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Live

Minister Martin  
Protest

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Frightening Pictures Inside

Breast  
Cancer Info

IF YOU DARE!

Student  
Centre Update



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# expliCIT

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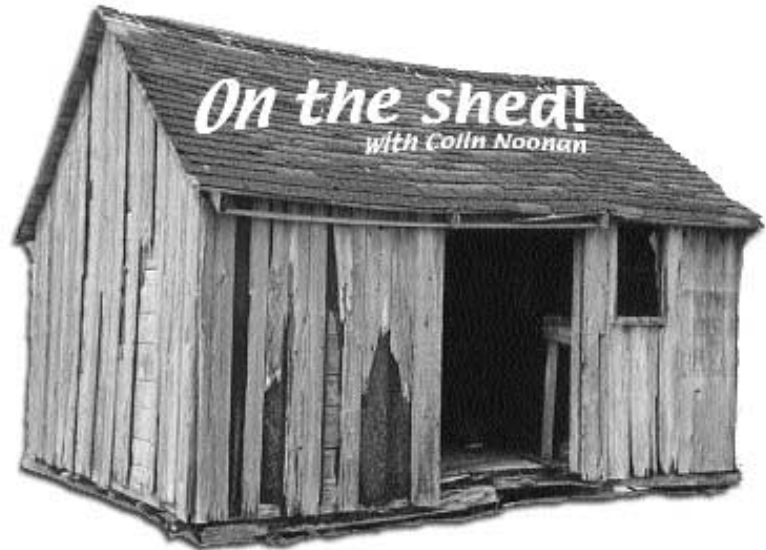
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## **WE NEED YOU!**

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

# expliCIT Editorial



Well now that freshers week is over I am sure that we all have a lot of good memories to take away with us (I myself have a cold and a raging head ache). Never again will I go out in a friar tuck outfit or try to do karaoke in said costume.

I am sure everyone enjoyed all the activities during the week and I would like to give praise to Donnacha and Tim for all the work they put in. The highlight of everyone's week had to be Tommy Tiernan who brought the house down on Wednesday afternoon with his exceptional comedic style. Blue Moose and the ventriloquist were also massively popular.

Coming up is the usual mix of reviews, news and whatever we could find lying around the office at half five on a Friday afternoon. If there is anything you would like to see printed in the magazine the best way to go about it is to get writing and submit something. As I am ranting I would like to thank all those who contributed to the magazine this month and all those who have shown an interest in getting involved in the great institution that is explicit. As I am on the topic any article cannot be handed in anonymously. We need to know who has written it if we are going to use a pseudonym in print.

On a more serious note I walked into a bathroom during the week as one normally does at some stage during the day, and there was a student about to use the condom machine and he instantly went bright red and left very embarrassed. I realized that I would be too in the same situation. I started to wonder why and couldn't think of a reason. These days it is seen as cool by most men to harp on about their conquests of women, but at the same time they are afraid to go into a chemist or even use a machine with others around to obtain condoms. What is there to be embarrassed about? Not wanting to contract or spread a sexually transmitted disease or trying to prevent unwanted pregnancies. What is wrong with that I ask?

Anyway that's about it for me coz I am off to jump around on the bike shed.  
On the shed, On the shed, On the shed.....

Colin "Shove my deadline where?" Noonan

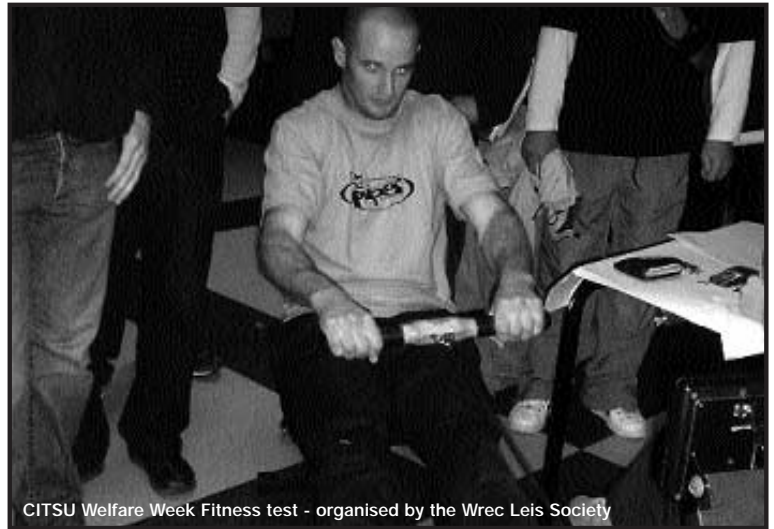
## Contracts for Student Centre Officially Signed



CITSU is pleased to state that the contract signing for the new Student Centre took place on Wednesday 9th October in the Boardroom of CIT. These buildings will be situated to the north side of the Gym. The student centre will host all student services such as Students' Union, Sports and Societies, Careers and Counseling and Chaplaincy. It will also host a student bar, café, mini market, bookshop, photocopying shop, common room, travel shop, banking facilities and a main covered courtyard.

CITSU President, Gearóid Hogan stated, "the signing of these contracts signifies a positive step for both student services and the college as a whole, students in CIT have long awaited for news that the student centre is to be built, this signing has been the culmination of years of hard work done by Students' Union officers, as president it gives me great pleasure to witness this historic moment and I look forward to the opening of the student centre".

# Welfare Week 2002 Kicks into Action



CITSU Welfare Week Fitness test - organised by the Wrec Leis Society

CIT Students Union Welfare Week ran from Monday 14th to Thursday 16th October. Many groups and organisations were brought in to Cork Institute of Technology to give students information on various welfare matters that may effect their lives. Such groups included Cura, Threshold, Citizens Advices, NOAMI, Life, and the Blood Bank.

CITSU Vice President Welfare, Magaret Carey, stated "I would like to once again offer my sincere gratitude to everyone who helped in making this week so successful. Hopefully the week will have been some help to students and staff of this institute"

CITSU President Gearóid Hogan said "This years welfare week was by far one of the best CIT has ever seen, I would like to express gratitude to Margaret Carey VP Welfare and Jenny Ni Mhurchu Equality Officer for all their hard work in the run to and during welfare week, I know how hard it is to organise such an event and Margaret and Jenny did it like true professionals. I would also like to thank the welfare committee for all their solid work, it is great to see such enthusiasm from fellow students and staff."

Thursday the 17th of October saw a powerful demonstration between the atria. The karate club here in C.I.T. gave a fabulous display of showpiece karate moves and practical self-defence tactics. Much to the delight of the on looking crowd we witnessed a petite girl proceeding to kick and punch the crap out of

whoever she could lay her hands on. We saw bodies, and faces, sprawled against the glass wall of the west atrium and a fairly tall guy being dragged around by his chatty co fighter, who proceeded to sweet talk a few lucky girls in the crowd. I would like to thank Keith and the C.I.T. Karate Club for working hard on their display, they even spent the previous Saturday training for it out here in C.I.T. I think we all agree that their hard work paid off.

C.I.T. karate club is a small yet highly focused club. Being one of the oldest clubs in the institute, its' list of achievements is quite substantial. It has become both very popular and a highly successful sport. Year and year again, medals are brought back from the Intervarsities and a number of other small tournaments.

Training is designed not only to teach self-defence, but also to boost self-confidence, physical fitness and to give the club as a whole a sense of teamwork and pride in what they do. Training on Tuesday night's focuses primarily on form and technique, both of which are essential bases from which to progress to other aspects of the martial art. Wednesday nights' session deals mainly with the more practical side of sparring and self-defence.

With a strong contingent of beginners this year, the club looks to go from strength to strength and with a new term progressing, the possibilities are endless.

Training times: Tuesday 7-8 pm, Wednesday 6-8 pm.

(Down the back of the sports hall

# Cold Reception for Minister Martin



Picture: Gearóid Hogan, CITSU President; Michael Martin, Minister for Health & Children

Minister for Health and Children, Michael Martin, on his visit to launch Cork Institute of Technology as a Health Promoting Institute was issued with a strong warning of student upheavals to come if the Government does not readdress their stance on student fees. The Government hiked student registration fees up by a record 69% during the summer and may be taking a backward step towards reintroducing student college fees in the near future.

CITSU President, Gearóid Hogan, stated " as a Union, are very uneasy with the increase in the registration fee and believe it is the first step to bringing back the fees full stop. We are shocked that the Government are so blasé about targeting one of the most economically underprivileged sectors of society".

