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CIT Students' Union Magazine
Issue Eight - Volume Four

Society Awards
2003 Photos

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Welfare Facts
And Advice

The Year
of The Matrix

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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



Welcome to the Year of the Matrix

"What you have to remember is that there is no spoon". Yes indeed there is no spoon but also there isn't any editorial this month either. Colin is off in the "real" world working for his college placement and studying for exams so last minute I decided to stick in a small preview of this summer's biggest blockbusters. That's right, the Matrix 2 (Reloaded) and later in November, the Matrix 3 (Revolutions). Unfortunately for us, Colin is unable to clone himself like agent Smith and be here to write his usual great editorials. On behalf of him and everyone in the Union, I hope that you have a great summer and have no problems with your exams. If this is your final year in CIT, we hope that you enjoyed it and we would love if you could keep in touch with the magazine. Now on with the Matrix.....

When the Wachowski brothers first introduced us to The Matrix, the world stopped and gave their undivided attention. Now, with the second and third instalments revving their engines for this summer's release, that old Matrix magic is stirring once again. Stills, reports and all manner of tasty nuggets have leaked out over recent months, but the latest issue of the final trailer has surpassed them all with a no holds barred dissection of what's in store. Warning: If you have a fear of Matrix spoilers then best look away now!

Giving a comprehensive breakdown of the sequels' plots, Reloaded is picking up almost exactly where the first film ends. However, while Neo has come into his powers 'The One', the machines have an ace up their sleeves as well: they have discovered the location of the last human city, Zion, deep within the Earth's core. While the humans' metal masters plan an all out attack, Neo, Morpheus and the gang must track down the Keymaker, a man who controls all of the doors into the machine world. His bodyguards, the white-clad Twins, are just two reasons why this straightforward task is not going to be as easy as it seems. Revolutions, following six months after the second film's release, promises to be one long battle between humanity and the machines with the earth and, ultimately, survival as the prize.

The climax of Reloaded apparently takes the form of a frenetic freeway chase as our heroes try to make their getaway with the captured Keymaker. With agents materialising left, right and centre, the sequence boasts kung fu battles atop speeding vehicles, a motorcycle chase through oncoming traffic and more insurance write-offs than PMPA would know what to do with. This finale aims to redefine the cinema action set-piece. It's going to make 'The Fast and the Furious' look like 'The Slow and the Dimwitted'.

The movie trailer released last month has shown us glimpses of what's to come. Going on the trailer alone, these movies will set the latest milestone in cinematic history for years to come. Like the first installment and other films such as Terminator 2, new and original special FX ideas are used to amaze us. We would definitely recommend you to look at the trailer to see what we mean. It is available to download from the official website www.thematrix.com and the full dvd quality version is on the CITSU forums www.citsu.ie/boards. The full dvd quality version is 100Mb in size, so only download it if you have broadband or access to a college pc, but it is well worth it. It has made me buy my popcorn already. Fans of the movie can also check out of forums for news and other matrix features.

www.citsu.ie/boards



Student Reply to April's explicit Acne Advice Article

I am writing this letter in relation to the "Facts about Acne" article in the April volume of explicit. I have suffered from acne for ten years now and although this article provided good information on the topic it failed to deal with the more in-depth personal issues people with acne face.

Acne can cause shyness, lack of confidence and depression for its sufferers. It is often very difficult for people to sympathise as they have no idea of the pain and frustration it can cause. Even as a fourth year student I have witnessed horrible, uniformed attitudes towards acne from some students.

April's article dealt with numerous treatments that are effective. However for long-term sufferers these treatments often only work for short periods. Having tried every treatment available (and I mean every treatment!!) I finally tried one of the most controversial treatments on the market an antibiotic called Roaccutane. A ban on this treatment is being called for on both Australia and America mainly due to its side affects. These include dry sometimes blistering lips, dry eyes and in a small number of cases depression.

These side affects can be distressing but once those closest to you know your circumstances they can help you through them. I won't lie, its not easy taking Roaccutane but I just wanted to let people know that it is an option. I first took the course in my Leaving Cert year and had acne free skin for 3 years. I am now taking a second course which will hopefully result in my final battle with acne.

I was delighted when I saw that the magazine was dealing with the issue that affects such a large number of students. Ten years since my first break-out and I'm still fighting it but I am winning!

I just wanted to let the readers that may have questions about this drug know that it does work! After a few weeks my confidence levels have already started to climb and my skin is almost clear. Just please listen don't pick them it will cause scars!! I am living proof of that, I didn't listen to that golden piece of advice and I really wish I had, and as the article said don't be embarrassed to speak to your Doctor. Help is definitely available.



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HIGH LEVEL LEGAL ADVICE SOUGHT BY STUDENTS ON COLLEGE FUNDING

The Union of Students in Ireland (USI) have revealed that they are taking high-level legal advice on the issues of the threatened return of college fees, the increase in the college registration fee and the slashing of the Back to Education Allowance.

