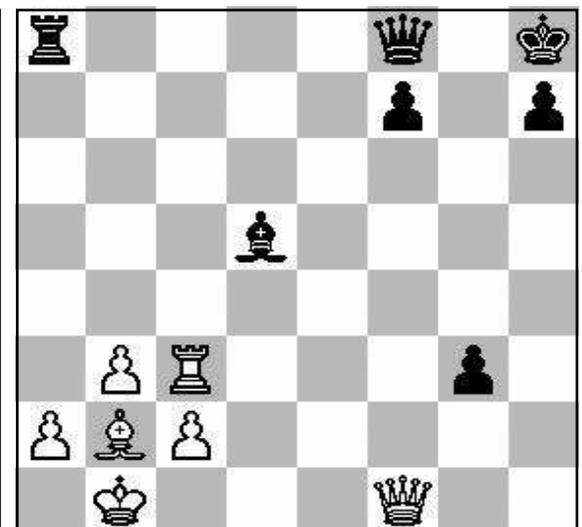
**In Numbers**

**0**  
 The amount of An Focal's left this year

**3000+**  
 The amount of fans on the ULSU Facebook page

**€21,000**  
 The total amount raised for charities this year

**22**  
 The difference in votes between new PSA President, Dan Comerford and his competitor, Dave Moran.



1. Rxxg3+ f6 2. Qxf6+ QxQf6 3. BxQf6++

Illustration: Amy Murphy

# Diary of a Co-Op Student

By Nicole Ní Ríordáin

**LABAS! Is it really almost the end of the semester in UL? Christ, time has flown! While it's a relief not to have exams this semester, my (still not started) Co-Op Report is starting to make me feel guilty... but I still have plenty of time for that, right?!**

I just arrived back in Vilnius after my fortnight at home, and I couldn't help thinking about when I arrived first, in January. Then, I was petrified. My first few days in Vilnius were so exciting, what with finding my way around and just getting used to being in a country where I didn't understand the language. The most basic things, like getting trolleybuses, buying groceries and finding my way home were major achievements, and each time I did something by myself for the first time I couldn't help feeling proud.

Now that exciting, culture shock feeling is

gone, and replaced with the kind of comfort you feel when you get into a routine. It's not a bad thing; it's great to feel at home here but I can't help missing the overwhelming feeling of my first few weeks. The natural high you get from being somewhere completely unlike what you're used to is definitely motivation enough to travel the world.

So to sum up Co-Op; so far it's been amazing. The work has given me so much to think about, I've met lovely people and got to try things I otherwise never would have. I think I'll really miss Lithuania when I leave especially as the weather here is absolutely gorgeous now. The last few weeks of my Co-Op are set to be the busiest yet, with lots of multicultural events happening at school, as well as trips to Barcelona and Druskininkai being planned. So, good luck to everyone doing exams, and visio gero!



## First Year Diary

By Amy Murphy

*WHAT do you mean it's the last issue of An Focal? I've been too busy trying to orchestrate the end of the year that I've forgotten that it's the end of the year. Worryingly, lecture attendance, study and course work have fallen down the priorities ladder.*

*The only things I have to comfort me are the parting words of my secondary school, English teacher. "It's not hard to get an 'A' in college if you stay in the library all day. But that's not what college is for." I can't believe, at this late stage of the year, I'm still quoting my secondary school teacher – that in itself, is a sign I'm not ready to be in second year!*

*I suppose all I can really hope for now is a productive study week. Though I also have to worry about the moving-out process and concluding matters*

*on campus before the blanket of inactivity that is the summer holidays befalls us all. Don't get indignant! I know most of you will work in the summer. But everybody knows that summer lounging is what we do when we're not working or being harassed by our parents to do house-work. Part of me is looking forward to it and another is disgusted by it!*

*So here begins the end of my very last first year diary. It'll be odd not having a regular column in An Focal next year. Stranger still will be the amount of people missing from campus. A warning I would give future freshers is not to befriend fourth years. Only one teaching week left. I feel I should have something momentous to say. Though goodbyes upset me, it's time. Bye bye!*

## Coronas Competition INEC, Killa me y, Saturday, May 1

Meteor award winners The Coronas, return to the INEC, Gleneagle, Killarney on Saturday, May 1. Hit singles include Decision Time, Grace, Don't Wait, Heroes Or Ghosts and San Diego Song, from their debut album, Heroes Or Ghosts, which spent over a year in the Irish charts. Their critically second album, Tony Was An Ex-Con, is on sale now.

Tickets to see The Coronas live in the INEC, Killarney on Saturday, May 1st cost €15 and are on sale now from the INEC Box Office

Tel 064 71555 or log onto [www.inec.ie](http://www.inec.ie)  
To be in with a chance of winning a pair of thickets to this gig, simply answer the following question...

**The Coronas new album is called?**

- Tony was an Ex-Con**
- Tony was an Ex-Husband**
- Tony was an Ex-Girlfriend**

## Scams, KTV and naked presentations!

By Diarmuid Lucey

**AS THE library fills with the worried look of stressed out students studying for the looming exams, I was left stranded by Chinese transport, averted a common Chinese scam, experienced the most popular Chinese entertainment and had to give a presentation to 200 college students on my own.**

One of the modes of transport in Beijing is the Tuk Tuk. It is a motorized version of the traditional rickshaw, a small three-wheeled cart operated by a single individual. Last weekend, as the stormy weather kept everyone in doors, we decided to take a Tuk Tuk to the supermarket. As the three of us squashed ourselves in, the driver stalled the engine. As the rain storm continued, the driver attempted to restart the engine several times. As the engine was now flooded with petrol, and the driver scared at losing his only fare, he attempted to push the Tuk Tuk in the storm with the three of us inside. Feeling quite sorry for the driver, we pushed the Tuk Tuk off the road and hailed a taxi.

As in any country China has developed its own infamous scam culture. Last week, we were in a shopping mall when we saw two young pretty women approach us. These two women were very interested in us and our adventures in China, but being Irish it is second nature to be over suspicious of friendliness. As if rehearsed they said they were art students and they wanted us to look at their paintings at a nearby gallery. Deciding that we had nothing to lose we walked with them, until we reached the entrance to a narrow looking staircase that was not for the public. The two women then urged us to go up the stair as their paintings were up there. However, at this

stage we had enough and just said we had a sudden dislike of anything artistic. If we had continued we would have been forced into buying elementary paintings for professional prices.

One major entertainment that is treasured by the Chinese is KTV, which is a Karaoke bar. I was invited by a few Chinese students to attend KTV. At KTV, the Chinese were fighting over the microphone and were giving it their all, while the foreign students were huddled in the corner petrified at singing. Apparently, KTV karaoke bar is the most popular form of night entertainment in China with a KTV in at least every town and city. Last Thursday was possibly my most terrifying day in China. All the foreign students discovered that, from last week onwards, they are to give a 40 minute presentation/lecture on an assigned topic to over 200 Chinese students. Consequently, Thursday was my day of panic and terror. I researched what I could and also spent all Wednesday reciting my presentation/lecture and second guessing what questions may be asked by students. I took a deep breath and then remembered some words of wisdom to keep myself calm; imagine they're all naked. So, for my presentation I imagined 200 naked Chinese students and I felt the lecture was a success. Glad its over though well, until two weeks time!

Before I wish my final farewell to you all, I would like you all to think of the disastrous 7.8 magnitude earthquake in Sichuan, North West China. To date, over 620 people have died and hundreds are still buried under rubble.

I'll leave you with a useful phrase: take care = baozhong.



University of Limerick  
Students Union  
Aontas na Mac Léinn  
Ollscoil Luimnigh

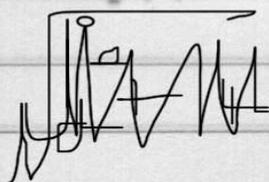
# exam checklist

## Do not leave for the exam without...

- ID Card (can't sit the exam without it!)
- Pens/Pencils/Eraser/Set Square
- Calculator/Dictionary/Texts allowed
- Bottle of Water

## In the exam hall you must...

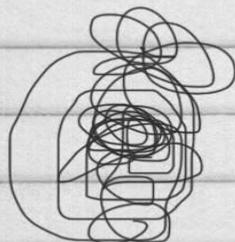
Eat breakfast/lunch before you go to your exam; you might not want to but you will need the energy. Your body will thank you.



Take everything off your desk apart from what you will be using to write with, your ID Card and any other essential materials (Calculators, Dictionaries, etc); Lucky Mascots etc have to stay in your bag.

Put your hand up and ask for roughwork paper before you start answering; its designed to allow you space to rough out your ideas without destroying your answer.

Read the ENTIRE paper before you start answering! There might be questions that suit you better further down the page. You may have to answer questions from different sections.



Do a Word-Dump on the roughwork paper. Write down all ideas concerning the question you're thinking of answering. You might know more than you think and as you write more information might come to you.

Don't rush through all short questions; with multiple choice questions be careful. Leave harder questions until the end. Take time saved on some questions and put it towards harder questions. Don't leave anything blank; attempt everything! You don't lose marks for trying and they all add up towards the total overall mark.

Use every minute of time you have; supervisors get paid if you leave early or last! Don't daydream. Answer your questions and have a read back over them at the end if you get a chance. Having a few minutes at the end to do this drastically increases your chances of spotting mistakes and increasing your marks!

Don't forget your ID Card! Every year people lose ten minutes off their exam (and a few quid from their pockets) because they have to go and get a new one issued from Student Academic Administration!

# Bronzed to Perfection!

By Emma Neilan

**WHEN this question is applied to the majority of young Irish women, the answer is typically a resounding “yes” interlaced with a distaste for the effort and cost associated with maintaining the trend.**

The pale, pasty, freckled complexion of the young Irish Cailín is now a thing of the past. Bronze is beautiful (apparently). Unfortunately, some girls take it too far and cake themselves in fake tan until they could be considered a possible relation of an Oompa Loompa. This is not a good look,

We have no doubt all been in that situation where hours of scrubbing and exfoliating has been the only option to banish that orange tang. The result: transformation from Oompa Loompa to red, raw lobster. The tanning disaster! Why do we do this to ourselves? Vanity. Plain and simple.

Don't get me wrong, I'm not taking any moral highground or trying to identify myself as outside of the trend. I will happily raise my hands and admit that I'm a tanorexic for purely trivial reasons. A tan is now part of the expected apparel for a night on the town. If you see a girl

who has taken the option of concealing her pins with some black tights, it's very likely this is for one of two reasons. Firstly, she couldn't be bothered because her legs are paler than Nicola Roberts' from Girls Aloud. Secondly, she has had a fake tanning disaster and wisely chosen to conceal the evidence. Also, many women like myself, take it to the extreme and bow to pressure, becoming part of the obsessed, select group who are defined by that permanent golden glow year round. The tanorexic is loosely defined as the psychological condition of an individual who has become obsessed with tanning.

Recently, I couldn't help but laugh at the sheer ridiculousness of a radio debate putting forward the topic that the tan fad was possibly dying out and maybe now it would be trendy to be “pale and interesting”. The tanorexic in me could never conceive of stepping outside my front door looking pale and derived that the only interesting thing about this would be the new found uniqueness attained as, let's face it, nearly everybody has a tan. Without tan you would be electively pale and therefore

outside the norm or electively weird. Tanning compulsion has become homogenous and is a signifier of young females' tendency to yield to social pressures and expectations regarding their appearance.

However, my present tanning method is persistently a current issue of heated debate in the media. A couple of years ago, I chose to abandon purchasing copious bottles of fake tan and instead elected to hit the sunbeds; a decision which exposed me to constant criticism from family, friends and even strangers. Their concerns are understandable. The use and operation of sunbeds has become so hugely controversial because of their connection with skin cancer risk. There have been many arguments and propositions posed to have their use banned for this reason. I doubt this will be a successful campaign. Cigarettes, like sunbeds, are scientifically linked to cancer and the considerable shortening of lifespan. Have cigarettes been successfully banned?

Although I may not agree with sunbeds being banned altogether I do support concerns raised in regard to their use and believe regulations

need to be far stricter. The current greatest cause for concern is the growing popularity of sunbeds amongst teenagers. They too have been heavily influenced by ideologies of female beauty such as those illustrated by glossy magazine covers adorned with female celebrities like Katie Price and Cheryl Cole, portraying the perfect tan. Appalling stories have been reported of young girls using sunbeds for their Holy Confirmation and even First Communion. This has forced the government to take action. Recently, the Oireachtas heeded to protests orchestrated by the Irish Cancer Society and passed legislation which will see the banning of the use of sunbeds by under 18's.

Further, any tanning facilities which provide unstaffed services or operations such as booths which run on coins will be banned. Rightly so. We need to protect children from themselves. But the question now remains as to what will help those of us free to use sun bed services yet unable to shake our tanning addiction. This is the dilemma of the tanorexic. Perhaps its time to hit the tan bottle again!



Eyjafjallajökull's recent eruption caused massive problems for air travel

# Cry wolf will you?

By Jill Franz

**THE Haitian earthquake which killed over 230,000 people and left over 700,000 homeless and reached a massive 7.2 on the Richter scale.**

That is barely one point below the Chilean earthquake of the following month, which reached a massive 8.8 on the Richter scale. It killed an estimated 452 people, left 800,000 homeless, 98 people missing and caused over €30 billion of damage. And that's before mentioning the recent earthquakes in Mexico, Turkey, China and last year in Italy. In Iceland, volcano Eyjafjallajökull (translated as island-mountains glacier) not only erupted for a second time in a month but continued to erupt, spewing “glass-like” ash that closed all airports in Finland, Britain, Ireland and some parts of Europe.

Along with this, a tsunami was forecast recently for Australia, Hawaii and nearly all of the countries in the Pacific as far as Russia. This was due to the Chilean earthquake. And here on our doorstep, not only did Ireland experience one of its coldest winters in 20 years but snow also fell in March.

Is it a case of cry wolf or has the time now come upon us to go running and screaming for the hills? It's like something out of The Day After

Tomorrow. Yet can we simply say it is a mere coincidence? That it is simply our own imaginations running riot? It doesn't take Albert Einstein to see that the seasons are changing; once upon a time, we had snowdrops in January and daffodils in March. Now snowdrops, which were once a symbol of the New Year, bloom in February and the daffodils which are famous for being a March flower bloom around the end of March or early April. We all know the tale of global warming and the hole in the ozone layer. But is that tale one that we are only beginning to fully understand and try to combat? Is it too late for us now? It is a well known fact that the polar ice-caps are melting and the sea levels are rising. But now, due to the recent Chilean earthquake, there is a new danger that Earth has moved 3cm off its axis and in true ripple effect form, has shortened our day by 1.26 microseconds. Are we still living in a movie? Or are the scare stories of climate change and '2012' simply horror stories for naughty children? Could there be the slightest shred of possibility there is some truth, no matter how small, behind it all? Like the goodnight stories which were read to us when we were small, did Peter really cry wolf?