Mr. Hogan also called on Minister Martin to give better grants for more students, more student purpose accommodation, and to return the medical card to students. "We feel that the increase in the grants for students goes no where near enough to ensure that less well off students will still be able to attend third level institutions. Minister Dempsey may speak of a downturn in the economy, but even when the budget surplus could be measured in billions of euros, grant increases were hardly kept in line with inflation. How can the Government seriously expect a full maintenance non-adjacent grant holder receiving 2,500 to pay for accommodation rent alone which may be up to 3,500?" said Mr. Hogan.

CITSU have also reacted angrily to news that the Department of Education & Science are to make further significant cutbacks which will greatly affect students from disadvantaged backgrounds.

As reported in The Irish Times recently the Department are to slash €5m from programmes which are aimed at attracting socio-economically disadvantaged school leavers into third-level education. This unacceptable reduction in funding for those most in need is one of many cutbacks totaling €36m agreed by the Department. With a €3.8m cut from adult education courses and a €6m drop in funding for planned initiatives to reduce the school dropout rate among the many cuts the Department have reached their target saving of €52m. This follows the €16m raised from the increase in the registration fee announced in July.

Once again the Government have shown no regard for promises made to voters earlier this year. It is clear now that the Irish electorate were conned by a well oiled machine who care little for the reasons they were elected. There were clear election promises made by a party who had no intention of implementing them, even neglecting to highlight that these promises were subject to budgetary provision and "dependent on the continued growth in economy". The infamous slogan of Fianna Fail during the last election of 'a lot done more to do', should have read 'a lot done more damage to do'

Mr. Hogan stated "Following on the back of the outrageous 69% hike in the registration fees announced in July, Minister Dempsey has continued to show disrespect for those who are trying to gain an education. Even in the ranks of the government there are differences of opinion, with Bertie Aherne and Mary Harney on the 'no return of college fees' side against Noel Dempsey on the 'may bring back fees' side. This government is not showing a united front, but CITSU will be united in voicing our resentment to the Minister and to this government which is ignoring us the students' and clearly is not being cohesive. The Minister made a commitment when announcing this increase that he was making a priority of tackling the issue of disadvantaged access, we can see now that this was merely a tool to deflect attention from the student charge rise. We will not let this matter be brushed under the carpet as the government have tried to do with other U-turns they have made since their election. For as long as they chip away at the principle of an education for all we will fight for the rights of those who are continually excluded. Education is our right not a privilege. In order for us to have a united front a strong class rep structure is needed, again I ask students of CIT to elect a class rep if you have not done so already".



Picture: Mervyn O'Mahony, CIT Societies Office; Pat Cox, President of the European Parliament; Gearóid Hogan, CITSU President.

## Nice Treaty Referendum Debated at CIT

The Business Studies and Accounting Society in conjunction with the Students' Union hosted talks for both sides of the argument for and against the Nice Treaty Referendum took place on Saturday October 19th 2002.

Green Party TD, Mr. Dan Boyle visited CIT on Friday 11th to give his reasons why Ireland should, once again, reject the Treaty. Mr. Pat Cox, President of the European Parliament, visited on

Monday 14th to push students and staff to vote for the adoption of the treaty. Both speakers gave members of the institute the opportunity to ask questions to debate different view points.

It is clear that, legally, 5 new countries could join the EU whether or not the Treaty of Nice is ratified. However, politically, the existing EU Member States have made a decision that ratification of the Treaty of Nice is required before enlargement can go ahead. They say that these changes are necessary in order to allow an enlarged EU to operate effectively.

Legally, it is not clear if more than five could join. There are 10 applicant countries which are considered to be ready for membership and 2 others which may be ready in the next few years.

The applicant countries are Bulgaria, Cyprus, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Malta, Poland, Romania, Slovakia, Slovenia. (Turkey is also a candidate for membership but its position will not be decided for some time.) All except Bulgaria and Romania are considered ready for membership.

# Herlihy Students Neglected Once Again!



The students of the Herlihy building have expressed over the past few years their dissatisfaction with the way the building is operated and the ongoing problems it faces. They feel that CIT is forgetting about them and truly believe 'out of sight, out of mind' applies to them. There is a situation where these issues have not been addressed, students have been very patient up to now, but this patience is fast disappearing.

CITSU President Gearóid Hogan stated " I have met with the students of the Herlihy building on a number of occasions and have seen myself first hand the following problems with the building.

### Toilets

The only source of ventilation in the toilets are windows, which during the winter cannot be used, the result of which is an unpleasant odour in the toilets.

Hand towels are required.

No toilet seat in the ladies toilet on ground floor

The light in the ladies toilet on the ground floor has been broken for over a year.

The wheelchair toilet on the ground floor is used as a storage area.

### Air Conditioning

Air conditioning is not working for example in Room H1.16 students have complained of headaches and drowsiness.

### Safety

On the upper floor there are paper sheets and cardboard etc, which is a potential fire hazard. Panic Bolt is missing off downstairs fire door.

### Equipment

Overhead projectors not working

Blinds not working in H1.11 and white boards need to be cleaned.

Students require 'Panels' for art work in H1.13 and H2.13.

Storage Lockers are needed and a sink to wash brushes etc are needed in H1.13 and H2.13.

To date students have had to use toilet sinks, which is not hygienic. Lighting is poor in these rooms and some desks for drawing are not fit for normal use.

Students would like access to a colour printer in the Herlihy building.

There are only 48 lockers between 200 students, that is 4 students per locker.

### Canteen

Vending machines are not maintained, for example the coffee machine does not work (Students have requested that these machines be moved to the canteen area to free up the area in the main building for additional lockers which are badly needed as outlined in point 4).

No water cups.

The Canteen is only opened this week, three weeks after students returned and yet students can only receive Tea/Coffee and Snacks.

### Other

Extension of opening hours weekdays up until 9.00 pm.

Herlihy building not open Saturdays, students request opening hours to include Saturday on the run up to exam times.

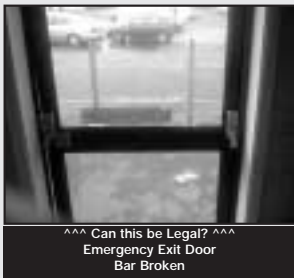
Signs are needed to direct people to the Herlihy building from the main road.

Bicycles stands needed.

This college cannot allow these problems to fester any longer; the time to resolve these problems is now, not in a few months and certainly not next year. I am giving the college 2 weeks from the 9th of October to tackle these problems with the Herlihy building. Following this if students are not happy with improvements/timescale for improvements, I will have no other choice but to proceed with direct action. I'm sure all parties would agree that it should not come to this but if direct action is needed it will be taken. It is vital that the conditions in the Herlihy building are conducive to the successful "achievements" of our students".

## Same Story, Different Year!

The photos below are just a small selection of problems in the Herlihy Building. For even more photos please visit CITSU online at <http://www.citsu.com>



^^^ Can this be Legal? ^^  
Emergency Exit Door  
Bar Broken



^^^ Candle Light Squatting ^^  
Toilet Seat Broken and Some Lights Missing  
for Over a Year!!!



^^^ Total Disgrace ^^  
Disabled Toilet used as store room

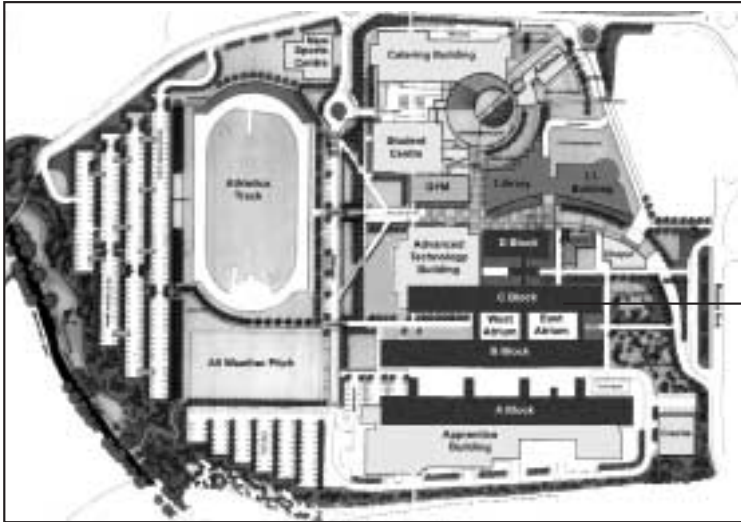
Well Over three years >>>  
in the Herlihy Building >>>  
and still no stands or shed >>>  
to keep bikes locked and safe >>>



## Summer 2002 Construction and Future Development Plans at CIT

The article below is a summarised report of work undertaken by CIT over the summer months and details of future projects.

