
DIT News Society

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Students left helpless as assistance funds expire

Student Assistance Funds have run out two months sooner than DIT suggested would be the deadline, as huge numbers apply for help.

Few schemes remain, some with increased up-front fees

Al McConnell
Editor

The majority of grants under the Student Assistance Fund (SAF), a vital support to many students in DIT, have been expended already this year and with little warning, it has emerged. Funding under general, rental, travel and emergency assistance is now ceased, almost two months earlier than the SAF ran out last year. Those who have applied at this point will still have their case considered, and some limited funding sources remain open, but with an up-front charge of €250 for class materials, up €100 on last year. Sources indicate that it is highly unlikely any top-up will be available for the SAF, as can sometimes occur, as this year’s top-up allocation has already been received from the Government.

Read the full story inside
With reaction from a former DIT apprentice
DITSU reformation continues

Al McConnell
Editor

DITSU Ltd held a special board meeting earlier this month, as efforts continue to reform the union after recent upheaval. The Edition has learned, according to DITSU president Glenn Fitzpatrick, the purpose of the meeting was “to continue putting in place the changes necessary to ensure that the new chairperson has described as a student union run by students.”

The ongoing reform is now understood to have been prompted by concerns over the direction of the union’s management structure, which, as this statement acknowledges, was seen to be moving away from its students.

Fitzpatrick also emphasised that the reformed structure will still value the services of its full-time staff.

“The meeting addressed a number of specific issues relating to this objective,” Fitzpatrick continued, “which will be teased out at Board level prior to final decisions being made.”

One decision made has returned CEO Pat Kearney to a five-day week, as opposed to four. In attendance at the Board for the first time was the new external director, Frank McMahon.

An examination of developments over the last two years is currently being completed and will be discussed at the next board meeting.

Fan-tastic effort for Movember

Students and staff take part in campaign

Neil Murphy, DIT societies officer, is taking part in Movember alongside Banter Soc this month

The Edition Caption Competition

Gordon D’Arcy is in need of a caption – submit your entries to editor@edition.ie and the winner, chosen independently, will receive two tickets to Leinster v Llanelli Scarlets on the 30th of November at the RDS, kick off 19:15.

The competition is open to DIT students only, and the funniest entry will take the prize. Submit your entries by 5pm on Thursday the 21st of November, and the winner will be announced on Saturday the 23rd.

Men seeking women

Al McConnell
Editor

DIT’s newest society, Harmonics, has formed this month, becoming the first singing-based society in the college.

In its first few weeks, the society has received a strong number of sign-ups, but has, somewhat surprisingly, been very male-dominated.

Chairperson of the society, Jason Hassett, told The Edition he expects this imbalance is due to how the group came about.

“During a societies trip, six male students from Banter Soc, Disney Soc, Netsoc and the Samba Society performed an acapella version of ‘Afternoon Delight’ to the societies officers,” he said.

A video of the performance made the rounds on Facebook and, as Hassett explained, “caused a lot of men to possibly see it as a fun society to get involved with, which is great.”

The group is now seeking more women sign-ups to allow them to perform certain songs and styles, which require a greater vocal range.

“It is a great sign, though,” Hassett continued. “The society will grow in popularity, but this strange male turnout can only be a good thing as it means we have a good base of male singers to start off with, and we’ll continue to encourage students of both genders to join.”

Harmonics’, unconventional, and ‘relatively intoxicated’, beginnings, according to Hassett, have nevertheless led to a successful first few weeks. The first workshop took place on the 11th of November, with 22 students turning up, including four women. Workshops will now take place on Mondays at 7pm, in room 4-079 of Aungier Street.
Students and DITSU heavily criticise DIT’s lack of communication and monitoring of funds

Changes to class materials application process proves another strain on student finances

The news, which emerged from a student support meeting, came as a shock to students across DIT, and also to DITSU staff, who learned the situation after business hours on Monday night.

It has also emerged that there was little indication of this possibility up until that point, with several students telling The Edition that they received no contact from DIT to inform them that the fund would be expended this early.

DIT has challenged claims that the urgency of the situation was not communicated. In a statement to The Edition, it said: “There was no question of ever having suggested there would be an issue. Our students were aware of the demand and that it would run out sooner. We encouraged students to get applications in as early as possible, and the early run-out is reflected in the large numbers who did so.”

Only ten days ago, however, the college communicated that the fund would likely run out in January or December, compared to last year’s February cut-off, in documents seen by The Edition. Reference to “large numbers of applications” was also made, but it was suggested that below half of the funding had been awarded at that point, only a week before the cut-off.

Sources have also indicated that within the last week, advice was given that December or early January would likely be ‘OK’ for applications.

Grace Kiernan, Class Rep for third-year photography, told The Edition: “The financial aid department have been receiving e-mails from me since September and no attempt at an e-mail warning about funds running low or even being at a risk of running out completely was sent. I’m not saying that I have been expecting special treatment; DIT have a duty to inform their students that if they need to take action so that they can remain a part of the Institute.”

Up until hearing the news on Monday night, Kiernan’s class and many others on photography, art and design courses had been putting together applications for the general fund, as the class materials fund was out of reach with a raised up-front expense.

DITSU shock

Fiachra Duffy, DITSU VP for welfare, gave his reaction to the news, telling The Edition: “The fact that students had no inclination that this was about to happen is unbelievable. I am very angry and disappointed with DIT over their inability to monitor this account and keep everyone up to date, simply to keep track of their budget – it’s shocking to even have to say that. “I understand there isn’t a bottomless pot of money, and this shows the level of hardship, but students must be given notice in these circumstances,” he continued.

“The management and those in charge of this area clearly had no idea how much had been allocated in the SAF. Within one week the line item cost they received from ‘by January’ to ‘it’s gone’. They were so far out in their predictions.”

System changes

Ahead of the cut-off, The Edition and DITSU had been pursuing changes to the class materials application process. DIT had demanded €500 up front in order to access this fund, although this has now been split into two instalments of €250, after students made representations to the college that the fee could push many into dropping out.

Speaking to The Edition, Kiernan said that while this is “not ideal solution”, it is putting students in a much better situation than initially suspected.

“However, the only reason I know about this is because Fiachra Duffy contacted me personally, as I had asked him about the situation the same day,” she continued. “I have no doubt that there are many students attempting to apply for this without the knowledge that things are changing very quickly without any publicity.”

Students concerned about their funding situation can contact their Student support officer, chaplaincy or counselor for help with applications, or the Financial Aid and Accommodation Services office at 01-4023394.

Young People’s Assembly formed

Eoghan McNeill
Chief News Reporter

Close to 200 young people gathered in Liberty Hall on Saturday the 9th November for the first Young People’s Assembly.

The event was hosted by the Young Workers’ Network (the youth wing of SIPTU) and run by the We’re Not Leaving campaign (WNL).

Suzan Günbay, a Science with Nanotechnology student at DIT, Kevin Street, was a facilitator at the event. She got involved with WNL at the beginning of October.

The We’re Not Leaving (WNL) campaign was established in response to the crisis facing young people: unemployment, forced emigration, internship culture and rising college registration fees”.

The Young People’s Assembly was held with the aim of formulating a youth charter, achieving media recognition of the issues facing young people in Ireland, forging relations with trade unions, and unifying Ireland’s disenfranchised youth.

The youth charter is a document identifying and articulating the problems facing Ireland’s youth and how these problems should be addressed.

It was formulated following group discussions at the assembly. Each group comprised 20 attendees, a moderator, and two facilitators.

The charter deals with five issues: precarious work and internship culture, mental health, youth unemployment, and fee hikes and grant cuts.

WNL are beginning to gain traction in national media. A number of pro tests run by the movement have been covered in the Irish Times, and Mairé Ni Mheurcui – a facilitator at the Young People’s Assembly – appeared on Prime Time on Monday 12th November.

Discussion focused on cuts to social welfare and the JobsBridge internship scheme. On the Saturday of the Young People’s Assembly, WNL was trending in Ireland. Although WNL are not affiliated with any established political party, Günbay said members are “predominantly from the left”, WNL are trying to unite youth under one banner.

Günbay said this collective would be “a significant force trying to tackle youth issues”.

Günbay became involved with WNL as a means of raising issues affecting her, and more broadly, Irish youth. “I don’t feel, as a young person, that I’m represented by our current government,” she told The Edition. “I got involved to get my voice out there.”

Cheaper Leapers

Students using ‘Leap Cards’ will have their daily transport fares capped at a maximum of €7.50 on a new multi-platform system introduced by the National Transport agency last week.

A weekly cap of €20 will also be introduced for students, with a monthly cap of €10 and a weekly cap of €30 will be applied to adult fares.

The new system is hoped to reduce the costs for commuters who use more than one form of public transport. The new capping system will replace the existing one where a Leap Card holder can pay any fare up to a maximum of €5 a day could be paid on each individual mode of public transport.

The proposal aims to “see greater certainty with fares”, but commentators such as the Consumer Association of Ireland have noted that the cap will punish those Leap Card holders who use only one form of public transport.

An additional service charge of €2.50 will be added for services such as: Nitelink, Xpresso Zone 2 and the Outer Suburban Zone 2.

The new system must be introduced by the end of this year.

Uni ‘stats game’ criticism

Colleges and Universities are not tailed to the individual needs of students, according to learning coordinator of Kingston University Michelle Morgan.

Writing recently in the All-Ireland Journal on Education, the UK-based lecturer and author of ‘Re-framing The First-year Undergraduate Student Experience’ said that governments concentrated on the larger picture instead.

“Governments around the world want to get the numbers up. When Tony Blair said that he wanted 50 percent of the population to go to university, he thought ‘no’. Third level is not for everyone,” she told The Edition.

During her time as a student experience manager at the London college’s engineering wing, Morgan found that students felt “as if no one cared them” during their first years of adjusting.

“Now is the worst time to be a student,” she said. “The economy creates pressures on students to get a job, especially in cases where students are in debt after college,” she said.

Funding from On High

DIT is to receive €500,000 from Dublin Archdiocese to refurbish the derelict St Laurence’s church on the new campus site at Grangegorman.

A spokesperson for the Grangegorman Development Authority (GDA) said that if the refurbishment works did not go ahead as agreed or if the church was needed for Catholic worship DIT would refund the Archdiocese.

The plan is that the DIT Chaplaincy service will maintain the church as a place of worship with the help of a priest from the archdiocese.

The GDA spokesperson added “The Chaplaincy service will determine any other use of this sacred space.”
### College ‘bird’ pages have had their day

Satire replaces misogyny on college ‘Bird of the Day’ Facebook pages

**Eoghan Regan**
News Editor

UCC’s ‘Bird of the day’ page has been taken down after students complained about its breach of privacy and its misogynistic nature.

The page, which was taken down after UCC’s student welfare officer Dave Berry lobbied against it, has since been replaced with a satirical page that features actual birds.

Speaking to The Edition, Laura Cushman, founder of the satirical response page said: “I was proud to be a UCC student when the page was taken down”.

The controversial page, which had amassed nearly 11,000 Facebook ‘likes’ before it was taken down, had lifted pictures of girls from the college and posted them without their consent. Laura spoke about the problems they faced in trying to have the page removed: “I didn’t think they would listen to a bunch of nerdy auditors… I thought it would only encourage them”.

The ‘Bird of the Day’ phenomenon is not exclusive to UCC. Colleges including UCD and DIT have also had ‘Bird of the Day’ pages. However, like the current UCC page, these were created as parodies of the originals.

Dave Berry, founder of the UCD satirical ‘Bird’ page claims to have set up the very first page to use the name ‘Bird of the day’. Speaking to The Edition, he talked about the intention of the first page: “We had set it up one night for a laugh … and the next morning it had over 1,000 [Facebook] likes”.