Colm Jordan, President, USI said: "We only need look at the concessions achieved in recent years and the profile the organisation has attained to see that students are being taken seriously, so much so that the Government has had to act unlawfully to further fill their coffers at the expense of ordinary families all over the country."

"The purpose of the Back to Education Allowance is to offer a second chance to the long-term unemployed. Changes were made with scant regard for the most vulnerable members of society, with the public only being informed three months after the decision was taken and five weeks before exams, thus severely limiting the power to act on a matter of such grave importance."

"A 20-year-old can vote, buy a car and drive it, work, pay tax and PRSI, join a trade union or become a Garda. They can even risk life and limb as part of a peace-keeping force anywhere on the globe. However, should they wish to attend college, they will be assessed on the basis of their parents' income rather than their own. This rationale is

the same as the transferring of penalty points onto another license. It is very clearly unconstitutional and if the Government persists in re-introducing fees, they will be challenged in the Courts on the matter."

"We believe that the Department acted incorrectly in increasing the student registration charge by 69% to €670. In information we attained through the Freedom of Information Act, we discovered that 63% of this increase was to "secure Exchequer savings", despite the fact that this charge was clearly ring-fenced at its introduction for student services alone."

"College fees or loans clearly act as a disincentive to those people from poorer backgrounds in attending college. With regard to a loans system, the very idea of debt is enough to discourage many students from attending college. For example, 84% of school leavers in the UK cited debt as a disincentive to furthering their education."

"We are currently taking high-level legal advice on these issues as we believe this Government has acted outside the law to further restrict education to the poorest members of our communities."

STUDENTS CONTINUE PROTEST OUTSIDE GOVERNMENT DEPT OVER SLASHING OF BACK TO EDUCATION ALLOWANCE

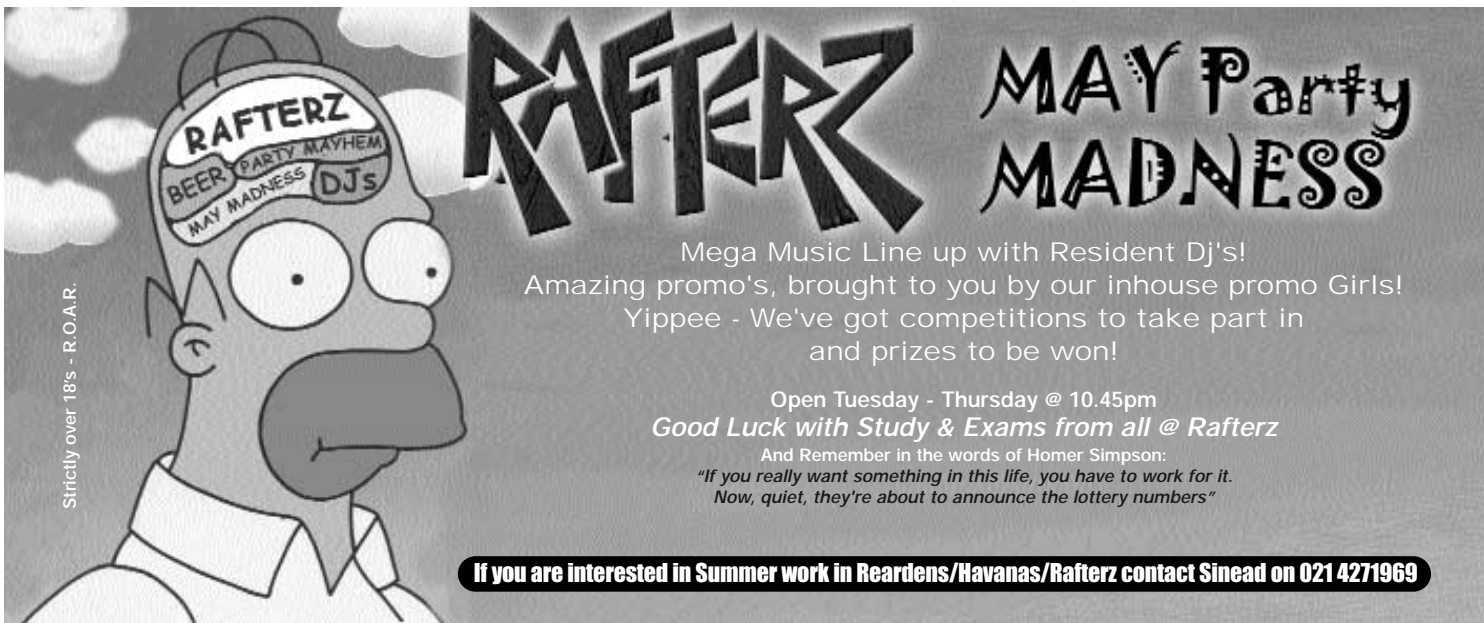
Students on the 23rd April began their second day of a rolling picket outside the Department of Social Affairs at Store Street, Dublin to draw attention to the slashing of the Back to Education Allowance (BTEA). The allowance is available to long-term unemployed, independent parents and people on disability allowances who wish to return to education, but the payments will now be stopped during the summer months. USI revealed last week that they intend to look into the possibility of obtaining an injunction before the courts go into recess.

