

J1 Summer
Guide

Students' Union
Election Season

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Tickets To Be Won!

RAG Week
Photos Inside

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expliCIT

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WE NEED YOU!

If you would like to get involved writing for expliCIT please contact Philip or Colin in the SU office or email: explicit@citsu.ie

expliCIT Editorial



Hello again and welcome to another edition of expliCIT. I hope everyone had a good rag week and I would like to thank everyone who supported the event as a lot of money was raised for good charities. But every silver lining has a cloud and with the end of our mid term we are staring right into the last term including many wonderful exams and plenty of late hours in the library. I can tell you are all really looking forward to it.

On a very serious note I would like to extend my sympathies to the friends and families of the two students who died tragically two weeks ago. It was an event that sent shockwaves through our close college community. Words cannot convey the sense of loss felt by the college.

On a lighter note there has certainly been a lot happening these last few weeks in the news. Everyone has forgotten about Bin Laden and now Bush and his gang are after Saddam. I have yet to hear a convincing argument for the war on Iraq, if you have any opinions on the matter go to the www.citsu.com/boards and then go to the expliCIT section and voice your opinion. I will print all of the good points for and against next month.

I know I am usually the one who moans about the American people (their leader in particular) but are we any better here. I was having a conversation with someone the other day and they got on to talking about the price of a litre of water compared to a litre of petrol. It started me thinking about the difference in the look of our shop fridges between today and ten years ago. There are so many different types of drinking water V***el, Bal*****an and Ke**y to name but a few. A litre of petrol costs around 85c but we pay upwards of 80c for a 1/2 litre (Over €1.20 for a litre) of the most abundant substance on our planet H₂O. Whoever thought up the idea of charging through the nose for WATER must be laughing all the way to the bank. But as they say in Star Wars "Who is the more foolish the fool or the fool who follows him?" Lets get one thing straight I am delighted to see people drinking more water than carbonated soft drinks, however I do have a problem when they have to pay nearly the same price for them. Imagine the refining process that oil must go through to produce petrol and compare this to what they have to do to the water. Pump it out of the ground? Give me a break

I am sure you will have heard about our great give away this month so get cracking on the competition on page 22. Two VIP tickets to Witness is nothing to be sneezed at. I hope I win. (Background whispering...) What do you mean I can't enter Phil?

There is one event that I have been looking forward to all month and that is the greatest sporting event this year. Hulk Hogan V The Rock is going to be a stunning match of course due to the printing process it will be over by the time this edition is published. Professional wrestling has always been frowned on by a great number of people for various reasons "Its all fake" I hear you cry, so what? So are Coronation Street and Eastenders. Everyone who watches it knows it is fake, it does not make it any less dangerous or spectacular to watch. For those of you who are still not convinced all I have to say is "What ya gonna do?"

Good luck

Colin "I pity the fool" Noonan

Euro Star School in Jeopardy from Government Delays & Lies



There have been perturbing rumours circulating regarding the new Cork School of Music building. If this building does not receive the go ahead it will be the biggest blow in its history to Cork Institute of Technology. It would be a disaster for the whole staff and student body of the School of Music who have been remarkably patient in their long wait for a new School. "Cork - European Capital of Culture 2005" would be a farce if the government doesn't go ahead now with the new School of Music building. The canceling of this project is ten times more significant, it's real, it will hurt our members, our students and our city. If the project is turned down there is a possibility that the Cork School of Music will cease to exist, putting a virtual end to musical education in Cork city and county; putting a real end to an important part of the cultural life of the region. The Project was the first educational PPP undertaken by the Irish Government. The Cork School of Music with an area of over 10,000 m2 would have been the first purpose built building of its kind in Ireland, consisting of specialist tuition areas, rehearsal hall, drama suite and lecture rooms.

Gearóid Hogan President CITSU stated "The Department of Education needs to push the necessary buttons and give the green light to this important project. Cork City has been designated European City of Culture for 2005 and unless work starts immediately on building a new home for the School of Music, the city will be without one of its most important and prestigious cultural institutions. I have said on many occasions that students in Cork School of Music are Music Students and not Hotel Management Students. Classes in Moore's Hotel are only a short-term solution, a new School of Music building is the answer. Dr Kelleher Director of Cork Institute of Technology informed me recently that the building is still awaiting a decision but I believe that, with every passing day, it looks more and more unlikely that we'll ever see the new Cork School of Music building which no one can deny would be a valuable asset to both Cork City and Cork Institute of Technology. I am, therefore, urging the Minister for Education to remove whatever civil service obstacles have been put in place and let Cork Institute of Technology and Cork City look forward to 2005 with pride. It is time for students and staff to stand up and be counted and to let this govern-

ment know that they cannot play musical chairs with the future of our students and inevitably our city. This building is needed - full stop."

Dr Geoffrey Spratt, Director, Cork School of Music, stated "We are here because the sense of frustration felt by the School's students and staff has found an amazing resonance throughout the City. We have been overwhelmed by the support we have received and are very grateful. What we really appreciate is the fact that it is not just musicians here today, but representatives of so many sporting organisations, all the other cultural sectors, local politicians, and - most important of all - the people of Cork who care. None of us here today are either naive or stupid: if a decision not to proceed with building the new Cork School of Music is made by Government during the next couple of weeks, protesting afterwards will be throwing words to the wind. So we are here, now, to say that the unthinkable must not be thought."



Dr. Spratt said "We are here because the Cork School of Music has provided countless thousands of Corkonians with the very best standard of education in music and drama for the last 125 years. It is not acceptable to the people of Cork that current students, let alone generations of future students – your children and your children's children – should be denied their right to receive this education in an adequate building. We are here because generations of dedicated staff have always done their very best by their students. Cork will not allow over 120 dedicated people who have made unbelievable sacrifices and compromises in recent years to face an untenable future."

He added, "The Cork School of Music is not élitist. It serves all the people of Cork and is proud of the contributions it makes to the cultural life of this great City. It has done much, but knows it can do so much more. Let us not forget: over thirty years ago the Government announced that it was going to build a new School of Music on Union Quay, but just before building was to commence in the early 1980's the project was cancelled because of financial constraints. Many of you will be sad to

remember that both Bridget Doolan and Jack Murphy - Directors that led the School with such distinction in the 1970's and 1980's - have both gone to their graves without seeing their vision realised. I have no intention of doing the same without this new building being up and running simply because the Government has reneged on its commitment to Cork for a second time."

explicit staff sent an email to TDs and local representatives expressing anger at the recent delays. The first to reply, within ten minutes on a Monday night, was Green Party TD Dan Boyle. He stated, "I fully support the demand for the immediate provision of resources for a new School of Music, even though I have considerable reservations about the Public Private Partnership approach which I feel has been the main factor why progress has not been made. Despite this reservation I recently raised the issue of the School of Music during a recent Dáil adjournment debate. I was unable to attend Friday's rally as I was on Oireachtas business, but my colleague Cllr. Chris O'Leary did attend. Be assured of continued support."



GOVERNMENT SOURCE TELLS THIRD LEVEL FEES 'HIGHLY UNLIKELY' FOR NEXT YEAR

The Union of Students in Ireland (USI) has received information that it is highly unlikely that third level fees will be introduced this September due to serious delays in the timetable for a review of the entire third level student support scheme. The information came from a source in Government and has been cautiously welcomed by USI.

Colm Jordan, President, USI said: "While we welcome this news, where does it leave the family who will not have to pay fees for the next academic year but are still in fear of an introduction before the students entry into second year?"

"A special projects team was set up in November 2000 to investigate the student support scheme, so surely the Minister already has the information required to see that fees would be a disastrous option for an education system that benefits all students."

"USI's continued lobbying of the Government and our mobilisation of students onto streets all over the country, culminating in an 8,000 student march through Dublin last week sent out a clear message to the Government that students are prepared to fight this threat in every way possible. Support from all Opposition parties has also been very encouraging. The further delay in the

report is evidence that we are achieving success to this end."

"We sincerely hope that this delay will force further research and highlight to the Government that more money is needed for all parts of our education system. It simply is not acceptable that primary, secondary and third level sectors be forced to squabble for the same fund of money. Education needs to be prioritised immediately by this Government as much of our future as a country will depend on its quality."