He went on to explain how UCD’s version of the bird page, which like UCC’s page displays actual birds, was set up in order to satirise the misogynistic rhetoric of the infamous college ‘Spotted’ pages.

He explained how the concept was misinterpreted by other colleges which began posting picture of girls from the college, the very thing the original had attempted to satirise. “We didn’t intend for it to be copied in that way,” he said.

Laura explained her concerns over the page saying that “some girls were liking the page in the hope that they would feature on it… I deal with a lot of first years and don’t think that it’s good for their self-esteem”.

Laura was keen to point out that she is not a person who would be “overly sensitive to these things”. She also said: “I suppose that’s just the way things are now. People are putting suggestive pictures of themselves online; it’s not surprising that a page like this would exist”.

University of Limerick, as well as NUI Galway still run ‘Bird of the day’ pages featuring girls from the college. Although in their cases, girls voluntarily add their photos to the page and the ‘best’ of which are then chosen by the administrators.

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**THE EDITION\HAYEYOUR SAY**

**Darragh Collins** went looking for some feedback on DIT’s student newspaper – have you heard of it?

<table>
<thead>
<tr>
<th>I knew there was a paper, but I must admit I do not read it</th>
<th>I know there is paper but I have never read it to be honest.</th>
<th>We love the paper, it's brilliant. What's it called again?</th>
<th>I had an idea we have a newspaper, but I've never read it</th>
<th>Yeah it's brilliant, they should really start charging for it</th>
</tr>
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<tr>
<td><strong>Aidan O'Connor</strong> (Lecturer in Market Research)</td>
<td><strong>Mark Corrigan</strong> (Business)</td>
<td><strong>Kelly Lynch</strong> (Business Studies)</td>
<td><strong>Fergus Keegan</strong> (Business)</td>
<td><strong>Al McConnell</strong> (MA International Journalism)</td>
</tr>
<tr>
<td>(I'd expect better from a lecturer, Aidan. Ed.)</td>
<td>(...Oh God, this looks like a pattern.)</td>
<td>(I sense some sarcasm here.)</td>
<td>(Feck.)</td>
<td>(Who is this clown? Ed.)</td>
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</tbody>
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"This bird is just lookin’ for it!" – a post on DIT’s ‘Bird of the Day’ Facebook page.
New apprenticeship charges met with criticism

Al McConnell
Editor

From January 2014, apprentices will pay the costs of their off-the-job training – a fee that has up to now been covered by the State. The move, which will affect over 1,000 members of the DIT community, has been widely criticised as unfair, unexpected, and out of line with the Government’s current claims on fair, unexpected, and out of line with 1,000 members of the DIT community. From January, on top of an existing €233 examination fee, the amount will be higher for certain trades. According to the Department of Education and Skills: “This Budget change is not an issue relating to the broader funding arrangements for apprenticeship but rather something that is specifically about the payment of the Annual Student Contribution. This is a contribution charged on all students and apprentices. Apprentices who are waged will now pay the same contribution as other students, apportioned for the time they spend in the Institutes.” As DIT president Brian Norton told The Edition, bringing apprentices into line with part-time students, while a legitimate argument, is also opposed by the fact that “it brings an additional burden to the group of people, which did not exist before.” This debate has been addressed in the ongoing Apprenticeship Review, undertaken by the Department of Education and Skills, which specifically asked stakeholders to recommend how this charge should be levied. The majority of responses that The Edition has seen argue that the State should continue meeting the cost, or that employers and the State should each pay a part. No response The Edition found suggested the cost should be met by apprentices alone. Although the Review is yet to be published (due before the end of the year), this change suggests the decision has already been made, and has gone against the advice of many stakeholders, including DIT, which recommended the State continue paying the cost, a fact Norton describes as “disappointing.” Norton also stated that he did not personally expect the move in Budget 2014, and highlighted the lack of appreciation generally for the level of student hardship at the moment. “The flaw in the argument [that this measure brings about consistency with part-time students] is the existence of the student at the margin. What may seem like small amounts, or small numbers, when you’re balancing budgets, could lead to a person not entering, or not continuing with study, when they would benefit from it. And that is a tragedy.” This Government position, he continues, while “factually valid”, is “rendered immaterial if the effect is that someone who previously had an opportunity is now denied it.”

USI considers campaign
Joe O’Connor, president of the USI, has told The Edition that the issue may be challenged by the USI as a policy. At an Oireachtas Joint Committee on Education and Social Protection earlier this month, O’Connor questioned the move as both a “regressive step” and “a contradiction in that a number of members of the Committee, including Government TDs, were pushing apprenticeships as a central part of the Youth Guarantee and general reform of our education system at the same time as this.” Although JobBridge has worked for some, he stated, it is “fundamentally flawed”, and we should start talking about apprenticeships rather than internships. “But, this type of measure is a disincentive to that,” he continued. “There’s a number of apprentices who would not be in the position, or would struggle, to meet this cost.” The need for an overhaul of Ireland’s apprenticeship system continues, and is expected to be addressed in detail in the upcoming Youth Guarantee plan, expected to be published in late December.

Life on the edge: how will this charge affect apprentices?

A former apprentice at DIT, and current student at Kevin St, says if this cost had come in during his course: “It would have killed me”

Al McConnell
Editor

Jonathan Green was an apprentice in ‘the good times’. There was work, there was overtime. But for Green, as for many other apprentices, these ‘good times’ didn’t necessarily translate into their personal life. Times were tough, money was tight, and every minute of that overtime was taken. “A lot of the lads I went to FÁS with seemed like they were in the same boat as me – eldest child in the family, their parents struggling for one reason or another, or not in the best jobs, and a good few with parents who were divorced or separated – helping the family get through a tough time,” he told The Edition.

Ireland’s apprenticeship system has collapsed in the wake of economic downturn. From over 26,000 apprentices in the country in 2008, only 7,700 remain, and many have linked the declining sector to the country’s high youth unemployment rate, now standing at 29 percent. According to the Department of Education and Skills, charging apprentices for their off-the-job training is a measure designed to bring them in line with students.

For Green, however, treating apprentices in the same way as part-time students is not clear-cut. “Off-the-job training is like a semester in college,” he said. “But apprentices are going in to off-the-job training only because it’s part of their trade; it’s not the same as becoming a student in that sense. “Most of these lads have huge expenses on top of the usual student costs – and believe me, I know how

This type of measure is a disincentive to apprenticeships

- USI president
Joe O’Connor

Jonathan Green, former apprentice at DIT much the extra bits can add up to for students, I’m in that boat now.” Green went on to outline other costs facing apprentices, before this new charge. Toombs, the employer’s “uniform” (health and safety requirements). “It all adds up,” he said. Although employers can facilitate apprentices, according to Green: “It’s just not done in many cases.” He continued. “People see it as ‘what’s the point of doing an apprenticeship when you could go to college?’ but that’s not the way it works in reality. The two are different, and there have been students who have come through the apprenticeship system, gone on to third level education, and on to great things. That’s the way it should be.”

Green also points to a fundamental difference between apprentices and students, in that apprentices can be suddenly dropped from their course if their employer goes out of business or can no longer employ them. In his opinion, if the State were to treat them the same with regard to contribution charges, it would need to offer a sponsorship or guarantee.

The Edition in Boston

Graduates of DIT in Boston held a get-together under the auspices of the DIT Graduate Network, where they received copies of The Edition, as well as much needed packets of Tayto and other essentials. Some of the graduates are pictured above, catching up on the news from home.

(Left to right)
Mahwood Heavey (2013) Business
Kevin Hanly (1987) Electrical Engineering
Yvonne Chambers Kosarov (2005) Human Nutrition and Dietetics
James McDonagh (1996) Quantity Surveying

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€1000 raised from ‘donated bodies’

A range of events raised over €1000 in just 24 hours, as part of the ‘30 Days Have November’ campaign

Al McConnell
Editor

As well as growing hair in the November campaign, DIT students have been waxing it off as part of the ‘30 Days Have November’ fund raising campaign.

On the 11th and 12th of this month, a ‘waxing stripetease’ was held on the Aungier and Kevin Street campuses. Donations were sought based on how painful the stripped area was perceived to be. Fiachra Duffy, DITSU VP for welfare, told The Edition: “seven lads donated their bodies were donated to the cause, and students were allowed to donate to inflict waxing upon them.”

Two euro saw a strip removed from a leg, while ten euro could inflict the loss of an eyebrow on the generous party.

Three students donated their eyebrows to the cause, one of whom (James Joyce) commented to The Edition on the removal of half of each brow: “My parents are going to kill me”.

In total, six eyebrows were removed, a few armpits were thinned and, as Duffy stated, “one man’s perfectly manicured beard became very patchy, very quickly”.

“It was a painful affair,” Duffy continued, “but it was worth it; students were willing to take the pain for the gain for charity.”

€518 was raised over two days across the two DIT campuses, in aid of Barretstown (DITSU’s nominated charity for the year).

Last Monday night, the ‘nuts and bolts’ quiz saw DIT societies, led by Slam Soc, Nutrition and Engineering Soc, raise over €320 for Barretstown and Cystic Fibrosis Ireland (split between the two).

The night included spot prizes, impromptu games, and performances from Juggling Soc and DJ Soc.

On the same night, a student auction was held, with DIT students available for ‘purchase’ to the highest bidder. To do what with, explained Duffy, was “not specified in detail, but the friendly thing to do would have been to bring them out for a date or bit of a date”.

The highest bidder on the night received a free meal, to bring their newly purchased partner on a date. Overall, €234 was raised in just over half an hour through the most successful nuts and bolts quiz to date, which has been growing for the last four years.

At the end of the auction, three of the males were sold as a job-lot (or a “threesome”, according to Duffy) for €45, a “bargain” he explained. The trio included Duffy himself.

The most expensive student on the night went for €45, with the cheapest going for €15.

“We’re struggling to find venues in the city that can host the event at this stage,” said Duffy. “Student volunteering and fun-raising is alive and well.”

He continued: “To raise over €1000 in 24 hours is simply phenomenal, especially in our current circumstances.”

A leading light in photography

Michelle Geoghegan
Photosoc Chairperson

Since her departure from Temple Bar’s photography course DIT graduate Ruth Medjber has been photographing high profile acts such as Red Hot Chili Peppers, Muse, Sigur Ros, Leonard Cohen, Beyonce, Madonna.

DIT Photo Society with the help of the Societies Office and Kevin Goss-Ross, invited Medjber to talk to the society on in Mountjoy Square earlier in November.

At the talk, Ruth explained her path into gig photography and what it takes to make it in the business. After her departure from DIT, she started shooting proper gigs from the photographer’s pit but admitted that at the start she didn’t know what she was doing. She obviously had the talent for it because shortly after, she got her big break when Hot Press published a photo she took of James Hetfield of Metallica on their front cover.

And so began Ruth’s career as a gig photographer. Hot Press took her under their wing, hiring her for gigs and pushing her to develop her photography skills. She covered endless gigs in both the UK and Ireland with her photos being published in other magazines such as The NME, Rolling Stone, Rock Sound, Terrorizer.

Young people are healthy holiers

Barry Lennon
Deputy Editor

Younger people appear to be wiser than their elders when it comes to travel vaccinations, with 12 percent of under 25s valuing travel vaccinations as more important than any other preparations, compared with 7 percent for over 65s.

These results, from research measuring people’s health awareness whilst abroad, were released ahead of a campaign highlighting travellers’ health.

Consultant in Infectious Diseases, Jack Lambert, said that young people are due more credit than they are given when it comes to safeguarding against infection.