Colm Jordan, President, USI said, "This Government is currently making loud noises in public about seeking greater access to third-level education, yet a scheme as vital and worthy as the Back to Education Allowance has now been looted in yet another cutback."

Payment of the allowance has now been suspended for a quarter of the year and students can no longer claim the BTEA for postgraduate courses.

Participants had a legitimate expectation that the terms of the BTEA would be fully implemented and that they would receive continue payments for the duration of their course. Students were informed three months after the decision was taken and just five weeks before exams in a callous attempt to restrict appeals. In total, 6,473 single parents, people with disabilities and long term unemployed who were brave enough to return to education have received a kick in the face from this Government rather than the hand up they had been promised."

Noel Hogan, Campaigns Officer, USI said, "The purpose of the Back to Education Allowance is to offer a second chance to the long-term unemployed. Changes to the allowance were made with no regard or thought for the most vulnerable members of society, with the information not even posted on the Department's website. 407 recipients of the allowance have been in contact with us over the cutback, many of whom are seriously considering giving up the dream of a college education."



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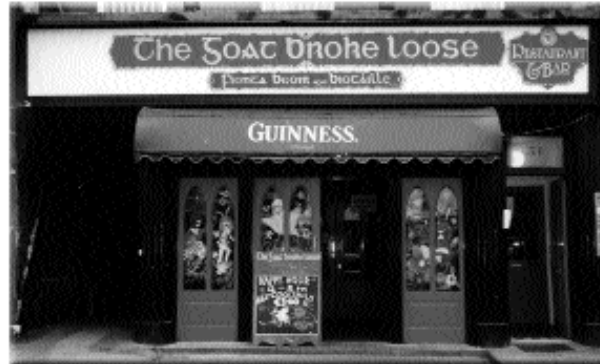
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CIT Students' Union PRESIDENT



I began framing my farewell speech almost from the time I took office. I often wondered if anyone would notice my farewell speech. I sat down in front of my computer and thought long and hard about how I wanted to look back upon my year as President.

It was sometime during March that I decided it would not be prudent for me to run again for President of the Students' Union. I realized that it would have been truly malleasant for me to do another year as I felt it was time to move on.

Many of you asked me to do a second year, and I promise you, I gave it a lot of thought. I even went on a holiday but I came to the conclusion that it was time for me to move on. I was touched by the amount of you who by letter, e-mail and personally asked me to do a second term as president, but alas my time is near.

However, my decision not to run for president didn't stop me from doing the things that I thought had to be done this year-even at the expense of abandoning many of the projects that my executive and I had planned when we came into office. I wanted my farewell speech to be a bragging rights soapbox, but in all honesty I don't think that would have typified the year. The big question that really matters is whether or not the Students' Union has done its job this year. Should we pat ourselves on the back and bask in the success of our own self-important accomplishments while sweeping our failures under the rug? Or should we fairly analyze all we've done and all we've failed to do?

There were many highs and lows this year. It's only fitting and proper that we reflect upon both, as together they have forged one of the most outstanding years in the college's history. And while we can't take credit for most of the year's events, we can certainly note the impact students and the Students' Union have had on this most impressive year.

This has been a monumental year, full of opportunity for student leadership, perhaps we've had more opportunities to lead than any other Students' Union of recent memory.

But what does this mean in the big picture? Should we be concerned that a mere 1,025 of the student body voted in the most recent election? Quite honestly, I don't

think that we should turn our efforts to ensure more students vote next year-because those who care already do vote.

Students always want to know what Students' Union does for them. It's a shame that we have to point to student services that were the brainchildren of passed student politicos to answer this question. Students' Unions shouldn't have to perennially spawn superfluous services to prove its existence. CIT is here to provide an education, that's it, nothing more. Amenities do not promote the college pride, we'd like to think they do, and we chance this hope for a stronger sense of community at the risk of turning away quality students by making education simply unaffordable.

The Students' Union is here to represent the students within and outside the college, not the other way around. It should be that our responses to the question why do we have a Students' Union are so long and detailed that we spend hours explaining what we do to one person. But that's never the case.

While the significance of those accomplishments are not to be downplayed, I like to spare the trite sales pitch and refrain from engulfing curious students in the minutia of administrative politicking. You see, the Students' Union has been dubbed a "political kindergarten" by those who only see people campaigning for the SU with ideas of the greatest new student services-student services that are guaranteed to bring unity and college spirit back to CIT. However, that's not why we have a Students' Union.

I like to assure you the student that the SU is working to defend your rights as a student and it would be noticeably absent if the SU were ever abolished or simply drifted into an indolent phase.

The Students' Union should never fear the pursuit of just policy, and should never turn its back to the student body to play cards with the college management.

The SU must be in touch with the student body. It goes far beyond doing your office hours. It's even beyond the attendance of council meetings and the fulfillment of your speakers' circuits. It's using the opportunity with which you have been entrusted.

You all are here because you've been given your right to third level education, it is not a privilege to attend third level education and always remember that.