"On a number of occasions, Minister Dempsey has said that only those who benefit from college should pay for it. However, every citizen in Ireland benefits from nurses, doctors, engineers, teachers, journalists and lawyers graduate from our institutions. Also, our cumbersome and antiquated grants system shows that thousands of families only barely miss out on maintenance grants, making education a luxury that cannot be financially supported."

"We also welcome the comments of the Provost of Trinity College Dublin in a circular to all students and staff urging a reverse of the budgetary situation for the university sector. We can only hope that the Government

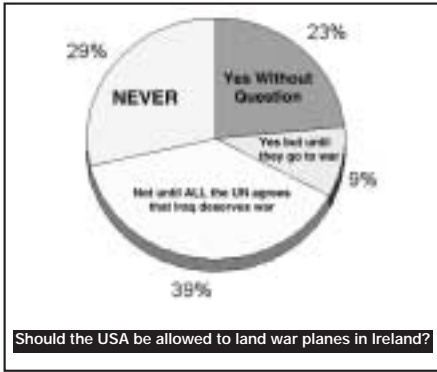
pay attention to somebody of his stature in the education world. Not to do so would be foolish."

"We sincerely hope that this latest delay is a sign of the Government coming to its senses on this matter and that the Department of Education and Science will move forward with USI in seeking the best way forward on increasing the numbers of poorer students attending our colleges."

Extract from Circular sent by Trinity Provost John Hegarty to all students and staff stated: "I am urging the Conference of Heads of Irish Universities (CHIUI) to develop, consider and pursue with the HEA and the Department of Education and Science constructive proposals to reverse the budgetary situation for the university sector. Persisting with a continued cut in funding of the university sector will quickly lead to a loss of competitive advantage for Ireland, internationally, thereby damaging the economy and the quality of our society. This, allied with the uncertainty in the issue of fees, does not make it easy for any student or for upcoming students who are now considering their future paths."

CITSU Online Forums Student Vox Box

www.citsu.com/boards



Cork Institute of Technology Students' Union recently added an explicit Magazine section to their new and highly successful forums on CITSU Online. This new section allows users to answer monthly questions which some replies are published in explicit and vote on an online poll.

This months questions were The USA has contributed a lot to the Irish Economy in recent years. Does this justify our government putting their heads in the sand? Should the USA be allowed to land war planes in Ireland?

The online poll had four possible options Yes without question, Yes but until they go to war, No until ALL the UN agrees that Iraq deserves war, and Never. The highest ranking answer in the poll, at 39%, was that US war planes should not be allowed to land on Irish soil until the entire UN agrees on war with Iraq. The rest of the answers can be seen to your left.

The forum recieved many replies, all of which can be seen online. One student stated "I disagreed with the Government when they let US War Planes land on our soil. Sure they are AFRAID of loosing investment from the USA so that is why they did it. That may be okay for some people. They totally crossed the line when they set OUR ARMY against OUR people protecting their war machines in fighting and killing innocent people for OIL." The Vox Box is now featured on page 17 of this issue and contains many more student opinions on this issue.

In the last month alone CITSU Online forums has had 225 new registered users with a total of over 2,600 posts on everything from college life, to sports and entertainment.

This month includes a competition to win two VIP tickets to Witness 2003. The competition is kindly sponsored by Gill & MacMillan and is featured on page 22.



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CIT Mourns Student Deaths

Students at the Cork Institute of Technology have learned with great sadness the death of two of their colleagues.

Gearóid Hogan President CITSU stated "On behalf of the students at Cork Institute of Technology I would like to express our deepest sympathy to the families in what can only be called a tragedy. Cork Institute of Technology is a large institute in terms of size but it is small in other ways as there is a close link between students and staff due to a high involvement in societies and sport clubs. This tragedy will have a dramatic effect

on the institute, its not everyday something like this happens and its something you never want to see again. I have received many calls from concerned students asking me is it true, students cannot believe that this has taken place, words cannot express the feeling at CIT, with a flag at half mast everyone at CIT mourns their death.

We have lost two students from this tragedy, two students too many. I have met with college management and we are providing what ever support students will require to get them through this tough time. Having

something like this happen really hits home how short life can be.

For students who need support the Students' Union are working closely with CIT's various support services including CIT counseling service and student support team, we urge our fellow students in this tragic time who need to speak in confidence to contact the CIT counseling service or us in the Students' Union.

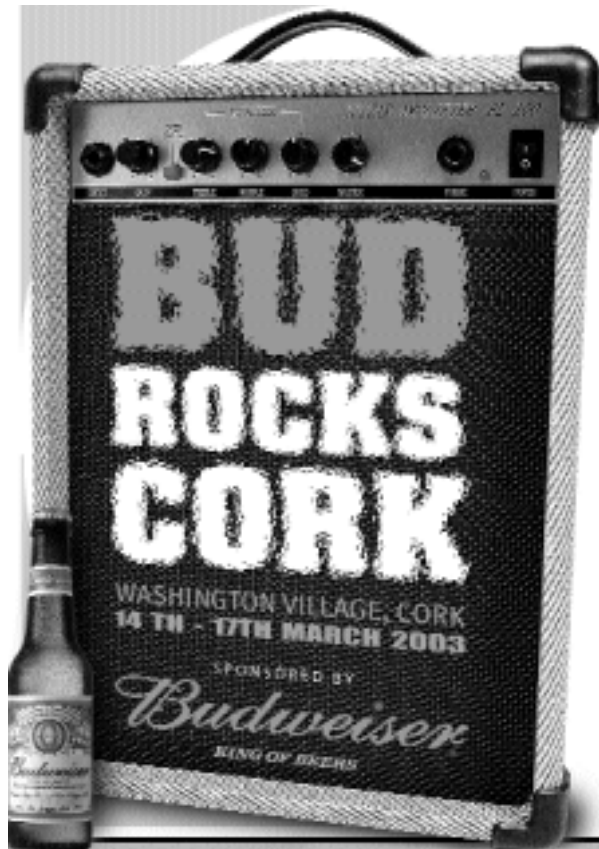
At this time our thoughts and prayers are with both families".

Disabilities Awareness Day 2003

2003 has been deemed the Year of the Disabled here in Ireland. To make students in the south more aware of this fact, Cork Institute of Technology Students' Union held a Disability Awareness Day in the Institute on February 6th. The aim of the day was to help students to realise that they do not have to stand alone just because they have a disability, whether it is physical, sensory, mental, temporary or chronic. We wish to educate peo-

ple about the services and facilities available to them in Cork IT, that can make their lives easier and more productive. The day was officially opened at 10am in the Exhibition Centre by Cathy Sinnott of the Hope Project, Dr. Patrick Kelleher, Director of CIT, Gearóid Hogan, president of the Students' Union and Maurice O' Donoghue, Southern Regional Director of the 2003 Special Olympics.

Gearóid Hogan President CITSU stated, "If we as a college can give disabled people the opportunities to gain the maximum benefit of education, all of society benefits. We should not measure that success merely by the number of degrees or academic qualifications people get. There are few people who lack the ability to benefit in some respect from education and to improve their life opportunities as a consequence".



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CIT Students' Union PRESIDENT



I hope you all enjoyed Rag week and I must say that the Tramps Ball was the best one ever. The feeling in there was unreal, everyone had a really good time and a big thank you must go out to the Ents officer and manager for organizing it.

Rag week takes a lot of work and long hours are spent in the college to ensure it all goes well for you. Donnacha Coakley put a lot of effort into the week and this could easily be seen with the array of activity and prizes up for grabs on stage. The entertainment for the week was top class and what about that Hypnotist Adrian Knight what a show, that guy has performed in Las Vegas and boy did it show, it was definitely the highlight of the week for me. A big thank you must go out to all the crew for their work during the week. Rag week is all about Raising and Giving and its

great to see the various events on during the week trying to raise money for charity from the head shaving to Ms. Murphy it all helps in making Rag Week the success it is. I would like to thank you all for being so generous and in doing so making a difference to peoples lives.

A tragic event hit us all recently, we lost two students in what can only be called a tragedy. My deepest sympathy goes out to their families, I have met them and what nice people they are. It is things like this that really put in perspective what life is all about, sure we all complain about things but these are little things. I was very taken a back by the support I saw from friends and class mates of Cliona and Wayne. When I

came into this job I never thought I would have to deal with such a tragedy but it has happened and life does go on.