# So long, and thanks for all the fish.

Aoife Ní Raghallaigh, Editor 2009/10

**I KNEW this day was coming. I've had weeks to prepare. So why I am so sad now that the final days of An Focal are here? A more perplexing question is, why am I so sad in the first place?**

Being the Editor of An Focal was like being the mother of a newborn baby; the sleepless nights, the constant worry, the fear of letting anyone else go near it. Despite all this, the idea that my baby is all grown up and ready to shack up with someone else (Finn McDuffie) has suddenly made me want to grip An Focal with two hands and never let go.

The last year has been unbelievable and, although I know this is a cliché, I can't believe how fast the year has gone. I can clearly remember handing in my nomination form (and we all know how well that went) and the ensuing week of craziness that it resulted in. I was never 100% sure that running for this position was the best thing to do. I didn't think I'd do a good job or that I'd regret running after a few months. I can now say that, although the Communications Office and I had our ups and downs, I haven't regretted the decision to put myself forward for the position once.

I have met so many amazing people and had some great experiences and I am so thankful for the students and the Students' Union for giving me this opportunity. Sure, I had my moments where I thought "what am I doing?", like the numerous weeks were I

didn't see my boyfriend for days on end because I was so busy. Did I mention we lived together? I also wouldn't like to relive the hours I spent staring at an article trying to decipher what exactly the writer is trying to say. I'm not criticising the writers in anyway but sometimes they are so eager to write on a subject that they forget to tell you what exactly they're writing about. For instance I might get an article that opens with "I stepped off the plane into the glorious sunshine to start my six month holiday. We quickly jumped on the bus to take us to our first destination" which left me screaming "But where are you?!" at the screen.

But before I start ranting I am going to start with my thanks because I'm guessing that's why most

people are reading this. Firstly I would like to thank the students. As I write this I am in shock as last night An Focal won its second ever SMedia Award. What makes this even more special is the fact that the award An Focal won, the People's Choice Award, is publically voted meaning that the reason we won is thanks to the students taking the time to vote. I am also very thankful to all the students who read An Focal each week. My job would be kind of pointless if nobody read the paper and I cannot describe the feeling I got when I saw someone reading An Focal or, better yet, talking about something they read in An Focal.

I would also like to thank the Sabbats; Ruán, Derek, Fergal and Aoife, for their support during the year. I truly appreciate them making the effort to always make sure I was ok and to offer a helping hand or an ear to rant when I needed one, even if the fact that they'd forgotten to submit an article was the reason I was stressed. In some ways I envied the other Sabbats. All our jobs were stressful but they didn't have to work to deadlines as strict and as constant as mine but now I realise that none of them have the opportunity to thank everyone who made this year as fantastic as it was in the same way I can. I would also like to thank the staff of the Union; Adele, Lucy, Glory, Roisín, Tomás, Paul, Lee and Mairéad because without their experience I would have been lost many a time. I'd like to give a special mention to Julieann, the Co-Op student, for keeping

me sane and cracking me up. I have to give huge thanks to all my writers and sub-editors because without them An Focal would be nothing. Although I can't thank all the writers individually I'd like to thank the sub-editors; Finn McDuffie for wanting to learn about the job, and for running for the position. Knowing I haven't put him off is always a good feeling. I am also extremely confident and proud to hand An Focal over to you. I'd like to thank Jason Kennedy for constantly abusing me and stopping my ego from inflating. Both Jason and Finn spent many an hour in my office during "An Focal weeks", the weeks when An Focal was put together. Not only did this keep me sane but they helped me out so much by providing me with advice, laughs and stomach turning videos. I'd like to thank Darragh Roche for his contribution to the Arts Section and for helping me to develop it this year. I would also like to express thanks to Tomás MacCarthy for taking a load off my shoulders with the Sports section. I don't know a thing about sport so to be able to give full control to Tomás and to never have to worry about it was such a relief.

Having writers and sub-editors will only take you so far so I would like to think everyone at Impression Print and Design for their work this year. I'd like to thank Paul, Kieran and Alan MacCourt for their support during the last year, and for never being afraid to tell me that something is just not a good idea. I also can't thank Cassandra Fanara enough for her work on the An Focal design. It never ceases to amaze me how she can decipher my vague instructions and make the newspaper look exactly like I imagine. I know nothing about designing a paper, or how to design anything, so it is completely thanks to Cassie that the paper comes out looking as good as it does each week.

As much as I will miss working as the Communications Officer, there are a few tasks that I won't miss. Aoife Breen, who held this position last year, told me that I would grow to loathe the words "Can you put this in An Focal?" I laughed politely, obviously having no idea what she was talking about. It's only this issue that I am really beginning to understand, but I also have another question that I detest; "Can you put this on the information screens?"

The reason these questions annoy me so much is because people expected the response to be "why yes of course I can. I'm not actually doing anything else at all right now so let me just grab my pen and do you up a lovely article/poster for you in a jiffy." In reality, I expected them to the work which wasn't as appealing.

The other drawback to these questions was that if someone posed one of these questions to me I would expect to receive a lovely article in a few days time. I would leave space for the article and it would inevitably never arrive and I would do my frantic "what do I put in that space" dance. Then I got smart and I wouldn't leave space for such articles which meant the article would arrive, all typed up with nowhere to go. It was a catch-22 situation and I never won.

At the end of the day, if those are my only complaints I think it's safe to say I had a great year. Actually I had the best year of my life. Nothing beats the feeling of waking up every morning and looking forward to going to work, and not being too annoyed about staying late because you're surrounded by your friends. I don't think anyone else, apart from the other Sabbats, can say the same thing. Over the next few years I hope you either stay involved in An Focal, or decide to get involved and who knows, this time next year you could be winning a SMedia Award. That's the best thing about the Students' Union; you never know where it will take you.

Before I go, I would like to make two special mentions (this is starting to read like an Oscars speech!); to Eoin Byrne in NUI Maynooth – thanks for being the only other Sabbat in the country who knew what I was going through and for always being there when I needed support or advice. You don't know how much that meant to me this year. To Brian Stewart – one word, because I promised; Buckfast.

Thanks again for giving me this opportunity and I hope you enjoyed it as much as I did.

Aoife Ní R



# STUDENT SPEAK

In the run up to the exams, **Jason Kennedy** takes to the Student Centre for the last time to see what the highlight was of your year.

"Experiencing our first Charity Week and mystery tour to Galway and, of course, the Stables."



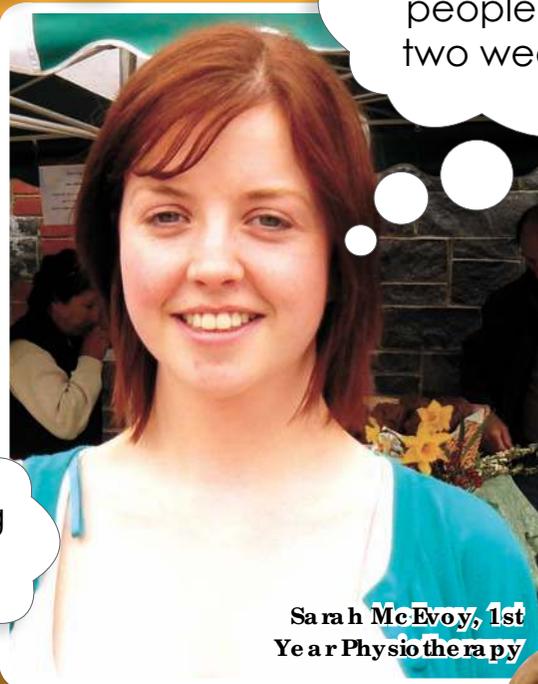
Jackie Beck, Josephine Dilara, Bethany Staruk  
Study Abroad Students

"Getting laid"



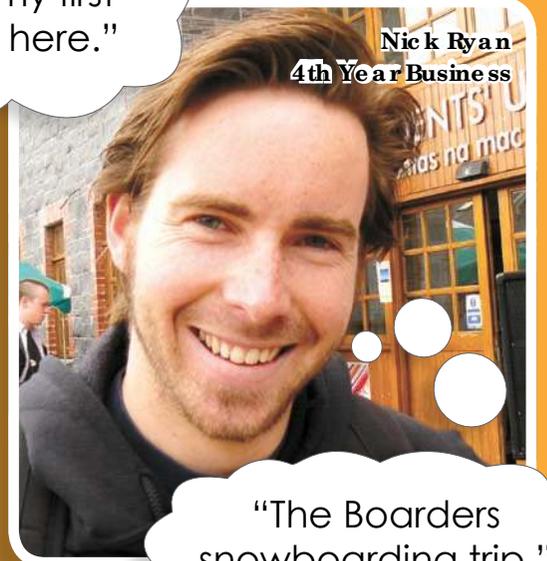
Michael Fitzgerald

"Getting to know people in my first two weeks here."



Sarah McEvoy, 1st Year Physiotherapy

Nick Ryan  
4th Year Business



"The Boarders snowboarding trip."

"Ray Foley during Charity Week"



Pat Kinevane

"Going to Pallaskey agricultural college because we get to go with our lecturer and his son."



Niamh James, Louise Bymes  
4th Year Science Education



# Ulsu Year in Review

# 2009/10





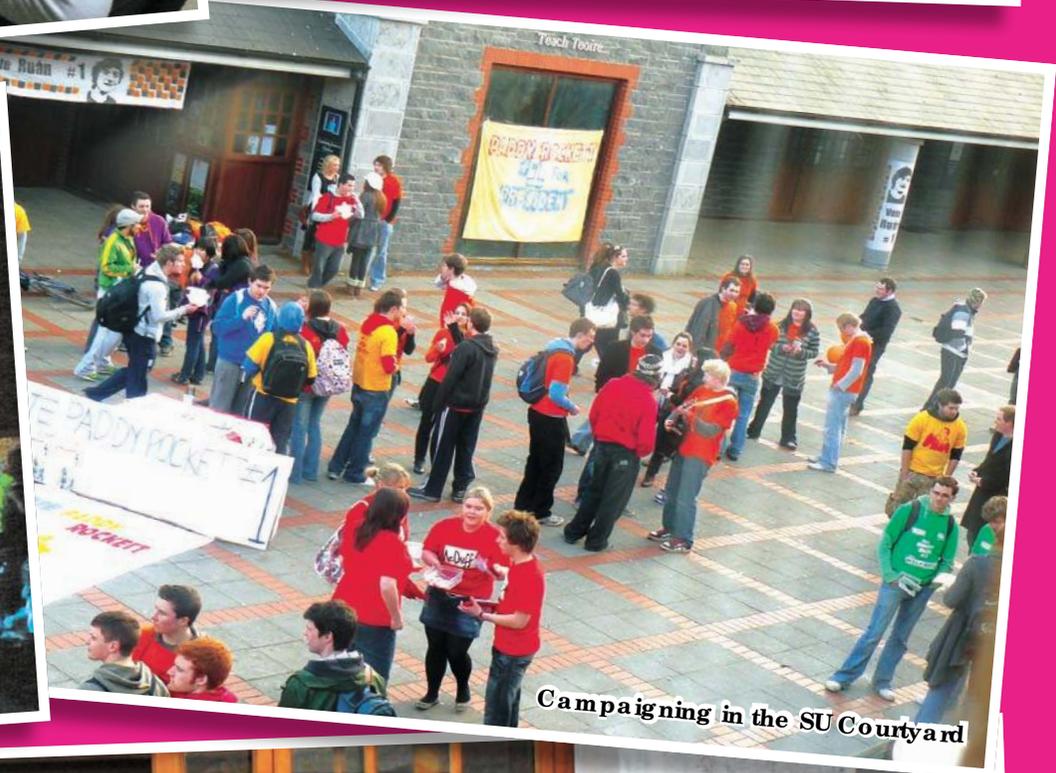
Discussing the news while dressed as a sperm