You are the student body. There can be a real bourgeois attitude among SU folks that because they're elected, they're somehow above the rest. I hope that this mentality does not carry through to the next year, but everybody says that they're the ones that are going to make a difference.

We come into office high on ambition, ready to conquer the world. Often our egos intoxicate us to the point that we overlook the things that really matter. Contrary to popular belief the SU should be as, if not more reactive than it is proactive. Rather than merely discussing campus events, students prefer to see initiative and redress. And rather than promoting a new trend, students prefer to see campus leaders challenging new fees.

Thomas Jefferson once wrote "My principle is to do whatever's right and leave the consequence to him who has the disposal of my action."

The things orchestrated behind closed doors on this campus are both fascinating and gut wrenching. I have become privy to things that you can't even imagine, and things you wish you never knew about your college. Most of these things, I've embraced with pride, but from time to time I have questioned why things happen the way they do.

Many of my remarks here you probably won't understand or appreciate until you've walked a mile in the shoes of the SU executive. But a year from now the new officers, will identify with many of my sentiments.

Next year will be also be a very challenging year with the student centre coming on board and the whole Fees situation may develop. Give the Students' Union the support you gave this year, you are the Students' Union, our job is simply to make sure your voice is heard.

And to those of you with whom I've had the pleasure of working and meeting this year-the list is long and distinguished, I extend my greatest appreciation. I wouldn't have traded any of this for anything in the world. Thank you to all the class representatives who were instrumental to the successful year we have had. My executive (Margaret, James, Jenny, Donnacha & Colin) who didn't see eye to eye with me on many occasions, I thank you for your guidance and help as without your support my year would have not been worthwhile.

I will be here in CIT until May 31st 2003 as your president, June 1st is when your new president James Maher takes office and I wish him every success and the new executive. I was honoured to serve as your president this year and I thank you all for your kind words and support it does mean a lot to me, there comes a time when one must move on and my time has arrived.

I will miss this place when I leave, but I will have very fond memories of my time here, when all is said and done its not a bad place.

Thank you for giving me the opportunity of a lifetime by extending me the honor of serving as your President

I wish you all every success with your studies and careers

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VICE PRESIDENT WELFARE

Well everyone (Seemingly it's only in Tipperary that we use well instead of hi),

I would like to thank each and every one of you who participated in, encouraged, criticised, sought the help of and befriended the Students' Union. What I have learned from this year is thanks to you. The memories are plentiful, the photos are outrageous and my mind is broadened by the experience. I would encourage any of you to get involved in the Union at whatever level you are comfortable with; it's definitely a trip worth going on.

I know that Donna will do a fantastic job for you all next year. She has my vote of confidence and I know that she will do the students of CIT proud.

Please, please take care of yourselves throughout the exams and over the holidays. Don't let stress get the better of you, don't go out in the sun unprotected, be careful when you're in foreign countries, be happy with whatever results you get, come back to college refreshed and ready to jump back into the system again and, most importantly, live your life the way that makes you happy and makes you proud of who you are.

Thanks for the memories.

Margaret.



VICE PRESIDENT EDUCATION

Well we already have reached the last term. I can't believe how time has flown this year. It seems just yesterday that I was handing out fresher packs in the I.T. building. It's a matter of perspective I suppose. Time always seems to fly when you're busy. I have to say I'm going to miss many of the people who are leaving the place this June. Gearoid has in my opinion been one of the best presidents of C.I.T. Students' Union in many a year. A lot of his work has been behind the scenes and only those of us who work closely with him have seen the half of it. I'm glad to have worked with him and for him and I believe I've learned a lot in his presence.

I'm also going to miss working with the other members of the executive who won't be working next year. The hard work done by Jenny, Donnacha and Margaret all the year has been a credit to the Union. There are a lot of other students who helped out during the year as well, too many to mention. However, I'm look-

ing forward to next year. I'm sure the new executive will work well together and that those students who helped out in the past will continue to do so.

In regard to exams if you are having difficulties with them due to circumstances beyond your control let your department know as soon as possible. Talk to someone as soon as you know there are difficulties. My office is a good starting point if you are looking to get advice on what to do. And remember no situation is irredeemable.

Anyway good luck with exams, enjoy the summer and I hope next September finds you where you want to be.

James



ENTERTAINMENTS OFFICER

*And now, the end is near;
And so I face the final curtain.
Regrets, I've had a few;
But then again, too few to mention.
I did what I had to do
And saw it through without exemption.
Yes, there were times, I'm sure you knew
When I bit off more than I could chew.
But through it all, when there was doubt,
I ate it up and spat it out.*

That's right it's all over, the reign of terror! Saddam's of course, agh ok I am gone as well, Mikey best of luck buddy, and best of luck to James, Colin, Donna, Will and Ian, I am sure you will do the best for CIT.