“Younger travellers can often be disregarded as thrill-seekers who don’t focus on more serious travel preparations, but this research shows that they are the most conscious of the importance of vaccinations when travelling to exotic parts of the world.”

“A pre-travel health assessment for advice on preventative measures including vaccinations, insect bite avoidance, good food and water hygiene should be on the top of your travel checklist to ensure you get the most out of your trip. Especially when going to locations where diseases uncommon in Ireland can be contracted easily,” he said.

It appears Lambert’s advice may be needed as currently only 23 percent of people who have travelled to an at-risk country had themselves vaccinated against diseases, the recent research showed.

Lonely Planet writer, Fionn Davenport, recommended professional advice before going abroad.

“When travelling to exotic countries it is very important to maintain a good standard of sanitation and hygiene, as disease can be spread through contaminated food and water, and avoid mosquito bites by using insect repellent or preventative medication where necessary.”

“Check with your gp when you have booked your flights so that they can advise you what vaccinations you might need for those areas.”

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News Editor: Eoghan Regan news@edition.ie
Rental crisis continues

Eoghan Regan
News Editor

DIT students are still suffering from a lack of adequate accommodation, but it is the incoming Erasmus students next semester who will be worst affected, according to DITSU VP for welfare, Fiachra Duffy.

Duffy noted a worrying trend when the number of people joining the SU’s support Facebook page leaped from 600 members in July to 1,300 this week.

The number of people who have contracted Gonorrhoea in the greater Dublin area has risen from 613 in 2011 to 1,077 this year.

The Health Service Executive (HSE) has warned about the growing numbers of people who have contracted the Sexually Transmitted Disease (STI) and has noted Dublin, Wicklow and Kildare as areas of particular concern.

Dr Margaret Fitzgerald, Director of Public Health in HSE East, said last week: ‘This upsurge in gonorrhoea is a cause of concern’. The worrying increase in numbers of people who have contracted the STI is of particular concern to the HSE as it has the potential to leave both men and women infertile, though the STI is often symptomless and as a result is harder to control its spread.

Men who have sex with men (MSM) and young heterosexuals are most at risk, with 44 percent of of all cases appearing in young heterosexuals.

The HSE has also identified an even greater risk surrounding the STI, citing the emergence of a ‘multidrug resistant’ gonorrhoea as a serious danger. Fitzgerald noted unsafe sexual behaviour as the predominant cause behind the growing spread of the STI, and raised further concerns about the growing trends in infection, and the risk of HIV/AIDS transmission due to lack of awareness.

Susan Donlon, of Dublin AIDS Alliance, said: ‘The best available medicine for the control of the spread of gonorrhoea is to practice safer sex’.

DIT students who are concerned about their sexual health can avail of the college’s on-campus doctor who see patients for a fee of 20 euro. A male doctor is available Tuesday mornings, and a female doctor is available from Friday mornings for students who are concerned about Gonorrhoea or any sexual health issue.

Irish continue their US invasion

Rachael O’Brien

The number of Irish students studying in the United States has increased this year to 1,158.

According to the 2015 Open Doors Report on International Educational Exchange the number of Irish students in America has increased 9.3 percent over the last five years.

The survey, which was released on the 11th of November, also showed that American students coming to Ireland to study has risen by nine percent to 7,700 in 2011/2012.

For Irish undergraduate students, Northeastern University in Boston proved once more to be the most popular choice. Others universities that proved popular were Boston College, Merckhurst College, Duquesne University and the University of Scranton.

However, the most popular graduate institutions remain unchanged and include New York University, Columbia University and Harvard University.

Joanne A. Davidson, EducationUSA Manager for Ireland, commented on the figures, saying: ‘It is no surprise that the number of Irish students studying in the US has grown this year. Competition is fierce for places in Ireland and with the holistic application process used by US colleges many students find that their best fit university is actually abroad.’

When asked what are her thoughts on future growth, Davidson commented saying: ‘I except that numbers will continue to grow, with students looking to diversify their CVs and expand their experience in order to prepare for a challenging job market when they come back home.’

The Institute of International Education published the report and also found that the total number of international students attending colleges in America have increased by seven percent. This sets the figures at a record high of 819,044 international students for the 2012/2013 academic year.

Another option for students, who wish to study in America, may be a semester abroad. DIT SU VP for education Rebecca Dempsey commented on the idea of studying abroad, ‘Here in DIT certain courses provide the Erasmus option for students. I personally think this is a great opportunity for students, to experience third level study and culture abroad.’

Speaking to Edward Butler, a third year student who is heading off to Florida after Christmas for his Erasmus, he is excited about the trip away. ‘I chose America because I have a big interest in politics and American politics especially,’ he said. ‘I wanted to study there to get another perspective on that. I’m most looking forward to the different experiences that I’ll have. When you’re a while studying in the same place you tend to fall into a routine and get fed up and I think the change will be good for me.’
Why I’m not leaving

By Features Editor, Amanda Connolly

Since 2008, Ireland has watched more than 200,000 people emigrate, of which a massive proportion has been those under 25. Last year, 1000 people emigrated every week – around half of these were under 25. These figures are not pointing to a new lifestyle choice, but the obliteration of an entire generation.

A study conducted by UCC and the Department of Geography earlier this year showed that around 80 percent of the people who left recently were under 35 years of age, that 62 percent had a tertiary qualification of three years or more, and almost half left full time jobs.

Up until now it seems as though this generation has been relatively silent. But now – whether because of the recent changes in state support or the assumed label of the ‘lost generation’ – something has woken up the youth of Ireland.

An organised voice has come together in the shape of the ‘We’re Not Leaving’ campaign, whose motto boasts: “We’re students, precarious workers, the young unemployed and combinations of all three. We’re angry and we’re not leaving.”

The first ‘We’re Not Leaving – Young People’s Assembly’ took place in Dublin on the 9th of November, at which a charter was decided upon that outlines the issues on which the group are building their campaign against forced emigration. This provides us with the proof that the young people of Ireland aren’t all awaiting a golden ticket out of here…

I stand here in my soul destroying part-time job and wonder what it’s all about? Why struggle and work tirelessly toward something you quite frankly may never achieve? Why do some people have so much ambition while so many others seem to settle? Or are they forced to settle?

I fall into the first category – I have big ambitions and hope for my life. I have to. I’m not sure I could go through daily life without that. I have a fear of the mundane, repetitive lifestyle that so many people seem satisfied with. I find myself asking why though? Why do I strive to succeed? Even in the smallest aspects of my life.

What is it that has me genuinely believing ‘you can do this’? As a child my parents always held me in high regard – on my pedestal. I was a dancer – a champion. Success was my only option from a young age; my mother’s doll and my father’s sidekick. I was a success – no.

I write because this is what I want to do every day for the rest of my life. Despite all the obstacles I face now, and I know I will undoubtedly face in the future, this is still all I want to do. That being said I do know dreams aren’t always the viable option. Sometimes life intervenes and you have to take the job just to pay bills and rent. I’ve had to do it. We all probably will at some point. That’s life today.

I find unsettling the amount of talented, skilled people wasting away in ‘essentialist’ jobs just so they can get by, because society no longer allows for their talents to be an option. It’s almost as if society has killed ambition.

What happens when the most gifted and talented people aren’t the wealthiest? Or when the only voices that can be heard are of those who could afford the microphone?

It scares me to think that following my dreams has pretty much robbed my family, as well as bleeding myself dry of every cent possible to pay for college fees, rent, bills and even food (if you have ever wondered how to do a fortnight’s food shop on a budget of €9.87, get on to me!).

It terrifies me that the money I am spending to educate myself will be a long time coming back after I graduate. I know I will probably struggle. I also know that if I had stayed working in the shop I worked in while I was in school I could have worked my way up and been very comfortable financially by now, like some of my former colleagues. But I wouldn’t be happy.

Budget and funding cuts, lower wages, higher rent, extra bills and fewer jobs are making things difficult, or next to impossible, at the minute but I am still here and I know I am not alone in that. I am still struggling on, one word at a time. I have sincere faith in the belief that in the past five years we have lost too much talent to shores abroad and it’s our own fault to an extent.

I thought about it – emigration – but no. Why should I leave? Ireland is my home; everything and everyone I love is here. I will continue to struggle on and do whatever it takes to get one mile further down my career path. I’m not leaving.

Up until now it seems as though this generation has been relatively silent. But now, something has workn up the youth of Ireland.
Taking on 'the establishment'...RTE's Toy Show

Eoghan Regan questions the rationale behind TV3 sparking a battle of Christmas commodification

Christmas is synonymous with consumerism, let’s just take that as a given before we begin. Wrapped up in the story of Christ’s birth is the necessity for parents to appease their own tiny screaming messiahs, but rather than asking for peace on earth for all men, these toddlers are looking for moving pieces of plastic assembled by Asian children half their own age.

The question surrounding the commodification of Christmas is not a new one, nor is that depressing Christmas episode of the Royal Family, but around this time when the leaves die and penises are scratched into car window frost, both crop up on our televisions. As is common practice, TV molests our eyes, brainwashes our children and creates a fantasy so rosy and unblemished it makes your own life look terrible by comparison.

Deep House music is no longer underground, it's out in the open. And so is its drug culture, writes Michael Burke

Why has deep house become so popular? Is it the rolling beat, the energy of the song or the drugs that go with it? Whatever the reason, deep house music is the music of today, or so the big name DJs tell us. House music is the music of the party, it's everywhere. It's on Spin 103.8, it's played in gyms; it's the music people want dance to and do dugs to.

With ecstasy and MDMA being at an all-time low price, it's almost was if they were meant to go hand in hand with house music. Unfortunately, like any other drug, it is abused and has led to deaths.

Any drug dealer will promise you his is the “best stuff out there”, the drug that is ‘that time of the year’ again. It's as if some music you listen to are broadcasting subliminal messages to go out and do drugs. Who’s to say they aren’t the real drug dealers?

Deep house has boomed in all aspects. House has always captured devoted music lovers and it is no different now, it has made its way through the dark underground scene to massive clubs and venues all around the world.

With deep house showing no signs of disappearing, the underground element of house is no more. It’s not underground; It’s very much in the open.

As for the drugs that go with these nights, the feel-good reputation associated with them may lead users into a sense of false security, as the real risks are hidden. Recent deaths show, getting high comes with a high price. Your life.

Letters to the Editor

The Edition will be printing letters to the Editor and opinion columns submitted by students throughout the year.

Send in your thoughts and feelings; whether we agree or not, we'll give it a fair hearing and a chance at publication.
Leinn an chéad deireadh seachtha de bhí Samhna gan bhialt, baileach Gaeilgeoir na tire in aíd áirithe in gcomhcheartóirí. Bhí agus thart ar a deich a chlog báiliú agus cúig nó deich a chomhthromhacht, rud é daoine óga a bhí ag labhairt á laghdú lá i ndiaidh lae, is maith an oideachas agus muintir na Gaeltachta mar a bhí riamh. Le brú ón phobal iúl gach rud atá tábhachtach faoin Átha Cliath. Chuir an turas seo in DQFUDLFVXODUIKiJVLDGÀ~%DLOH agus Coláiste Phádraig, is thosaigh chabhraigh an alcól é a ghearradh.

Nuair a shroich na mic léinn an bréan de superheroes, scannáin na scannán mhór-eachtraíochta, daighnéad. Tháinig 23 bhaoil ar fáil idir 2014-2017, a bhí d'eisitheach go háirithe, ach b'fhéidir gur bhí lena 50% scannán a bhí déanta le buiséid os mó ná an bhliain seo caite. Cosúil le gach teanga, is iad na daoine an phobail is láidreach sa tíre ina dhiaidh a bhí an scríbhneoirn an cheart ar fáil.