The pontoon falls victim to the flooding



Coronas on the Big Stage in the SU Courtyard for Charity Week



Campaigning in the SU Courtyard



Class Reps get ready for semester one training



Jedward meet the Heineken Cup for Special Olympics



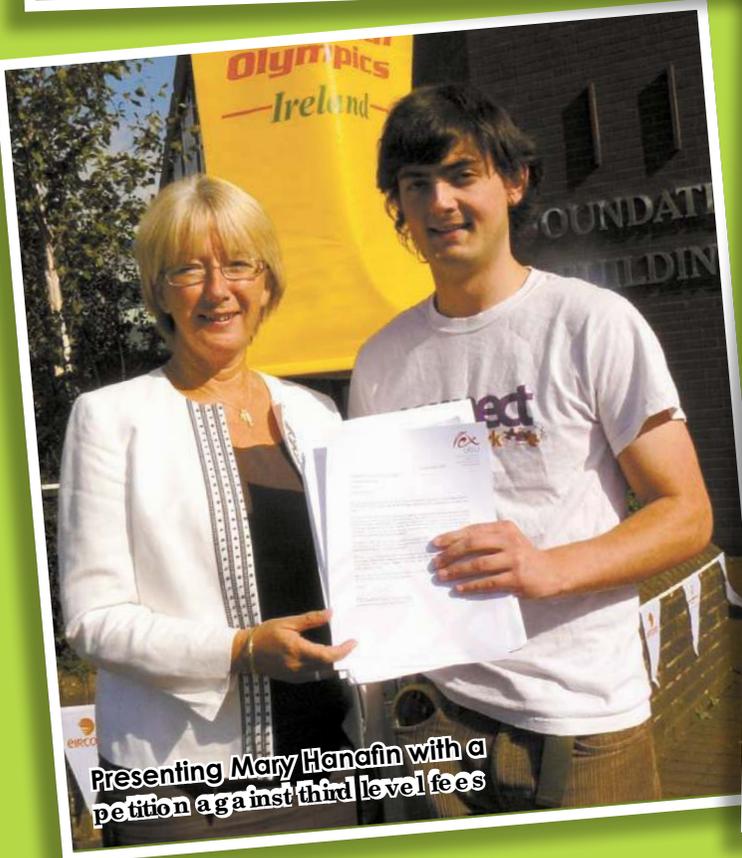
Promoting men's health with Movember



The Spinis supporting Special Olympics



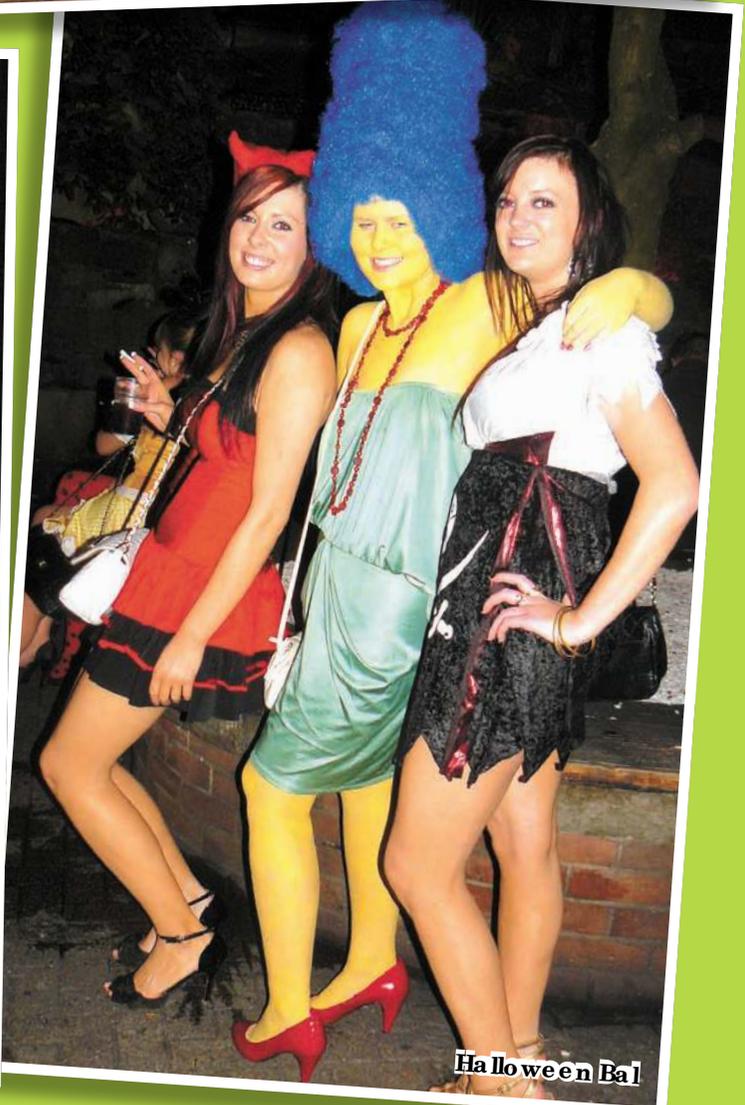
Boathouse Opening



Presenting Mary Hanafin with a petition against third level fees



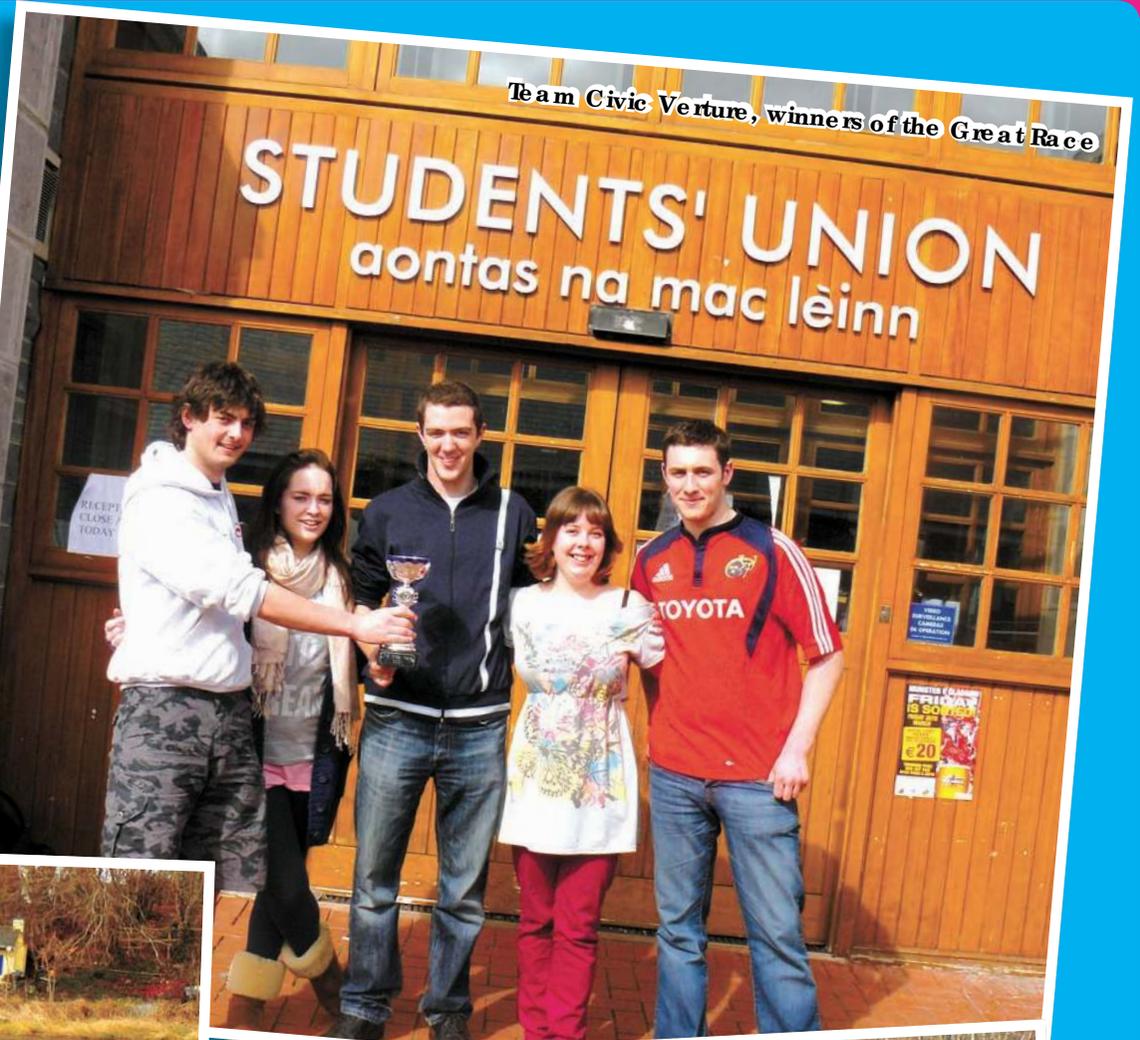
Bringing the Christmas Cheer



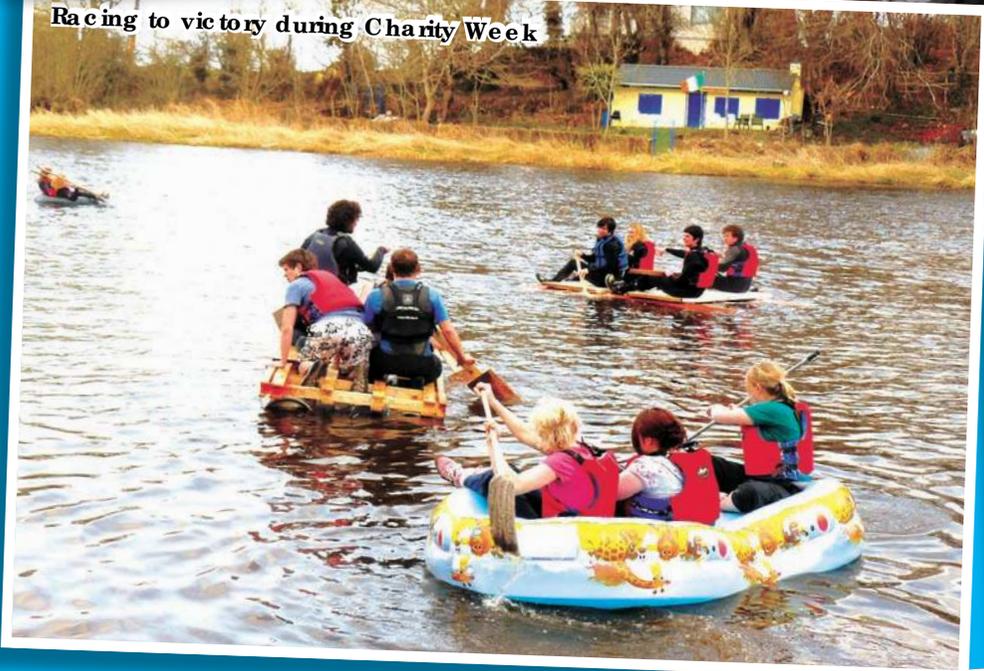
Halloween Bal



UISU President Ruán Dillon McLoughlin meets Colin Murphy



Team Civic Venture, winners of the Great Race



Racing to victory during Charity Week



Archery demonstrations for Haiti



Looking good at the PSA Ball



Enjoying the Halloween Ball

# Couch-Surfing for Erasmus

*Daniel Boros talks to An Focal about his 1,800 mile cycle across Europe this summer*

By Finn McDuffie – Features Editor

**GOOGLE Maps is a fascinating tool. It tells me that a trip from Limerick to Budapest is not possible by bicycle. But by car, it should take precisely one day and five hours, without a mention of ferry timetables, sleep or pee breaks.**

It seems the people at Google Maps are insanely optimistic petrol heads. Daniel Boros (28), on the other hand, is more realistic when he says his journey from Limerick to Budapest, Hungary will take him three weeks by bicycle.

Daniel is from Győr, Hungary and studies at ELTE University, Budapest. He came to UL in September on the Erasmus exchange programme and six months into his stay, decided he would cycle to Budapest in May. “I’m leaving from Limerick right after my exams,” he explains. “I will cycle to Dublin and take a ferry to the UK or to France. And I’ll cycle the rest, as far as Budapest.”

He admits his friends and family didn’t believe him at first. They think he’s “totally crazy” but have shown great support. Already, two Hungarian newspapers have

published his story and he says the general reaction has been positive.

UL has already shown its support by offering him a grant of half the price of the bicycle he intends to use. “The bike will cost €500. I will raise €250 and €250 will be paid by the Erasmus department here”.

He’s not cycling the 1800 miles on a whim. Daniel wishes to highlight the failings of the current financial set up for Erasmus students from Eastern Europe. “Erasmus grants are very bad for the people coming from to the Western side of Europe,” he says. “Everybody here in Western countries says the programme is an efficient system. But it doesn’t seem to be that way for people coming here from Europe’s Eastern states.”

Daniel believes students from these countries receive less support from the EU. “My problem is that our spending power is much less here. So the grant we get from the EU amounts to less than if we were to travel from West to East. I want to highlight this inequality.”

His journey will take him to Dublin, London, Paris, Stuttgart, Vienna and finally Budapest where he will

gather statistics on the Erasmus programme, the compilation and findings of which he will submit to his MEP and home government. As he travels he “will meet other students and get an overall picture of how they have experienced their Erasmus life.” Along with the information he intends to gather, Daniel will also make a short film about the Erasmus experience and life in UL and Hungary.

But when did he come up with the idea? “UL certainly inspired me,” he says. “The University is amazing. I’m surprised and struck that it’s not on the list of the very best Universities around the world, because it’s not just a beautiful place, but you have great minds here. And you can learn so many things.”

His journey will be a great adventure, yet he picks Dublin as the highlight. “It will be one of the most interesting places for me to see,” he says. “People in Ireland are really open to and supportive of projects such as this. It’s an outstanding fact about Ireland. I will collect funding along the way to support my trip and I’ll stop in the biggest cities to



collect ideas about Erasmus life.”

As he plans to travel based on the support he receives along the way, food and accommodation will be big issues for him. He says he will not have money to spend on accommodation. “I’ll buy a tent or use my relationships from the couch surfing site [www.couchsurfing.com]. It’s just amazing how kind couch surfing hosts can be,” he says.

Such dedication requires great energy. His enthusiasm, he says,

stems from his belief that it’s a very good idea to send people around Europe. He feels the Erasmus programme is both “outstanding and excellent” and “works well, in general”. But he also believes there’s a 10-20% band of Eastern European students who struggle financially.

Daniel is very hopeful about establishing a link between our Universities. He believes the ELTE-UL link would provide “a great summer exchange for students from both of our Universities.”

# The Wildlife Amendment Bill Lessons for Ireland

By Seán Carroll

**THE Green Party’s newly proposed legislation, the Wildlife Amendment Bill 2010, has sparked controversy in recent weeks. The Bill proposes to make deer-hunting with hounds illegal, but does not affect other pursuits such as fox hunting. Although this might seem a trivial ban, it has further implications for those affected by it.**

The Green Party has stated that its reason for introducing the Bill is “as much on the grounds of public safety as it is [...] animal welfare”. The Party has been met by opposition by pro-hunting groups such as RISE! (Rural Ireland Says Enough!). The group is self-admittedly supported by people who “value [a] distinctive and traditional way of life”. According to RISE!, the proposed

ban on stag hunting has no solid basis.

RISE! is a group that campaigns to mobilise public and political opinion in support of traditional field sports and rural pastimes. Its case against the Bill defends Stag hunting for a number of reasons. They purport that the ban indicates a possible ban on fox hunting in later years, as well as hare hunting and coursing and other field sports. According to RISE!, the Ward Union Stag Hunt (the biggest of its kind in Ireland) attracts over €1.4 million euro in spending power to the North-East region and if all hunting pastimes were outlawed over €100 million would be lost to the economy. This would be coupled with the mass culling of animals deemed redundant by their owners. The Ward Union Hunt has

an exemplary record of managing its herd of purebred, Irish Red Deer. This, in itself, is a unique ecological asset. If the ban on stag hunting were to be implemented, this important ecological asset would be lost. This is because the viability of herd management would dissipate and an entire heritage would be lost.

RISE! and the Ward Union Hunt, along with Government inspectors, ensure that deer-hunting is not cruel. Instead of banning the pastime altogether on the grounds of safety, RISE! would implement other safety measures if these were deemed necessary rather than ban the entire activity. What is unusual about the proposed ban is that overall, the protesters at Green Party conventions and Fianna Fáil conventions, have been mostly pro-

hunting supporters and not anti-hunting. The grounds the Green Party have given for the ban are due to three incidents involving stags and the public during previous hunts. The first incident occurred in 2008 when a pursued stag jumped into a school yard. The second involved a stag jumping in front of a car.