Some reading this may still be in shock or still grieving their loss and I would like to reassure you that the Students' Union is here for you, there is help available from both within and outside the college. Dan Collins is the head of Counselling in CIT, he is very approachable and would be quite happy to meet with you. You can phone **Dan on: 021 4326781** or e-mail dcollins@cit.ie. If you feel more comfortable talking to someone outside CIT that can be organized for you by either calling into Students' Union or asking Dan. You don't need to suffer alone there is support for you in CIT, its free, professional and confidential. It is important to remember that this counselling service is available in CIT throughout the year and if you ever feel down or just want someone to talk it is available for you and we are here in the Students' Union also of course. We in the Students' Union are not trained counsellors but we can point you in the right direction.

When times are hard, you see CIT at its best, this college is so supportive and caring. The various support services here really do come together. Special thanks has to be given to the chaplaincy and counselling service who really gave the support that was needed in this hard time.

It is now the month of March, Minister Noel Dempsey is visiting us so I hope a positive outcome will be had. Exam time has arrived CIT so get those results you deserve and make us proud.

It has been very hard these past few weeks on me firstly the shock and then having to deal with the media etc and I hope I have represented you in a manner you approve of.

Thank you for all your support these past few weeks and your kind words,

Gearóid



VICE PRESIDENT EDUCATION

I sit here writing this on the day after one of the saddest days C.I.T. will hopefully ever have. Losing two students so suddenly and in such circumstances has affected many of us especially the friends and classmates of the two students. My condolences go out to all who knew and loved them. I pray to God nothing of this nature happens in C.I.T. again.

So I'm saying to you if you feel depressed or confused or lost talk to someone. Your family, your friends, Chaplaincy, Careers and counselling or Students' Union. Talk to someone, get help because as bad as it seems there are always ways of getting help or support or if nothing else comfort. We are not islands, nor are we expected to be a rock of strength the whole time. We can't always deal with what life throws at us alone. Never forget that you no matter who you are a wonderful person and do deserve comfort and help from time to time.

And look to your friends and loved ones. Make sure they are coping okay. The people we love and care about may need us far more than we know. A word, a text message, a phone call to check if everything is all right to friends we know are under strain can mean so much.

At the end of the day there is very little else I can say. I know words at this time sound hollow. Especially from some guy up the corridor in an office who you don't know. However if people feel they need help and have trouble finding it, drop in to my office. Or give me a call on 0868555654, anytime - if you feel you need to. Just because its outside office hours does not mean my phone is off. If there is anything I can help with or you just need someone to chat to, just call.

James

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your online forum for everything you want to discuss with other CIT students

CITSU Online - your one stop link for all student information

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VICE PRESIDENT WELFARE



It's with a heavy heart that I sit here and write this address. Never in all my time here in CIT has there been such a tragedy to befall the students and staff of this college. I didn't know Cliona or Wayne personally, but it doesn't mean that their passing hasn't affected me. Their death has brought back feelings I have had for other people that have been lost through my life.

Each and every person in this college has been touched by death in some form throughout their life, whether directly or indirectly, and sometimes grief picks inopportune times to rear its head. If you ever need someone to talk to or a quiet place to sit and think please call into the office here in the Union. I am not a trained counsellor but I am always here if you just need a friend to talk to. If any student wishes to talk to a trained professional I can arrange a meeting with a counsellor here in the college, or with an outside counsellor if you would prefer. See you around.

Margaret.

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The Samaritans



ENTS OFFICER

Hey,
Hope you are all recovered after RAG week; I am still feeling the effects and its the Thursday after Rag Week! Anyhow, I hope you all enjoyed it. I am very pleased with the week for at the moment it's looking as we have raised well over (Drum roll please!!) €12,000 (trumpets....thank you) so congratulations to everyone in taking part. There are a few people to thank for their help and commitment through out the week.

The CREW, at ease boys and take a bow ,without you guys I would hate to think what would have happened, Fellow exec for the continuous support and assistance. Tim and Philip I don't know where to start here but you know yourselves, all our sponsors and Most of all YOU for taking part during the daytime events and supporting our night time events.

At the moment plans are brewing for a Paddy's day festival but alot has to be confirmed yet so I am not going into it. Watch out for the flyers and posters coming soon. Otherwise class reps start with the class parties as things are getting kind of quite.

Always on for a laugh..

Donnacha Coakley

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Cork Institute of Technology Students' Union Elections 2003



NOTICE OF ELECTIONS

Cork Institute of Technology Students' Union

The Elections for the Following Students' Union Positions will take place on Thursday 27th March 2003

Sabbatical

President

Vice-President of Education

Vice-President of Welfare

Non-Sabbatical

Communications Officer

Entertainments Officer

Equality Officer

Nominations will open on Tuesday 4th March 2003 (forms available from the Students' Union Office)

Nominations will close at 5.00 pm Friday 21st March 2003

Cork Institute of Technology Students' Union Elections 2003

SCHEDULE B - Elections

General:

1. A Returning Officer who shall not be a member of the student body, shall be appointed by the Union Executive. The returning officer shall be responsible for the good conduct of elections for one year.

2. The election of the Executive shall take place in the second term of the academic year.

3. The dates of all elections and a copy of the election regulations shall be posted on the Union Notice Board at least three weeks before the election.

4. All full members of the Union shall be entitled to vote and/or contest all executive positions.

5. It will be the responsibility of all the outgoing Full Time Officers if requested, to make themselves available to all candidates - for information purposes.

Nominations:

6. Candidates for executive posts must be nominated by 40 Full Union member including at least two Union Council members.

7. The official nomination papers must contain, as well as the required number of nominees, the candidates name as registered with the college, his/her college I.D. number, course and the name of the candidates agent/campaign manager (if any).

8. The election for all positions shall take place seven days after the close of nominations.

9. Nomination forms signed by the candidates shall be returned to the Returning Officer no later than 5.00 p.m. on the day of close of nominations.

10. The decision on valid candidacy is at the discretion of the Returning Officer, his/her decision is final.

Canvassing:

11. All candidates are expected to treat all other candidates with dignity and respect and abide by basic rules of fair play.

12. Where an election is in progress under this constitution the Returning Officer may at his/her discretion make such regulations as may be appropriate to govern the canvassing or other activities of candidates, or their agents, in seeking election.

All candidates must adhere to the election rules in accordance to Schedule B of the Constitution of CITSU (copies posted on SU notice boards and are available from the Students' Union Office).

Canvassing:

- Canvassing will commence after close of nomination, 5.00 pm, Friday 8th of March - all canvassing prior to this date is strictly prohibited.

- All candidates are expected to treat all other candidates with dignity and respect and abide by basic rules of fair play.

- Where an election is in progress under this constitution the Returning Officer may at his/her discretion make such regulations as may be appropriate to govern the canvassing or other activities of candidates, or their agents, in seeking election.

13. All canvassing must be confined to the college grounds.

Hustings:

14. All hustings or public debates with or between candidates or interested parties in an election shall be convened by independent chairpersons.

15. Candidates shall hust in alphabetical order and shall sum up in reverse alphabetical order.

16. Candidates shall have equal time for their main speeches and not less than a third of that time for summing up.

17. Points of information shall not be allowed. Points of order may only be made by the Candidates and shall only be related to the running of hustings.

18. Questions from the floor shall be subject to inspection by the Returning Officer and/or the Chairperson.

19. Parliamentary language must be observed at all times during hustings.

Voting:

20. The system of voting shall be proportional representation with the single transferable vote, as operated under the 1923 Electoral Act of Ireland.

21. Votes will be cast in sealed ballot boxes.

22. Voting slips shall bear the name of each candidate alphabetically and the office being contested.

23. The Returning Officer shall publicise the location and arrangements of polling station(s) and shall make arrangements whereby provision is made for all full members of the Union to vote in advance of Polling Day.

24. Polling stations will be situated in areas giving greatest convenience to the voters and must open not earlier than 10.00 a.m. and close no later than 5.00 p.m.

25. No other polling station can be opened other than those on the college campus authorised by the Returning Officer.

26. No electioneering or pamphleting may take place within the red perimeter line circumferencing the polling booth(s).

27. Voters must be able to identify themselves before

being allowed to vote.

28. Any vote on which a clear preference is shown will be considered valid.

29. If any nominee is the only one nominated for a position a plebiscite (yes/no) shall take place to ensure that he/she is acceptable to the members of the Union.

30. All ballot papers for executive positions shall carry the open "Re-Open Nominations".

Counting:

31. The counting of votes shall take place 30 minutes after the closing of the polling stations in an area designated by the Returning Officer.