Seirbhís Nuachta Fógartha faoi Dheireadh

Sealbhíon deireadh de cheartaí a bhí an-chuid is mó i mbliana inbhialt, go bhfuil sé go deirtear go bhfuil an cheart air, ach is féidir gur féidir gur d'fhaisnéis sé a dhéanamh le haghaidh an deireadh.

Gaeilge Níos Suntasai ar na Báithreacha

Tá sé fógraigh ag an Ádharthas um Bóthar Náisiúnta (NRA) go mbeEarth air, coitiantaí a bhí ina dhiaidh a bhí ar cheannairí. Bhí an chuid is mó de chuid na n-áthruithe san oíche a stair oiliúna as a dtugtar linn i ndiaidh lae, ach is féidir gur d'fhaisnéis sé a dhéanamh le haghaidh an deireadh.

Cormac Dunne

The Seánadh Na Cornmhoirí

Cuireadh an-chuid is mó de chuid na n-áthruithe a lorg i bhfoighneacht Ghaeilge alscoth sa bhaile agus bhí muintir go rincí céilí a dhéanamh i láir clainn agus a tharla cinntiú liom go bhfuil sé a linn i ndiaidh lae, ach is féidir gur d'fhaisnéis sé a dhéanamh le haghaidh an deireadh.

Téascachtaí Nua a Fhorbairt

Cósúil le gach teanga, is iad na daoine atá i dteachtaí trálaíta lena cheile a chuirteasan go leor do dhaoine a thugtar láidreach i bhaile na Gaeilge.

Tommy Flavin

Turas Oireachtais den Scoth

Cumann Chúlaine

Nuair a bhfuil an ceann de chumhacht is mó ina linn an chuid is mó de chuid na n-áthruithe a lorg, is féidir gur d'fhaisnéis sé a dhéanamh le haghaidh an deireadh.

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Modelling industry: a view from within

Eoghan Regan meets a model that certainly doesn’t fit the stereotypes – Ireland’s Jessica Patterson

“I was doing animation,” said Jessica Patterson, “and thought the idea was to show off...”

Jessica (second from left) on her first photoshoot on BINTM; (below left) the photo in question; (below right) in make-up on BINTM

“I'm not high fashion...I prefer commercial modelling. I get to ride skateboards in commercial modelling.”

“Coffee or Tea?” I was deciding as the waitress took our orders. I had already drunk six cups of coffee in the last seven hours, so I decided on tea. Dark milk-less tea, it’s almost like coffee. Jessica ordered a hot chocolate, and as I watched her pour in her second sashé of sugar I wondered how much of a person’s personality you could gauge from their hot beverage of choice. She took a sip of her hot chocolate, and I slurped my tea. There was a long pause.

“It was like summer camp with tall people!” she began. Jessica Patterson, a 20-year-old animation student from Dublin had “entered on a whim” into Britain and Ireland’s Top Model (BINTM) and had been a slew of statusque hopefuls for a place on the show’s ninth series. I had all ways believed that the selection process for the show was something similar to Charlie and the Chocolate Factory, where the winners of the genetic golden ticket were whisked away into a wonderland of bald Latino hairdressers and cocaine nose jobs, but Jessica confessed it was somewhat more grounded in reality.

“As part of the selection process we all had to do a silly walk competition...some of the girls were so nervous, saying that they didn’t know how to walk...so I decided to cartwheel!” I laughed but didn’t doubt her. She rolled her eyes to the roof. “Well I had spent a lot of the year training for Taekwondo [receiving her black-belt earlier that year] and thought the idea was to show off our personalities.” That’s not to say I was really surprised, but BINTM added the extra dimension to constant physical scrutiny, but BINTM added the extra dimension to its models. Having begun modelling for the show’s ninth series, I had always expected to be given a skin coloured bra, but we got nothing!” Jess was thinking of when they got more experience than I had ever been disturbed. It was obvious to me a story which could be treated as a piece of meat”.

“I couldn’t help but wonder how Jessica handled the voyeuristic scrutiny. She was almost a cartoon character of happiness with blond puffy hair, constant smiles and awkward hand wringing. “I would have been fine modelling on top of a tiger, but I cracked when it came to the nude shot”.

The prospect of a nude shot [which is a staple of each year’s series], taken this year on a cold rainy beach in all but blue jeans as Dannii Minogue at looked on in padded north face jackets, would be enough to deter the most brazen of nudists.

“When they aired the episode they stopped the music as I was crawling awkwardly over the male model to make it even more awkward...I was expecting to be given a skin coloured bra, but we got nothing!” Jess was kicking off the show after failing to produce a good enough shot of her crawling frozen over someone she had just met. She, unlike myself, was more understanding of the decision. “No, there was no ‘injustice’; we had to expect this, we were just pawns in their big model….thingy!” splashing a small cup of unused milk on the table as she excitedly finished the sentence.

I asked if she believed that the industry was over sexualised. “Yeah...yeah probably,” she answers, but confessing that she herself had never suffered that side of the business. There was another ponderous pause as she looked into space. “Well I know some girls feel that you’re just treated as a piece of meat”.

She told me a story which could have featured in a Marx Brothers film, where a model and a fluent French speaker was being told her legs were “too fat” in front of her, under the assumption she could not understand the language. It comes to me as a shock but not to her. Jessica understands the relationship between the industry and its models. Having begun modelling at 16, her unblemished skin is thicker than she would let on. I was called to the bathroom and returned to find the tables swaying contents pushed to one side, with Jess doodling a character into her notebook. “Sorry I all ways get ideas for characters when I’m doing nothing, if I can remember them I jot them down.”

I asked her if she would continue modelling or had the show put her off the industry. “Well, at the start I got more experience than I had ever gotten and thought. ‘Oh I could do this’... I had gone back after the show to London in September, but it was during the height of fashion week and no one would even look at you if you weren’t already part of their agency! At one point I was told high fashion was not for me. They wanted a blank canvas.”

I would have presumed that this would have been a serious blow to her confidence, but a Cheshire smile remained on her face as she said it. “I know I’m not high fashion, hell I’m 20 and people still think I’m sixteen! I prefer commercial modelling, I get to ride skateboards in commercial modelling.”

It was hard to pigeon-hole her, animator by day model by night. I asked her where her real passion lies. “I think animation is where I want to go, I’ll keep modelling but that is what I really want to do.” I asked to look at her notebook. It was a diary of muddled faces and trippy water-colours, the kind of stuff Francis Bacon would have drawn had he not been so disturbed. It was obvious from the drawings and the conversations that either modelling or animation would be viable careers, like a nuclear physicist who happens to enjoy playing major league baseball.

BINTM has since been cancelled by its host channel Sky Living in order to make room for ‘The Face’, a rival modelling show, but Jess doesn’t have too much to lament about the show. “It was kinda’ cool being part of the last series ever, and I would audition again. But it’s just the way these things go.” She speeds through the answer as another waiter politely tells us they are closing in five minutes. As we both rise to leave I ask her where she plans to go from here. “I’m going to a friend’s house for food, and I’ve made carrot cake. I just hope I remember where to get off the bus!” I’m a serious scatterbrain. This one time...I once forgot the word Aquarius! ” I smile at the joke. She finished her hot chocolate, and I left my cold tea there, barely touched.
DIT Fashion: What’s covering the student body?

Avoid being the worst dressed on campus and see what DIT’s style-savvy students have to say about this year’s Autumn/Winter trends, where they get their inspiration and where’s hot to shop right now. Tartan is in and disco pants are out according to these fashion conscious students. Words: Lilah Gaafar; Photos: Pier Paolo Lisarelli

Who?
Daniya McNulty
Joseph Conroy
David Woolfson
Rebecca Melia

Where?
Accounting and Finance
MA Journalism (International)
Retail and Service Management
Business and Italian

Biggest style inspiration?
Nicole Scherzinger
Lou Reed
David Beckham
Nicole Scherzinger

Favourite place to shop?
Zara
Zara and All Saints
Berska, Stradavarious, Zara

Best Autumn/Winter trend?
Tartan
“Big fan of the high street”
Bomber Jackets

Worst trend right now?
Rolled up jeans with air max
Christmas jumpers too early
Disco pants on girls

If you would like to be part of the DIT Style page, get in contact with The Edition’s lifestyle team! E-mail: lifestyle@edition.ie
Calling all shopaholics

Katelyn Cook visits a ‘consignment shop’ that has survived and flourished in recession to become one of the highlights of Dublin’s Temple Bar

Siopaella is a gem hidden in the back streets of Dub- lin’s treasured tourist icon, Temple Bar. The shop has two locations within a two minute walking distance of each other. The Crown street shop opened its doors in 2011, with the Temple Lane South shop opening shortly after, in 2012. As Siopaella’s third anniversary approaches, there are rumours of a third location; with Cork, Galway and Kilkenny as potential destinations.

The idea of consignment is a relatively new concept on the Irish retail market. This innovative shop provides its customers with a unique shopping experience. Shoppers are presented with high quality, pre-loved items for both men and women. The stock is updated daily, with online shopping made possible through the shop’s buzzing Facebook page.

Ellie de Guzman is the mastermind behind the Siopaella concept. She owns the shop along with her partner, Limerick native, Stephen Ryan. Born and raised in Penticton, British Co- lumbia, Ellie moved to Ireland after meeting Stephen in Vancouver. As she says: “I followed him here after his visa ran out.”

Fashion had not always been de Guzman’s profession; she admitted to harbouring a fashion faux pas, in the form of a polyester Adidas tracksuit. However, the business has thrived in an economic environ- ment which has caused most retail organisations to suffer. De Guzman acknowledges her loyal customer base and, says: “We get to know everyone really well and that is how we have survived in this business”.

Unlike the international high street shops that dominate Dublin’s streets and retail market, Siopaella provides an intimate setting with staff members that are genuinely interested in the merchandise and the customers.

“I think that’s why I love this business so much,” says De Guzman, “because you get to know so much about people’s lives. Some of our consignors have moved across the country and sometimes even friends.”

Unsurprisingly, de Guzman offers her advice to others looking to create and advance their business aspirations. Louis and Raquel are the shops mascots, and the dogs can regularly be seen in one of the shop’s locations. De Guzman rescued Louis, her pet Schnauzer Poodle, from a pound in Portland, Oregon, her partner’s home town. Both De Guzman and her partner are heavily involved with the charity Dog’s Trust. The Irish charity aims to re-home stray and abandoned dogs.

De Guzman’s personal experience with adopting helped her to start a regular fundraising venture for the charity. Siopaella hosts regular sales; with all proceeds going directly to the charity.

“It means a lot to us to be able to put money into the organisation,” she says. “It’s very rewarding when you hand over the cheques to your accountant and know you’re going to do something good.”

De Guzman uses social media to promote the business and the fundraising. “People themselves don’t have much money but they are still willing to help out. Irish people are very generous, that’s what I have noticed here.” Unsold items in the shops are often donated to the fundraising sales by consignors.

Siopaella will celebrate its third anniversary in January. With possible fundraising ventures for the charity.

After three years, the company has managed to expand enough to allow De Guzman to focus on other aspirations. Louis and Raquel are the shops mascots, and the dogs can regularly be seen in one of the shop’s locations. De Guzman rescued Louis, her pet Schnauzer Poodle, from a pound in Portland, Oregon, her partner’s home town.

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Although living with a major health problem is incredibly difficult, life is flexible. If your health is threatened it should come first – above work, college and sometimes even friends. I can confirm that when you treat yourself properly and allow your health to improve, everything else falls perfectly back into place.