Illustration: Cork Institute of Technology Masterplan



### Student Centre & Covered Yard

Floor Area: 2,963 m<sup>2</sup> (excluding a 900 m<sup>2</sup> covered courtyard)

Current status: under construction.

Contractor: John F. Supple Ltd.

Construction period: 18 months from August 2002.

### Catering Building

Floor Area: 4,228 m<sup>2</sup>

Current status: Tenders formally opened on Friday, 30th August 2002

Timescale: 21 month construction period anticipated; Tender report to be forwarded to Department of Education & Science in week beginning Monday, 9th September. Contract subject to Department of Education & Science approval.

### Administration Centre

Floor Area: 2,210 m<sup>2</sup>

Current status: under construction

Contractor: John F. Supple Ltd.

Construction period: 18 months from August 2002.

### Apprentice Skills Building

Floor Area: 9,619 m<sup>2</sup>

Current status: Stage 4 Report containing detailed designs and costings to be submitted to the Department of Education & Science for approval in November 2002

Timescale: Construction period of 18 months is anticipated

### Advanced Technological Skills Building

Floor Area: 5,452 m<sup>2</sup>

Current status: Stage 3 Outline Designs are with the Department of Education & Science, awaiting approval

### Main Student Car Park West of Running Track

Current status: Contract No. 1 - excavation works - currently underway; contract No. 2 for hard surfacing and landscaping is expected to commence in October 2002

Timescale: Car park to be complete by February 2003

### National Maritime College

Considerable progress has been made in the detailed specification of the Institute's and the Irish Naval Service's requirements, and contract negotiations are near completion. Full planning for the building and site has been obtained.

### Cork School of Music

The Department of Education & Science is awaiting government approval to enter into a contract with the developer.

### Purchase of Lands

The Institute has purchased some four acres of land (located to the rear of Sensormatic) from the IDA

### Flooring and refurbishment of the Exam Hall

Some 170 m<sup>2</sup> of additional space has been generated. The Exhibition Centre will move to this ground-floor area (in accordance with the Institute's Masterplan). The Examination Hall will be relocated to the newly created first floor area. The Exhibition Centre (C150 & C154) is being converted to two new computer laboratories, one for the Department of Media Communications and one for the Department of Mathematics & Computing.

All remaining asbestos has been removed from the Theatre. New asbestos-free panels are currently being installed. A new lighting system is being facilitated and the mechanical ventilation system is being improved.

Six classrooms are being refurbished. This work involves the installation of high quality fixed seating. The work includes new flooring, false ceilings and general redecoration.

A "haul bridge" over the Curraheen River is nearing completion and will be operational in a few weeks. This bridge will facilitate the development of playing pitches in the lands west of the river.

A passenger lift is currently being installed in the Crawford College of Art & Design.

A "Partnership Project" to improve the environment of the main corridor has resulted in the areas under Stairs D1 and Stairs C2 being enclosed. This will provide some limited enclosed space for the storage of cleaning equipment and, hopefully, prevent the dumping of rubbish in these areas.

A male toilet in A-Block is being converted to a female toilet to provide some facility for the increasing number of females now working and studying in this area.

Power, data and communication links to G-Block have been rerouted to allow development of the Student Services Centre.

### Architects have been appointed to undertake:

Upgrade East Atrium

Design new front fence and bus set-down area  
Examine options for the upgrading of the exterior of the main building

Examine options (including necessary works) in regard to areas released when new buildings come into use.

CIT Director, Dr. Patrick Kelleher, stated "as you will see from the above list of projects, there have been some substantial developments with regard to the infrastructure of the Institute during the Summer months. I am sure everyone will agree that these projects are essential if the Institute is to provide a quality educational environment for both students and staff."

The new car parking arrangements are as follows.  
The main ring road is now a two-way system.

Some 1250 car parking spaces have been maintained on the campus by the creation of a number of temporary parking areas behind A-Block, behind the All-Weather Pitch and on the old tennis courts, and by the insertion of paddock fencing to better set out parking in the temporary car parking areas.

As the ring road is now a two-way system it is essential that there is no parking on roads.

**CARS PARKED ON A ROADWAY OR CAUSING AN OBSTRUCTION WILL BE TOWED AWAY AND/OR CLAMPED AND SUCH OWNERS/DRIVERS WILL INCUR SIGNIFICANT RECOVERY COSTS. IT IS HOPED THAT EVERYBODY WILL COOPERATE AND COMPLY WITH THE PARKING REGULATIONS.**

"The Institute will attempt to minimise the disruption caused by the development works, however due to the scale of the works and the restricted nature of the campus some inconvenience to staff and students is inevitable. In order to make the Institute a better teaching and study environment, your continued patience and co-operation would be appreciated while these developments are underway" said Dr. Kelleher.



# WINTER SPECIALS

## Europe

Each way from Dublin

	€ from
Edinburgh	17
Glasgow	17
London	29
Brussels	50
Amsterdam	65
Paris	65
Frankfurt	65
Munich	75
Vienna	82
Prague	82
Nice	84
Milan	85
Barcelona	85
Madrid	85

Taxes and fees not included. Subject to Terms and conditions. Europe fares are quoted on an each-way basis to be sold as a return journey.

**OPEN TO ALL**

## Longhaul

Return from Dublin

	€ from
Cairo	306
Dubai	390
Bombay	476
Johannesburg	510
Beijing	520
Hong Kong	540
Seoul	550
Bangkok	556
Buenos Aires	566
Manila	590
Osaka	620
Santiago	616
Sydney *	949

Valid for departures from Dublin between 01 Oct-14 Dec 02, 01 Jan-11 Apr 03, 26 Apr-30 Jun 03, 01 Sept-31 Oct 03 for a stay away of up to 1 year. Taxes not included. Subject to terms and conditions. Handling fee applies to \*

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## Minister Launches CIT as First Health Promoting Institute

The Minister for Health and Children, Mr. Micheál Martin TD officially launched Cork Institute of Technology as a Health Promoting Institute (HPI) on Monday October 14th. The launch took place in the New Exhibition Centre (D Corridor). CIT is the first Institute of Technology in the country to embrace the concept of Health Promotion and will work in partnership with the Southern Health Board (SHB) to identify and promote the health needs of all who work within the college campus, including staff, students and management.

CITSU President Gearóid Hogan stated "On behalf of the Students' Union I would like to congratulate all involved in the successful launch of Cork Institute of Technology as a Health Promoting Institute, we in the Students' Union are very proud to be part of this very worthwhile venture as we believe it gives vision and understanding to the benefits of having an environment conducive to learning"

In February 2002, the Cork Institute of Technology 'Health Promoting Institute (HPI)' steering committee was established. The committee, which comprises of representatives of students and staff, was drawn from across the Institute and works in consultation with the Southern Health Board (SHB).

Phase one was the facilitation of focus groups, which allowed students and staff to identify health-promoting projects within the Institute. The result of this consultative process has been collated by the SHB and will be published in mid October.

Following this process of appraisal and consultation the steering committee have recognised the priority areas as identified by the process. Phase two, which will be ongoing, is the action stage, where a number of practical projects will be undertaken with the co-operation of the relevant officers at the Institute along with the Students' Union, students and staff, with a view to developing CIT as a health promoting Institute.

## CAREERS AND COUNSELLING SERVICE

This is a free, integrated and confidential service available to all students, staffed by qualified personnel. The service offers Career Guidance, Educational Guidance and Counselling. To contact the service: Telephone (021) 4326678, e-mail: [dcollins@cit.ie](mailto:dcollins@cit.ie) or drop in to the office. The Service operates on a 'drop in' and appointment basis. It is opened Monday - Thursday from 8.30am - 5.30pm and on a Friday from 8.30am - 4.00pm.

### For the attention of final year students:

The AIESEC Graduate Careers Fair 2002 will be held in Ballsbridge, Dublin on Wednesday 6th November from 11.00am to 7.00pm. It is a day where student can come face to face with potential employers in an informal atmosphere. It also gives companies the opportunity to recruit candidates for graduate positions. The fair is open to a wide range of companies and postgraduate colleges facilitating the needs of students from all academic disciplines. Students will have direct contact with companies allowing them to discuss specific job opportunities, company environment and work issues. You will also be able to register and upload your CV on [www.careersfair.ie](http://www.careersfair.ie). Your CV will then be able to be accessed by companies after the fair! The Careers and Counselling Service will organise transport if enough students are interested. Please submit or e-mail name to the office by Friday November 1st.