32. The order of the count after ascertaining total poll shall be President, Vice President Education, Vice President Welfare, Communications, Entertainment, Equality with the official results being declared by the Returning Officer after each count.

33. Campaign managers/candidates have the right to call a recount after the result of the count has been announced. If a campaign manager/candidate for any reason is absent from the count result announcement he/she may still request a recount within twenty minutes of the announcement being made. The Returning Officer alone will make the decision as to when the recount will take place.

Grievances:

34. Any corrupt practise e.g. attempted double voting, will be disciplined using all the medium at the Union's disposal.

35. Any candidate/campaign manager/ordinary member of the Union who has reason to believe that there was an irregularity of any kind regarding the conduct of the elections shall have the right to lodge an objection with the Returning Officer within one college day of the alleged irregularity taking place.

By-Elections:

36. The above rules shall also apply for by-elections, however, by elections for non-sabbatical executive positions may be held through the medium of the General Meeting, the decision as to whether to use this medium or not shall be made by the Executive of the day.

Schedule B (above)

Extracted from CIT Students' Union Constitution Full Constitution is available on www.citsu.com or from the SU office during normal office hours

- All canvassing must be confined to the college grounds.

- Poster Display - One Large poster per candidate 200 A4/A3 posers per candidate

- Defacement of ballot forms will lead to disqualification.

Allocations

- Each Candidate shall be entitled to the following:

- One ream of White A4 Paper

- 250 Photocopies (candidates must supply their own paper)

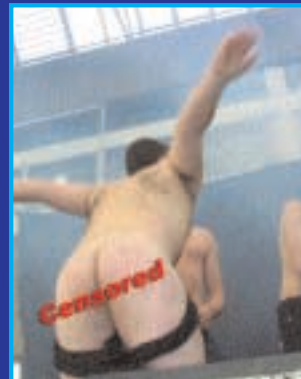
- 4 Sheets of A1 Paper

- The use of office computing facilities for one hour

Sean McIntyre, Returning Officer

Vicky O'Sullivan, Assistant Returning Officer







CIT RAG Week 2002

check out www.citsu.ie for more photos and news. do you have any photos that you like on explicit > email explicit@citsu.ie > Please send hi res pics > :-)



The Difference between colds and flu...

What Is the Difference Between a Cold and the Flu?

Although both colds and influenza are caused by a virus, they are not the same disorder. The common cold can be the result of one or more of over 200 different viruses capable of causing an infection once they invade the body. Influenza or the flu is caused by multiple strains of two types of single family viruses that change their characteristics every year. The types are conveniently called Type A and Type B (There is a third type, C, that rarely causes disease in humans). Different strains appear every year, so that one year's immunity is not completely effective the next year.

Colds cause a sore throat, runny nose, nasal congestion, a low-grade fever with muscle aches and a general sick feeling. They may also cause laryngitis. Influenza is typified by a high fever, a dry cough, much worse aching all over, and feeling terrible. Colds generally last about a week, the flu up to 2 weeks. Colds are more common during the winter, but the flu appears almost exclusively during the winter months in the northern hemisphere.

Both cold and flu viruses enter the body through the nose and mouth, where they begin to invade the sinuses, throat, and upper breathing tubes (trachea and bronchi). Most healthy people can successfully recover from colds and influenza on their own, developing some degree of immunity to subsequent infections in the process. The flu, however, can be very serious for the elderly. A physician should evaluate older patients carefully if the flu is suspected.

What Can I Do at Home to Feel Better When I Catch a Cold or Flu?

Once you are infected with cold or flu viruses, all you can do to feel better is treat your symptoms while your

body fights the virus. During your recovery, the following may help you to feel better:

REST. Rest is important especially when you have a fever. You will often feel tired from cold and flu symptoms, and you may require more sleep than usual.

DRINK PLENTY OF FLUIDS. Fluids will help loosen mucus in your nose and chest. They also will help to prevent dehydration caused by fever. Water, fruit juices, ice pops and ginger ale are some examples of fluids that may help.

STOP SMOKING AND AVOID SECOND-HAND SMOKE. Cigarette smoke is a respiratory irritant that will only make your symptoms worse.

GARGLE WITH WARM SALT WATER. Gargling a few times a day can relieve a sore throat.

SUCK ON COUGH LOZENGES OR HARD CANDY. This can help to quiet a cough.

USE SALINE NOSE DROPS. When applied to the nasal passages, saline drops help moisten the irritated skin and help to loosen mucus.

USE VAPORIZERS AND HUMIDIFIERS. A vaporizer works by generating steam that can help to loosen secretions and make breathing easier. The possibility of spilling scalding water is a hazard. Keep a vaporizer out of the reach of children. A humidifier sprays cool mist into the air and can produce the same results as a vaporizer. However, both machines can become breeding grounds for mildew and other types of organisms. So, it is necessary to clean and disinfect this equipment

according to the manufacturer's guidelines. A vaporizer or a humidifier is particularly useful for small children for whom a cold becomes the "croup."

Although no medication can cure colds or flu viruses, there are many over-the-counter and prescription drugs available to help relieve the symptoms associated with these illnesses. It is estimated that Irish people spend close to €2 million each year on cold remedies.

Many cold and flu drugs contain more than one medication. It is important to read labels carefully. Choose products that treat only the symptoms you have. Check with your doctor before giving any cold or flu medicine to children. Listed below is a guide to the ingredients found in over-the-counter cold and flu medicines:

ANALGESICS These medications relieve muscle aches and pains and reduce fever.

ANTIHISTAMINES These medications block histamine, a substance that is released in response to allergies, which causes a runny nose and sneezing. Antihistamines help dry a runny nose and watery eyes. They often cause drowsiness.

EXPECTORANTS These medications work by thinning mucus so that it can be coughed up more easily.

ANTITUSSIVES These medications work by quieting or suppressing a cough. They are usually recommended for dry coughs when you are not producing mucus.

DECONGESTANTS These medications can be administered either orally or by nasal spray. They work by constricting or tightening the blood vessels located in the membranes of the nose and air passages. This action forces much of the blood out of the membranes so that they shrink and the air passages open up again.

Take these medications as directed by your physician or the label on the container. Read the labels carefully. Check with your pharmacist about possible interactions and duplications of ingredients in both over-the-counter and prescribed medications

Coping with Death, Grief, and Loss

What is Grief?

Grief occurs in response to the loss of someone or something. The loss may involve a loved one, a job, or possibly a role (student entering the workplace or employee entering retirement). Anyone can experience grief and loss. It can be sudden or expected; however, individuals are unique in how they experience this event. Grief, itself, is a normal and natural response to loss. There are a variety of ways that individuals respond to loss. Some are healthy coping mechanisms and some may hinder the grieving process. It is important to realize that acknowledging the grief promotes the healing process. Time and support facilitate the grieving process, allowing an opportunity to appropriately mourn this loss.

Common Reactions to Loss:

Individuals experiencing grief from a loss may choose a variety of ways of expressing it. No two people will respond to the same loss in the same way. It is important to note that phases of grief exist; however, they do not depict a specific way to respond to loss. Rather, stages of grief reflect a variety of reactions that may surface as an individual makes sense of how this loss affects them. Experiencing and accepting all feelings remains an important part of the healing process.

Denial, numbness, and shock

This serves to protect the individual from experiencing the intensity of the loss.

Numbness is a normal reaction to an immediate loss and should not be confused with "lack of caring". Denial and disbelief will diminish as the individual slowly acknowledges the impact of this loss and accompanying feelings.

Bargaining

At times, individuals may ruminate about what could have been done to prevent the loss.

Individuals can become preoccupied about ways that things could have been better, imagining all the things that will never be.

This reaction can provide insight into the impact of the loss; however, if not properly resolved, intense feelings of remorse or guilt may hinder the healing process.

Depression

After recognizing the true extent of the loss, some individuals may experience depressive symptoms. Sleep and appetite disturbance, lack of energy and concentration, and crying spells are some typical symptoms. Feelings of loneliness, emptiness, isolation, and self-pity can also surface during this phase, contributing to this reactive depression. For many, this phase must be experienced in order to begin reorganizing one's life.

Anger

This reaction usually occurs when an individual feels helpless and powerless.

Anger may result from feeling abandoned, occurring in cases of loss through death.