It subsequently had to be put down. The third concerned an incident where a stag jumped in front of a woman pushing a pram.

Anti-hunt supporters claim that while these stags are rarely captured and killed, that they have tremendous exhaustion and undue stress placed on them by these hunts.

The Ward Union disputes these claims, claiming the animals are treated humanely and are captured

and released. The indicates that when a stag is pursued in a hunt it will only be pursued once in a year.

In the UK, a similar ban on activities involving fox-hunting was banned. This was introduced in Scotland in 2002 and then England and Wales in 2005. But this didn’t make riding with a pack of hounds illegal. It concentrated solely on the hunting and killing of foxes. These hunts now use the hounds to follow an artificially laid trial over an area. Such a ban may not go down well in Ireland but this model indicates that maybe there are other ways to enjoy this pastime without actually hunting animals. Or it may just be the end of one pastime and the beginning of another. One thing’s for certain though; this isn’t the last we’ll hear on the issue.

# The Valleys of Neptune: A new experience from a dearly departed icon

By John Ryan

**THE rarely reconciled issue which an unreleased collection of songs raises for the avid music fan places him in a somewhat precarious position for often, the very novelty of uncovering new material from a dearly departed idol negates the elemental significance of professional production values.**

Happily, Legacy's final farewell to this messianic icon captures the unrefined genius of his earlier demos, presented with a clarity harking back to the heyday of eight-track recording and 12" vinyl. Recorded over a series of sessions following the astounding success of "Electric Ladyland", "The Valleys of Neptune" captures Jimi Hendrix fast approaching the pinnacle of his musical abilities, melding multi-modal melodies with a concision seldom recognized in this unpredictable master of the electric guitar.

The opening track "Stone Free" seduces the listener with its subtle and succinct groove, revealing itself as an expansive revision of an earlier classic from the band's adolescence. Mitchell discards the lunacy of his live performances here in favour of a thoroughly-measured beat, introducing an earthy tone to the trio's erstwhile electrified sound. Hendrix's sheepish suggestion, "I think it goes like this", heralds the band's heavily-syncopated yet soulful rendition of Elmore James' "Bleeding Heart". Redding's sinuous baselines slide to the forefront in this capacious cover, filling the would-be recesses with resplendent reels, providing a charming counterpoint to Hendrix's provocative improvisations.

"Hear my train'a coming" escapes the confines of its three-chord construction in its nigh-

euphoric refrain, in which guitar and vocal converge in the creation of a truly mesmeric harmony. Hauntingly elongated bends soar like seraphim above the stripped down twelve-bar blues of the back-up band, reaching near cosmic heights. Here, an incendiary spark

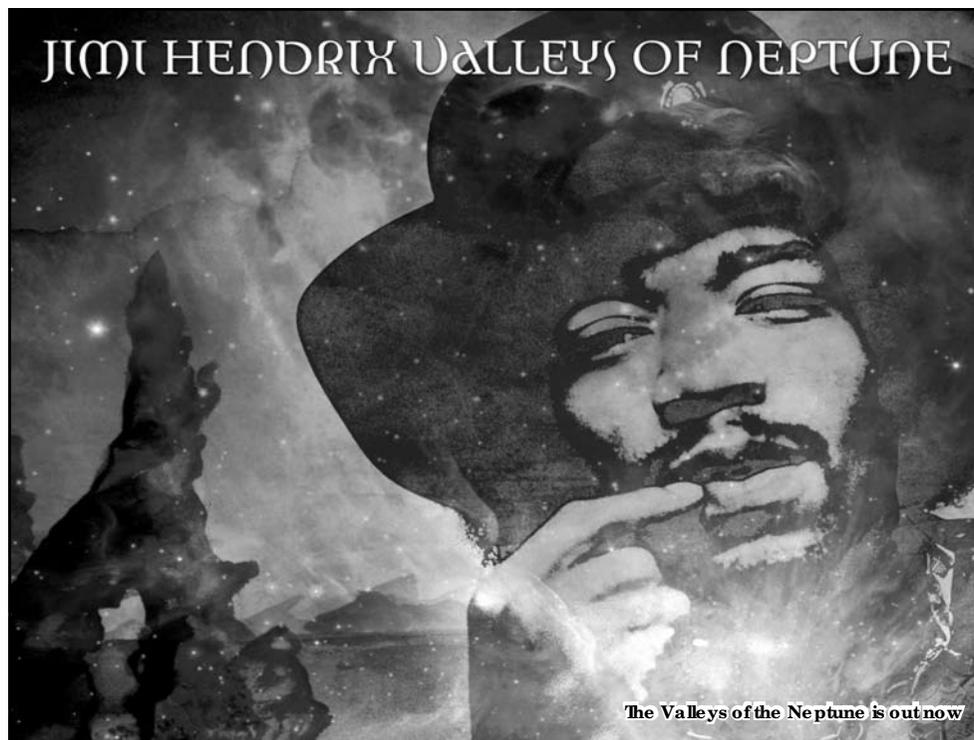
discernable sense of longing borne straight from the Louisiana bayou.

A perhaps over-indulgent instrumental cover of Cream's "Sunshine of your love" serves as the centrepiece in this incendiary collection. Nevertheless, the middle-eight evolves into

Further into the labyrinth, Lover man's sumptuous introductory solo acts almost as a supplementary vocal, anticipating and subsequently sewing up Hendrix's stuttering syllables. The wailing wah pedal so integral to this icon's legendary sound sweeps in here from the sidelines and adds an alluring depth to his already tactile tone. Hendrix's uncanny capacity to capture true emotion in his somnolent leads shines through on this elusive track, his guitar almost attaining a state of self-awareness in its fleeting flight through dissonant musical landscapes.

"Lullaby for the summer" emerges as an unforeseen highlight with its heavily-orchestrated guitars creating a veritable tapestry of tonal textures. Here, Mitchell's measured offbeat provides the foundation for Hendrix's symphonic deviations, enhancing the feverish frenzy which subsides beneath the surface of this inspired, psychedelic instrumental. Redding's rock steady bass strikes a melodious chord with his rhythmic compatriot, revealing an intuitive connection sadly lacking in the polished productions of modern day rock music.

Leaving aside the anticipated deprecations from the elitists, "The Valleys of Neptune" provides younger Hendrix fans with the rare opportunity of uncovering a concealed collection of songs from this pioneering and pivotal player. Here, unreleased renditions of recognisable classics such as "Fire" and "Red House" rail alongside incomparable gems like "Mr. Bad Luck" and the title track producing an album as accessible as it is original: a fitting tribute to an unforgettable figure in contemporary pop culture.



lays dormant beneath the grating feedback of the overdriven and oscillated guitar amps, savouring the brief respite before returning triumphantly to the forefront of this bewitching blues track. Consecutive plays accentuate a multi-dimensional aspect to the song's intermingling melodies, revealing a faintly

a veritable showcase of Redding's virtuosity with his sonorous bass runs creating a polyphonic plateau for Hendrix's expansive and electrifying lead riffs. The ringleader's serrated Strat slices effortlessly through the rhythm section's pulsating beat, forcing the listener to check his fringe for singed hair.

## Student becomes YouTube singing star

By Tomás McCarthy

**2nd YEAR Business student, Laura Moynihan, has taken YouTube by storm in recent weeks by covering some of her favourite songs. Though her popularity is nowhere near that of Susan Boyle or Crystal Swing, Moynihan's impact on YouTube is creating waves around UL and beyond.**

At the time of going to print Moynihan had accumulated 112 subscribers to her YouTube channel. Her cover of the Jay Sean featuring Lil Wayne song "Down", which was uploaded only a month ago, has been viewed over 13,600 times. Moynihan's version of Hero by Mariah Carey stands at around 12,000 views.

Also in Week 11, Moynihan was the twentieth most viewed Irish musician on YouTube. In an interview with An Focal, Laura admitted she was shocked with the reaction. "It's quiet strange but I'm very grateful to them."

Moynihan's musical journey began with singing lessons in school. She was also involved with shows in her local town of Killarney, Co. Kerry. Her idol is Beyoncé and she particularly likes her recent songs, such as "Halo". Moynihan's first video was uploaded nine months ago; a cover of the Snow Patrol hit "Run". She revealed how it all began. "I've always been singing at home

with my friends and stuff so I was always into music." She adds that her friends were full of encouragement for her to display her singing talents. "They were always at me to go for X-Factor and I was like, I'll put up a few videos for ye." As YouTube is open to a worldwide audience, videos can attract a certain amount of negativity in the comments section. Moynihan's videos are no different. In fact, there appears to be no middle ground. Posters are either complimenting Laura on her voice with comments such as "Stunning vocals" or leaving messages like "Hun, you're not very good; it's not nice to hear. Stop for

your own sake". This doesn't appear to rattle the Kerry woman in the slightest. "All my friends are really supportive so they help me through it." She also stated that the reaction around UL has been "really positive" with a number of students asking for photos with her during the Coronas' Charity week gig.

Whether you love her or hate her, Moynihan is set to continue uploading her videos. She admitted that an appearance on X-Factor may be a year or two away yet but it seems to be only a matter of time before this unassuming UL student takes her place in front of the judges.

**STRESSBUSTERS**

# What if I can't sit my exams and it's not my fault??

If a student is sick, bereaved or in poor mental health during exams, then the University can grant an I-Grade. I-Grade stands for "Incomplete Grade".

It has the effect of deferring a student's exam(s) or coursework, until the student is able to take it/them on, often until the repeat period the following August.

I-Grades are only given in severe circumstances, however this should not deter you from applying, if you feel you really need one. If you don't know how to go about applying for an I-Grade, read on...

**Illness:**

If you are ill and have been seen by your own GP, medical certs from that doctor must be presented to the UL Medical Centre for applications and approval. Alternatively, if you present at the Medical Centre with symptoms, your I-Grade application can be processed there. Once you appear there or contact the centre, the staff can talk you through the steps necessary in order to obtain an I-Grade. The

Medical Centre can be contacted on 061-202534.

**Mental Health:**

For mental health issues, contact Student Counselling on 061-202327. There is an application process, which can be explained to you on arrival/contact. I-Grades will not be given for exam-related stress, but for diagnosed mental health issues.

**Bereavement:**

For bereavements contact Fr. Koenraad Van Gucht. As with all I-Grade applications, there is a process, which Fr. Koenraad can talk you through. He can be contacted on Koenraad.vangucht@ul.ie or on 061- 202180 (on-campus) or 061- 330268 (off-campus). If you need advice or aren't sure who to contact, get in touch with the Education Officer, Aoife Finnerty, on sueducation@ul.ie and she'll answer any queries. Only apply for an I-Grade if you genuinely need one. Abuse of this system only makes it harder for genuine cases.

# The Famous 5 to avoid Failure:

**5. Eat a small meal before your exam**

It's very difficult to concentrate on an exam with no food in your system. According to all those Kellogg's ads a couple of years back, the children who had eaten breakfast had much better concentration than those who hadn't. So listen to the corporate propaganda (and some scientific studies!) and have a snack. For those of you who find it tough to eat because of nerves, try having very small amounts regularly.

**4. Check how long your exam is**

It sounds stupid but thinking you have more time than you have, happens to so many people each year. So be smart because there's a big difference between two hours and two and a half!

**3. Make sure you have your student ID card**

Each year, countless students are seen sprinting through the corridors of the Main Building in an attempt to make it to SAA and back before their exam starts. If you don't want an added layer of stress going into your exams, don't be one of them!

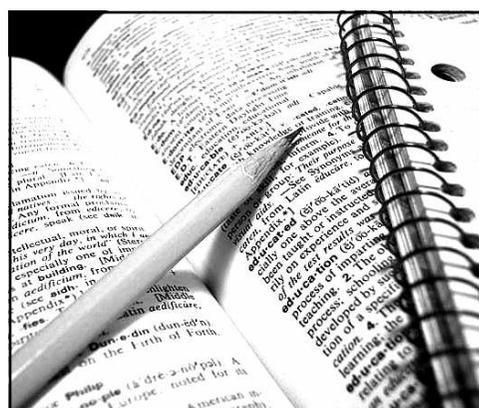
**2. Wash your hands**

Not only can it help you to avoid Swine Flu, but it can also help you to avoid an appearance

in front of the University Discipline Committee for breach of Academic Regulations (formerly Academic Cheating). Take a look at the photos and other articles for more information.

**1. Attempt everything**

Teachers said it in the Leaving Cert and it hasn't really changed all that much; you're a hell of a lot more likely to get marks for writing something than you will for a blank page! Even if you think you know nothing, you might know something. So if you're not as prepared as you thought you were, take a breath, think back and do your best to write something relevant. Even if you think you're waffling, you might be doing ok.



# The honest guide to studying

- 9.00 - Alarm goes off. Decide it's better to be well rested and go back to sleep.
- 12.00 - Wake up, shower and get dressed.
- 12.45 - Get breakfast/lunch/brunch because you can't study on an empty stomach.
- 13.25 - You're downstairs so you may as well watch Home & Away.
- 13.55 - Time to study!
- 14.00 - Clean your room because you can't study in a messy environment.
- 14.40 - You need snacks to sustain yourself so head to the shops before you start studying.
- 15.10 - Return from shops. Time to study!
- 15.15 - Organise notes by subject and topic. Colour code them for easy reference.
- 15.45 - Check email and Facebook.
- 15.55 - Check student email in case lecturer sent on any extra notes.
- 16.00 - Check Facebook again and chat with friend about how studying sucks.
- 16.20 - Time to study!
- 16.25 - Print off past exam papers for all subjects.
- 16.40 - Try and find pattern in past exam papers.
- 16.55 - Fail to find a pattern. Start doing exam question instead using colour coded notes.
- 17.45 - Start an exam question.
- 18.00 - Time for a break!
- 18.30 - Watch Home & Away in case you missed anything earlier.
- 19.00 - Time to study!
- 19.10 - You can't study without a timetable so you make one.
- 19.30 - Finish colour coded study timetable.
- 19.35 - Check email and Facebook. See roommate/neighbour/friend is online.
- 19.40 - Visit roommate/neighbour/friend to bitch about studying.
- 20.10 - Time to study!
- 20.15 - Complete two exam questions.
- 22.30 - You need an early night so you can study well tomorrow especially as you're going to do loads.
- 22.35 - Check email and Facebook quickly.
- 01.00 - Sign off Facebook and go to bed.