Deadlines for final year students (Up to Dec 31st 2002)

Allied Irish Bank	31st December 2002	<a href="http://www.aib.ie">www.aib.ie</a>
An Post	29th November 2002	<a href="http://www.anpost.ie">www.anpost.ie</a>
Bank of Ireland (Asset Management)	31st December 2002	<a href="http://www.biam.ie">www.biam.ie</a>
Bank of Ireland	15th January 2003	<a href="http://www.gradlist.net">www.gradlist.net</a>
Deutsche Bank	1st December 2002	<a href="http://www.db.com/careers">www.db.com/careers</a>
Kerry Group (Finance)	8th November 2002	<a href="http://www.kerry.ie">www.kerry.ie</a>
Musgrave Group (Finance) (All other Disciplines)	29th November 2002 13th December 2002	<a href="http://www.musgravegraduates.com">www.musgravegraduates.com</a>

# CIT Prize for Creativity

Sponsored by South Cork Enterprise Board

Prizes Valued at €6,000

Shed light on your ideas to harness a piece of the prize. Your invention/ business plan can lead to a chance to earn a share of the €6,000 prize money.

This is a new scheme that awards cash prizes to those whose inventions and business ideas are judged most creative, novel, innovative, and likely to succeed in the marketplace. This prize is open to all departments and you may use a project that forms part of your coursework for the year.

The breakdown of prizes is as follows:

Most Technically Innovative: 1st Prize €2,000, 2nd Prize €1,000  
 Most Commercial Potential: 1st Prize €2,000, 2nd Prize €1,000

You may participate if you are a registered student or a staff member at CIT during the 2002-2003 academic year. Working in teams or individually you can attend free workshops that teach you how to create business plans and how to set-up your own business.

The first step for entry is to complete a one-page application form. This will give us contact details for you and will ensure that you are on our list to receive further information about the competition and workshops that will be held throughout the year.

A team of experienced engineers, inventors and business professionals will judge your work during Innovation Day in May 2003.

## Important Dates:

Milestone	Date	Requirement
Entries Open	9 September 2002	N/A
Deadline for Entry	1 November 2002	1 page completed application form
Final Project Reports Due	28 March 2003	10 page report (max)
Prototypes Due	4 April 2003	Prototype (if applicable)
Shortlist of Candidates announced for Innovation Day	11 April 2003	N/A
Innovation Day (Prizes awarded)	3 May 2003	Attendance and demonstration (if applicable)

## Further information

Notices will be posted on your Departments Notice Board. Application forms and guidelines can be obtained from your Departmental Secretary.

Completed application forms to be returned to: Glynis Dennehy Development Office, Room 235, Cork Institute of Technology, Bishopstown, Cork.

## Boob of the Welfare Week

by Margaret Carey

The biggest boob of the opening day for Welfare & Health Awareness Week was undoubtedly when one of the Union staff, who shall remain nameless for shame reasons, walked into the Union prefab, spotted a queue of ladies in the corridor and asked in his most polite voice " Can I give you hand there ladies?" The problem was that these ladies were lining up, waiting for the representative from Marks & Spencers to measure their chests to see if their bra fitted correctly. It took a full minute and a half of listening to their giggles and tittering before he actually put two and two together and proceeded to spend the rest of the day hiding behind his computer. Oh, the shame of it!!

As you can tell from the article on the welfare page October 2002 is breast cancer awareness month, and Marks & Spencers have been working very hard in raising awareness and funds to help the Marie Keating Foundation. Tuesday 15th had two lovely ladies for the M&S store on Patricks St. displaying their wares on a stand in the corridor and not only was their great interest from the females of C.I.T. but also from their male counterparts, who we insisted attempt open a bra, blind folded and with one hand. He must have had a lot of practice, and a long history with the ladies, because he did it better that I even could have. Well done men of C.I.T. you have skills!!

I would like to thank both ladies who spent their day out with us, especially Susan, and would hope to ask them back again at some stage. Thank you also to the students and staff who availed of this opportunity.

## Welfare Week Competition Answers

Prize: STEREO SYSTEM

1. Marks & Spencers are supporting which charity this month?

The Marie Keating Foundation for breast cancer awareness

2. How much can you save by purchasing Hepatitis vaccines from the college?

£45 or €57.15

3. Name 3 organisations that deal with unexpected pregnancy

Either Cura, Life, Cork Rape Crisis Centre or Naomi

Winners will be notified and displayed on [www.citsu.com](http://www.citsu.com)

## CIT Students' Union PRESIDENT



Here we are, yet another edition of explicit. The interest this year in explicit is great, lets keep it that way, we are always looking for articles and things of interest to students, so I would encourage you to get involved.

I hope you all had a great Freshers week, I must say that for me Tommy Tieran was the highlight and also my wonderful meeting with Charlie Wolf of RED FM fame. I would like to also thank Mr. Tim Clifford for trying yet again to make a fool of me on stage, but like Rag week last year Tim, I came up trumps again. Graduation Balls are on the 31st of October and 1st of November. We would like to applaud you on attaining your well earned award. You take a seat with many other great people who have passed through the doors of this institute. We

will be happy to see you back again if you are continuing your studies and we would like to reassure you that we will always be available to assist you. We know that those of you that are leaving this institute will have a positive impact on the world.

### Registration fee

As you all know the fee went up 69% this year, we as a Union, are very uneasy with the increase in the registration fee and I believe it is the first step to bringing back the fees full stop. I am shocked that the government are so blasé about targeting

one of the most economically underprivileged sectors of society to help pay the country's way. CITSU intend to take additional action on these issues in order to uphold the educational opportunities of not only CIT students but of all students in third level colleges.

CITSU Action: A protest is planned for in the coming weeks and your support I know we'll have.

### Class Reps

The first and second class rep meetings has taken place and both were well attended, if you haven't got a class rep yet its not too late, the forms are still available from the Main CITSU office on the C corridor. The class rep structure is so important to the Union, a class rep is essentially the voice of the class, we can only make our time in the SU productive if we work together to ensure everyone's voice is being heard.

### Building Matters

In this edition of explicit there is a summary of what building work has taken place over the summer and the building that is and the building that is to come. As you will see a lot is happening in CIT for the better, we are fast becoming the top Institute in Ireland and we should be proud of that. Again, I know parking is a problem at present but this is only during this transition period and a new car park providing 580 spaces is due to be completed by February.

Finally I hope that you are all well settled back in to study mode!! Just want to remind you all that we are here for you so please feel free to call in when you wish.

Risam Uile

Gearóid Hogan

## VICE PRESIDENT WELFARE



*2nd issue everyone,  
Freshers Week is laid to rest.  
You tried to score, you did your best.  
You said on Monday just one night,  
Woke up Friday with a fright,*

*Your money is gone, its all been spent  
On noodles, beans, beer and rent.  
Your grants not through, now you're screwed,  
Flatmates took pictures of you nude.*

*But never fear; be proud of your 'cheeks',  
And coming up is welfare week,  
Lots of condoms to safely score,  
Call into my office if you need more,*

*When you call here, what you say here,  
When you leave here, it will stay here.*

It may all appear to be fun and games here in college but on a serious note my office is always available if you want to drop in for a chat if you are worried, distressed or in need of advise. My service, as always, is confidential, but if outside guidance is needed we can find it for you.

Don't forget your winter woollies, now that the weather is deteriorating as the medical centre is inundated with sniffly students, but if you need to see the doctor you can make an appointment from my office or the info desk and make sure you keep your appointment!!

See you around,

Margaret Carey,

## CITSU ENTERTAINMENTS OFFICER



Hey all

Before I let you all know what's happening in the next few weeks, I want to give a quick review of freshers week. Over all I think it went down a success, jamming along with Pat Fitz, laughing with Karl Spain, rocking with Blue Moose, in stitches with Tommy Tieran and some what confused with the legendary Jimmy Tamley.

The night time events were a total success, its all a haze of green lights, Michael Collins, Al Capone, religious clerics and many many school girls, EXCELLENT!!!! And not to forget a fantastic freshers ball. I hope you all enjoyed it as much as I did. That's enough about last week, lets look at what's happening during the next few weeks.

MeccA is in full swing on Tuesday nights and along with the ultimate college experience RAMPAGE where there is always something happening

If you haven't had a class party get your class rep onto it RIGHT NOW!!! We have great class party deals to ensure your party goes down a hit. On a final note I am looking for recruits for this years entertainments crew, those interested can contact me at [suents@cit.ie](mailto:suents@cit.ie) or drop in to the SU ents office in the prefab outside the main corridor.