Feelings of resentment may occur toward one's higher power or toward life in general for the injustice of this loss.

After an individual acknowledges anger, guilt may surface due to expressing these negative feelings. Again, these feelings are natural and should be honoured to resolve the grief.

Acceptance

Time allows the individual an opportunity to resolve the range of feelings that surface.

The grieving process supports the individual. That is, healing occurs when the loss becomes integrated into the individual's set of life experiences.

Individuals may return to some of the earlier feelings throughout one's lifetime.

There is no time limit to the grieving process. Each individual should define one's own healing process.

Factors that may hinder the healing process:

Avoidance or minimization of one's emotions.

Use of alcohol or drugs to self-medicate.

Use of work (over function at workplace) to avoid feelings.

Guidelines that may help resolve grief

Allow time to experience thoughts and feelings openly to self.

Acknowledge and accept all feelings, both positive and negative.

Use a journal to document the healing process.

Confide in a trusted individual; tell the story of the loss.

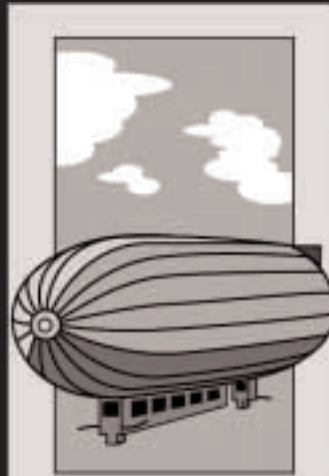
Express feelings openly. Crying offers a release.

Identify any unfinished business and try to come to a resolution.

Bereavement groups provide an opportunity to share grief with others who have experienced similar loss.

If the healing process becomes too overwhelming, seek professional help such as the counselling office, chaplaincy or Students' Union.

The New Maltings Bar



THE GASWORKS



THE RAGING BULL BAR

EMINEM TICKETS to be WON every SATURDAY in the MALTINGS BAR for the next 3 months!!!!

MALTINGS EMPORIUM

Cork's No. 1 Party Venue offering
Great Deals & a Free Function Room!!

Any occasion - birthday, office party, 21st or just a Friday evening!!! Give us a buzz and let our friendly party staff help you have a great night!!

Contact us at 021-4278900 or 086-8060601

Why not try our All New HOME FROM HOME COOKING

With our new chef **RICHARD** in the MALTINGS BAR Served Weekdays from 10.30 - 5.00 incl. FULL IRISH BREAKFAST

from 10.30 LUNCH SPECIALS served from 12.00 - 5.00

Phone in takeaway orders 021-4271106

NO COVER CHARGE WITH CIT ID MON & TUES
1/2 PRICE FROM MALTINGS TO GASWORKS EVERY OTHER NIGHT
Eminem Competition Runs from 1st March - 17th May
Two Tickets Per Week for 24 Weeks!!!!

Shutting down stereotypes

by JF Byrne

"...no other white rapper has truly been lauded by prominent members of the black hip-hop community as Eminem has..."

The debut of "8 Mile" reeled in millions in the US, the second biggest opening for an 18 rated movie ever, and had critics whispering Oscar (though under their breaths). The movie's star, Eminem, is also today's best-selling solo rapper: his latest album and the movie's soundtrack grabbed two spaces in Billboard charts. But perhaps Eminem's biggest accomplishment is being accepted into a culture where he is a stark minority.

Hip-hop is one of few fields dominated so completely by blacks. The Eminem success story of a white rapper, partially exposed in the semi-autobiographical "8 Mile," is striking for this reason. And although Eminem's talent transcends race, his success unfortunately does not. There are still people crying that the existence of white rappers degrades hip-hop by making it no longer the exclusive property of black. Further, they say that Eminem's popularity is contingent mostly on his race. If we want minority members of society to succeed in fields traditionally dominated by white males, we also need to encourage the diversification of traditionally minority cultures, including popular ones.

Eminem is not the first white rapper. Back when M.C. Hammer was big, there was Vanilla Ice. And Generation Y is probably just old enough to remember Marky Mark's efforts. More recently, the Beastie Boys have been successful with their style of rap. But no other white rapper has truly been lauded by prominent members of the black hip-hop community as Eminem has. For example, Eminem was the first white person to appear on the cover of Source, hip-hop's premier magazine. Critics complain that this is one more example of white people taking over a culture that a minority originally cultivated and made their own -- implying that the minority deserves exclusive possession. Imagine if this attitude were applied to traditionally majority-dominated institutions. For example, basketball was invented by white peo-

ple and is now dominated and improved by black athletes. Black faces are featured prominently in the championships of stereotypically white sports like tennis and golf. Majority-dominated fields are diversified all the time, and those who criticize the occurrence are deemed racist. The same should be true of Eminem's situation. Even fans who recognize him as a musical genius may be affected subconsciously by his race, his white skin is a novelty that also allows a majority of consumers to identify with him, which probably helps him sell records. In the song "White America," Eminem even wonders "my skin is it startin' to work to my benefit now?" But remember that first Eminem's race was a detriment. Being white made being taken seriously in the rap world difficult. He needed authentication of his talent in the eyes of the hip-hop community, which arrived in the form of Dr. Dre. The myth about Eminem's discovery is that Dre heard his demo before he ever knew that Eminem was white. Eminem isn't successful because he is white, but in spite of it. Though some whites may like Eminem because they relate to him, minorities embrace him as well. If being white is the secret to Eminem's success, it's surprising that there aren't more artists like him. The music industry has been consciously promoting white rappers in order to take a piece of the "white rapper market." And, so far, they've failed. Turns out looks aren't everything.

Neither success nor failure should ever be based exclusively on someone's race. For one race to "own" an entire culture, popular or not, is problematic, just as shutting off political or economic institutions to other races would be. The fact that white people can rap removes one more difference between races that was perceived as either inherent or culturally universal to one particular race. Eminem doesn't rap exclusively for white people, just as black rappers have a multi-racial audience, too. He's a great artist that's it.



Spirit of Irish Neutrality

The Vox Box questions this month on citsu.com/boards is:
The USA has contributed a lot to the Irish Economy in recent years. Does this justify our government putting their heads in the sand? Should the USA be allowed to land war planes in Ireland?

"No Way! It makes a complete joke of our supposed neutrality. Of course with a civil war being fought up North I suppose the point is moot anyway. However the US probably has a lot of stuff that they haven't told the world about but you don't hear any demands being made on them by anyone. My problem is with the UN, from my understanding of the situation, the US seems to want to declare war if Iraq doesn't allow stealth planes to fly over Iraqi territory. Could someone please explain how the UN is going along with this demand?? why should the US be allowed to fly over Iraqi airspace? While I'm most definitely not a supporter of terrorism as I doubt few people are, I also don't support the American imperialist attitude. To be honest if the Americans had thought that Iraq was going to blow up the whole world why didn't they think of that before now?"

MonkeyBizness

"What's the difference? If a major war erupts in this world we're screwed regardless of if we're neutral or not we've never been neutral, de valera declared our neutrality to show our independence from Britain. but it was a biased neutrality. the us were given a flight route over the country. any prisoners of war from Germany were detained, the allies were smuggled into the north. In it's history Ireland have been neutral when it suited them and it's the same to this day. The power of conventional weaponry is such that because England is such a key figure in modern foreign policies that we can be neutral if we like. it isn't gonna matter."