Thursday 22 March 2012 was a pretty normal day for me: I had made it into college and brought my best friend home with plans to go clubbing. We did our tan, pre-drunk – all the things you probably do every time you go out. Little did I know that in less than 12 hours, I would be walking up on a trolley in the corridor of St Vincent’s Hospital.

Over a year and a half ago, I collapsed in my parents’ bathroom and was admitted to A&E with some- thing diagnosed as severe urosepsis and suspected renal failure. I was kept in hospital for two weeks, need- ed very complex surgery to remove a blockage in my kidney which, ap- parently, I had since birth; a problem that luckily never bothered me until my 21st birthday.

Two days after a brief second surgery, I flew to the United States, determined not to miss out on an al- ready-booked J1. After a month there, I found myself in the emergency room again with another severe kid- ney infection and needing antibiotics for nine months. I was also given a provisional date of surgery for the removal of the offending kidney.

Thankfully, I never required dial- ysis as many others do. But like the estimated 280,000 people in Ireland suffering from reduced kidney func- tion, I used to experience nausea, exhaustion, loss of appetite and kidney pain, along with migraines and dizziness caused by constant antibiotics. College and social life suffered; I needed almost constant rest. And for people unlucky enough to have problems with both kidneys, their reality is far worse than mine.

I’m sharing this story not for pity, but because between five and seven percent of the world’s population suffer from reduced kidney function, according to Kidney Alliance, and I want to show that there is hope.

After taking antibiotics (and me- diculous care of myself) every day for nearly ten months, I met with my urologist one final time in July, feeling almost perfect. Scarily, he admitted asking his secretary that morning to clear a space for my kidney removal surgery, expecting the usual hour of renal woes we had shared in the past. For the first time in over a year, I was back to the level of health I had enjoyed for my first 21 years. With a lot of patience from lecturers, friends and family, I had finished my degree, spent an amazing summer in the US and was interning at a national news paper based on articles largely written from my bed (as was my thesis).

Although living with a major health problem is incredibly difficult, life is flexible. If your health is threatened it should come first – above work, college and sometimes even friends. I can confirm that when you treat yourself properly and allow your health to improve, everything else falls perfectly back into place.

I think recession or not, this business would work
You have two ingredients...now cook

One dented can of tuna and a very tired looking potato. You’ve been at the cupboard for ten minutes wondering how possibly to transform your last few food items into something loosely regarded as edible. Well, have no fear—there are actually many tasty treats you can make using only two ingredients.

Hannah Popham

PIZZA DOUGH

1 cup self raising flour
1 cup of Greek or natural yoghurt
Extra flour for dusting the board

In a bowl, combine the flour and yoghurt and bring together to form a ball. Turn out onto a floured board to knead and roll. Knead for 5-8 minutes. Roll into a pizza shape and add toppings (ketchup, ham and cheese if things are particularly grim).

EASY ITALIAN CHICKEN

6 skinless, boneless chicken breast halves
1 (16 ounce) bottle Italian-style salad dressing

Pour salad dressing into a large, resealable plastic bag. Add chicken breasts, seal bag and shake to coat. Preheat oven to 350 degrees F (175 degrees C). Remove chicken from bag, discarding remaining marinade. Place chicken in a lightly greased 9x13 inch baking dish and bake for 1 hour, or until chicken is cooked through and juices run clear.

CREAMY GARLIC BROCCOLI

3 1/2 cups broccoli florets
1/2 cup creamy garlic hummus

Steam, boil, roast or grill your broccoli florets. Toss the warm florets in the hummus — coating it as you would pasta with pasta sauce. Serve warm or place in the fridge to chill.

OATMEAL COOKIES

2 large old bananas
1 cup of oats

Mix those two together. Old bananas are amazing for this, but you can use fresh ones too. I buy a bunch of bananas, let them get old on my counter, and then stick ‘em all in the freezer.

FLOURLESS NUTELLA CAKE

4 large or extra large eggs
8 1/2 ounces Nutella (weigh this out on a scale)

Grease a 6-inch round pan and line with parchment paper. Preheat oven to 350F. Beat eggs on highest speed with stand mixer until about triple in volume, about six minutes. Microwave Nutella in glass bowl for about 20 seconds to make it softer. Add in 1/3 of the egg mixture at a time, gently stirring with a spatula until no streaks remain. Pour batter into pan. Bake for 20-25 minutes.

PALMIERS

1/2 cup granulated sugar
1 package frozen puff-pastry sheets, thawed

Sprinkle 1tbsp of sugar over work surface. Unfold 1 sheet of the pastry and place it on the sugar. Roll to an even thickness and sprinkle with 2tbsp of sugar. Roll the pastry toward the centre, stopping at the middle. Repeat with opposite short end. Trim the ends. Cut into half-inch slices and place flat on a baking sheet lined with parchment paper. Sprinkle with 1tbsp of sugar. Bake 20 to 23 minutes at 400F. Done!
In defence of coffee-fuelled lifestyles

Joseph Conroy

There’s an ongoing debate over whether coffee is good or bad for you. Searching on Google or YouTube will bring up thousands of trained professionals throwing in their two-cents, arguing authoritatively one way or the other.

There is a growing body of research in the area. The main reported health benefits are decreased risk of type two diabetes, Parkinson disease and various forms of cancer. Other sound bites are that coffee can make you a better athlete, your brain better at consuming information, and links have been made with a lower chance of developing depression.

A study by The Harvard School of Public Health found that drinking coffee could lessen men’s chances of committing suicide by 50 percent. This is the type of research that pops up all over the internet. A headline like ‘Coffee cuts chances of suicide by 50 percent’ is good click bait. Given that the majority of the public aren’t experts in nutrition, biology or neurology it’s hard for the average person to analyse all this data.

What we do know is that when we wake up wrecked and have to rush into college a cup of coffee really helps to ease you into the day. Another one at lunch time keeps you going, and that last 5 o’clock lecture is a bit more bearable with one last pick-me-up.

The main selling point of coffee is the direct caffeine hit. A small cup of coffee has three times the caffeine you find in a Coke, and roughly the same amount as a Red Bull. If you are drinking your coffee black or just with milk you are getting this hit without the extra chemicals and additives found in most alternatives of caffeine.

Low-quality coffee often has the highest amount of caffeine. Chances are if you are buying coffee on a DIT campus it’s not going to be the best in the world – but you will get the caffeine hit you are looking for.

The problems we use coffee to solve are symptoms of bigger lifestyle problems. If we all ate healthily, got regular exercise and our eight hours of sleep each night, then we wouldn’t need to drink coffee all day to keep the show on the road.

But people are busy, good food is expensive, exercise takes time and effort, and we can sleep when we’re dead. Coffee may or may not make us live longer, but it can help us paper over the cracks in our dysfunctional lifestyles and keep us awake and functioning from Monday to Friday.

Get the fire extinguisher...

Ciara Hyland

Ciarán Hyland says students should give cooking a go, you might just surprise yourself

Knowing how to cook is one very useful skill. This is especially true for students living away from home. Their exodus from the comforting grasp of the stereotypical Irish matrix is an ironic rite of passage. It poses great challenges for an ambitious and intelligent generation who, for the most part, are ironically clueless when handed an apron.

We can play the blame game for as long as we want. Whether it is down to failings in the secondary school system or the ‘lift and lay’ approach of parents, there will always be a scapegoat for such kitchen ignorance. However, I reckon it is time for students to just embrace the challenge and enter the kitchen with confidence.

The days of being greeted after a long day with a hot pot of stew are gone. But, don’t succumb to crisps, elasticised frozen chicken, and pot-lid noodles just yet. Instead, why not embrace simple cookery and impress yourself as well as others.

Many students do attempt to jassify their avoidance of the kitchen, claiming cost and effort to be the biggest turn-offs. Shop in a chain supermarket and price shouldn’t be an issue, provided you veer away from fillet steak and bottles of Jameson.

Why not dip into the week’s beer fund and invest it in some decent store-cupboard ingredients? These staples, despite Michael McIntyre’s skit on Mister Five Spice and his friends, do provide a backbone for your various meals, and for future experimentation.

In terms of effort, life in the kitchen does not have to consist of Ramsay-style curses and flying frying pans. Many kitchen rookies wrongly associate cooking with stress, terrible food and eventual mayhem most probably caused by a fire of some sort. Indeed, recent Michelin star madness has cast a cloud of complication over amateur cooking aspiration. Cooking does not have to be complicated, and does not necessarily require that much effort. Throw on some 80’s pop or maybe even Simon and Garfunkel’s best hits, relax and enjoy the search for good food. Clean up as you go and take your time. You will eventually be rewarded.

In terms of inspiration and ideas, why not take a leaf out of one of ‘rock star chefs’ Jamie or Donal’s best selling books. Embrace their famous sense of kitchen freedom and experiment with it. If books don’t float your boat, you can always try the Internet where, as always, a quick Google search is your best friend.

Once you have mastered the art of simple cookery there is no stopping you. The simplicity of cooking tasty food is surprising and it does not have to be expensive. Instead of paying a fiver a pop at a pub or nightclub, why not invite that special someone over for a meal? Dim the lights, throw on some smooth jazz and delight over candlelight and some tasty cuisine. Revel in the knowledge you haven’t settled for the microwave or resorted to the frozen pizza; and no one need ever know how easy or cheap your gastronomic masterpiece was to prepare.

Quick Guide: Dublin sushi

Katelyn Cook Multimedia Editor

Michie Sushi - 4.5/5

Michie Sushi serves traditional and fresh Japanese cuisine. This up-and-coming restaurant recently opened their fourth location in Rathcoole. The sushi is freshly made to order and a hot menu means sushi fans can bring their less adventurous partners, with a price range to suit every wallet.

Yamamori - 4/5

More of a focus on noodles than sushi. The noodles are reasonably priced and very tasty. Yamamori boasts a good selection of bottled beers and sake. There is a huge menu to choose from, with plenty of vegetarian options. Special Lunch bento boxes offered from €9.95.

Sushi King - 3.5/5

Two of Sushi King’s biggest selling points are its low-calorie and low-fat options, and for a quick lunch sushi combos can be picked up from the fridge and taken away. The restaurant is simple and casual. Not a setting for a romantic date but a nice place to grab a quick bite with friends.

Yo Sushi - 2.5/5

A fast food version of sushi. The revolving pass offers a novelty but the food is pricey considering the quality of what they have on offer.

There is a fairly good selection of sushi but the quality is substandard in comparison to other restaurants in the area, so it falls short overall.
As we enter Oscar season, we expect the standard of films to increase and Philomena doesn’t disappoint. Judy Dench plays the title character, a woman who opens up about her past child, taken from her by the state fifty years before. Steve Coogan (TV’s Alan Partridge) adds some necessary comedic points to the plot but also shows that there is an awful lot more to him than jokes, putting in an excellent performance as flawed a cynical journalist Martin Sixsmith.

The flashbacks to Dench’s character’s past in the convent give us some of the film’s most distressing moments. From her nearly fatal childbirth to her son being given away we are left deeply saddened and sympathetic towards Philomena. Dench herself provides some wonderfullycompare moments, at one point confessing Coogan “a feckin’ eejit” for his cynicism towards God and the Catholic Church.

Putting Dench and Coogan play off each other extremely well and the whole film focuses around them and their relationship. It’s an amazing film that can make you laugh and cry within the space of one scene.

In essence, Dench plays a traditional Irish Mammy, whose faith in God is unwavering despite all the hardships she has suffered at the hands of the church. This isn’t a film that preaches to its audience; it’s not looking for a revolution, just to tell a story, and what an incredible story that is. It shows a woman who is it not corrupted by hatred for her past. From start to finish, you are absorbed into one woman’s quest to find her past, her child. There are very few films you can describe as perfect, but this one comes incredibly close.