See you around  
Donnacha Coakley

**Ps. Any funny emails or entertainments suggestions sent then on to me at [suents@cit.ie](mailto:suents@cit.ie) the funniest email wins two complementary passes to an SU niteclub of their choice plus the new tenacious d album.**



## VICE PRESIDENT EDUCATION

What another explicit? Phil are you sure? Already? The year does seem to be flying by all right. Fresher's week is well over and the Christmas exams are around the corner for some classes. Now is the time to start the good habits, which will serve you well all year. I know none of us want to think about the tough exams that are coming during the year but they may prove easier with a small bit of foundation work now.

By now most of the first years are getting the feel of your course. You may be getting the hang of your timetable, how not to get electrocuted in your weekly lab and know what your subjects are all about. If not you may be having a tough time. If you're feeling under pressure due to

the course, the schedule or any number of reasons call in. The change from secondary to third level isn't easy for a lot of people and maybe we can help with your problems. Most of all don't just drop out. If you have problems talk to someone even if it is one of your lecturers or your class rep.

Speaking of class reps they are the cornerstones of class involvement with your union. A class rep can organise parties, speak to lecturers sit on course board and bring your problem to the union executive. Also they can keep you informed of what's going on in your students union. So if you still don't have a class rep, elect one and send them along to union council. Otherwise enjoy what's left of October.

James Maher



## COMMUNICATIONS OFFICER

Hello again

Just another quick reminder that if you want to get involved with explicit or the website please get in contact with either myself or Phil in the Students' Union Prefab or you can email me at [sucmms@cit.ie](mailto:sucmms@cit.ie)

Thanks Again,  
Colin Noonan



## EQUALITY OFFICER

Fe an t-aim seo ta suil agam go bhfuil formhor duinn socraithe isteach sa saol an mhicleinn aris. Ba mhaith liom chur i gcuinne chuig gach einne go mbeidh me ar fhail gach seachtain as seo amach i oifigeach i rith 2-3pm gach Luain. Bi cinte cuairt a thabhairt orm .

By now the freshers ball hangovers will be a distant memory & lectures in full flight. This year I shall be sitting in the welfare office between 2-3pm every Monday. As always there is an open-door policy in operation so feel free to call in.

Slan go fhoil  
Jenny







# FRESHERS WEEK 2002

22nd - 26th Sept >> Check out [www.citsu.com](http://www.citsu.com) for more photos of other CIT Nights.

Get your photo in explicIT & CITSU Online at Official CITSU Weekly Nightclubs

Every Tuesday "MECCA" @ Cubins and Every Thursday "RAMPAGE" @ Club Renaissance

# BREAST CANCER INFORMATION

For more information please visit our website  
[www.citsu.com/welfare](http://www.citsu.com/welfare)

and as always if you are worried please  
consult professional advice from  
your Doctor

**CITSU VP Welfare**  
Email: [suwelfare@cit.ie](mailto:suwelfare@cit.ie)



## WHAT DOES IT ALL MEAN?

Every year, thousands of women and men are told that they have breast cancer. It affects women and men of all ages, races and social classes. It is very common; about one in twelve women over the course of their lifetime will have the disease in Ireland. Being told you have breast cancer is very frightening. It is a condition that is very difficult to understand and has a bewildering number of different treatments.

## WHAT IS BREAST CANCER?

The breasts are made up of many glands that are lined by tiny building blocks called cells, which can produce milk. For a reason that is not yet properly understood, sometimes one of these cells gets out of control and it can then produce a lump or tumour. In some women it can take a very long time for the tumour to appear - usually three or four years, sometimes even longer than that. Tumours can be either benign or malignant. Benign (or innocent) tumours remain growing in one area and cannot spread. Malignant tumours are made of cancer cells, which can spread, to other parts of the body through the blood stream or the lymphatic system (this is explained later). There they can form new tumours called a recurrence, secondaries or metastases.

## WHAT CAUSES BREAST CANCER?

There is a great deal of research being carried out on this area, but presently the cause of breast cancer is not completely understood. Although breast cancer does occur in younger women, increasing age is the main factor influencing the risk of having breast cancer. Some common areas of concern are discussed.

Can women pass breast cancer on to their children?

No, not directly. A small number of women have a strong family history of breast cancer and their daughters are then at a higher risk. These women can be screened for breast cancer from an earlier age (35 years instead of 50 years). You should talk about this with your doctor if you have daughters and are understandably concerned.

Does the oral contraceptive pill or hormone replacement therapy (HRT) cause breast cancer?

Taking the 'Pill' for many years before a woman's first pregnancy increases her risk a little. Likewise, taking HRT for a very long period of time is also linked with a very slightly higher chance of developing breast cancer. They both contain the female sex hormone, oestrogen, which can sometimes encourage an existing breast cancer to grow. You may therefore be advised to stop taking the 'Pill' or HRT. If you are worried about menopausal symptoms (like hot flushes), there are now other effective ways of treating these symptoms.

Can too much stress lead to breast cancer?

There is presently no evidence to suggest that stress can increase a woman's risk.

## Does diet affect a woman's risk?

There is no evidence to show that a change in diet will affect existing cancer or decrease its chances of recurring. However, a reduction in fat and an increase in the intake of fresh fruit and vegetables can maintain or improve people's general health.

## ARE THERE DIFFERENT TYPES OF BREAST CANCER?

Yes. Breast cancer is not one disease; there are many different types of breast cancer. Each type can be recognised by looking at some of the tumour under a microscope.

## THERE ARE SO MANY DIFFERENT TREATMENTS FOR BREAST CANCER, WHY IS THIS?

There is not one single treatment for breast cancer because each type of breast cancer may respond to a different treatment. In addition, the treatment for premenopausal women usually differs to that given to postmenopausal women.

## HOW IS THIS TREATMENT DECIDED FOR EACH WOMAN?

There are many different things to consider. These include your age, the type of breast cancer, the actual size and position of the lump and also if there has been any spread to the lymph glands under your arm (lymph glands are explained on the next page).

This means that the most effective treatment is decided upon for each woman individually. Both the hospital doctors and the patient often make decisions about the choice of treatment together.

If there is anything you do not understand about the treatment, you must ask your doctor, who will be happy to discuss it with you.

## HOW IS BREAST CANCER TREATED?

The types of surgical treatment are outlined here. Additional treatments are discussed in a separate leaflet. You may be offered one of these or a combination of them. The order in which you will receive treatment may vary according to the individual patient. You may need an operation. The type of operation depends on the size and position of the lump. In addition, the type of operation performed is usually a joint decision between the surgeon and the individual patient.

### Wide local excision

This is a common type of operation for breast cancer. The lump and a small amount of surrounding normal tissue are removed. Sometimes the surgeon removes a slightly larger part of the breast and this is known as a quadrantectomy.

### Mastectomy

This is when the breast is removed. This operation is normally done to remove larger tumours or if abnormal changes are also present in the mammogram.

### Lymph gland (or node) removal.

This is when the surgeon removes lymph nodes or glands (the two words mean the same) from your armpit, to look at them under the microscope. This is to see if any breast cancer cells have spread to them or not, and helps decide on the best treatment for you.

Lymph glands are present throughout the body in all of us. They are there to fight off any infections. There are many lymph glands in the body; some are in our necks, which can get bigger with a sore throat. If the cancer cells escape from the breast tissue, they can lodge in the lymph glands in the armpit. The number of lymph glands with cancer cells in them gives an indication of whether the cancer has gone further around the body. If no lymph glands contain cancer cells, then it means there is a very low chance of spread to another place in the body. However, if a lot of the lymph glands removed are found to contain cancer cells, then there is a higher chance of spread in the body.

It is very important that you discuss the type of operation, including any alternatives, with your surgeon and your breast care nurse. You may find it very useful to take a relative or a friend with you.

### Breast reconstruction

It is often possible for women to have their breasts reshaped after their mastectomy in various ways, if they wish. This can either be done at the same time as a mastectomy or at a later date. Your surgeon and breast care nurse will discuss this with you.

Your doctor may advise further treatment for you after (or sometimes before) an operation. This is usually either X-ray treatment (radiotherapy) or drug treatment (chemotherapy or hormone therapy). These are discussed separately in another leaflet - please ask the doctor or nurse for one to read.

## FOLLOW-UP APPOINTMENTS AFTER TREATMENT FOR BREAST CANCER

The clinic appointments are made so you will have regular check-ups with the hospital doctor. If you are worried about anything between your visits you should contact your GP, hospital doctor or the breast cancer nurse.

## WILL I BE SEEN FOR FOLLOW-UP APPOINTMENTS AT THE HOSPITAL?

Yes. The hospital doctor will see you at regular intervals. The appointments are usually made every three or six months, followed by a yearly check-up.