Exam bells are ringing and goddamn! They are getting loud; I think the only thing to get me into the books is divine intervention especially with the great weather at the moment. Cruel. Well all I can say is best of luck with them, and hope to see you next year, if this is

your final year best of luck in the future, and believe it or not you will probably miss this place (very nostalgic)

Anyway, I enjoyed this year and learned many lessons the most important being "I don't know the key to success, but the key to failure is trying to please everyone". This year was a laugh and a half and I wouldn't trade it for anything, with meeting new people, friends and anything for a laugh, that my friends is what college is all about.

End of year parties will be in full swing in all the usual bars, class reps book those parties in ASAP, cos its gonna be a mad week of parties anyway as my hero says, "THAT'S ALL FOLKS"

*I've loved, I've laughed and cried.
I've had my fill; my share of 'boozing'.
And now, as tears subside,
I find it all so amusing.
The record shows she did b()low
And did it my way!*



EQUALITY OFFICER

Slan go Fhoil. Go neiri an tadh libh go lear sna scrudaithe agus sa tachai. Goodbye, good luck with the exams and in the future.

Legach dhea ghui.
Jenny

Exams Advice

Please note that the Students' Union are available throughout the summer to give you advice on your options if you unfortunately run into any problems with your exams. Please note that all examination results appeals have to be dealt with promptly. We would encourage you to talk to us or your lecturers before proceeding with any appeal process. Enjoy the summer!





The CIT Societies Awards were held in the Gresham Metropole Hotel on Thursday 10th April. Mr. Des Bishop (Comedian) was the guest of honour. Dr. Patrick Kelleher presented each committee member of the societies with a certificate of merit in acknowledgement of the amount of time and effort students give for the good of CIT Societies.

The following Group Awards were also presented:

'Society of the Year' - CIT Drama Society

'Group Achievement Award' - Social Studies Society

'New or Most Improved' - Computer Society

'Best Event' - The Guild Gaming Society

The following Individual Awards were presented:

'Supreme Achievement in Society and College-wide Activities'

Jeremy Pingon – 5th Year Civil Engineering student (International Students Society)

'Special Achievement Award'

Jacqueline Galvin – 3rd Year Fine Art student (Crawford African Percussion Society)

'Individual Award'

Eamon Nash – 2nd year Bachelor of Music (Music by Degrees Society)

'Individual Award'

Dave O' Rourke – 4th year Business Studies and Accounting student (Business Studies & Accounting Society)

'Individual Award'

Rosarie Cullinane – 3rd year Recreation & Leisure student (Musical & Theatrical Society)

'Individual Award'

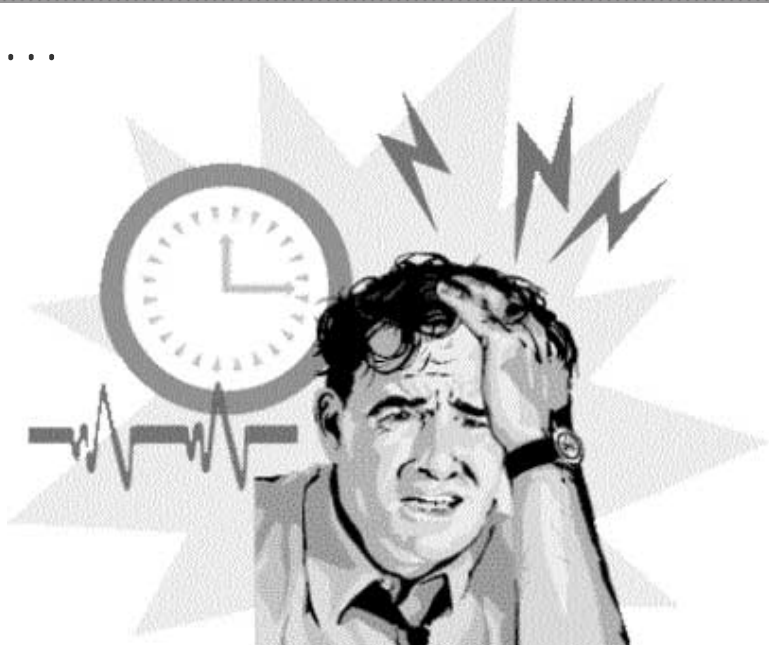
Padraig Finnegan – 3rd year Marine student (Marine Society)

Society Awards 2003

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

The Facts about....

Panic Attacks



What is a panic attack?

Panic attacks or panic disorder (PD) may be part of a phobia or obsessive-compulsive disorder. They may also be associated with a variety of coexisting medical conditions. However, it can be a distinct illness in its own right.

Panic attacks can occur at random and without any advance warning. They are very distressing to the sufferer and can be difficult to cope with. One minute the sufferer can be at ease and the next minute they are in the throes of blind terror. Many sufferers describe such intense feelings that they feared that they were going to die.

A key element in the genesis of a panic attack is the thought: 'what if I lose control here'? It has been described as a first fear followed by a second fear. The first fear is a collection of symptoms of which the person suddenly becomes aware. The symptoms are listed in the succeeding paragraph. The second fear is a reaction to the first fear.