ADVICE BUREAU

# Welfare Corner

<Sina tra> Now, the end is near, and we face, the final curtain <Sina tra>

I can't believe it's the last issue already!! So let's work backwards.

I took a long overdue holiday last week. Was at the launch of the Presidents' Volunteer Award on Thursday Week 11, BICS awards on Wednesday night and did a lot of catching up during Wednesday as I had been out sick on Monday and Tuesday (I'm fine following a lot of Paracetamol as well as antibiotics and cough bottles).

I've been following up some accommodation queries, so again please call in if you have any. I'm working out a day in July and a day in August for the solicitor to have a look over leases. **DO NOT SIGN LEASES WITHOUT READING THEM.**

I hope to have some leaflets out to houses

during exams about renting for next year. The accommodation list won't be available before the middle of May.

I will be conducting a number of Grant Clinics as well as an Accommodation Drop-In during Week 13, 14 and 15, so if you need a break from exams and want to do something productive to make yourself feel better, then keep an eye out for notifications on Facebook and posters in the main areas of campus with times when we finally get a room confirmation (which I asked for in Week 11).

Finally....we have loads of biros and stress balls for you too, so make sure you drop in and pick one up before they're all gone, because when they're gone, they're gone!

# Ed's Education

How to get the most out of every minute

**Have you ever had the best of intentions when it came studying but didn't quite manage it? Or worse, totally tanked? Have you ever thought about why? Well I have, partly because I'm boring and partly because it's my job.. Essentially maximising every minute is about looking at the when, the how and the what.**

## When?

When is the best time to study? Well, I don't believe that 8.32am is more conducive to effective study than 2.54pm. However, I do believe that there is a "best time to study". That time is whatever time when you feel alert, awake, healthy and rested. It's the time when you're physically and mental ready so that could be 3 in the morning or 11 at night.

## How?

How should you study? The best way to study is the way that compliments your learning style the best. Have you ever wondered why it can take you 2hours to learn something but only 20mins when someone explains something for you? It could be because you learn better by learning, than you do by reading. There are a couple of quizzes you can do to figure out your learning style and you wouldn't believe the time you could save! So get figuring out.

## What?

What should you study? Unfortunately only you and your lecturer can answer that...

Good luck!

# Let's Talk About Sex Baby

## Annie Glyde-Dammes makes a triumphant return

Mobile phone; most people think of it as a useful technological advancement, a lifesaver, an accessory or a means of keeping tabs. I think of it as both Manna from Heaven and a pain in the ass when it comes to the world of sex.

Have you ever tried to talk dirty to somebody when they're right there, beside you, looking at you? Difficult, isn't it? Unless you're quite used to the person it can be ridiculously awkward and leave everyone concerned red-faced and feeling awkward and embarrassed. And so the advantages of mobile phones and to an extent Instant Messaging reveal themselves.

Think about it, it's certainly much easier to say all the very dirty things you'd like to say to someone by text rather than to his or her face, particularly if it's the first time that the two of you have taken your relationship to this new level. You didn't have to look him/her in the eye, he/she didn't see you turn an unmerciful shade of red and if it doesn't go

all that well it's much easier pretend none of it happened! Win-win situation as far I'm concerned.

But it's not just for the easily-embarrassed or those in new relationships that mobile phones can solve a host of problems, they can also be hugely helpful for those who are in a relationship that's just gone a little bit stale.

Yes, when you first got together all you did was spend your time together engaged in some sort of horizontal tango but now 6 or 9 months in, it's not quite as exciting or frequent.

Enter the mobile phone. Nothing makes me blush and gives me a buzz quite like getting a mischievous and dirty text (obviously from somebody I know and not a complete stranger - that's a little creepy).

Getting one means I know someone is thinking about me and that somebody wants me. It also means I can break up the dullness of a day and engage in just a little fantasy,

before I go visiting and engage in the real thing.

However with the good comes the bad and facing facts mobile phones can be the big-time bringers of bad. From constantly beeping and ringing during your time alone with a partner, to him or her actually answering the phone during sex because the call "was just so, so important", mobile phones are the physical manifestation of the word interruption.

It's illogical; why would you spend all day texting each other in anticipation of being together, if you were just going to let your phones get in the way of actually sharing that time together?

Take the advice of a girl who once had someone answer a phone-call midway through - turn the damn things off and deal with the outside world afterwards. Otherwise start looking for a virtual partner...

# Aoife's Contact Details

- Email:** Aoife.Finnerty@ul.ie  
sueducation@ul.ie
- Facebook:** <http://www.facebook.com>  
Search for ULSU Education Officer
- Website:** [www.ulsu.ie](http://www.ulsu.ie)
- Phone:** 061-213491  
086-0435302
- Office:** SU Building  
Turn right at reception  
Last Office on the left



# Anime and Manga Society becomes one of Ireland's greats

By Gearoid Harrhill



**“AND the award goes to...UL Anime and Manga Society”. These were the words that resounded within the minds of eight committee members, as a year's worth of hard work and dedication proved worthwhile. Anime and Manga Society had just won the award for Best New Society, in the National Society Awards 2010.**

On April 14, students representing three UL societies travelled to the Hodson Bay Hotel in Athlone to be interviewed and judged by the Board of Irish College Societies (BICS) for their respective categories, with Anime and Manga Society as one of four nominees for Best New Society. Following being outvoted in UL's own Clubs and Societies Awards, and after seeing the equally hard work done by the other nominees, DCU's Journalism Society, NUI Galway's Skeptic Society and DIT's Art & Design Society, we went with a humble attitude, not expecting to actually win, which then resulted in an even greater feeling when we actually were evaluated as being the best in the category.

The adjudicators had nothing but positive feedback from our interview

and portfolio, commending in particular our great enthusiasm, organisation, strong community sense among our membership and the committee's devotion and work put into our society.

During the interviews, presentations and evening function, which included a meal and a live performance by Transmitter, we made excellent new contacts and friends of other societies, especially among our fellow nominees and the nominees of Best New Society in smaller colleges. The DCU Anime and Manga Society have also asked us to appear on a special guest panel at their annual convention EirtaKon, and that was before we even won.

We are very proud to be able to bring the BICS award back for the University and for ourselves. We would like to thank everyone who has supported us and our society in the last fourteen months, especially Paul Lee and our entire ever-growing membership body, without whom we never would have succeeded in our goal to establish a strong and successful society based on such a niche interest.

We are running events to finish off our first fantastic year as a society and we really hope you'll join us. Firstly we are running a nostalgic table quiz, focusing on movies, TV, games and more from the 1980s and '90s, on Wednesday April 21 at 7.30pm in the Sports Bar. We are then hosting an Anime Sleepover on the April 23 in the Students' Union starting at

6pm and going on all night. We'll be showing a variety of anime movies including some nostalgic movies. We advise anyone attending to please bring sleeping bags, PJs, pillows, food and anything else you would bring to a sleepover. For something more unusual we are running a scavenger hunt/orienteering event on Monday the April 26. You'll be given a list of items, places and people to find all around campus and there are prizes to be won for those who finish the fastest!

It starts at 12pm in the Common Room where you'll be given the clue list of what you and your group have to find. Finally we'll be running our annual Gothic and Lolita Picnic on Tuesday April 27. During this time we will also be holding a bakesale in aid of a charity close to our hearts. The location of this has yet to be determined but it will begin at 12pm, running until 6p. After this we will all be heading over to the Kemmy Business School for a special final anime screening. Feel free to show up at the allotted times, and please email us at [ulanimesoc@gmail.com](mailto:ulanimesoc@gmail.com) if you have any questions.

Winning this national award in our maiden year, and meeting so many other great and inspiring societies from across the country, has shown us that with hard work and perseverance our society can reach whatever goal we set for ourselves, and we intend to only go forward from here in the future of the Anime and Manga Society.

# UL Softball all takes Dublin, IV League Crown

**THE closing leg of the Intervarsity softball season at UL saw the UL Softball Club fight UCD for the league title. The perfectly sunny weekend played host to many games and fantastic plays. After all was said and done, sunburned faces from both clubs walked away with hardware.**

The UL 55's staved off a strong showing from the UCD Wildcats, and played the UL alumni Originals for the Cup, giving the UCD Wildcats the Plate. The UL DT's played as well as possible, but fell short by 3 to the UCD Kittens, giving

the Kittens the Bowl. Defeating the UCD Wildcats won UL Softball the Intervarsity League title for the fifth year in a row.

The weekend before the Intervarsity tournament at UL, a combination team of UL 55's, DT's, and the UL alumni team competed in the Softball Ireland Start of Season Blitz for summer clubs. Taking the Dublin clubs by storm, the UL combination team, minus the National Team players, won the competition in its first appearance in the blitz. The club now looks to defend the Intervarsity League title in the autumn.



The 55's Captain, Gar Fitzmaurice, and the Club President, Maeve Bourke

# Parkour comes to UL

By Róisín Healy

**ATTENTION to all those ladies and gentlemen who are looking for an exciting new hobby or a different way to get fit; Parkour has finally hit UL. Parkour UL (PKUL) is a new club which will be open to membership next semester and promises members will enjoy every minute of the sessions.**

Parkour is a sport for people of all fitness levels and involves learning to overcome obstacles and move your body efficiently, according to club chairperson Conor Hurley. “Parkour is the art of movement, your ability to get yourself from A to B with as much efficiency and fluid motion as

possible,” Conor said. “It involves a lot of different techniques, some of these are as simple as running, crawling and climbing, but you can get some more athletic ones such as like vaulting, jumping or rolling.”

Parkour originated in France and involves combining elements of gymnastics, athletics, fitness and creativity, and using this knowledge to move around an indoor or outdoor environment. “The main attraction of Parkour is the liberating feeling you get from it I think. You are totally fluid when you are overcoming obstacles; it is a total feeling of freedom,” Conor said. Conor has

been involved in the sport for five years and assures those interested that it is an easy skill to learn.

“The progression will be a very personal thing but you will be led along step-by-step through the base movements and you should be able to add variations to those yourself as you progress,” according to Conor. “People will get to a base level of ability very quickly and it is all about maintaining that to safely progress to bigger things.”

Despite an increase in awareness of the sport in Ireland in recent years, colleges around the country have been slow to set up official clubs.

“There is a bigger scene in Ireland at the moment but it hasn't really broken into the college community just yet. People still don't know what Parkour is. We want to promote the sport in the best light possible. There is a good, fun spirit to the sport.”

While Conor was quick to emphasize that Parkour is a sport for every one of different levels of fitness and ability, he said that getting fit definitely improves one's Parkour capabilities.

The chairperson hopes to have two Parkour training sessions a week as well as facilitating at least one conditioning training session. “It is

something you can supplement with other training as well”

The PKUL committee is comprised of Chairperson Conor Hurley, Treasurer Christoph Welz and Secretary Cormac Powell. PKUL can be contacted at [ulparkour@gmail.com](mailto:ulparkour@gmail.com) and has a group on Facebook which shows pictures of the committee members practicing the sport. The group also has discussion pages so that potential members can have an input into the club; the club are currently looking for a logo.

The PKUL club appears promising and is definitely worth checking out next semester!

# Spain set to deliver again?

By Liam Toghher

**ONLY 45 days to kick-off in South Africa! Of course it's disappointing that Ireland didn't get there, especially when you think of how we were denied qualification, but that's consigned to history. Let's look forward to what will be a 31-day feast of top-class international football. OK, I might be getting a little too excitable considering that there will be games such as Slovenia v Algeria, Chile v Honduras and Slovakia v New Zealand, but the 2010 FIFA World Cup should still be a tournament to remember. If it's anywhere near as exciting as Euro 2008, a treat is in store.**

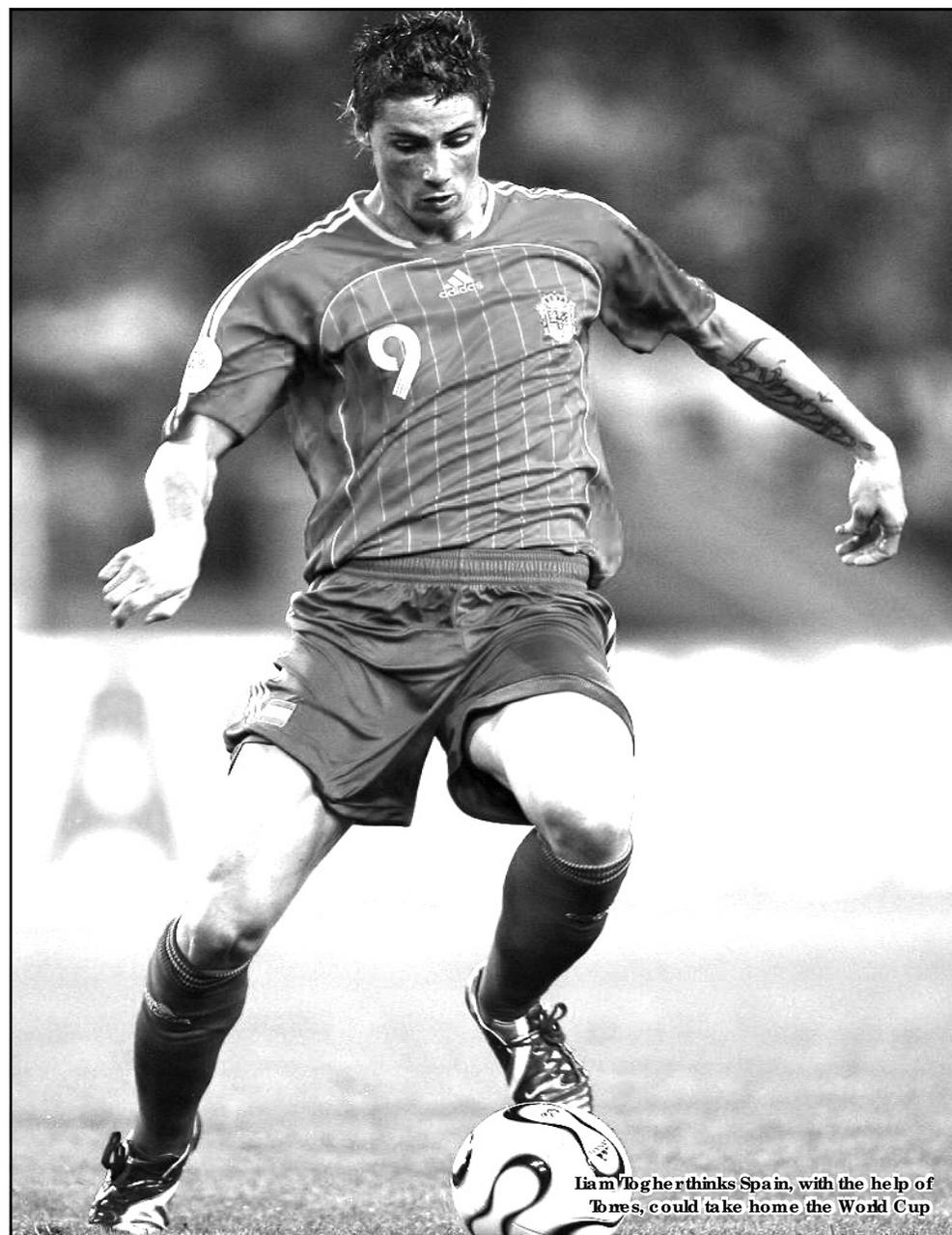
Firstly, let's deal with the teams whose stay at the finals will be a rather sobering one. New Zealand, North Korea, Algeria and Honduras should brace themselves for some almighty thrashings. France, many of you will be glad to know, will make hard work of getting through a straightforward group and be found out in the knockout rounds. South Africa is arguably the weakest host team of all time and may not even get to the last 16. Holders Italy have tailed off dramatically since winning the 2006 finals and could easily be sent packing by an under-rated side like Denmark. The African representation is hardly awe-inspiring while the South American teams, with the exception of Brazil, will be gone home by the quarter-finals. Even the Brazilians will be hard pushed to get past that particular stage.