## WHAT WILL HAPPEN AT THE FOLLOW-UP CLINICS?

Firstly, it is very important for you to discuss any worries you may have with the doctor. It is often very helpful to bring a relative or friend with you to the clinic. It is a very good idea to write a list of questions down which have arisen. The doctors are always very happy to answer any questions you will have.

The doctor will examine you

The doctor will check that your scar has healed well. He / she will examine you to ensure no other lumps have developed.

A blood sample may be taken

In some clinics women will have a blood test. Tests are done on the blood to assess general health, for example, to ensure that you are not anaemic. It is not possible to detect cancer cells in the blood. It is possible to check that the liver is working normally and also the level of calcium from the bones can be tested. Results from these routine tests are usually normal. They will only be discussed with the patient in the clinic if there is a problem.

A mammogram may be performed

Women have the opportunity to have a mammogram at the out patient clinic on a regular basis.

## WHAT CAN I DO NOW?

Many women feel helpless and think that there is nothing they can do when they have been told that they have breast cancer.

However, there are some things that both you and your family can do.

### Understanding breast cancer

Women often find that they are more prepared to cope if they have a better understanding of both the illness and its treatment. It is important that the information comes from a reliable source, for example the leaflets produced by the hospital and also by talking to your doctor. It is not usually a good idea to seek information from the numerous newspaper and magazine articles!

Positive tasks

Many women talk about 'fighting their illness'. One way of doing this is by eating healthy, well-balanced diet with plenty of fresh fruit and vegetables. Another way is to take regular exercise. The type of exercise depends on what you are used to and also how you feel. It is always a good idea to set realistic aims and then to build up gradually. The majority of women prefer to keep to their normal daily routine and learn to accept their disease so they can continue to live well and happily.

## WHO ELSE CAN HELP?

It is important to remember that there are many people available at the hospital to talk about any worries or concerns you may have, for example the breast care nurses. It is also possible for counselling to be arranged if it is required. Below is a list of the organisations that provide information and help to women who have, or have had breast cancer.

**ABC - ACTION BREAST CANCER: Phone 1800 30 90 40**

**18 Herbert St**

**Dublin 2**

**BREAST CHECK Phone 01 676 2222**

**IRISH CANCER SOCIETY: Phone 1800 200 700**

**18 Herbert St**

**Dublin 2**

**[http://www.astrazeneca.ie/patient\\_information/breast\\_cancer/](http://www.astrazeneca.ie/patient_information/breast_cancer/)**



## Children of Chernobyl 10k Walk Nov 14th 2002

### About the 10K:

The Students 10K was first started in 2000 by DIT Lecturer Joe McGrath and the USI. It has grown to be the biggest annual Student Charity Event and is now being introduced to other EU countries.

Students from colleges in Nth. Ireland and the Republic of Ireland have visited the unfortunate country that we know as Belarus. It is the most radioactive country in the world as a result of Chernobyl's radioactive clouds. The Students 10K Walk is about students engaging with real people, particularly children in Belarus. In doing so, they have gained much. The experience of giving so freely has elevated the students who have taken part in the Students 10K. The vision for the 10K is not about throwing money raised by students at the awfulness that Chernobyl created. The Chernobyl Childrens Project want deep engagement with the people of Belarus. It is why they ask student representatives to travel to Belarus and visit the hospitals and orphanages. That is not easy. The sights and sounds and smells of these places are traumatizing.

Sympathy is fine but there are people who would appreciate a little more than your sympathy. There are real children in real places throughout Belarus whose lives we can change for the better. The Students 10K can pay for surgery, medication, physiotherapy, decent accommodation in orphanages, medical care and mental development for retarded children. These children have so many needs and we can do so much.

### Are you a walker or just a talker?

Yes it's a good cause - no dispute, no contest!  
But these children need more than your sympathy. Their lives will be better if you join tens of thousands of students who are going to make a difference on November the 14th.

good things happen... only when you make them happen!

### Here's how the Students 10K is making a difference.....

70cent/stg-45p buys a 60 day supply of Thyroxin , a necessary drug in the treatment of Thyroid cancer.

Radiation lodges in the throats of Belarussian children. There's a huge incidence of thyroid cancer (a very treatable cancer) as a result

7 Euros/stg-£4.30 buys a six month supply of multi-vitamins to boost the immune system.

Chernobyl Aids is the name given to the breakdown of the immune system - experienced by children in Belarus.

Since starting the Students 10K Walk in 2000, over fifty students have visited Belarus. They have worked closely with the Chernobyl Childrens Project who have been active on a wide range of projects in Belarus since 1990. Students have driven ambulances across Europe in convoys loaded with aid for orphanages and hospitals. The 10K has provided funding for a whole range of projects that aid children in Belarus. We want to help continue their work with Chernobyl Childrens Project and we also want to take responsibility for different projects where students in particular colleges can "adopt" a particular need that needs assistance. By matching colleges with individual orphanages, hospitals and communities we hope to deepen the engagement by students in Belarus.

### A special invitation to all Freshers

This is the first term of your first year in college. Congratulations on reaching 3rd level. We are asking you to mark this first term in a way that you will remember. Do the Students 10K Walk for Chernobyl on November 14th.

We Want Every Fresher to Take Part - No Exceptions. This is the Biggest National Student Charity Event- Be a Part of It!

Please contact us in the Students' Union if you would like to get involved or check out [www.citsu.com](http://www.citsu.com)



## THURSDAY NOVEMBER 14th

Remember to visit our  
website [www.citsu.com](http://www.citsu.com) for  
further details





# Ryan Adams Live Cork Arts Fest

**Event: Cork Arts Festival**

**Act: Ryan Adams**

**Venue: Cork City Hall**

**Date: Wednesday 13th November**

**Price: To be confirmed (discount available if booked at CIT)**

Cork Arts Fest will run from the 10th-17th November 2002. Organised by members of staff and students of CIT, the festival is now in its 10th year. This year's festival contains the usual eclectic mix of arts related activities designed to entertain a diverse audience in the Munster region. The festival takes place in most of Cork's premier arts venues as well as in the performance areas of CIT.

Headlining the festival is upcoming singer/songwriter Ryan Adams in a concert in City Hall on Wednesday 13th November. Support to Ryan Adams on the night will be given by newcomer to the music scene - Jesse Malin. Other festival highlights include the ever-popular Childrens Day, the TG4 Traditional Music Awards, art exhibitions, classical concerts, poetry readings and theatrical performances.

In 1993, Cork bluesman, Rory Gallagher played the inaugural Arts Fest in Cork Institute of Technology. Since his untimely death in 1995, the organisers of the festival have organised a series of events in Rory Gallagher's memory. This year, Arts Fest is proud to welcome Brute Force and Ignorance from Germany who will play the Spailpin Fanach on 15th November.

On campus activities are an important part of Arts Fest. Students from the Cork School of Music, The Crawford College of Art & Design and Rossa Avenue are involved in the programming of on campus events and the design of posters and the marketing of the festival.

Speaking from the Arts Fest office in CIT, Chairman Jim Walsh said, "The organising committee is conscious that, in programming Cork Arts Fest, consideration must be given to the different types of audience the festival attracts. In ten years we have also built a strong audience base from the greater Cork region as well as attracting a new audience from abroad."

Programmes for the festival will be available in venues throughout Cork City and County from 31st October.

Information is also available from the Arts Fest Office at 021 4326445 or see the website at [www.cit.ie](http://www.cit.ie)

## expliCIT's Monthly Top Five

### Song Downloads

1. Feeder – Just a Day
2. Beastie Boys – Sabotage
3. Foo Fighters – Everlong (Live)
4. Guns N' Roses – November Rain
5. Weezer – Keep Fishin'

### TV Theme Downloads

1. That 70's show
2. Johnny Bravo
3. Mighty Mouse
4. The A Team
5. MacGuyver

### DVD Purchases

1. Shrek (White Box Set)
2. Terminator 2 (Tin Case Set)
3. Independence Day (Special Ed.)
4. The Usual Suspects (Special Ed.)
5. Fight Club (Special Ed.)

### Daily Visited Websites

1. CITSU.com (its my job)
2. examiner.ie (Free Irish News)
3. campus.ie (Irish Student Website)
4. oxygen.ie (Irish Student Website)
5. yahoo.com (Free Email & News)

If you would like to send in your top five things please email them to [newspaper@cit.ie](mailto:newspaper@cit.ie) or call into the Students' Union Prefab.