There are several reasons offered for the triggering of the second fear. It may be fear of suffocation or imminent death. The second fear escalates rapidly and feeds back into increasing the level of the initial symptoms. The symptoms increase like a snowball rolling down a hill resulting in the avalanche of full-blown panic.

What are the symptoms?

The essential feature of a panic attack is an intense fear or discomfort accompanied by a variety of physical or psychological symptoms. The attack is sudden in onset and usually peaks within ten minutes. Sufferers describe feelings of imminent danger or impending doom and feel an urgent need to escape.

The accompanying symptoms include palpitations, sweating, trembling, discomfort, nausea, dizziness or light-headedness, fear of dying, pins and needles, and hot flushes and chills. The majority of sufferers describe an intense fear of losing control.

Why does it happen?

Panic disorder is a broad umbrella label applied to a

wide variety of conditions having very different origins, outcomes and treatment strategies.

Distinct causes of PD include:

- Prolonged stress
- Obsessive thought patterns.
- Phobias.
- Poor breathing habits of physical or psychological origin.
- Emotional turmoil.
- Separation anxiety.

Researchers are investigating the possibility that imbalances in the levels of various neurotransmitters in the brain may be the chemical triggers for these attacks. Neurotransmitters are the chemicals involved in the transmission of messages within the nervous system. Research is focussing on the possible role of serotonin and noradrenaline.

There are a number of conditions associated with panic attacks, which may be instrumental in causing the attacks, or they may simply co-exist.

They include the following:

- Alcohol abuse.
- Depression.
- Sexual dysfunction.
- Oesophageal reflux.
- Irritable bowel syndrome.
- Chronic fatigue syndrome.
- Fibromyalgia.
- Endocrine disorders, especially of the thyroid gland.
- Disturbances of circadian rhythm (e.g. shift workers).
- Allergic reactions.

The hormonal changes associated with the menopause can produce such a degree of symptom overload that some women experience panic attacks for the first time during this phase of change. In some cases it is the panic attack itself that generates the need for a medical consultation.

Researchers are also focussing on the possible role of excessive caffeine consumption in the triggering of panic attacks.

What can I do to help myself?

Most people who experience an attack for the first time are convinced that they are going to die. It is important that people realise that this disorder is not life threatening. This simple realisation can help some people to cope with an attack.

If you recognise that an attack is coming on it might be helpful to try the following:

- Deep breathing exercises can reduce the intensity of symptoms.
- Try to conjure up relaxing images in your head. This form of distraction can reduce the level of self-consciousness thereby reducing the symptoms.
- Try to talk yourself down. For example, "I am not dying, this is a panic attack, I have been through this before and everything will be alright".
- Put on a relaxing music tape.

If the attack is increasing despite using the preceding measures some people find it helpful to put a paper bag over their mouths and rebreathe through the bag for several minutes. This may sound like very strange advice but it has a sound physiological basis. Exhaled air is high in carbon dioxide and rebreathing through the bag increases the level of carbon dioxide in the inhaled air. Carbon dioxide slows the heart rate and relaxes breathing.

How can it be treated?

A variety of treatment options are available. If the panic attacks are due to a co-existing condition then that condition will also require its own specific treatment. For example, if the attacks are due to an underlying disorder of the thyroid gland the latter will need to be treated simultaneously otherwise the panic will not subside.

Each case of panic disorder is unique and will require its own specific treatment. These treatments could include medication, cognitive behavioural therapy, relaxation exercises or hypnosis. Sometimes a combination of these treatments will be used in a given case.

If you suffer from panic attacks, don't be afraid to consult your doctor or talk to family and friends.

The Facts about.... Body Odour



Why does sweat smell?

Sweat cools us down and lubricates those parts of the body that rub against each other, such as the crotch or the armpits. Actually, the body produces two different kinds of sweat, eccrine and apocrine. Neither type of sweat has an odour, but apocrine reacts with the bacteria on our skin. As the bacteria break down the apocrine, the musty, stale smell we know as BO occurs.

Everyone has his or her own body odour, as unique as a thumbprint. The Australian Civil Service has actually explored using body odour as a security method to restrict access to classified information on computers! However, though body odour may be a necessary and individual trait, when it becomes offensive to others it can be very embarrassing.

Why do some people smell worse than others?

Some people's apocrine glands are bigger and more active than others. Similarly, some of us have more tenacious skin bacteria. Some people may find that they sweat much more than normal, a condition known as hyperhidrosis. Certain unusual-smelling body odours are symptoms of more serious complaints.

How can I make sure I don't smell bad?

Occasionally, people believe that they smell bad when in fact they do not. More often, though, it is the opposite case. We aren't as aware of our own smell as others are because we live with our personal odour all the time. If you suspect you have a

body odour problem, regular bathing, using deodorant and washing your clothes can usually resolve it.

To make sure:

- Wash every day with an antibacterial soap, and scrub under the armpits where most of the body's two or three million sweat glands are based.
- Use a good deodorant.
- Wash your clothes more often in one of the many detergents available that actively combat body odours clinging to your clothes.
- Watch what you eat. Strong-smelling foods like garlic and spices come out through your pores.
- Wear cotton next to the skin. Man-made fibres are not as good at absorbing sweat as cotton.