I fancy history to be made by the World Cup being won for the first time by a European side outside of Europe. Germany has a happy knack of getting it right on the big occasion and their attacking resources are at their strongest in years. However, when it comes to the business end of the tournament they may well be undone by their inexperienced defence, something you don't normally associate with German teams. England, as ever, go into a World Cup

surrounded by hype and hysteria, but this time the expectation may be justified. Fabio Capello has launched the type of rescue effort which the Irish economy could do with in turning a motley crew of playboys into a cohesive and motivated unit. I don't think they'll win it out but with Wayne Rooney and Frank Lampard in flying form they can easily get to the semi-finals.

Not many people tout Netherlands as potential tournament winners but this Dutch team stands an excellent chance of reaching the final. They have an abundance of talent in Robin Van Persie, Wesley Sneijder, Dirk Kuyt, Arjen Robben and Rafael van der Vaart, and also the defensive solidity to allow for such forward luxuries. Bert van Marwijk is also an inspirational manager who generates undying respect from players and the Dutch team ethic has rarely been better. However, I'm going to put my reputation on the line by tipping Spain for victory. People laughed at me when I backed them for Euro 2008 but I had the last laugh on that occasion. Since then they have gone from strength to strength and, if you're still not convinced, take one look through their (hopefully injury-free) squad – Iker Casillas, Sergio Ramos, Carles Puyol, Cesc Fabregas, Xabi Alonso, Xavi, Andres Iniesta, David Silva, David Villa. Oh, and Fernando Torres. Only two teams have ever held the World and European titles at the same time. That could well be three come 12 July 2010.

That's just my view of what to expect from a tournament that is bound to get everyone talking for the months of June and July. As much as I enjoy watching the Premier League and Champions League, there is nothing more special than the World Cup. Ireland's turn will come in 2014. For now, let's just enjoy every minute of what will be a wonderfully entertaining four weeks of football.



Liam Toghher thinks Spain, with the help of Torres, could take home the World Cup



## UL Poker Society back in action

**THE UL Poker Society is back and after a highly successful opening night is looking forward to big things next semester! The newly reborn society met recently in the Sports Bar for its first major event, the UL Poker Championship.**

The event attracted close to 70 players, each competing for a prize pool of almost €700.

There was free food provided by the Sports Bar and a buy one get one free drinks voucher for every player, which added to the banter of the evening.

After a quick AGM, in which five committee members were elected, the event got underway.

As the night went on the players were whittled down to the final eight, each receiving a cash prize. However Declan Meaney and Luke Fitzgerald were the winners on the night deciding to split first and second prize to pocket €170 each.

The success of the event is a hint of bigger things to come next semester.

Next year we want to focus more on making the poker society feel more like a "society" and promote a larger social side to the club. Everyone's welcome including beginners and non students.

We plan to host a poker night most weeks with a bigger

championship tournament once a semester where the winner will be presented with a silver UL Poker Soc bracelet or a mini WSOP tournament of our own. There are also plans to a poker mystery tour and a large charity event.

The Society also hopes to go on a few trips and get a couple of professional poker players to come in and give some tips on how to improve your game.

If you want to be kept up to date on any upcoming events join our group on Facebook; UL Poker Society or by e-mailing [ulpokersoc@gmail.com](mailto:ulpokersoc@gmail.com).

# An Focal Sport

## Great Ireland XI



Shay Given gets a coveted place on An Focal Sport's Greatest Team

Profiles by Stephen Kelly

### Shay Given

"He's one of those players that want 100 caps and a pat on the back for it." The scumbag! You know Given must be a popular player when Roy Keane's aforementioned insult is probably the worst ever aimed at him.

### Denis Irwin

Irwin was one of those players described as underrated so often that he wasn't actually underrated at all. His technical excellence meant he was equally comfortable on the left or the right.

### Paul McGrath

In the 1992/93 season McGrath's knees were so bad that his training regime solely consisted of 20 minutes daily on an exercise bike (possibly to sweat out the previous night's badness). He ended the season being named PFA Player of the Year. His most famous performance for Ireland came when he neutralised the legendary Roberto Baggio in the 1-0 win over Italy at USA 94.

### Kevin Moran

Can you imagine Colm Cooper going on to represent Ireland at Euro 2018? Nah, me neither. It's pretty safe to say we'll never see anyone like Moran, a two-time All-Ireland winner with Dublin, again. It's undoubtedly a better claim to fame than his "first player to be sent off in an FA Cup final" status in the UK.

### Steve Staunton

Good to see that Stanton's disastrous managerial spell hasn't tarnished memories of him too much. Staunton began his career as one of the most attacking fullbacks in English football and although he gradually became the ultimate route-one, hoof-merchant, he was always solid defensively.

### Ray Houghton

Not the most talented player we've ever had but it's hard to argue against the inclusion of the guy who scored the winning goal in probably our two most famous ever victories. Unless you think his god-awful co-commentary displays should disqualify him, that is.

### Roy Keane

Opinions on Keane range from national hero to subhuman psychopath. Love him or loathe him, it's impossible to deny that he was one of the finest midfield destroyers of his generation. He was our player of the tournament at USA 94 and he dragged the team into the 2002 tournament with some superb individual performances. We all know what happened then, but he's an obvious inclusion regardless.

### Johnny Giles

I can't think of a player in the modern game that even remotely resembles Giles. He was like a cross between Xavi Hernandez and Vinnie Jones.

Both quarterback and linebacker. He was a truly gifted player so cut him some slack while he bluffs his way through a discussion about the merits of the Slovakia and Honduras squads in the RTE studio this June.

### Liam Brady

Arguably Ireland's most technically gifted player ever. Unfortunately he was the antithesis of the typical Jack Charlton player and never produced his best form for his country as a result. It's a national scandal that he never represented Ireland in a major championship.

### Robbie Keane

Keane's goalscoring record for Ireland is simply phenomenal. Sure, Givens and Stapleton would have racked up a lot more goals if they'd had the luxury of playing against teams like San Marino and Liechtenstein, but their records against the biggest teams pale in comparison to Keane's. Now if only he could develop a decent celebration to go with the goals.

### Niall Quinn

It seems quite hard to warm to Quinn as a person. Not sure why but Keane's "Mother Theresa" jibe somehow fits. However there's no doubting his ability as a player. The "good feet for a big man" cliché has never been more apt. He should have been at his peak during USA 94 when he was 27, but a cruciate injury forced him to sit out the tournament.

# Premier League Awards

## 2009-2010

### Alan Keane

#### Team of the season:

Heurelho Gomes (Spurs)  
Branislav Ivanovic (Chelsea)  
Richard Dunne (Aston Villa)  
Thomas Vermaelen (Arsenal)  
Gareth Bale (Spurs)  
James Milner (Aston Villa)  
Frank Lampard (Chelsea)  
Cesc Fabregas (Arsenal)  
Florent Malouda (Chelsea)  
Wayne Rooney (Man Utd)  
Bobby Zamora (Fulham)

#### Player of the season:

Wayne Rooney (Man United)

#### Young player of the season:

Ashley Young (Aston Villa)

#### Manager of the season:

Alex McLeish (Birmingham)

#### Goal of the season:

Danny Rose for Spurs vs Arsenal!

#### Worst player: Alberto Aquilani!

**Biggest disappointment:** Aston Villa failing to keep pace with the big boys.

#### Surprise package:

Gareth Bale's dramatic improvement.

### Tommy Crean

#### Team of the season:

Brad Friedel (Aston Villa)  
Glen Johnson (Liverpool)  
Richard Dunne (Aston Villa)  
Thomas Vermaelen (Arsenal)  
Patrice Evra (Man United)  
Frank Lampard (Chelsea)  
James Milner (Aston Villa)  
Cesc Fabregas (Arsenal)  
Florent Malouda (Chelsea)  
Carlos Tevez (Man City)  
Wayne Rooney (Man United)

#### Player of the season:

Wayne Rooney (Man United)

#### Young player of the season:

Joe Hart (Birmingham)

#### Manager of the season:

Roy Hodgson/Alex McLeish

#### Goal of the season:

Figueroa (Wigan) v Stoke

#### Worst player: Brian Jensen (Burnley)

is a joke of a keeper.

**Biggest disappointment:** Portsmouth's off the field problems shows how clubs are being run beyond their capabilities. Hopefully not more to come...

**Surprise package:** Birmingham bringing themselves into near Europa League territory.

### Enda Dowling

#### Team of the season:

Joe Hart (Birmingham)  
Richard Dunne (Aston Villa)  
Thomas Vermaelen (Arsenal)  
Patrice Evra (Man Utd)  
James Milner (Aston Villa)  
Frank Lampard (Chelsea)  
Cesc Fabregas (Arsenal)  
Florent Malouda (Chelsea)  
Darren Bent (Sunderland)  
Didier Drogba (Chelsea)  
Wayne Rooney (Man Utd)

#### Player of the season:

Wayne Rooney (Man Utd)

#### Young player of the season:

James Milner (Aston Villa)

#### Manager of the season:

Alex McLeish (Birmingham)

#### Goal of the season:

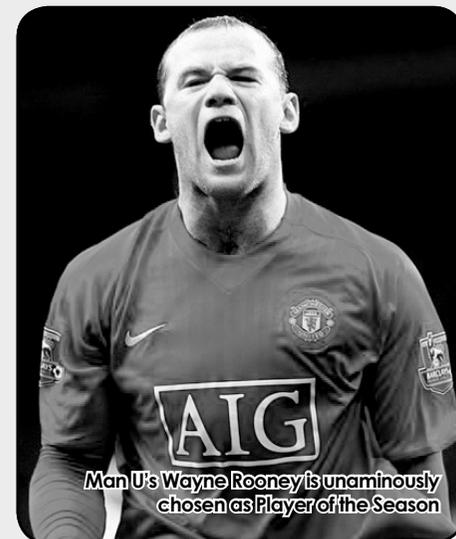
Figueroa (Wigan v Stoke)

#### Worst player: Clarke Carlisle (Burnley)...

With three or four more appearances Gary Neville would have walked it though!

**Biggest disappointment:** Former West Ham striker Dean Ashton admitting he may never be able to run again just three weeks after his 26th birthday.

**Surprise package:** Birmingham.



Man U's Wayne Rooney is unanimously chosen as Player of the Season

# Ladies Rugby IV 2010 - Group games

## Bourke hails team effort

By James Enright & Tomás McCarthy - Sports Editor

### UL v UCC

UL opened their intervarsity campaign with a victory against rivals UCC on the UL Bowl on Wednesday April 7. UCC ran the UL Ladies close in the league final only weeks beforehand with extra time needed to separate the teams. This made UL's 21-0 triumph all the more surprising. Full back Ashling Hutchings claimed two tries with winger Maria Moran also crossing the line. All three tries were converted to give the hosts an ideal start to the tournament.

### UL v NUIG

UL then ensured their progress to the Division One final with a merited ten point victory over of NUIG at the Bowl on Wednesday, April 7. The spring sunshine spelled a welcome end to the previous week of gloom and inspired a sense of carefree abandon in the play of the UL girls. None more so than Ashling Hutchings who again underlined her value to the home side with a brace of tries scored from distance. UL got the perfect start when stealing a lineout on the NUIG 22 on five minutes. Claire Keohane sprayed the ball out wide to Sarah Jane Cody. She drew a tackle and passed to winger Maria Moran who skipped round the defensive cover to run in under the posts. This

enabled UL to dictate the game's tempo and NUIG were struggling to contain the home side's offensive threat. UL crossed the try line but failed to ground the ball, being held up by a resolute NUIG defence.

On 18 minutes, a scrum on the NUIG 10-metre line provided an ideal platform for attack. UL obliged; a break and excellent offload by Michelle Barry teeing up Hutchings to accelerate to the try line. Cody added the extras to give UL a commanding 12-0 half time lead. Liz Cronin's lineouts were consistently finding their target and secured constant possession for UL's strike runners. A slick passing move from such a lineout early in the second half reaped try number three.

Ailish Toner's delivery got her backs moving with quick possession and when the ball found its way to Hutchings on the wing there was only going to be one outcome. Gill Bourke's troops were in control at 17-0.

This stung the Galway girls to life and good work from Hannah Smith and Fiona Cantwell deep in the UL 22 led to referee Pat O'Carroll penalising UL for coming in off their feet. Carol Staunton crashed over the line from the resulting penalty and Alison Nolan's difficult conversion added a deserved respectability to the score in this even and enjoyable contest.

### UL v DCU

UL completed their group games with a rout against DCU in the Thursday morning sunshine at the Bowl. Although DCU improved from their league showing earlier in the year, life in Division One is proving a massive learning curve for them.

Within minutes UL pressure on the DCU line resulted in Sarah Jane Cody running in under the posts. This was followed soon after by an Ashling Hutchings try which was set up by Claire Keohane. Hutchings was in again just before half time after one of her trademark mazy runs from halfway unlocked the DCU defence. Sarah Jane Cody converted all three tries to leave UL 21-0 up at the break.