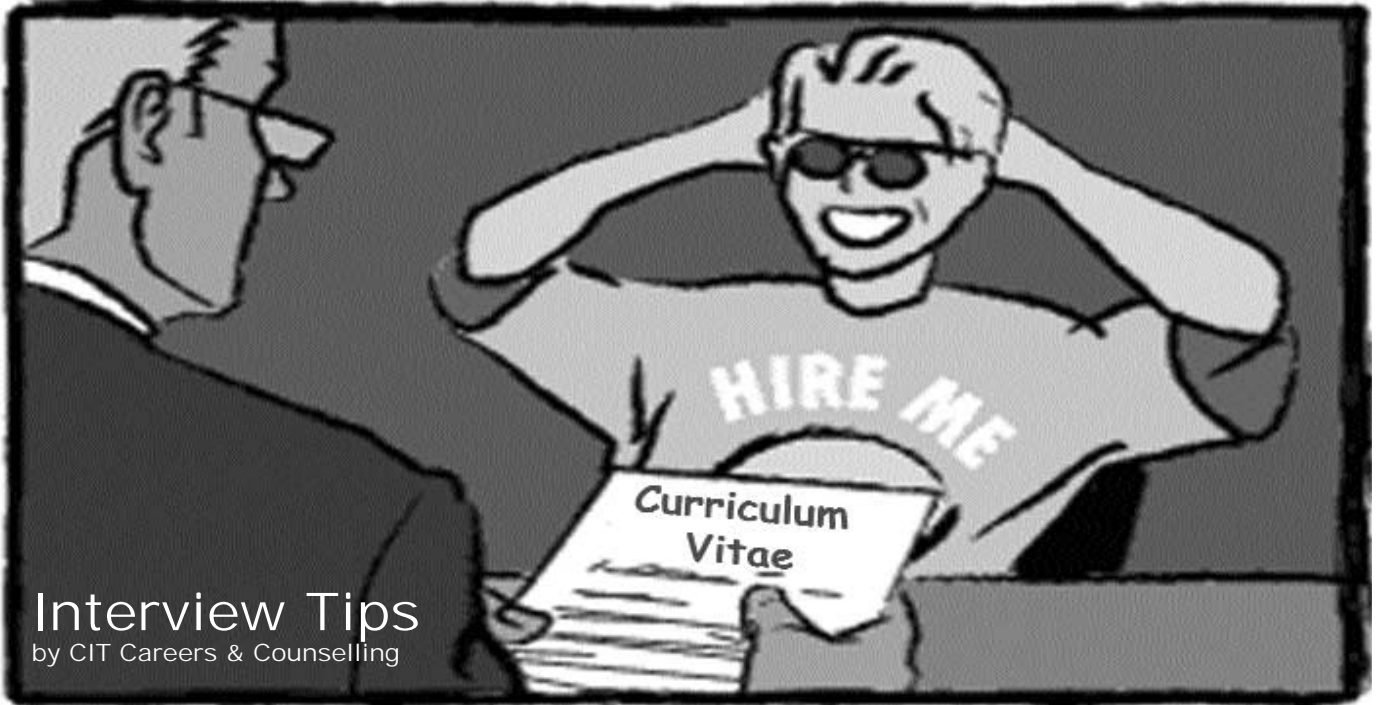
The Killer Carrot

"Look, it goes without saying to me that this war, which will happen, is not for the stated reasons but we must also take into account some other facts. Fact is this world probably would be a better place without Saddam, of the 18,000 missiles capable of holding biological and chemical weaponry that Iraq is known to have bought in the past the UN weapons inspectors have turned up 16 and Iraq has given no evidence that the other 17,984 were destroyed, it's known since the Gulf War that Iraq has several mobile facilities with the purpose of creating chemical weaponry, these haven't been accounted for. Oil is a factor here but it's not the only one, Bush isn't quite unjustified in war mongering but he is partially gung ho because his daddy didn't finish the job. he's rushing into a war which is inevitable in the long run, if he was to slow down then, in my opinion, the weapons inspectors or Saddam would give him the opportunity to attack, the way he's going is only giving him the persona of a war hungry maniac."

The Savage Cabbage

"The worst part about this is that the government need to call in the army because the guards (a) cost more (the army aren't getting expenses, so bringing them in is actually saving the government 100,000 yo-yos) and (b) can't guard U.S. military planes from a bunch of peace protesters with hammers. The real threat to the world isn't the possibility of Iraq possessing a couple of nukes and a few biological and chemical weapons. It's the fact that America has THOUSANDS of them and will probably never decommission them. And Bush with his finger on the button. And it looks like he's got one hell of an itchy trigger finger. I don't think Bush will ever be happy unless he's starting up some war in a country he can't even find on the map. I think he's using the tactic of "Get them before they get us". As for America, it seems that Dubya is trying to finish his father's work and seems to want to start as many wars as possible. America would be better off with a monkey on the button than Dubya."

Laguna



Interview Tips

by CIT Careers & Counselling

10 points to remember before the interview

- List skills and knowledge relevant to the job
- List interests and values
- Research the Company - company literature, company web site...
- Demonstrate each skill with a real example e.g. project, experience, results...
- Demonstrate how you will fit into position / company
- Review Submitted CV / Application in detail
- Practice interview with friends / family / careers advisor
- Practice conversing in a confident, positive, enthusiastic manner
- Identify appropriate outfit / suit to wear
- Determine interview details - date, time, location, length and type of interview

On the day of the interview

- Dress appropriately
- Arrive at least ten minutes early
- Make sure you know the interviewer's/company's name
- Re-read the Curriculum Vitae or application form appropriate to the current interview and any notes you prepared
- Try to remember your best points
- Think about what you have to offer to the job
- Bring along a list of questions you would like to ask, if necessary refer to them.

Your non-verbal communication

- When you meet the interviewer look directly at the person, smile and give a firm handshake - it says a lot about you.
- Be courteous, polite and friendly.
- Think about your eye contact - don't stare or look

around the room.

- Posture is important - be relaxed but not sloppy.
- Use gestures appropriately - they help you emphasise important points.
- Consider your dress - what is it telling the employer about you?
- Be attentive - this communicates your interest in the organisation to the person(s) interviewing you.

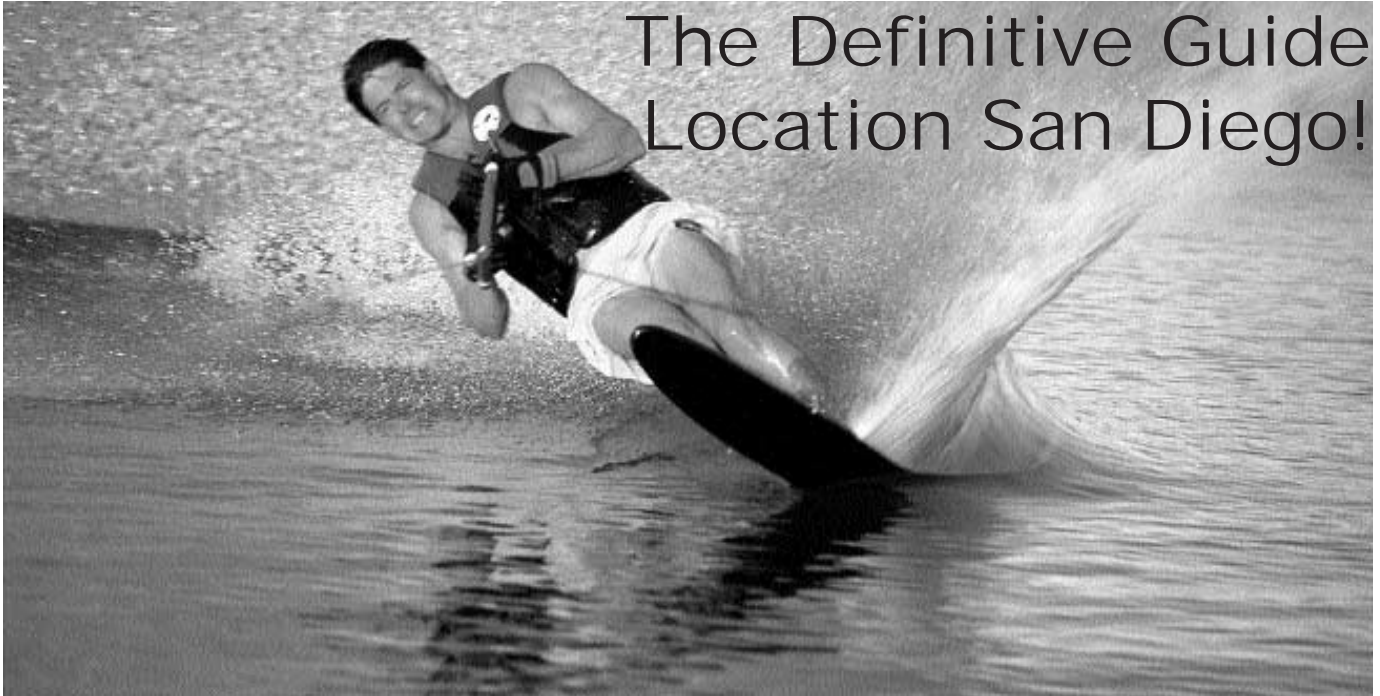
Sample Interview Questions

- What are the most important rewards you expect in your career?
- What are your long and short-range goals and objectives?
- Why did you choose the profession for which you are preparing?
- What do you consider to be your strengths and weaknesses?
- How would you describe yourself?
- What has been your best achievement?
- How has your college experience prepared you for a career in?
- In what ways can you make a contribution to our organisation?
- What college subject did you like best? Least? Why?
- Are your grades a good indication of your academic achievement?
- Why did you decide to seek a position with this company?
- What do you know about our company?
- What qualities should a successful ____ possess? (your profession)
- With what types of people do you enjoy working?
- Comment on today's main news
- Is a large salary important to you?
- What is your attitude to work?