What serious illnesses might BO be a symptom of?

Sometimes a bad smell can in fact be a symptom of something worse. If you notice any of the following body odours, or any consistent odour that is not your normal personal smell, you may need to consult your GP for tests:

- A 'beery' smell could indicate a yeast condition.
- The smell of nail polish remover could indicate diabetes.
- An ammonia smell could indicate liver disease.
- A fishy smell could indicate a metabolic disorder.

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Bouncers

by Derry Howley

"The main problem with these hired goons is that a lot of them appear to be on power trips whenever they work"



"I.D. there lads." It's a phrase that, as students, we hear all the time from bouncers. And wherever you go after 8 pm, you'll see at least one bouncer standing, arms folded across his chest, his bulk taking up the entire doorway. And it isn't just pubs. Everywhere whose income depends on the nocturnal activities of students will have at least a couple of these hired thugs on the door. You can't even go for a post-club game of bowling in Leisureplex, followed by a breast in a bun, curried chips and coke in Hillbilly's, followed quickly by a bottle of Lucozade from an all-night newsagents without being stopped at the door, by a bouncer or two. These places generally hire them out to keep order on the premises.

But are they going about it in the right manner?

During a recent incident in an American nightclub, bouncers attempted to break up a fight between two women. Fair enough, but instead of the obvious method of simply letting them out onto the streets, they chose the extremely stupid method of using pepper spray to attempt to discourage the two from continuing. The resulting stampede of other clubbers attempting to escape the chemical fumes resulted in the deaths of over 100 people.

Okay, I know you're thinking, "But that's America. They're all as thick as a double-banana milkshake, especially that power-hungry warmonger of a president of theirs". But bouncers being unnecessarily heavy-handed in doing their job is a problem that we've all heard about, and some may have experienced first hand. Some of these guys are army nuts looking for extra cash. Some others are undoubtedly ex-convicts who are unable to secure other jobs, so seem uniquely suited to the profession of busting up a couple of troublemakers. I've seen them lay into one poor unfortunate for nothing more harmless than making advances on a girl.

The main problem with these hired goons is that a lot of them appear to be on power trips whenever they work. On a recent trip to a certain Cork student-drinking establishment, which shall remain nameless (but you can probably guess), I was confronted by a bouncer, who promptly asked for my I.D. I decided not to argue, as I, like many of you, have learned long ago that arguing when asked for I.D. wouldn't get me anywhere. Upon producing my Garda I.D. (which, I am told is, in some cases the only acceptable form of identification some places will accept) was told that the photograph didn't look anything like me. What did these guys want? A D.N.A. test? While three of them perused my card, I decided the only way I would get in would be to show a second form of I.D. After showing my student card, they finally relented. Yet, a female friend of mine, who looks quite young in comparison wasn't stopped at all. The following week, on visiting a completely different pub, some friends of mine, two of whom had not consumed any alcohol and the third had only consumed one pint of lager at that point in the evening were turned away because they were "too drunk".

So, it seems the bouncer's law of mathematics works something like this:
Male, over 18 + I.D. + second I.D. + birth cert + D.N.A test + family tree + coat of arms + no alcohol in him whatsoever = No chance you're getting in here, pal, but I'm going to make up some crappy excuse like "We're full" or "You're drunk"

Female, between 16 and 18 (but not actually quite 18 yet) + short skirt + low cut top + ample chest + 8 bottles of Smirnoff Ice and staggering, absolutely plastered, unable to determine her phone from her I.D., let alone speak clearly or walk straight = In you go ladies

In some places, the door policy can be completely stupid. These over 21's/23's/25's door policies are a joke. But, no matter how old you are, they'll always go two or three years higher. And if you try to argue, they'll grab you, bark over the walkie talkies, like they think they're in the LAPD or something and get half a dozen more of them to beat into you and kick your ribs into a bloody pulp with huge steel toe-capped boots. But, hey, they reserve the right and you shouldn't have responded like that. And if anyone does complain to the management later and ask to see the videotape evidence, they manager will "conveniently" happen to lose or tape over any incriminating evidence that could cost their business thousands of Euros and have them searching desperately for a replacement bouncer.

Are bouncers unnecessarily heavy handed?	Yes
Could they be a little nicer about their job?	Yes
Will they ever stop being so biased?	Probably not
Are they ever going to stop tossing people out of places for no good reason?	I doubt it

Do we need them?

Sadly, the answer is yes. In recent years street violence has increased on the streets of Cork dramatically. There's always talk of someone getting beaten around on a Saturday night. Even extra Gardai on patrol can only have so much of an impact. Without some form of order, our pubs, clubs, chippers, late night shops and 24 hour leisure centres would degenerate into chaos, where the usual crowd of scumbags would tear up ordinary people, only out to enjoy themselves. Bouncers manage to keep some form of order in these establishments, barring the known troublemakers, though also at times barring those who try to stop fights breaking out. Much as it pains me to admit this, there is good reason for them. Not that my inability to come up with a better solution to security in nightclubs isn't frustrating. And not that more stories I will hear (and, more than likely witness for myself) won't make me curse bouncers for their stupidity and lack of tact.