The game changed little in the second period. After a Keohane break was held up on the try line scrum half Ailish Toner scored in the corner from the resulting scrum.

Toner added another try minutes later finishing off after Fiona Reidy broke clear. Ashling Hutchings then completed a magical hat trick once again jinking her way around numerous DCU players to get in under the posts. Sarah Jane Cody converted two of the second half tries leaving UL with a 40-0 triumph.

By Tomás McCarthy - Sports Editor

A PROUD UL Ladies Rugby Coach Gillian Bourke was full of praise for her squad in the aftermath of their convincing intervarsity win over NUIG at the UL bowl. She was keen to stress the importance of not just the impressive individual displays but of each panel member. "Every single player contributed something to the team. I know we had one or two players that stood out but it took the whole 22 of them and our extended squad of 27 to actually get through the varsities and to win. So yeah I'm very proud of them".

Bourke also admitted that it was a bit of relief that NUIG upset UCC earlier in the day to book their place in the final. "It was a bit of a shock this morning. We were hoping it would be NUIG because just from past matches with UCC they have been very tough. We have always had the edge over NUIG and we were hoping it would be them but I was still very shocked when it did happen". Despite this she did pay tribute to the Galway girls for putting up a defiant display. "At the end of the day they did put

*"They have come on in leaps and bounds purely because they have all put in the effort."*

up a very tough performance and it wasn't an easy victory. We had a few bounces that went our way."

Why are UL so far ahead of their competition in Division 1 though? Bourke has her own verdict on the situation. "I think a lot of it has to do with a lot of the college girls here being involved with outside clubs. It's very hard to coach a load of new girls who have just started in college and don't have a bit of experience around them whereas we have a good few girls who are involved with Bohs, Tralee, Clonmel.

They are getting extra coaching there as well so it helps then when you have that experience to bring on younger girls". The coach has witnessed this experience rub off on the other members of the squad. "They are not the same team that was there before Christmas. They have come on in leaps and bounds purely because they have all put in the effort and started learning off the more experienced players".

With all that experience, a great team ethic and a fine coach in Bourke it may take a while for UCC, NUIG and the rest to wrestle the varsity crown from UL's grasp.



NUIG were defeated by UL at the recent intervarsities

# Don't look back in anger

## - Highs and lows 2009/10

By Tomás McCarthy - Sports Editor

Here are some of the events that hit the headlines in this season's UL sporting calendar.

### HIGHS

#### Colours Rugby lights up Thomond

On February 24 the home of Munster rugby played host to the annual O'Brien Cup contest between UL and LIT. The game proved a worthy advertisement for third level rugby. In a tight contest Johnny Crowley's second half try settled the game as UL ran out 11-6 winners.

#### O'Driscoll seals Ladies Soccer triumph

Kacey O'Driscoll struck late at Turners Cross in the intervarsity final to secure a 2-1 win for UL over UCD. This capped another double winning season for this talented bunch of ladies.

#### Ladies rugby far too strong

Marshalled by Captain Fiona Reidy the UL Ladies Rugby Team completed yet another double. They were made work hard for their league success against UCC in Thurles, triumphing after extra time. Hosting and winning the intervarsities put the icing on the cake.

#### UL Vikings conquer Shamrock Bowl

The UL Vikings American Football team claimed the Shamrock Bowl at the start of the college year. They began their defence of the title in recent weeks defeating UCD Sentinels.

#### Handball success

Deirdre Donoghue and Damien Healy were among the winners at the Intersvarsities in January which were held in Cavan.

#### Late late Varley show

In the first round of the Sigerson against Carlow IT things were looking decidedly shaky for Cian O'Neill's men. Mayo man Enda Varley stood up with a last gasp point with his left to edge UL through by a point.

#### World Cup sailing

In October the UL sailing club set off for Marseille for the Student Yachting World Cup. UL finished in tenth position and the experience will stand to them in future years. UL were represented by UL were represented by Cian Gallagher, Darragh O'Connor, Katie Tingle, Rachel Cronin, Conor Martin, Billy Clarke, Pa Hegarty, John Blake and Kevin Stellard.

#### Skydive on pitch one

Skydive UL successfully completed their first ever jumps onto the UL pitches during the spring semester.

#### Fresher ladies football

This team accounted for a 9-16 to 0-0 win over St Pats in the league showing early signs of their promise. After beating NUIG in the league final the Donaghy Cup was claimed against Mary I. They were superbly led by Tipperary forward Edith Carroll.

#### Revenge is sweet for UL hurlers

In the biggest GAA game held in UL for three years the home side avenged the 2009 final defeat at the hands of UCC in the Fitzgibbon Cup quarter final. Willie Ryan was the scoring hero but Ryan O'Dwyer, Martin Walsh and Seamus Hickey also starred in this victory.

#### OPC clean up at awards night

The Outdoor Pursuits Club won no less than four awards at the recent Clubs and Societies awards night. They claimed the Best Club prize, the Best Club event for their trip to Glendalough, Keith O'Neill won Best Club Person and Cillian Burke was honoured with the Jason Hackett Award.

#### Stunning goals

No shortage of candidates here. Think of Seamus O'Shea's blockbuster against UCC in the football league on pitch one. For the UL Ladies Soccer Karen Duggan's thirty yard strike against IT Sligo is a worthy contender. John O'Leary also finished off an exquisite team move for the men's soccer against CSN.

#### Eagles soar in Superleague

The renamed UL Eagles men's Superleague team can reflect on a successful campaign this season. They topped the Southern Conference before losing out to Killester in the SuperLeague Playoffs Final.

### LOWS

#### Fitzgibbon heartbreak

After entering the Fitzgibbon weekend second favourites behind LIT, Ger Cunningham's side were toppled by WIT in the semi finals on a dramatic day at Dangan. Timmy Hammersley scored 1-13 as Colm Bonnar's men advanced to the decider against NUIG.

#### Pitch imperfect

The standard of the UL pitches affected the quality of many games this season. To see skilful players in particular, struggle to hold their footing or trying to evade pools of water was a shocking sight. The astro turf surface is also not suitable for many of the clubs' needs. UL in many ways are victims

of their own success. With participation levels rising, the number of teams requiring pitches has increased immeasurably but this still doesn't excuse the dangerous conditions witnessed in 2009-10.

#### Lights out

Several leading figures in UL sporting expressed their disappointment with the lack of floodlighting. The UL football team in particular saw their plans curtailed by this failing. After pressure from the Students' Union, adequate floodlighting is set to form part of the University's future plans for the pitches.

#### Sigerson disappointment

After edging out Carlow IT in the first round UL fell to Athlone IT on pitch one the following week. An injury hit home side couldn't match the scoring power of Raymond Galligan and John Reynolds. The fact that Athlone advanced to the Sigerson weekend shows that UL may not be too far away from a breakthrough.

#### Falling at the finals weekend

The UL men's soccer team were left frustrated at the Collingwood, Harding and

Crowley cups as UCD claimed a clean sweep of titles. The ladies football team also left the O'Connor Cup weekend empty handed after losing to UUI.

#### Where is the support?

With a few exceptions matches on the UL pitches have been poorly attended this season.

It appears that friends of the players involved are not even turning up. Bear in mind that all matches are free of charge.

More marketing is required of games and an online resource is also needed to display all the upcoming fixtures. Ladies football matches and camogie games should also be played before big senior hurling and football games. These small changes could make a big difference.

#### Below par matches

Candidates for this award include the Fresher B hurling quarter final between UCC and UL played with an arctic breeze sweeping across pitch one.

The double header of Fresher league football between UL and WIT during semester one turned into mud wrestling with only 12 scores registered in the A match.



Kacey O'Driscoll of UL Ladies Soccer with teammates

# UL sports stars of the season

By Tomás McCarthy & Liam Toghher

## Áine Lyng (Camogie)

The Sports Science student led by example at the Ashbourne Cup weekend in CIT with a staggering scoring tally of 4-11 in two games. Lyng also wears the blue and white jersey of Waterford with pride and her scoring prowess will continue to attract the headlines in future years.

## Claire Keohane

### (Ladies rugby & ladies football)

After All Ireland success on both the football and rugby fields, this season has treated Cork woman Keohane very kindly. The first year Physiotherapy student operated at inside centre on the ladies rugby double winning team while also starring in the forward division as the fresher ladies football team claimed every prize on offer.

## Daragh O'Connor (Sailing)

In December O'Connor claimed the coveted Marissa Clarke Trophy after successfully winning the Irish Team Racing Associations Random Pairs National Title. He became the first UL student to achieve this remarkable feat.

## Ashling Hutchings

### (Ladies rugby)

It was another vintage year for UL Ladies' Rugby with the team retaining their intervarsity and league titles, and Hutchings was the pick of the bunch. To stand out in such a renowned team is the hallmark of a truly magnificent player and the full-back is worthy of such recognition. Throughout the league she chipped

in with her fair share of tries as UL racked up some extraordinary scores (62-0 against DCU, anyone?). She scored a crucial try in the 26-17 win over UCC that secured the league title and touched down no fewer than eleven times in just four games during the recent intervarsities, a tournament she lit up with her massive potential. We're bound to hear a lot more of Ashling Hutchings in the future.

## Julie Ann Russell

### (Ladies soccer)

The immensely talented Russell terrorised defences all season for the UL ladies on the right side of a three pronged attack. She was instrumental to the league and varsity double success in the goal scoring department. This included a hat trick against DCU at the varsities. The Salthill Devon player has also forced her way into the plans of Noel King's international plans.

## Pat Hayden & Cathal Phelan

### (Ultimate Frisbee)

One of UL's newest clubs Ultimate Frisbee is going from strength to strength. In March two members of the club, Pat Hayden and Cathal Phelan, were named in the Irish under 19 squad for the World Junior Ultimate Championships.

## Honourable mentions:

Daniel Clinton (Soccer), Sabrina Larkin (Camogie), Cillian Kennedy (Rugby), Karen Duggan (Ladies soccer), Maria Moran (Ladies rugby), Richie Cummins (Hurling), Aoife Herbert (Ladies soccer), Sharon Brosnan (Skydive), Enda Varley (Gaelic football).

# You can quote me on that

Liam Toghher compiles the best quotes of the year

## "Shut your f\*\*\*in mouth!"

McGrath gets the Sports Writers' year off to a friendly start whilst debating with Kevin Mac during our first meeting back in September.

## "Ha ha, you support Wolves!"

Alan O'Sullivan wastes no time in responding to three Wolves fans who taunted Nani for straying offside during the Man Utd-Wolves match in the Carling Cup.

## "It's all right for you, McCarthy, getting the gravy train down to Waterford!"

No stranger to a classic quote, Kevin Mac has a bone to pick with the Sports Editor.

## "I must get my Flake out first."

Despite the rain battering many a Sports Writer on Pitch 1 (as always), I chose to get some chocolate into me before grabbing my umbrella to shelter the lads.

## "Just aim for the fire alarm, Tommy."

Eoin King gives Crean some sound advice during the darts challenge in the sports bar. No 180s on this occasion, I'm afraid.

## "I'll just say Meath won."

Dan Bridge comes up with a convenient way of disguising how little attention he was paying to a UL football game on Pitch 1. No prizes for identifying his native county.

## "Let's hit the showers, people!"

Mark Connolly delivers a side-splitting end to a Sports Writers' meeting in February. A fine way to announce his return to the team

## "He's approaching 40 all right, but from which direction?"

While watching AC Milan v Man Utd in the Stables, a few lads ponder the age of Clarence Seedorf. Unbelievably he's only 33.

## "See you next week on Top Gear!"

Tommy Crean sells himself to two passing NUI Galway students shortly after pulling an insane stunt in his car while driving through the college. Sadly it has now been eight weeks and Tommy has still to make an appearance on the show.

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

Alan Keane is fierce critical of my handling of the quotes section. Unfortunately Keane had a knack of producing noteworthy quotes within the vicinity of this ever-alert correspondent, who takes no guilt in promptly noting them down.

Final words to the Sports Editor himself...

## "Unbelievable scenes!"

The legend that is Tomás McCarthy sums up the semester, the year and the entirety of his memories of An Focal Sport since autumn 2006. Here's to many more unbelievable scenes in the years ahead!



Backrow: Mark Connolly, Liam Toghher, Enda Dowling. Front Row: Tomás McCarthy (Sports Editor), Alan Keane, Tommy Crean

# Toghher's Top 20:

## ... memories of An Focal Sport 2009-10

By Liam Toghher

1. The Fitzgibbon weekend in NUIG, despite UL's semi-final disappointment.
2. The colours match at Thomond Park.
3. An audience with George Hook on Newstalk.
4. The 5-a-side tournament.
5. Taking on the darts club in a challenge game.
6. UL Ladies' Rugby once again sweeping all that came before them.
7. UL Ladies' Soccer doing the exact same.
8. An Focal Sport Mastermind (which I won!).
9. Mossy getting ringside passes to the Andy Lee fight at the Arena in November.
10. Our first meeting of the spring semester during the UL - Carlow IT match in the Sigerson Cup - no fewer than seven of us braving the January cold.
11. Getting the drenching of a lifetime on Pitch 1, particularly for the UL - St. Pat's hurling match.
12. The stress ball fight between Tommy and Dan in the SU Common Room!
13. Inebriated students gatecrashing our meeting during Charity Week and starting a rugby match in the Common Room.
14. Ber Angley crediting the production assistant for one of his videos as 'Tommy Cream'.
15. Celebrating Robbie Keane's goal against France in the Stables.
16. The look on Mossy's face when he realised just how many Sports Writers we had for the year.
17. Kevin Mc keeping the quotes section ticking over nicely.
18. Two of my finest umbrellas coming a cropper up against the ever-atrocious conditions on Pitch 1.
19. McGrath's Rumour Mill! Our Editor wonders how he escapes trouble every fortnight.
20. Eoin King getting the score wrong at the UL v Garda game!

# Who Are Ya?

Compiled by Tomás McCarthy – Sports Editor

## The Basic

**Name:** Claire Keohane.

**Age:** 18.

**UL Clubs:** Ladies rugby and ladies football.

**County:** Cork.

**Position:** Forward in the football, out in the back line for the rugby (even though all the girls know I fancy myself as a bit of a 2nd row! ).

## Sporting Heroes:

Why Ashling Hutchings of course!

**Biggest sporting achievement:** Winning an All-Ireland with my club at home. I appreciate my other ones too but there's something special about club. Playing for the college and winning has been an unbelievable year and of course

on a serious note my biggest sporting achievement to date has to be pucking around with Kenny Murf! What an honour!