## Avril Lavigne Album Reviewed: Let Go Rating 5/5

Right from the word go this album just struck me as a fantastic piece of work with such superb songs as "Losing grip", the hugely successful "Complicated" and the fantastic "Sk8er Boi". The first time I heard the album I found myself listening to it straight through, which I have hardly ever done with a brand new album. I really can't praise this album enough.

I will be the first to admit that when I originally saw "Complicated" on TV, I thought that this was just another teenage idol or one hit wonder that would be forgotten like so many Big Brother contestants. But now I find myself eating my words.

Avril has written or co written all the songs on the album (Are you listening Westlife?) and tackles such teenage themes as rejection, betrayal, fakers and relationships. Anyone who has ever been fifteen will be able to relate to this album. Already I know that there are some sceptics among you. Just give it a listen once at a listening post in a music shop and decide for yourself.



## Signs Film Review

**Starring: Mel Gibson,  
Joaquin Phoenix (The bad-  
die from Gladiator) and Rory  
Culkin (That peeing kid from  
Home Alone)  
Rating: 4.5 out of 5**

I have received many different views of this film but I don't care what anyone else thinks. I thought it was super and Writer/Director M. Night Shyamalan definitely lives up to his previous efforts, "The Sixth Sense" and "Unbreakable" with this extraordinary piece of filmmaking.

In a nutshell Mel Gibson stars as Graham Hess, a real country farmer type, who is trying to uncover the mystery behind the crop circles mysteriously appearing in his nice field of corn. I loved it. Totally frightening and the most important thing with a film of this type is, it is ultimately satisfying with a very nice twist in the end as you would expect in a Shyamalan film.

All good and well for someone who gets into their films, but what about the more cynical members of the population? Well the cynics I asked did not recommend the film very highly, however I am writing the damn review. So I will give it a four and a half out of five. If you love films, get out and go.

# Book Reviews

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## On the Road Jack Kerouac

A story of Sal Paradise, young writer who joins the eccentric Dean Moriarty in a journey of life that takes them back and forth across the United States. Living their life tough kicks from the most simplest and everyday things. They explore the part of themselves that searches for freedom and fulfillment of life through sex, drugs, drink and jazz. It is an excellent cocktail of fiction and autobiography. A classic from the 'Beat movement' I recommend it to all. When you start you wont want to stop and when you finished you'll want to read it again, its that good!

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## Junky William Burroughs

Tells the story of a junky and his struggle to keep up his drug habit. The thrills and trials he goes through and how his life is consumed by heroin. Junk doesn't just become a habit that he must satisfy it becomes a necessity, a way of life. This part autobiography is an interesting insight into the mind of an addict, showing you how morals don't even come to play when all you can think about is where you can get your next fix from and where that cash is going to come from.

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## Naked Lunch William Burroughs

A collection of crazy stories written while under the influence of drugs. An insane mix of how drugs affected his mind and gave birth to this book. This is full of amazing, sometimes sick and sometimes so unbelievable that you have to laugh. An amazing book, but you do need an open mind to be able to appreciate it.

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## Clockwork Orange Anthony Burgess

At first you are greeted with a puzzling language, confusing at first, a very different form of slang, but you are drawn in understanding every word as if you yourself had grown up speaking it. You are captivated by the actions of seeing the brutality that we are all capable of and finding that morality still exists even after horrible events that have passed. a brilliant book don't let the first few pages throw you off the language becomes clear and you just have to see what happens next.

**OPEN UNTIL 2AM  
TUES - THURS - SAT**

# **SCARY STUFF THIS HALLOWEEN**

**You Won't Be Able to Escape From Our Season Madness!**

**Tuesday 22nd October: BUDWEISER WEEK  
Win Two Second Round Champions League Tickets  
to see Man Utd. at Old Trafford.**

**Wednesday 23rd October: BUDWEISER WEEK  
Win A Playstation 2 with Krazee Karaoke.**

**Thursday 24th October: BUDWEISER WEEK  
End of Term Party with DJ Anthony Fleming.  
Massive Wet T-Shirt Competition.**

**Thursday 31st October: HALLOWEEN  
Massive Halloween Fancy Dress Party.  
Prizes for Best & Most Outrageous Costumes  
Pre Ball CIT Graduation Party.  
(Buses leave from Goat to Ball Venue)**

**Friday 1st November: GRADUATIONS  
Pre Ball CIT Graduation Party.  
(Buses leave from Goat to Ball Venue)**

**Wednesday 6th November: GOAT XXX  
Triple X Goat Show - Female Strippers  
YES IT ALL COMES OFF! E4 on Door  
Cum Early - Don't Be Disappointed**

**Wednesday 13th November: GOAT XXX  
Triple X Goat Show - Male Strippers  
THE FULL MONTY! E4 on Door  
Cum Early - Don't Be Disappointed**



# **THE BROKE GOAT LOOSE**

**WHY PAY FOR A CLUB, WHEN YOU CAN STAY IN THE PUB!**

Organise Your Class Party Now in the SU Prefab or TEL 021 4279186. Great Deals Available



## Red Hot Chilli Peppers By The Way

Album Reviewed By: Dave Shorten

Everyone knew it was going to be tough, trying to create a follow up album to Californication. That didn't deter Anthony Kiedis and his crew though. They returned to the recording studio and recorded yet another outstanding album that will no doubt appeal to the masses. Thus proving, yet again, that they are one of the most talented bands of the last decade.

Those amongst you who enjoyed Californication will be pleased to find this album sharing a lot of rhythms with its predecessor. The album opens with the title track, By The Way which has become a big hit with radio stations across the globe. From there the album progresses through another 15 toe tapping tunes. The subject matter of the songs follows the usual trend of Californian life, the Rock & Roll life style and also a few surprises. The quality really is amazing as I've tried and tired but just can't seem to be able to find a fault with this album. My advice is to go out to your local record store and pick up a copy as By The Way is set to be another 'must have' for anybody's CD collection.

## Mundy Live

Venue: The Everyman Palace Cork

Date: 29th sept. 2002

Review by: Mark Mc Carthy

Edmund Enright (a.k.a. Mundy) from Birr County Offaly released his new album on April 19th 2002. Recorded in London with legendary producer Tommy D, '24 Star Hotel' is Mundy's much anticipated follow up to "Jellylegs", which catapulted the Offaly born singer onto the international stage in late 1996.

Since its release date Mundy has been touring all over, from a blindingly brilliant performance at Witness to another "big show" at O2 in the park then onto the Rose of Tralee festival and finally where I witnessed him again since that day in Fairyhouse at The Everyman Palace.

The gig started with a one man show called "Rosie" who did quite well as a support showing his skills in guitar playing as well as audience humuoring! Each song was applauded well at the end by this "older" couple behind us and it took longer than expected to realise that they were his parents!!

So, onto the goodstuff "Mundy is just about to come on" the lights dim, the stage not lit at all the a whopping cheer as movement can be seen onstage a small light appears and Mundy says, "I'm shitting it!". Hardly what I expected him to say but we did find out he was at a wedding the day before!

### JAZZ WEEKEND THE MARDYKE

25TH - 27TH OCTOBER

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FRIDAY 25TH OCTOBER 2002

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FREE *The Feralones*

SAT 26TH OCT	SUN 27TH OCT
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Straight into the set with "Anchor the sun" clearly showing that indeed Mundy is a small bit hoarse. Nonetheless this did not take away from the significance of the performance as Mundy went from song to song pausing for a few seconds to chat to the audience, "So this is a good venue isn't it". In fact no-one could really complain every seat gave an excellent view of the proceedings and the design sent the music back and forth. Mundy played through hit both new young and old such as "Drive" a song written about a friend he had in London who would drive him through the city at all hours of night, songs like "Life is a cinch", "Gin and tonic sky", "Healthy", "The last time" and many more.

As the evening was drawing to a close Mundy just seemed to improve more and more (drinking plenty of water helped!!). Nearing the end we were awed by the wonderful songs from his double A side single "Mexico" and "July", these actually got the majority of the audience up and singing clapping and thoroughly enjoying themselves. Once "July" was finished a could hardly contain myself and neither could Mundy as no sooner had he said goodnight and gone he came back on!

This time an encore of three songs "Rainbow" the first song on the new album along with "Mayday" and the award winning single from the Romeo and Juliet soundtrack "To you I bestow", all to a wave of background smoke which was insense burning "some people thought it was the amp about to explode!!

To sum up the night explosive would be one of the words I can think of but as always with good acts and good gigs I can say it was enjoyable but most of all memorable.

Its a bit long maybe but sure why not!  
Cheers,  
Mark



# Pitchshifter Live Reviewed

“This gig rocks in a way only a pitchshifter gig can.....”