Luc Besson’s The Family boasts an impressive cast and has some enjoyable moments, but overall it is a forgettable movie which offers its audience nothing new or original.

The crime comedy is about a former mafia boss, played by Robert De Niro, who is now in a Witness Protection Programme and must live in rural France with his wife (Michelle Pfieffer) and kids (Dianna Agron and John D’Leo).

For a film which is executive produced by Martin Scorsese and sees De Niro (The Godfather, Goodfellas) returning to his onscreen roots in the role of a mafia boss, The Family will strongly disappoint anyone hoping to see another classic. De Niro’s character in the film is essentially like a parody of the roles that turned him into a household name.

Despite this, it’s definitely De Niro who makes this film watchable. The veteran actor is undoubtedly the star, and gets all the best lines, which he delivers perfectly. He also shares entertaining chemistry with Tommy Lee Jones and Michelle Pfeiffer.

Younger cast members Agron (Glee) and D’Leo also give admirable performances and hold their own alongside three seasoned professionals. Unfortunately, a lack of shared screen time limits the chemistry between the leads. The film’s main flaws are as a result of the script written by Besson (The Fifth Element, Nikita) and Michael Caleo. The plot is too predictable and will seem too familiar for most viewers; it has a number of elements that have simply been done before.

Under Besson’s direction, The Family includes some humorous moments and some unflinching violence, but it also lacks focus. This is due to the way the director tries to give equal screen time to every main character.

As well as this, it seems Besson couldn’t make up his mind whether he wanted to make a crime film, a comedy or a family drama. As a result, the final product is an uneven hybrid of all three.

Culture Editor: Joseph Conroy

‘Incredibly close to perfect’
Philomena
Director: Stephen Frears

Darragh Mowlds
Grade: A

The Counselor
Director: Ridley Scott

Joseph Conroy
Grade: D-

The Counselor is a lazy, confused, confusing, boring two hours of globe-hopping banality.

This is the first piece Cormac McCarthy has written for screen. The script falls apart somewhere around the third scene. If it was RTE’s Mid Week Movie you’d turn it off by the first ad break.

The shadow of Breaking Bad looms large over The Counselor. We spend a lot of time down in the desert, by the border. There are lads hiding drugs in chemical containers, loading them onto lorries, lorries getting hijacked, ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around – ‘the cartel’ are knocking around.

Culture Editor: Joseph Conroy
**Does Marshall still matter?**

Gavin Lacey explains why Eminem has returned to the Marshall Mathers LP

Eminem, Matthew is a representation of all those who have been insulted by Eminem in his previous work. Matthew is a metaphor of Eminem’s past coming back to haunt him. Not only does this track bridge the time between the two albums, it is the bridge between the old Eminem and new Eminem.

In the 13 years that have passed since the release of the MMLP, Eminem has undergone drastic changes in his life. He has eliminated his heavy drug use, a decision catalysed by a drug overdose in 2007; he has forgiven his mother after years of feuding (a person who has been a figure of hate in every album he has released); and, most significantly, he has developed a newfound maturity. Eminem is now 41 years of age and recognises how his previous work may have caused heavy distress to those who were the butt of the jokes. He acknowledges how his behavior towards women is hypocritical compared with how he wants his daughter to be treated, and he confesses that his villainous actions could one day come back to haunt him. The kind of people Slim Shady used to insult and offend on the MMLP are now used as guest artists on the MMLP.

With Rihanna becoming a regular on Eminem’s big radio friendly hits. This doesn’t mean he doesn’t still target celebrities – he does. But instead of lyrically eviscerating them, he merely mentions them and promptly moves on. Eminem has also changed his rapping style over this space of time. The smooth flow, narrative structure and horror content that comprised the MMLP have been exchanged for rapid-fire flows containing lyrical wordplay and punchlines that infiltrate every other bar on the MMLP.

This new reflective, remorseful and fast-flowing figure may be an entirely different person from the one that rapped about raping his own mother on the original MMLP, but when that album was released in the year 2000, it was Eminem’s third studio album and his first release after being exposed to widespread fame and widespread criticism for his lyrical content. The MMLP is an album that delivers blunt honesty and chronicles how he feels about everything in his life, his view-point of the world at the time. That is why Eminem has returned to the Marshall Mathers LP. He has begun a new chapter in his life and wants to give his viewpoint on it; just like he did in the original.

Many of the themes are the same. Fame, his mother, drug use (or lack of) and his distaste of celebrity culture are all addressed within both albums, but in a totally different manner. This may aggrieve some of the fans who want Eminem to return to his old style, and who may feel let down that the MMLP2 does not do that.

But, do we really want a 41-year-old man to continue rapping about raping his mother or to needlessly continue a feud with Will Smith? (OK, that one would be hilarious). But it would also be kind of pathetic. Eminem knows he can’t do that anymore, so he doesn’t. Instead, he raps about aspects of his life right now and how he honestly feels about them. Whether they be good, bad, admission of previous faults or just admitting he doesn’t understand Facebook, that’s why Eminem has revisited the MMLP.

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**Grave of Fireflies**

*Studio Ghibli*

Conor Campbell

The animation company Studio Ghibli is more popular than people realise. Spirited Away is Japan’s highest grossing film ever, and English language adaptions of their films have been drawn in names like Christian Bale, Matt Damon, Liam Neeson and Cate Blanchett.

Hidden in their back catalogue, however, lies a little unknown gem by the name of Grave of The Fireflies. The film tackles material that many western audiences might consider unsuitable for children. Set during the firebombing of Kobe in WWII, the film follows two orphans as they try and survive in the devastated city. It is ani-
Original Rudeboys

Michelle Dardis talks to a trio of self-proclaimed mischief makers

Q Did you feel a lot of pressure following the success of the last one?
A Walshy... It is pressure I suppose, but it’s good pressure. We want to make the best music we possibly can, and this time around we had the facilities to do it. The first time around, we weren’t really experienced enough. This time, we have the facilities and the thoughts for ourselves, and the time.

Q So the tour, what can we expect from that?
A Neddy... The touring we’ve been doing, our own headline tours in the UK and Ireland, have been amazing this year. We couldn’t have asked for better responses. Most of the shows have been sold out, so hopefully it’ll be the same thing again. With the new album, as musicians we get to play new songs on stage.

Q What’s it like touring with The Script?
A Walshy... The first time we played with them in the Cork Opera House was like a test for us. Then the wheel came off our van – of all days to break down! We got there with like 10 minutes before doors opened. When we were sound checking and setting up the gear, up comes Danny on giving us water and towels and Mark on the other side saying, “Relax, you’ll be grand. Take as much time as you need.” That sums it up really. Neddy... It’s definitely noted, their generosity and kindness.

Q If that hadn’t happened, would you ever have gone for the X-Factor?
A Rob... Oh God no! People always ask us would we go for The X-Factor: not in a million years! Walshy... If that hadn’t of happened, we wouldn’t have even been thinking about going into music. Neddy... We never set out to go and be a big band, so if the video hadn’t happened we’d still be just jamming away as a hobby.

Q Do you rely on social media a lot?
A Neddy... Hugely! Walshy... It’s the key to interaction with fans. You can put a video up in Dublin and get hits from Fiji and Australia. This is worldwide. Anyone can watch it. Neddy... Social media was certainly a step up for us. It definitely helps. It keeps everyone tied in with what’s happening now, like we can tweet people to request it, ask do you like it – keep in contact! People like it.

Gig Soc

Singer/songwriter competition

Gig society is holding its first major event of the year in Arthur’s pub on Thomas Street, on the 27th of November at 19:30 (doors at 19:00)

Anyone interested can send their original songs to gig@socs.dit.ie with a contact number.

Entry is free, the competition is open to anyone, and first prize is a recording session.

Contact: gig@socs.dit.ie

Love/Hate: tis the season review

Darragh Mowlds

From shooting a cat, Tommy’s downward spiral and Peter Coonan proving that Jack Nicholson isn’t the most mental actor in the world, Love/Hate once again provided endless pub talk for all viewers. I’m sad to say though, after watching the whole series, I felt distinctly short changed.

Can we all agree that Love/Hate is arguably the greatest Irish television we have ever had? Other than the clip of the unfortunate man slapping on the ice a few inters ago of course. This season was greater with as much anticipation as the Royal Wedding, Obama’s inauguration and the new Star Wars movies combined. The trouble with expectations though, is that the reality can never really live up to them. This season suffered from one thing, the previous seasons were just too good.

The end of season 3 has gone done as some of the most amazing television I have ever watched. This season was overcomplicated. This is not just because I have no attention span but the whole thing that made Love/Hate great was its character driven acting. It was a small group of core actors interacting and driving the amazing script forward. The introduction of the cops, along with the gang and the IRA, it was just too many people for the audience to maintain a vested interest in most of them.

The issue with having too many characters in a show is that if you decide to kill one off, the audience struggles to care enough about their demise. This season we lost three peripheral characters in the shape of the IRA’s Dano, miniature scumbag for hire Wayne and Debbie. Had we lost Debbie two seasons ago, it would have been much more cutting. Her increasing drug problem and infrequent appearances made it like just another death in Love/Hate.

This year brought in and got rid of posh dentist with an appetite for prostitutes, turned informant for the Guards, Andrew, played by Peter O’Meara. An interesting character that we never really got to know well enough but his brutal death at the hands of a completely uncontrollable Fran was used to set up season 5 and the fact that nobody really knows what Fran is capable of.

Nidge’s (Tom Vaughan Lawlor) transition from the wise cracking side kick of John Boy to borderline sociopath with the world on his shoulders is complete. There appears to be no way back for him.

The greatest thing about the finale was that it has set up Siobhain as a main character for the final season. Charlie Murphy’s character is the only true face of innocence left in the programme, and is needed to add balance to the increasingly unstable Nidge, and utterly insane Fran.

Season 5 will be the last for the show and rumour has it that Nig will begin the series abroad. Perhaps celebrating his latest success, or plotting world domination. The finale left me feeling underwhelmed, not like the anger I felt at the end of Lost, or the bewilderment the ending of the Sopranos provided. With one season to go, all will be completely forgiven if they return to their best next season.
The ghost of Phantom’s past

Culture Editor Joseph Conroy speaks with Phantom FM founder Simon Maher about building the station, leaving it for his new project 8Radio, and the future of the medium.

In January of 2011, Communcorp bought a 30 percent share in Phantom FM. When the new management circulated their list of people to be let go, Simon Maher says he was not surprised when his was the only name on the list.

Maher was one of the station’s founders. It started broadcasting illegally from a rented shed in Sandyford in late ’97. They tried to broadcast to the highest standards that their limited means would allow, he told me.

“We kept everything tight technically and didn’t do anything to annoy the licensed stations that might complain!” Phantom played indie and alternative rock and soon developed a cult following. A mythology has grown around the station’s early days, but it’s a story that has never really been told.

Maher says that ComReg (Ireland’s communication regulator) were happy to turn a blind eye to these suburban pirates. “I think they saw from early on that we were doing our best to do things as much by the book as we could and that we weren’t a show-offer or ‘ya-hoos’ who were trying to sell drugs to kids or something!”

They moved out of the shed into an attic on Grafton Street, and later operated from an upstairs room in Whelans on Camden Street.

The intention of the station was always to try to get an FM license, but doing this costs a lot of money. Simon says that the realistic target to have a hope of this in 2004 was just under €2 million. Raising this money meant bringing in new investors. Paul McGuinness, Dermot Desmond and Frank Gleeson all bought significant stakes in the station.