But, for now, all we can do about it is show our I.D., remember our date of birth and try not to look completely locked.



The myths and truths of Drinking Alcohol

by J.F. Byrne

"...Parties rarely are the massive drunken orgies we all know/hope/fear they have the potential to become..."

CONTRARY to that infamous portrayal of college life, "Animal House," not all students drink - gasp. However, if you don't you will forever be labeled as no fun. And on the other hand if you do choose to drink, especially underage, you are going to hell, with stops at the hospital and jail along the way.

The good news is that college life is not quite as dichotomous as "Saved by the Bell." And while "Animal House" did have a documentary-like style to it, it doesn't particularly evoke college life.

Most students do drink socially, using alcohol to subsidise fun, not create it. Parties rarely are the massive drunken orgies we all know/hope/fear they have the potential to become. This means that if you're sober you will not be a conspicuous freak, and if you're trashed (and loud and proud about it), you probably will.

Arrival on Grounds will inspire a good many of those who never drank in secondary school to start (and zero-to-one people who did drink in school to stop). However, even if you partied hard in secondary school, your drinking style inevitably will change here.

The new social freedom of living away from parents is staggering. No more taking off your shoes before sneaking into the house. Newsflash: Your new "mom" doesn't care and can't punish you. Thus, many first years misconceive that removal from parents is to remove accountability. No babysitter only means that the restraints on drinking behavior are less tangible and more easily broken. We all are still accountable - but to ourselves.

In those first months away from home, it's easy for first years to get a little freedom-happy, which means party-happy, alcohol-happy, etc, and while it's tempting to run into a party screaming, "Whoo-hoo! College, baby, college!," don't.

A freedom-happy incoming student becomes "that drunk first year." As in "there's that drunk first year who spilled beer all over Kevin." Or "you'd think that drunk first year over there had never been to a party before." Avoid this less-than-complimentary title. You'll have plenty of time in the future to be the less obvious and more dignified, "that drunk second year."

This is not to say that drinking cannot be fun. And frankly, being drunk is even better. Passing out on the floor of a bathroom, on the other hand, is not as enjoyable. Realising that you made a fool of yourself in front of a classmate/new friend/potential love of your life sucks. And being asked if you're worried about the state of your liver is downright painful.

Now that fear of your parents can't moderate your drinking habits, fear of yourself should. College students often misunderstand that they in fact are not invincible.

Just last year, a student made this assumption, and paid the price. After chugging vodka through a beer funnel, he fell into a coma, and never woke up. Oops. A couple too many drinks and the student population is down by one.

No, I'm not telling you that you can't or shouldn't drink. Just don't assume that someone is going to tell you when you've had too much. You make that decision, now. So congratulations, you're an adult. Welcome to responsibility.

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Q&A



My loyal readers,

The time has come for G-man to leave CIT but however not all is lost as I will continue to answer all your questions. I have enjoyed answering your questions over the past 4 years and I hope to continue my G-spot in 'explicit' even though my presence on campus will be no more. My readers, I will always be here for you to answer those questions that bother you and please don't hesitate to e-mail me at askgman@yahoo.com . MAY our paths cross again,

Yours in answering questions,
G-man

G-man why do things appear darker when they are wet?

Grab a white shirt, dip it in water, and voila, it turns grey right before your very eyes. If we hadn't all seen it much too often it would make for an impressive magic trick. Since we have, it's an excellent trivia question.

What causes this optical transformation is simple science. When fabric gets wet, light coming towards it refracts within the water, dispersing the light. In addition, the surface of the water causes incoherent light scattering. The combination of these two effects causes less light to reflect to your eyes and makes the wet fabric appear darker. G-man should have studied science!!!

G-man how do astronauts go to the bathroom?

Thanks to gravity, we here on earth take going to the bathroom for granted, but using the toilet in space isn't nearly as easy. For a long time, says NASA, astronauts actually taped a plastic bag to their backsides to collect feces and used a hose-and-bag device to urinate.

Then, in the early 70s, NASA improved bathroom technology with its vacuum toilet. To defecate, astronauts now sit on this toilet and turn the vacuum on. Urination is done through what looks like your vacuum cleaner's hose attachment. Using this toilet is a bit tricky, so part of the preparation for space travel includes potty training, but it sure beats the old bag system

G-man why do we have a leap year and why is it in February?

The issue of leap year and the weirdness of February is always worth looking at because, coming so infrequently, who can remember the explanation for it from the last time?

The earth revolves around the sun every 365.24 days, not an even 365. That produces an extra day's worth of hours every four years. We could distribute them as a bonus to everyone, a one-day time-out every fourth year in which the clock is stopped and we stay in bed all day. But we don't. Instead we add an extra day onto February.

Why February? It was originally the last month on the Roman calendar and a logical place to stick the extra day. But Julius Caesar changed the first month to January, stranding February and its little peculiarity in the second spot.

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