- How did you hear about this job?
- What do you know about this type of work?
- Have you discussed this work with anyone?
- Do you know anyone who works here?
- Would you be willing to travel?
- Would you be willing to study part-time?
- Have you been for any other interviews?
- Why do you think that you are suitable?
- What activities do you participate in?
- What type of books do you read?
- What are your long-term aims?
- How long would you stay with us?
- Which countries have you visited?
- Would you mind being relocated?
- Would you be willing to work abroad?
- Have you any questions to ask?

The Interview

- Bring any reports, references, certificates and samples of your best work with you.
- Remain standing until you are invited to sit down.
- Remember it is the interviewer's job to conduct the interview, so allow him/her to do so.
- After a few preliminary remarks the interviewer will probably give you general information about the job, etc. He/she may then go through your application form or letter with you, to confirm the facts and get additional information.
- If interviewer(s) make notes during the interview, don't let it disturb you.
- Think about the question before rushing in with an answer.
- The main aim is to see if you are suitable for the job, so be sure to answer questions so that they are to your advantage, and highlight points in your favour.



The Definitive Guide Location San Diego!

In an age of Cheap Flights, Expanding Global Travel, and growing interest in living and working abroad, we understand that more and more people are looking for information and services to make these long distance transitions easier. J1Summers Management team are experienced web professionals and indeed travellers with the technical and practical ability to manage all facets of setting up a new life in a different country; whether it involves putting employers in touch with potential staff, or making the search for accommodation simpler. Our upfront advice, statistics, and Employer/Accommodation databases are all aimed at making travel easier and in particular the J1 Visa experience. The following is an extract from J1Summer.com, of the guide to San Diego: If you want fantastic beaches, constant sunshine, and a chilled out place to live, then San Diego is what you're looking for!! However Accommodation is expensive, Jobs are hard to come by, and the cost of living in paradise is High!! The local transport in SD is excellent with buses passing every fifteen minutes. The trolley is a cheap, fast way of travelling around the city and is your only way to get to Tijuana (Mexico) without a car. It is almost impossible to secure accommodation without a job in San Diego so go straight down to sea world. The best place to look for accommodation is in the local papers. There are a number of apartment complexes in Pacific beach, which housed hundreds of students over the years so if you have a credit card try to arrange one before you go over. The more popular apartments are Avalon and Bay Point, which provide excellent facilities and are reasonably priced. The best areas to live in are Pacific Beach and Ocean Beach as they are pretty central and very good party spots. Try to secure accommodation by the beach. Downtown should be avoided at all costs not only because of the safety factor at nights but because it is a good distance from the nice beaches.

However Jobs are very hard to come by and it is hard to make a lot of money in San Diego!! Thankfully Sea World usually seems to be hiring, so if all else fails, join everyone else down at Sea World!!(Handy Hint: if you play football with a GAA club seek out the local club in San Diego and if you play with them they will probably set you up with a pretty good job)

Most of your free time will be spent lazing around on the beach. If you can afford it take a trip to the zoo, which is the largest in the world. There is also a safari park and one or two water parks in San Diego, which are well worth a visit. Sea World is just a short ride on the bus and the chances are you will meet someone who works there that can provide you with free tickets. It's well worth the effort as the whale and dolphin shows are spectacular.

Before the end of the summer gather a few friends and go to Vegas, it's the experience of a lifetime. If you go during the week it is much cheaper to stay in the hotels. You can book into the MGM Grand, the biggest hotel in the world (deluxe sweet) for under \$90, divided by five people, well, you do the math.

If you have come to Vegas you may as well go the whole hog and take a trip to the Grand Canyon. It takes about another 3 hours but again its worth it as it really is fantastic, I haven't seen a hole that big since well nuff said. There are plenty of places to shop in San Diego but it's pretty expensive. If you are shopping for presents go to Tijuana where you will find everything from a "diddy eye joe to damned if I know ", for next to nothing. Never buy anything in Tijuana for its marked price, haggle with the sellers and you should be able to get them down to 1/4 of what they are asking for. Again make sure to leave your wallet at home cause these guys are about as quick fingered as a Starving Student at a buffet. If you are not 21 the chances of getting into a pub or club are pretty slim. Passports are pretty much the only forms of id that are accepted. However the legal drinking age in Mexico is 18 and Tijuana is just an hour away on the trolley.

The best pub and club scene is in Pacific Beach, which is where most students end up living anyway. Everyone that is not 21 heads down to Mexico at the weekends to party so it gets pretty wild. The Entrance fee to the clubs in Tijuana ranges between 7 and 12 dollars. When travelling to Tijuana leave your wallet at home and bring as little cash as possible (40\$ is plenty) because this place is about as safe as a Taliban Beach Party. Remember to bring your passport; otherwise you might not be able to get back over the border.

For more information regarding Guides/Reviews on various Locations, Jobs and Accommodation check out <http://www.J1Summer.com> - Write your own Guide/Review and you're in with a chance of winning a Berghaus rucksack worth £170!

Kims Cookery Corner

All Meals Under €5

Bangers and Mash (serves 1-2)

Preparation time: 15 mins

Cooking time: 15 mins

Total Cost: €4.92



Shopping List:

1 small cabbage – chopped
€1.39

4-6 potatoes
Tesco Finest flouy potatoes
€1.29

4 large sausages
Roscrea extra special sausages
€1.59

1 packet savoury gravy
Knorr Quick gravy mix 15g
€0.65

Total
€4.92

Method:

Cook the cabbage in boiling salted water for 6-8 minutes.

Drain well.

Peel potatoes and boil for 15-20 minutes. When cooked mash with a little milk and a knob of butter.

Meanwhile grill the sausages and make the savoury gravy as directed on pack.

Serve the sausages on a bed of mashed potatoes and pour the gravy over the dish.

Chef's Tip:

For a cheaper and healthier option add mashed carrots and parsnips

Rampage Foam Party

Thursday 6th March

Ultimate Student Night Every Tuesday & Thursday
Massive Nightly Promotions
Student Friendly Music & Door Policy

Admission only €3 with this advert

Pre Foam Party Madness @ ALL BAR 1
Special Class Party Deals

WARNING > YOU WILL GET WET!
Doors open 11pm > Valid ID Essential > ROAR

RAMPAGE

Chicago Movie Review



When it comes to musicals we think Julie Andrews and Doris Day and a cinematic genre thankfully confined to history. However as one commentator pointed out, "audiences didn't get fed up of musicals, they just got fed up of bad musicals". Thanks to Baz Luhrmann and Moulin Rouge the musical has been given a dusting down and a new millennium shine.

Chicago was, and still is, a highly successful stage show that thrills audiences around the globe, although it has to be said is less well known than say some of Andrew Lloyd Webbers works. The task of transferring this success from the stage to the screen fell to newcomer Rob Marshall, who chose an unusual cast not renowned for their great musicality.

Catherine Zeta-Jones, who some may remember endured a less than successful pop career before her exodus to Hollywood, opens the film with pizzazz as cabaret star Velma Kelly, who is subsequently jailed for murder. In the crowd is Roxie Hart a desperate wannabee, who when she finds out her lover has been stringing her along with false dreams of stardom, follows in her idol's footsteps and murders him.

In prison Roxie and Velma become prison mates under the protective wing of the prison matron, Mama Morton (Queen Latifah). Roxie's charms land her hot shot attorney Billy Flynn, played by Richard Gere, who for \$5000, his unorthodox methods and disregard for justice can apparently get anyone off. With Roxie as the new star captivating Mama's, Flynn's, the press' and the public's attentions Flynn's other celebrity client Velma begins to feel left out. In an ironic twist of fates

Roxie rejects an offer of a cabaret duet from Velma, who had initially refused to help her when their fortunes where reversed.