They went into this process knowing that there would be a need for compromises, Simon continued. “I suppose where we perhaps were slightly naive is that while we knew that there’d be a compromise we didn’t necessarily think it through enough: [...] we didn’t think about how we’d deal with the situation if things ever started to go wrong.”

The station was granted a license that year. The Broadcasting Authority of Ireland’s decision was challenged, and the case went through both The High Court and The Supreme Court, but the station eventually went live on Halloween night, 2006.

Simon operated as Station Manager and Phantom FM enjoyed a honeymoon period. “The following two years were really, really good. We brought in some decent revenue, and we won the PPI Music Station of the Year the first year we were on the air.

The ratings were decent and everything was barreling along nicely!”

As he finishes this sentence he pauses, as if he’s being careful how to phrase what he’s going to say next. “But – but late 2008 early 2009 revenue essentially went off a cliff. In 2007 and 2008 we did about €1.3 million in revenue which was very respectable, but over the next six months it dropped off by about 40 percent and never recovered for us – and has still never recovered”.

Once the recession hit and the station started losing money relations became difficult between board members.

“There was a deficit of €800,000 that had to be covered – then you’re into a very different style of operation, and then you’re into a very different dynamic at board level, the board is asking what can be done to sort this out”. Simon and the rest of the team running the station were forced to cut costs and to try to increase revenue.

“We cut the costs quite successfully. We had to let some people go, and everyone took a pay cut. We did that bit right.”

But Simon believes that Phantom lost its way while trying to attract new listeners during this period.

“What we did not do right was that we messed with the core of what Phantom was in order to attract casual listeners”. The board believed that Phantom was playing too diverse a mix of music. The station’s playlist was cut from 1,400 to 300 songs. Simon explains the board’s logic: “They thought the only way to raise revenue is to get more listeners and the only way to get more listeners is by becoming more mainstream and picking up more casual listeners,” he argues.

The board decided to bring Denis O’Brien’s Communicorp in to help the struggling station, and they were given executive control.

“They very much decided on things like playlists coming down to 300 songs. Don’t play any songs from before 1990 because your audience wasn’t born so they won’t remember them, and play all your biggest songs often, play your big songs every 3 hours – those sort of things, the things you would do with a top 40 radio station”. It was at this point that the relationship between Maher and the station broke down. He was the leader of the old guard and opposed the Communicorp deal.

Once the deal was done, Simon felt that his days at the station were numbered.

“I remember being at an infamous board meeting at one stage [...] we were talking about some issue involving the new share-holding and I voted against it. One of the other shareholders sitting beside me drew a little skull and crossbones on a sheet of paper and wrote ‘Death Warrant’ and a sad-face underneath it”.

Simon laughs at stories like this now. When asked if he ever thought about resigning, he laughs and says “I was resigned for me”. When asked how it feels about Phantom FM now, the station he co-founded in a shed in 1997, embarking on this 13 year journey, again he can only laugh.

“Generally I don’t listen to it but there are still some very talented people who work at Phantom, people we would have taken on in 2006, or long before that back in the pirate Phantom days, and they haven’t become bad broadcasters.

“What Phantom is now, and how Phantom sounds now, with a few notable exceptions, would be nothing like what I would have had in mind, nor any of the nine founders would have ever had in our vision of what Phantom was going to be when it grew up.”

As soon as he left Phantom, Maher started work in developing what would go on to become 8Radio, an online radio station. The station can be listened to through the website or on the 8Radio app. Maher believes that the future is bright for internet radio: “It’s kind of limitless, the potential for it and the technology is developing so quickly,” he says.

It is suggested that as the current wave of smart devices become cheaper and more widespread, internet radio will become ‘platform neutral’. It wouldn’t matter if content is being broadcast over the internet, FM, or as podcasts; it will all be equally accessible.

Simon believes that as this technology develops, people will gravitate towards quality content regardless of what platform it is on. 8Radio hopes that it can bring a human element back to music curation that the likes of Spotify and Deezer cannot offer.

“I can go to Spotify and hear this diverse range of music, but if I go to 8Radio I’ll hear the diverse range of music, but there’ll also be somebody who’s enthusiastic about it that I can share that with, there’s actuality a human being that I’m sharing it with, and that’s what we found people want – that level of human interaction.”

“...

How Phantom sounds now would be nothing like what I would have had in mind - Simon Maher
Hey You

Are You

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For the love of the sport

Ronan Morrissey talks to one of Ireland’s greatest modern journalists, Paul Kimmage, on the corruption he tried to challenge, the future of cycling, and his own career redemption

Paul Kimmage looks toward his mantelpiece, home to six consecutive British Sports Interviewer of the Year awards, wondering how many more would have saved his job.

No other industry in the world would consider such success obsolete, yet the world of journalism is different. When The Sunday Times relived one of their prized assets of his duties in 2011 the former cyclist initially accepted the decision, but as time progressed he considers himself an employee sacrificed due to his determined reporting.

Coolock-reared Kimmage, a crusader against doping, is particularly passionate about the sport that gave him, having come from a family with always been more than writing for self and Walsh, is that the matter has

Hill Sports Book of the Year feels the regret is obvious in his voice. “I don’t know what’s going to happen, whether I’m going to pick up the phone or he’s going to or whether the phone will ever be picked up,” added Kimmage.

This isn’t an isolated instance in the 51-year-old’s career; his personal and professional lives have dovetailed since he was a young road cyclist. He was born the same year his father, Christy, became the Irish national champion and he was destined to work within the sport.

However, after publishing ‘Rough Ride’, his account of life in the drug-fuelled peloton, his family, who were deeply immersed in the cycling community, found themselves ostracised.

His anger at the recently disposed president of the UCI (Union Cycliste Internationale) Pat McQuaid is amplified by the close relationship the two once shared.

Last year, McQuaid filed a defamation case against his fellow Dubliner Lance Armstrong over the past decade has resulted in the fracture of the Dubliners’ friendship with fellow reporter David Walsh, who still works at the paper.

“There is a little bit more to it, the fact that I was shafted and he might have done more, but ultimately it’s about the stuff he’s written about Sky and the US Anti-Doping Agency… he’s going to need time but he’s made a positive start,” he explains.

Time is necessary, with the culture within the sport as bad as ever, as is the prevailing attitude of the majority of professional cyclists. Kimmage, who is currently ghostwriting Brian O’Driscoll’s autobiography, is extremely critical of Ireland’s Nicolas Roche for attending a team under the leadership of Bjarne Riis and Alberto Contador, two previous Tour de France winners with asterisks next to their name.

In an extract from his upcoming autobiography ‘At Speed’, Mark Cavendish’s argues: “We’re asked to comment on Armstrong and have our morals judged on the strength of what we say when a lot of us are too preoccupied to have an opinion.”

Kimmage interprets these quotes, as well as Roche’s actions, as further proof that the attitude of current cyclists translates to “I care about cycling, but mostly I care about what I can earn from it”, that’s not good enough, he argues.

His suggestions for Brian Cookson are undoubtedly ambitious but he considers them necessary. He feels it’s essential to show the riders that talking about doping is positive.

Putting himself in Cookson’s shoes, he assertively taps the plate in front of him as he outlines his plans. “For every media gathering I would insist each team declares ‘firstly we’re going to talk about doping. Is there anything you’re not happy with? Any member of staff you’re not happy with? Is there anything about our performances that are raising suspicions?’ The message that this would send out is that it is good this is so high on the agenda”.

After speaking for over an hour about his admiration of the sport and how it could finally turn a corner, Paul speaks conclusively on the future of cycling. “I’m not convinced at all [that cycling can be cured], it’s so deep-rooted now”.

He regards the Tour de France as potentially the most fantastic sporting event in the world, but his battle scars prevent him from seeing any hope upon the horizon.

The conflict that has shaped Paul Kimmage’s life the most is the one within him. The pain the sport has inflicted on him over the past 30 years has damaged his professional and personal life, yet he just can’t ignore it. “I don’t know why I keep fighting, when I went back in July I felt may be it would come full-circle for me, [I could] move on with my life. But if I walked away, I’d have given up, they’d win.”

“I’m not sure if I’ll go back next year,” he pondered as I reach to switch off my recorder. Eight seconds later he hopes his new employers at the Irish Independent ask him to travel, because he’ll definitely go.
Monkeaney, Ro Neill, or just Meane?
The first press conference

Piers Moyles
Sports Editor

A combined nickname for this duo is still up for grabs, but the early signs of being one and the same in their first press conference last week; charismatic, enigmatic, volatile, Roy Keane and Martin O’Neill are barely distinguishable.

O’Neill was his usual self in the press conference, and had the media eating out of his hands by simply not being Giovanni Trapattoni.

The Northern Irishman was relaxed despite the camera flashes going off around him and the mountain of recording devices surrounding his table. He said all the right things in all the right places ensuring he could be painted in nothing but a positive light.

“We will try to play with a bit of drive, enthusiasm, determination”, which is exactly what the assorted media wanted to hear.

“Left a club and some player interviewed said, ‘The manager had his favourites.' Yes, I did. They were generally the best players. Trapattoni did brilliantly; he’s been a great manager all his life, slightly better than Di Canio. That was just to make you laugh.”

It may not be the best joke in the world if you have to tell people to laugh at it, but nonetheless the media obliged and every time O’Neill pulled out an anecdote he was met with the usual extra few seconds of guffaw that comes with a new manager meeting journalists for the first time.

Overall he performed well, which was to be expected.

Keane’s encounter with the press was slightly more subdued, which perhaps made it even more interesting.

Upon entering the room at the Malahide Grand Hotel, the former Republic of Ireland captain was met by a rapturous cheer which came from only one journalist. Keane did not look impressed.

The Cork man kept everything short, synced and to the point. “The past is the past”, was his response when asked about his relationship with the FAI.

Like his boss, Keane sprinkled his serious demeanour with elements of wit and charm. “We’ve had a lovely few days, the hotel has been lovely, the food’s been excellent, the training ground is lovely, no potholes. We’ve got footballs. It’s been great, bibs and everything, Major progress”. This was more than a slight dig in the direction of arch nemesis Mick McCarthy.

Overall the two new boys were entertaining without being spectacular, and predictable without being boring. If they continue to win and perform like they did against Latvia then it augurs well for the “Cloughites”, and they can say whatever they like.

DIT sports scholarships awarded

Darran O’Sullivan misses out as hip injuries could rule him out of Sigerson

Piers Moyles
Sports Editor

DIT dished out their sports scholarships this year at their annual scholarships do which was held in Kevin Street on the 5th of November.

The scholarships are awarded based on each candidate’s sporting achievements, and to be eligible for a scholarship a student must have performed at international, national, inter-provincial, inter-county and/or senior club level.

In the hurling section DIT had winners in Dublin backs Peter Kelly and Liam Rushe. Both Kelly and Rushe had huge performances to help Dublin reach the semi-final of the hurling championship this year before losing out to Cork.

In football, following DIT’s win in the Sigerson camogie players.

Ladies football was also in the spotlight with scholarships going to Dublin forward Amy Ring, and Claire King, who played for the Dublin under-21’s in the first inter-county under-21 competition this year.

Perhaps the most noteworthy thing to come out of the night was the fact that a particular individual was not awarded a scholarship. Darran O’Sullivan was not presented with one due to his current injury woes. He has had to have two operations on his hips, and the DIT senior football management have to speak to the Kerry man to see how his rehab is progressing.

DIT GAA development officer Darraigh Biddlecombe gave an update on O’Sullivan: “He’s arranged with the college to do his study for three or four weeks from Kerry. He’s not very mobile and could miss the Sigerson cup, which will be a big loss.”