Venue: Nancy Spains

Date: September 22nd

Reviewed by: Hans Dustfield

It's almost 12 on a Sunday night. I guess autumns really started 'cos by god its cold. The fact I'm only wearing a pair of sweat-drenched trousers isn't helping the situation to be honest. I pass the wino benches across from the FAS building; some feckin drug-head gets enraged because I, this topless sweaty degenerate with the wide grin, declined his offer of sharing the spoils of one bag of glue. At this point I realise I must look some state to get offers as such. So I finish my walk home, every part of my body aching and my ears ringing, wondering if at 22 I'm getting too old for this?

Jump back 4 hours. I'm after losing my ticket so I had to sneak in up the front stairs and into the kitchen where I grabbed a bundle of glasses, put em in that big heap that looks like its gonna fall at any time, and trundled my way through the backstage area pretending I was working here. "Any Glasses?" Everyone looked at me like I was a twat. Still though I got in. (not that if anyone from Nancys ever reads this, is this gonna work again).

First up on the night were This Girl .Its never easy being the opening band playing to a still vacant house but that didn't stop these lads. Ploughing through a set of dynamic sweaty post punk tunes that had the band spring around every inch of the stage in a flurry of bodies, guitars and teenage attitude. If there's any justice in the music world these lads from across the water should be Massive.

The sad fact is, however, that there is no justice in music. Proof of this is The Kennedy Soundtrack. At the moment these Limp in Park wannabes are the darling of the British music press. With heavy rotation on MTV it's only a matter of time before America falls under as well. There are two big problems with this band. First off we've seen their Linkin Park, Limp Bizkit inspired drivel too many times before. Its safe Rebellion for mid-

dle class kids with too much time on their hands and secondly, and perhaps more importantly, the swagger and collective egos of the vocalist and guitarist ensure that half of the crowd just wanted to strangle them on their own shoelaces. Still though, to be fair the younger members of the audience like 'em and they are well able to hold a tight tune. Then the Fred Durst clone on vocals calls Cork a sh\*\*hole. "Go home to Wales" people around me jeer (albeit in a vulgar, slightly non-printable way). They finish. They get their biggest cheer of the night from us cynics down the back when they finally walk off stage.

And then come Pitchshifter. A band that deserve their status as one of the best bands in the U.K. Sound problems mess up the first two songs, that sorted, the madness begins. Blasting through oldies and newies. This gig rocks in a way only a pitchshifter gig can. As the crossover drum and bass/metal sound washes over the ever sweltering crowd the first few rows are pummelling into each other dreadlocks and hair flying in displays of happy aggression while back a bit people are bouncing around, dancing in their own space. Crowd surfing, hand standing vocalist J.S Clayden is on form as always and shares vocals with the crowd on every occasion. His brother Mark flails into his bass pinning the whole sound down while the studio sampled drumming which is manually done live by Jason Bould is spot on. Every song rocks, between songs the bands water bottles are shared with the crowd. It's refreshing to see a crowd go home smiling after a show like this. By the time I'm home I'm still smiling. Ok maybe I'm not able to go dancing like a loon for an hour and a half any more (oh to be 16 again) but still nights like this are few and far between and worth every sweat soaked, ear ringing, back aching, underpants knotted minute.

**Hans Dustfield.**

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CIT Societies Day 2002



CIT Societies Day was held on Wednesday 25th of September. The purpose of the day was to encourage students to participate in Societies and to see the range of societies that CIT has to offer.

Many thanks to AIB for their sponsorship of the best stands competition on the day. The Websoc and The Guild came joint first while the Musical & Theatrical and Recreation & Leisure came second and third respectively. Societies are now up and running so make sure to get involved!

Also if there is a society that you are interested in but is not in CIT, make sure to call up to the Societies Office to discuss it. It isn't that difficult to set up a new society. Phone the Societies Office on 021-4326740 (ext. 740) or email [omahonym@cit.ie](mailto:omahonym@cit.ie)

Check out [www.citsocs.com](http://www.citsocs.com) for more information on Societies at CIT.

**expliCIT Poetry  
 Corner**

**Never Rain**

Which once was never now is gone  
 Which once was right need not be wrong  
 Which river flows with silent song  
 But teardrops never rain.

So much before now has passed  
 So much to lose as was last  
 So take your diamond from my cask  
 For teardrops never rain.

Called as once need not appear  
 Called to see a razor shear  
 Called once to find a lost tear  
 And teardrops never rain.

Shown before and has gone  
 Shown no man his deadly gun  
 Shown us all that we are one  
 Now teardrops never rain

**Gone**

You called out my name  
 Barely loud enough to hear  
 And from my eyes  
 There swam forth tears  
 Not tears of laughter  
 Not rivers of joy  
 I cry at near death  
 Of a lost little boy  
 His love I once held  
 In my heart so tight  
 It took just one puff of air  
 To extinguish his light  
 Never forget  
 A love like this  
 And before he is gone  
 One final kiss.

If you would like to submit any poems please email them to  
[newspaper@cit.ie](mailto:newspaper@cit.ie)



# How Do You?



## Gman why is so hard to get rid of hiccups?

Hiccupping (or hiccoughing -- that's a clue) is a funny and rather rude reflex action, sort of like coughing or sneezing or even vomiting. Something is bugging you and you hicc it up. Maybe you ate or drank too fast, and swallowed some air. It might be a stomach problem and you need to get rid of some gas. It might be that you have a tickly throat, or maybe the nerves that control your diaphragm are a bit jumpy. Whenever one of these things happens you can react with a hiccup. Most people hiccup for a minute or two. It can be somewhat annoying, but is usually quite funny.

Sometimes, though, people can't stop. One man in Iowa started hiccupping in 1922 and stopped in 1990. That's sixty-eight years! In the meantime he got married twice, had eight children, and led a normal life. Obviously he even figured out how to sleep. If you are just a regular hiccupper, a loud "Boo!" can often make you stop. It'll scare the extra breath out of you. What happens is that the shock of the scare distracts your nervous system and it "forgets" to hiccup. If you sneeze, the same thing can happen. But getting yourself to sneeze is pretty hard. You can gargle, tug on your tongue, or try drinking water upside down. But mostly, when your hiccups want to stop, they will . . . hopefully before sixty-eight years have gone by!

## Gman why do boy babies get dressed in blue, and girls in pink?

Long ago, many people believed that evil spirits hung around the nursery, but that these spirits were repelled by certain colours. The most potent colour was blue, associated with the heavenly sky. Blue was believed to frighten away demons and rob them of their power. So blue on a baby was not only adornment, but also seen as a very necessary precaution. Now this was a long time ago, when girls were considered inferior, so boys got the really potent blue colour—it didn't matter what colour girls got. The assumption is that later generations chose pink for girls to symbolize that new rosy all-over-pink look.

## Gman how did it come about that men wore pants and women wore skirts? Didn't "cave people" all dress alike?

It's about function, purely and simply. Long past the cave men's times, men and women both wore a form of skirt. Egyptian men wore a form of loin skirt. Romans wore tunics and togas. These are all variations on a basic wrapped cloth. Men continued wearing various forms of "skirts" or robes, shorter long, well into the fifteenth century. Of course there are exceptions, which are mostly about work and labour divisions. Since Roman times, men figured out that although robes and skirts were comfortable and simple, they weren't very practical. The custom of men wearing pants had to do with their work roles as soldiers, nomads, farmers, riders and hunters. (An exception to this involves Scottish men wearing kilts -- heavy wool skirts -- for everything.) In some societies there was also a keen interest in keeping women unable to work or fight. Women wearing trousers is a very recent innovation in most cultures—less than fifty years in most places. Why didn't women get trousers? There is a practical answer to this question. A skirt or "dress" is easy to make -- two flat pieces of fabric with two simple seams. Even easier, a sarong or toga is just fabric wrapped around the body. Trousers are much more difficult to sew than dresses, so they were only made when needed for men's work. In fact, a lot of men today who sit at desks or who do jobs that aren't physically strenuous might be quite happy to wear a robe or skirt if that fashion ever came back!

# Word Search Competition

sponsored by CIT Societies Office

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

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PRIZE THIS MONTH : €30

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COMPETITION CLOSSES 5PM MONDAY 11th NOV 2002. PLEASE RETURN TO STUDENTS UNION PUBLICATIONS OFFICE (PF42 OUTSIDE MAIN CORRIDOR) ALL ENTRIES MUST BE ON OFFICIAL FORM.

GOOD LUCK!

For more information on CIT societies please visit [www.citsocs.com](http://www.citsocs.com)



# OFFICIAL CITSU NIGHT CLUBS 2002

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