**Best thing about the club:** Good clean fun!  
Worst thing about the club: Missing tackles. There's absolutely no worse feeling!

## Fa v o u r i t e s

**Food:** Anything from Mammy's kitchen.

**Drink:** Robinsons Orange and Mango.

None of that Mi Wadi crap!

Cold milk is also lovely!

**Song:** Right now Biffy Clyro – Many of Horrors but anything we can belt out from Cody's dodge song book.

**Jersey:** After serious consideration I'll have to go with my Larry's Lounge and Nar one! It's a classic!

## Take Your Pic k

**Lodge or Trinity Rooms:** Lodge without a doubt! Can't beat a lap of the Lodge!

**Dunphy or Giles:** Neither. They both bug me nut if I had to choose I'd go Giles.

**Tea or coffee:** Not a fan of either but tea to be sociable.

**Simpsons or Family Guy:** Simpsons for sure!

## Four to Finish

**Describe yourself in 3 words:** Not very tall.

**Who will win the 2010 World Cup?** France just so we can give out forever more. I could see USA swinging it. This is their year!

**Best chat-up line you've heard:** We heard a good quality one last week. "Are you a train? Cos you're on rail!"

**What will you be when you grow up?** Hopefully really good at my job and really happy doing it. What that actually ends up being I've yet to discover.



Claire Keohane

# RIP Stuart Robbins 1977-2010

By Tommy Crean

**THERE** was great shock expressed in UL sporting circles two weeks ago with the sudden death of Stuart Robbins. He passed away during the night at the Basketball Intervarsities in Galway, where he had been coaching the college side. His death has brought complete shock and disbelief to the Irish basketball community.

Stuart was the UL Eagles' big Welsh talisman, standing at 6' 10" with a larger than life personality to match. At 33 he was in the later years of a professional career which spanned the world, playing in Britain, Australia and Europe. He had played for German side Bayern

Munich before joining the Eagles.

Stuart was regarded as a real leader in the team and his great sense of humour made him extremely popular with his teammates, supporters and with children especially. He coached in several local schools and was well regarded at a national level.

We offer our deepest sympathies to his parents, Des and Jayne, and his sister Claire at this difficult time. We also extend our condolences to all friends of Stuart who have been affected by his untimely death. A memorial service in Stuart's memory was held at Milford Church in Week 11.



Stuart Robbins 1977 - 2010

# UL Sports Round Up

By Tomás McCarthy – Sports Editor

## Basketball IV

This year's basketball intervarsities were held at the Kingfisher complex at NUIG on April 9-11. The UL women's team made the "A" final after defeating DCU 68-65 in the semis. In the final they faced up to UCC. Despite a good contribution from Fiona Scally with 17 points UCC triumphed 85-61. Niamh Dwyer won the MVP award after firing 32 points for the Cork outfit. The UL men's team struggled in the "A" category, falling at the group stages. They defeated WIT 61-35 but subsequently went down narrowly to DCU 47-40. The competition was eventually won by NUIG.

## Spin Southwest Race Day

There was anger among a lot of UL students as to the organisation of the Spin Southwest Race Day on Tuesday of Week 11. Queues of 200 to 300 students were reportedly waiting on buses to take them to Limerick race course. This resulted in students either seeking refunds, not attending or taking taxis. One taxi journey to the course amounted to €33. The Spin Southwest Race Day is a special race meeting at Limerick race course that caters for UL, Mary I and LIT students.

## Special Olympics

The Special Olympics Ireland games take place in UL this summer from June 9 to June 13. Further details are available on [www.specialolympics.ie](http://www.specialolympics.ie)

## UL Bohemians

The UL Bohs have been relegated to Division 1B of the AIB All Ireland league after finishing the season at the bottom of Division 1A. Recent defeats to Cork Con and Blackrock confirmed their relegation.

## Rowing

The UL rowing team competed at the intervarsities in Skibereen Co. Cork on April 10-11. The team comprised of Brian O'Keefe, Martin McKeon, Brendan O'Sullivan, Carolyn Power, Brian Conroy, Mic Barrett, Liam Cronin, Gerard Cronin and Cathal Dolphin.

## Facebook

A big thank you to the 200 plus fans we currently have on the An Focal Sport Facebook and we encourage more people to join us before the college year concludes.

# Sports Writers Diary

By Tomás McCarthy - Sports Editor

## 3 April

Dubious goals galore at Old Trafford with Ancellotti maintaining his remarkable record at the Theatre of Dreams.

## 4 April

The National Hurling League needs a serious revamp after the final is decided with one round of fixtures still to go.

## 5 April

A late night is required to finish a flash animation project which I was glad to get out of the way. It was no masterpiece!

## 6 April

All hail King Lionel! It really didn't matter what Arsenal did tonight because Messi led them on a merry dance.

## 7 April

The buzz of the Champions League returns to The Stables and after the game a lengthy post mortem takes place as to where United went wrong. Two Sports Writers were spotted doing a bit of karaoke on the night also!

## 8 April

The Sports Editor goes for outsider Lucas Glover (odds of 125/1) to do well at The Masters. I do like to watch golf but have only played nine holes in my lifetime so I don't claim to be an expert! Ask Conor McGrath for tips in the future! A great day at the Bowl for the Ladies Rugby team who continue to annihilate all before them!

## 9 April

The beginning of a serious weekend of sport. Our loyal Leinster fan base in An Focal Sport (two writers in particular!) express their delight after their Heineken quarter final.

## 10 April

What a day for Tony McCoy, Munster rugby, Connacht rugby and for soccer fans who savour El Classico!

## 11 April

A tense day for the promotion and relegation places in the National Football league with the Sports Editor watching Waterford claim a long overdue promotion to Division 3. Also my outside bet for The Masters doesn't quite come off!

## 12 April

Glorious sunshine in UL with footballs, sliothars and frisbees being fired all over the place! The summer starts here!

## 13 April

Another smashing day as UL becomes like Cheltenham for the Spin Race Day. Tommy gets a tip for Slapper in the 5.55 and turns out to be a winner!

## 14 April

My last ever Sports Writers meeting takes place in the SU Common Room. Mike starts off a big round of applause with nearly all of the other people present joining in!

## 15 April

The Sports Writers gather together for the team photo in the glorious sunshine. Aoife (the Editor) takes the photo but minutes later finds that the memory card has been wiped out! Another glorious An Focal sport moment!

## 16 April

That's it folks the diary is done and dusted for another season.

# Forgotten Footballer - Faustino Asprilla

By Daniel Bridge

**ASPRILLA** would have to be described as a cult hero on Tyneside. His three year stint at Newcastle United was definitely an entertaining period.

Most people would think Asprilla's time at Newcastle was a success, but he scored very few goals for the Geordie team. 9 goals in 48 appearances is hardly something to shout about but he will go down in history for his performance against Barcelona in the Champion's League in 1997 where he netted a hat-trick.

Asprilla returned to Italian club Parma in 1998, where he tasted success in the form of his second UEFA Cup (his first came in his previous spell at Parma).

In 2002 Asprilla was on the verge of signing for then Division Three side Darlington. He was paraded in front of fans by Darlington chairman but opted out at the last minute, failing to turn up for his medical.



Faustino Asprilla

# The Rumour Mill

By Conor McGrath

**THESE** are worrying times for the rumourmongers, folks. With a daily packed out library and with term almost finished, the gossipers have their work cut out. **The Lodge is a pipe dream during exams, most rumours for my year will come to an abrupt ending next month and last minute cramming has a tendency to supersede coffee breaks. The rumour famine is upon us!**

On the subject of work being cut out, the Badminton Club have been feeling the heat within the past couple of weeks. The club have apparently been targeted by a few bad eggs in the Fencing club before training sessions.

"They call us names while we train. It really has quite scary throughout the past fortnight." according to one esteemed Badminton player. Unconfirmed reports also suggest that both sets of members came to blows last Thursday.

"They all ran around each other alright but sure not even a slap was handed out" was the description from one witness. So the battle for supremacy between both clubs will carry on to bitter end in the sunshine. Just remember not to cross the Fencing Club or else...

# Quotes of the Edition

By Liam Tozher

**"If you fancy the party of your life, get in your car and head to Dingwall!"**

Sky Sports' Jim White will have the honour of being the only person to ever say this without a hint of irony. Dingwall is where Ross County, conquerors of Celtic in the Scottish Cup, is located.

**"It will be something to show the grandkids."**

Mossy informs us that photos of the Sports Writers will be taken for the paper. Grandkids? One step at a time, Mossy!

**"Over €35 million for a player too lazy to scratch himself, more than \$47 million for someone whom, if there was work in the bed, he'd sleep on the floor"**

Columnist Tommy Conlon joins the sizeable legion of Dimitar Berbatov detractors. Justifiable criticism or excessive ranting? You decide

**"A Meath jersey? Some man!"**

Dan Bridge jumps into the conversation when he hears about somebody wearing the Royals' county colours. Hearing the word 'Meath' seems to work as his alarm clock!

**"Get up you stupid little boy!"**

Unaware that he was being broadcast, Richard Keys slates Theo Walcott. Keys is not exactly in the dock for that comment, which does not say a whole lot for Theo Walcott.

**"I was like Phil Mickelson on the front nine and I was like Phil Taylor on the back nine!"**

UL student Nicky Walsh talks about his the quality of his golf game!

# Final Words 2010

By Tomás McCarthy - Sports Editor

**It's hard to believe that my involvement in An Focal is coming to an end. Writing for this publication is the best decision I made in college and I come out with no regrets only great memories.**

I must first thank the magnificent support and encouragement of this year's Editor, Aoife Ní Raghallaigh. Anything that I have requested in terms of layout, articles and so on Aoife has been more than willing to accommodate and for that I am most grateful. I would like to wish Aoife every success in the future.

I also must thank the previous Editors Deirdre O'Shaughnessy, Seamus Ryan, Aoife Breen as well as former Sports Editor Patrick Mannix. Next to the sports team. This year has been phenomenal with over a dozen writers contributing to the sports pages. To work alongside such an enthusiastic group has been a pleasure. Enda, Dan, Mike, Eoin, Fiona, Tommy, Steve, James, Liam, Keano, Mark, McGrath and Kev are not only talented writers but also great people whom I now count as my friends.

To you the students of UL I appreciate all the well wishers over the last four years. I have also met some great sports people and the one thing that constantly amazes me is how co-operative everyone has been. I cannot leave out my loyal friends and family without whom none of this would be possible and their honest views on the paper have helped me immensely.

I always believe I wrote honestly for An Focal and attempted to make the sports section attractive for students to read. I hope you as readers have enjoyed the journey.

**This, my friends, is the last stop.**

# AN FOCAL SPORT

## UL ladies devour NUIG in one sided Intersvarsity final

*Mark Connolly reports from the UL Bowl*

**UL Ladies Rugby overcame NUIG in the final of the 2010 Intersvarsity with a sparkling performance of running rugby to deservedly claim yet another national title.**

The squad will have been particularly pleased to have done so in a manner that would have convinced even the most cynical observer of their quality and stunning skill levels as they outclassed the Galway girls on a 48-0 score line at the UL Bowl.

Ashling Hutchings, the final's star performer with a four try salvo, opened the scoring with a burst of acceleration that pierced the Galway defence early on. It was an ominous start and things only looked bleaker for the Corrib-siders when potent winger Maria Moran crashed over in the corner moments later to convert a sublime backline move from UL.

UL's more economical use of possession and superior skill levels were becoming increasingly apparent and the contest was as good as over after 20 minutes when Anna Caplice raced through a midfield gap to increase the host's lead further. Sarah Jane Cody added the extras as she had done with her 2 previous conversion attempts. Impressive full back Ashling Hutchings added another shortly before the break to help UL amass an unassailable 26 point lead and accurately reflect the gulf in class between the sides. To Galway's credit however, they fought on admirably in the second half and enjoyed a sustained spell of possession in the UL 22 but could not break through the solid



Limerick defence, fiercely determined to keep their line intact even with the result firmly beyond doubt. Having survived NUIG's early second half assault, UL promptly resumed normal service and further tries from Moran and Hutchings were added to capitalise on a tiring Galway side.

However it was the final Limerick try of the day that truly demonstrated the class, style and confidence that this team has in spades.

However for some of our more gifted players, we can look forward to seeing them in action for their counties as several UL students are involved in inter-county championship action this summer in both football and hurling.

Having spent the college semester training and turning out for our college's teams, these players will be bringing their skills to a wider audience over the next five months. While the year is young, dreams and aspirations of glory remain, however only a few can taste glory come September. On the hurling side of things, players such as Tipp's Ryan

Quick ruck ball from the forwards found Claire Keohane in space and she fired out a delicious, inviting midfield pass which carved up the NUIG defence like a salami sandwich and allowed who else but Hutchings to race clear with a blistering show of pace and touch down.

It was an appropriate way to round off a magnificent team performance from a UL side that continues to set the standard in Irish

3rd level rugby. The An Focal Sport Player of the Match award goes to Ashling Hutchings whose pace and finishing once again proved too hot to handle for the opposition but in reality the success was built on a fine team effort that overwhelmed a NUIG team that had impressed in the earlier stages. Certainly on this evidence, UL's status as Irish ladies rugby's premier outfit remains beyond question and congratulations to all involved.

## Reaching for the stars

By Mike Considine

**AS ANOTHER semester comes to an end amid marathon sessions in the library and the Stables, many of our fellow college students can look forward to a summer spent on the GAA fields up and down the country enjoying our national sports.**

O'Dwyer, Willie Ryan, Paddy Stapleton and John Devane, Offaly's Michael Verney, Brian Carroll, Dylan Hayden and Shane Dooley, Kilkenny's Kieran Joyce and Waterford's Thomas Connors are just some of the players that have the potential to light up the hurling landscape this summer. While some of these players may still be making their way into inter-county hurling, the likes of Willie Ryan, Paddy Stapleton and Shane Dooley will be looking to have a major say in their counties fortunes this summer.

Meanwhile when we look at our footballers looking to make a mark this summer the

likes of Mayo's Enda Varley and Seamus O'Shea, Tipperary's Philip Austin and Cork's David Niblock are just some of the players currently attending UL who could well turn out to be key players for their counties as their season's progress.

Last season saw the emergence of Michael Murphy up in Donegal and Darach Honan in Clare onto the national consciousness.

As we look at some of the athletes who will occupy similar fields throughout the summer, we wonder will the next big thing to emerge on the GAA landscape be one of our very own.