DIT continues to produce All Stars

Five past and present students among GPA winners

Sinéad Farrelly

The GAA Gaelic Players Association (GPA) 2013 All Star awards were held on the 8th of November in Croke Park and the winners included both past and present DIT students.

In the hurling section DIT had winners in Dublin backs Peter Kelly and Liam Rushe. Both Kelly and Rushe had huge performances to help Dublin reach the semi-final of the hurling championship this year before losing out to Cork.

In football, following DIT’s win in the Sigerson cup last season they were rewarded with seeing two of their inter-county players win All Stars. Monaghan’s Colin Walsh, DIT’s Sigerson cup captain, and Mayo’s Aidan O’Shea both were named on the GPA team of the year.

O’Shea had a massive season in the DIT and Mayo midfield, particularly in the All Ireland quarter-final where his control of the match performance helped Mayo to overcome former champions Donegal and eventually reaching the final of the All Ireland football championship.

Former student Paul Flynn was also honoured in the awards when he won his third consecutive All Star after shining again in the Dublin half forward line.

Other former students who were nominated for football awards but did not win were Dublin’s Diarmuid Connolly and London’s Lorcan Mulvey, formerly of Cavan. Overall it was a very successful night from a DIT point of view and the college continues to add to its glowing reputation for producing successful sports stars and teams.

DIT Karting take nuts corners at speed

Jonas Gloria

DIT Karting competed in the first round of intersocieties on the famous Nutts Corner circuit in Antrim on the 6th of November. DIT Karting were competing with their rival college’s best drivers which produced fierce competition on the day especially on a very slippery track.

Last year DIT had huge success in this event, taking home the first, second and fourth place prizes, and a degree of success was found again this year with several drivers in the top 16. The DIT teams were consistent throughout the day, but were unfortunately in the semi-finals with two drivers just missing out on eight spaces for the final.

In a very tight final race, Peter Campbell secured fourth and Graham Higinbotham took seventh place, leaving the DIT ‘A’ team only two points from the top of the table. They remain well within range of pole position looking ahead to the next round, to take place at Watergrasshill, Cork, on Wednesday the 27th of November.

In preparation for this next intervarsity, DIT Karting also held their very first Team Endurance Race last week in Kart City, Santry. Forty drivers took part, hoping to qualify for their chance to compete for DIT, which led to an interesting evening racing with lots of new faces. The race also was a good opportunity for the club to spot new talent to represent the college in intersocieties competitions throughout the year.
Tackling cheats since the late 90s

Chief Sports Reporter Simon Maguire talks to Siobhan Leonard, who is leading the fight against sporting cheats in Ireland

In 1999, the Government signed into law the Irish Sports Council Act and the anti-doping unit was established under the direction of the anti-doping committee. Siobhan Leonard was appointed head of doping control and quality and worked closely with Dr Una May as they plotted the foundations for the years ahead.

The then newly graduated Leonard, armed with a Master’s degree in the sociology of sport and sports management, was a sports enthusiast who wanted to combine her hobbies with her career: “I love sport and play it, but at a recreational level”, she said. Thinking back to when it all started and highlighting her own passion for the job, Leonard said “I was always interested in the area of anti-doping even as a teenager”, adding “I want to see people who play sport are doing it to the best of their ability, that they train hard, not by the fact that they are taking something.”

Given the World Anti-Doping Agency (WADA) also came into existence late in 1999, the guidelines and expertise available to the Irish unit was minimal. “We developed the anti-doping programme in 1999 from nothing… we had to learn a lot, WADA weren’t there at that time, they were only just beginning” she said, receiving the prestigious quality award of the country in the world to get that,” she added. “The organisation who gives us the quality system… has made the task of catching cheats and the evolution of sports scientists performance and said some of his players have given the coaching staff something to think about ahead of the quarter finals next week.” – Liam Kennedy

DIT 3-15 UCC 4-9

follow this old rule as they trundled into the dressing room for warmth on a bitter-cold night, ten points down and flag-battered, with their coaching staff lambasting the referee. It was Cork v Dublin, and it was personal.

The second-half began with the scores at 3-9 to 3-3 but this half wasn’t as fruitful for DIT as a combination of a UCC resurgence and complacency made for a nail-biting climax.

UCC attacked from the off and created numerous opportunities in what was an extremely high intensity game of football, but lacklustre finishing looked like it would ensure a comfortable win for the holders.

The Cork University then got three points in succession before DIT could reply. When the Dublin college did get back on the scoreboard, however, it was with three of their own, Tomáis O’Connor and Niall Scully playing their part, while Bernard Allen and Harry Dawson took care of the points.

Similarly to the ending in the first half, the spectators were in for an unexpected last few minutes, with Cork scoring two quick-fire goals, one of which could only be put down as a howler, when the ball bounced over O’Reilly and into the net.

The referee blew the final whistle and DIT had held on, but only just. Had there been more time left, the mark only four years after developing the programme.

The difficulty with testing is often knowing who to test and when. It can be relatively easy to mask certain drugs, with diuretics for example, and the evolution of sports scientists has made the task of catching cheaters immeasurably more difficult.

Leonard enjoys her leadership role and looks forward to targeting upcoming events. “I do the test distribution planning and I make the decision of what events are to be tested and who is to be tested,” she said, adding: “I manage about 50 sample collection personnel.”

Between 2008 and 2012, the anti-doping unit carried out a total of 4,285 tests, with 2,705 taken out-of-competition. Both blood and urine samples are analysed by a lab in Cologne and are held for retrospective testing. Carbon Isotope tests, which detect abnormal levels of testosterone, are also conducted.

Siegerson champions might have been in trouble, but they march on and into the semi-final with Jordanstown.

Manager Billy O’Loughlin, gave his take on the night’s work: “I wasn’t happy with the second half at all. We let in two sloppy goals so it wasn’t the ideal performance and we’ll have to work on that before the next game.”

Meanwhile, forward Darren O’Reilly reflected on his two goals: “I really get two goals in a game and for it to be in a college game, a quarter-final, I’m very happy.”

DIT: A O’Reilly; N Deveraux; M Shields; K O’Connell; R Sheridan; B Menton; P Currie; R Hazley; M Argue; D O’Reilly; S O’Connor; N Scully; B Allen; T O’Connor; H Dawson.

It wasn’t the ideal performance; we’ll have to work on that before the next game
- Senior Football manager, Billy O’Loughlin

DIT were defeated 1-16 to 1-12 by ITB (Blanchardstown) in a Freshers Football challenge game as they prepare for two important quarter finals next week.

The referee didn’t go DIT’s way, but it was still a great opportunity for Manager Jon O’Brien to see his squad in action before next week’s B and C team quarter finals.

It was ITB who got off to the better start and picked up the first points of the match. However, DIT replied by scoring the first goal through Jack Sheedy.

Unfortunately for DIT, they failed to push on after the goal allowing their opponents to take control of the match and this was reflected on the scoreboard.

First-half point-scorers for DIT included McCartron, Kieran O’Reilly and Glen O’Reilly. At halftime ITB led with 13 points to DIT’s goal and six points.

A number of halftime changes from Manager O’Brien seemed to inject new life into DIT and early second-half points from Glen O’Reilly and Eoin Doonan got them off to an ideal start.

However, a goal from ITB widened the gap and halted DIT’s momentum. DIT finished the period interplay, but couldn’t turn the game around completely.

Despite the loss, DIT manager O’Brien was pleased with his side’s performance and said some of his players have given the coaching staff something to think about ahead of the quarter finals next week.

- Matthew Colfer

Sports Bulletin

Freshers challenge game

DIT Ultimate Frisbee Club won the Plate (second) Division at Open Indoor Intervarsities held in University of Limerick (UL) on Saturday 2nd and Sunday 3rd November.

The club sent two full teams, DIT1 and DIT2, and one team combined with UCD, DIT/UCD, to the tournament and DIT 1 were victorious in their bid to win silverware. DIT1 started strong on the opening day winning their three group games to finish top before losing to a strong NUI Galway 1 team in their crossover match.

That left DIT1 in the plate division quarter final against NUI Maynooth2 on Sunday morning which they comfortably won before beating UL2 in the semi-final.

In the final they faced a tough Queens University of Belfast side but DIT1 held their nerve and won on a tight score line of 10-9. DIT2 had a good weekend and managed to win out of 7 games while DIT3 lost all their games despite a valiant effort throughout.

DIT1: Aidan Kelly (captain), Steven Gogarty (MSP), Oscar Gonzalez, Shaun Cullen, Matthew Colfer, James Cantwell (MVP), Brian Staunton, Simon Higgins, Tom Healy, Kieran Abrook.

- Matthew Colfer

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DIT comes out on top in a high-scoring battle

Senior Footballers into Sigerson semi-final after victory in quarters: DIT 3-15 – 4-9 UCC

Ryan Nugent
Sports Editor

DIT’s senior footballers made hard work of defeating their Cork counterparts, UCC, in the quarter-final of the Division One league, to book a semi-final place against Sigerson Cup favourites, Jordanstown.

When the Dubs meet Cork it is generally labelled the ‘real capital’ versus the ‘self-proclaimed capital’, yet when it’s the meeting of two colleges you’d expect, would be diluted. That theory was wrong.

DIT raced into a commanding lead as they went ahead by six points after just over twenty minutes of play. That lead was cut in half, however, seven minutes before the break when a suspect free led to the ball finding Tomás Hickey who made no mistake in burying it past Adam O’Reilly in the DIT goal. It wasn’t the last time Hickey would be beaten during the sixty minutes.

At this point DIT’s management staff began to fret. The referee seemed to be the focal point of their vocal attacks – “It was never a free in the first place!”

The game moved on though, and it was expected the score would be in the balance at the break, but expectations and reality are two totally different things.

DIT pressed on in the final moments and bagged a point thanks to Harry Dawson. Then, the headline act stole the show – Darren O’Reilly picked the ball up around the half forward line and drove towards the UCC goal, his directness might have surprised the Cork defence as it all opened up for O’Reilly, and he rifled the ball into the bottom corner of Seán Ó’Méalóid’s net.

The ball was back in the UCCkeeper’s net before the break. Minutes later, a mix up between O’Méalóid and his full back line saw the ball bounce in front of O’Reilly, and he slotted home into an empty goal.

They say that upon scoring a goal, the most important thing is to keep it tight for the next 10 minutes; UCC were left reflecting on their failure to

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Lack of DIT facilities takes a toll on college sports

Kevin O’Mahony

DIT GAA has been plagued by constant changes to its home match fixture list since the beginning of the semester, The Edition has found.

The teams currently have no permanent home ground, as a result of which home games have been held on pitches all across Dublin, and further afield. Over the past two months, DIT has played home matches in Drumcondra, St. Margarets, Parnells in Coolock and Clanna Gael Fontenoy in Ringsend. The constant changes in venue makes coverage of games problematic, curtails the amount of supporters and dismisses any notion of a ‘home advantage’.

Among several other last-minute relocations, DIT’s crucial senior football match against UCC was moved from St Margarets GAA ground, near Swords, on the day of the game, when vandalisation of the club’s generator rendered it unusable. The fixture was changed to Ringsend only hours ahead of the scheduled kick-off, which was delayed by 45 minutes.

With Grangegorman pitches, which were used last year, currently off limits due to construction, the GAA but the Grangegorman campus will eventually put an end to this uncertainty. On-site pitches, and extra space for sports facilities in Broombridge will be constructed, including an all-weather pitch at first, with a plan for indoor five-a-side facilities in the future. The all-weather pitch at Broombridge is expected to be open for use by Autumn 2014, while the pitches at the Grangegorman site will be ready for use by 2015.