However as a new high profile client enters the prison and becomes Flynn's newest client Roxie begins to feel the cruel twist of fate as she is cast aside and that's when the movie really gets going! How will Roxie regain her crown as the darling of the press and save her neck, what tricks does Velma have up her sleeve to resurrect her flagging career and what can Flynn do to literally get his two clients away with murder, it's a case of dog eat dog but who will come out on top?

From the moment Zeta Jones bursts out onto the stage with the introductory number "All that Jazz" the pace is set for an electrifying experience with each of the major characters getting their moment in the spotlight. The drama of the story is imaginatively and effectively intertwined with the songs of the show that are played out in the fantasy theatre that is Roxie's imagination. The glitz, the glamour, the sequence, the tap dancing and the show stopping numbers all combine to give a flash, energetic technicolour experience that will have your toe tapping until the last climactic finale and at the end you have to remind yourself it's the cinema not the theatre and a standing ovation is not needed, but richly deserved!!!

Go see it and I dare you not to enjoy it.
www.campus.ie



Back to The Future Trilogy DVD Review

By Colin

I have always been a fan of releasing boxed sets of trilogy and duo logy (is that right) films. Robocop, The Godfather etc. and was waiting eagerly to get out and purchase this fantastic set of films. (It was actually a present thanks L)

Everyone has seen them as kids. One of my great memories of childhood was seeing the DeLorian reach 88 mph and vanish into the future. Happy days.

The set has a slick presentation and a lot of extras but not as many as I would like. The films themselves are fantastic with an amazing quality of sound. There are plenty of in-jokes and a lot of different things to reward you when you watch the films over.

All in all a very solid set that will reward fans who are willing to splash out.
Rating: 4/5

*(I got this for Christmas, thanks Vicky, and I thought that it was great 5/5
 The deleted scenes and outtakes are great, not to mention the digitally enhanced video and sound track. Great addition to any DVD library - Philip)*



Crossword Clues

ACROSS

- 1 Anjou alternative
- 5 Girl in a Beatles title
- 11 WWII figure
- 14 Prefix with mate or graph
- 15 Uncaring about right or wrong
- 16 Australia's big bird
- 17 Definition you won't hear in English class (Part 1)
- 19 "Ah, Wilderness!" character
- 20 Cruiser's rear
- 21 Romance enhancer, proverbially
- 23 Chile's 1973 coup victim
- 27 Louise or Victoria
- 28 Part 2 of the definition
- 32 "I knew it!"
- 33 Rainbow feature
- 34 Bangs, clacks, e.g.
- 38 Cap
- 41 Like Mother Hubbard
- 43 Join forces
- 44 Head honcho
- 46 Its make-up is many years
- 48 Indian lentil dish
- 49 Part 3 of the definition
- 53 Get off one's chest
- 56 Dillon's job
- 57 Acceptance of the way things

are

- 59 Horse-drawn carriage
- 63 Jackie's partner
- 64 End of the definition
- 68 Watch the kids
- 69 Kids' game that might bug you
- 70 Zone
- 71 "You, there!"
- 72 Hawthorne's prynne
- 73 Ogler's look

DOWN

- 1 Calls from the flock
- 2 Unseat
- 3 Eyelid annoyance
- 4 "Lord Jim" novelist
- 5 Board game piece
- 6 Singer Grant
- 7 Letters after CD 8 Simple chords
- 9 One who's seen better times
- 10 Word of woe
- 11 Brownish dye
- 12 Kiss loudly
- 13 Recipient of one-on-one teaching
- 18 Kind of child
- 22 Mischievous
- 24 Mauna --- (Hawaiian volcano)
- 25 Recent change in change
- 26 Kind of power plant
- 28 First name in entertainment
- 29 State on Lake Erie
- 30 Highway access
- 31 Letters of note?
- 35 Word with order or line
- 36 List ender
- 37 Hawk
- 39 Pastoral poem
- 40 In addition
- 42 Juan and Quixote
- 45 Private eye
- 47 Certain degree
- 50 Walk-on roles
- 51 Envelope encl.
- 52 "People" or "Animals"
- 53 Rubbish
- 54 Unearthly
- 55 Church members
- 58 Measly problem?
- 60 Traditional teaching
- 61 Where the femur and tibia meet
- 62 Time for a revolution?
- 65 Slugger Mel of the old Giants
- 66 If broken, some people are happy, some sad
- 67 "Hannah and --- Sisters"

This month's prize for some lucky winner is €50 Travel Vouchers
Please return Crossword in envelope with name & contact details to Philip in SU
Prefab before Monday 24th March 2003

explicit Treasure Hunt

Sponsored by Gill & Macmillan

Two VIP Tickets to WITNESS 2003 to Be Won!

Treasure Hunt Questions

- 1) How much is the Marketing Book by Margaret Linehan & Therese Cadogan on www.gillmacmillan.ie?
- 2) How much does a zip disk, refill pad and calculator cost in (a)Students' Union Shop and (b)College Canteen Shop?
- 3) What is the competition password on the explicit section of www.citsu.com/boards/?

NAME & CONTACT NO: _____

ANSWERS:

1) _____ 2a) _____ 2b) _____ 3) _____

RULES:

Only complete and correct entries will be entered into the draw. All entries must be on official entry form and competition deadline is 5pm Monday 24th March 2003. Winner will be notified by contact number provided only.



Q&A



By special request I have been asked for the following, Ok Ok Ok in all honesty I did not receive any questions last month. So as a reminder here is my e-mail: askgman@hotmail.com Please send me questions, my life is boring without them. Thanks CIT G-man

10 Ways to Confuse Your Roommate

1. Make brown-bag lunches for your roommate every morning. Give them to him/her before he/she goes to class.
2. Every time you enter the room, sit in a

chair, lean back too far, and fall over backwards. Laugh hysterically for about ten minutes. Then, one day, repeat the falling-over exercise, but instead of laughing, get up, look at the chair sternly, and say, "It's not funny anymore."

3. Read with a flashlight when the lights are on. Pretend to read without one when the lights are out, remarking every so often how great the book is.

4. Get a surfboard. Put it on your bed. Stand on it, and pretend to surf for about fifteen minutes. Then, pretend to "wipe out," and fall off the bed onto the floor. Pretend you are drowning until your roommate comes over to "rescue" you.

5. Keep a hamster as a pet. Buy a blender, and make milkshakes everyday. Then, one day, get rid of the hamster. Make a shake using a lot of ketchup. When your roommate comes in, look at the shake, look at the empty cage, and tell your roommate, "I was curious."

6. Make toast for breakfast every morning, but don't plug the toaster in. Eat the plain bread, looking at the toaster angrily, and complain that the toaster doesn't know what it's doing. If your roommate suggests plugging it in, go on a tangent about fire-safety hazards.

7. Pack up all of your things and tell your roommate that you're going away to "find yourself." Leave, and come back in about ten minutes. If your roommate asks, explain that you're not a hard man to find.

8. Never speak to your roommate directly. If you need to ask or tell him/her something, go to another room and call him/her on the phone.

9. Every night, before you go to bed, beg your roommate for a glass of water. When he/she brings it, dump it on the floor and immediately go to sleep. If he/she ever refuses to bring you a glass of water, lie on the bed and pretend to be dying of dehydration, making annoying gagging sounds, until he/she does so.

10. Every time the phone rings, turn on the stereo at full volume and begin to violently slam-dance with your roommate. If he/she asks about it, say, "Oh, that damn hypnotist...."

S Y B P L O B C K S M D V M N
 J D A E N F Y A W A R D S S K
 C O T L C S Z T M F E W N Y H
 S N I E F E O A I R O O Z I G
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 S O D T M F P K V P E B Z A N
 C E N T E R T A I N M E N T S
 N O I T A C U D E P Z N U M E

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PRIZE THIS MONTH : €30

- AWARDS
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- FORUMS
- MARCH
- ONLINE
- PRESIDENT
- SOCIETIES
- WELFARE
- WITNESS

NAME:

PHONE:

EMAIL:

COMPETITION CLOSSES 5PM MONDAY 3rd FEB 2003. PLEASE RETURN TO STUDENTS' UNION PUBLICATIONS OFFICE (PF42 OUTSIDE MAIN CORRIDOR) ALL ENTRIES MUST BE ON OFFICIAL FORM. GOOD LUCK!

CIT PIC n MIX BALL 2003



If you have any pictures that you would like in explicit, email Hi-Res copies to explicit@citsu.ie or call into the SU Prefab