

**CIT RagWeek
Programme**

**Marketing the
Iraqi War**



RAGWEEK 2004

DETAILS INSIDE!

**School of Music
Delays Continue**

**Welfare Guide
to Healthy Eating**



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We Need You!

If you would like to contribute to explicit please contact Philip in the main SU office (C143) or email: explicit@citsu.ie

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explicit Editorial



Hey all

With all the Christmas and festive partying behind us, welcome to a brand new year 2004. With the passing of another great year here in CIT we look back at some of the highlights that 2003 brought to us.

First and foremost was the concluding part to the Lord Of The Rings epic, which I know was the highlight of the year for most students here in CIT and most of all for none other than our own Mr. Colin Noonan himself. Next on the list is The Matrix, which in my books was a great achievement in cinematic history, breaking new ground that I am sure will be followed by other films to come.

Meanwhile here in CIT the Presentation of the prestigious Royal Institute of the Architects of Ireland's gold medal which was presented to the college by President Mary McAleese. Also the turning of the first sod of the new Tourism and Catering building took place.

With the passing of 2003 another era in CIT is coming close to an end and that is the retirement of CIT's Director, Dr. Patrick Kelleher, who over his tenure here lasting 16 years has brought this college through some dramatic changes. He has developed CIT into the prestigious College that stands before us today; I wish Dr. Kelleher all the best in his retirement and a well-deserved rest.

On the downside of 2003 was the whole fiasco of the Cork School of Music which is a monumental part of our culture here in Cork providing musical education to generations of Cork people and which was the corner stone of the presentation of Cork as The Capital Of Culture which will be upon us this time next year.

Now looking forward to this year, 2004 has a lot in store with the hopeful completion of the new Students Centre being on top of my wish list. One of my favourite weeks in CIT, Rag week will soon be upon us and I am assured by Mikey and Tim that this year it will be bigger and better than ever before and going by the success of Christmas day I'm sure they wont let us down.

Finally to all, I wish you every success that 2004 has to offer, and if you are still looking for a New Year's resolution, I have one that you could USE - "I promise to write at least one article for Explicit", since as you know we are always looking for articles; so start writing!!

Talk to you all

Jamie

Cork School of Music Fiasco

The Delays Continue.... & Bertie Refuses to meet with us!

Cork City Council met on the 12th of January to discuss a letter from the Taoiseach Bertie Ahern regarding the Cork School of Music. This letter turned down a request from the City Council to meet with him in relation to the Cork School of Music project. A number of C.S.M. staff and students attended along with representatives from C.I.T.S.U. and the T.U.I. The meeting started at 5.30 but it was after 10.00pm when the school of Music agenda item arose but there were still staff and students present till the end.

There was much anger in the chamber in regard to the treatment of the C.S.M. project by the government and the response of the office of an Taoiseach to the meeting with the Council. The mention of Euro Stat as the cause of the problem brought heckling from the galleries as well as the Council members, however, all councillors seemed supportive of the go ahead of the project as soon as possible. There were many suggestions as to the actions to be taken; one of which included a protest in Dublin but in the end the final decision was that letters seeking meeting would be sent to both minister Dempsey and an Taoiseach.

S.U. President James Maher who attended the meeting had this to say, "This government has failed on its commitment to do anything about the school of Music again and again. They were hoping it would go away but meetings like this where such anger is shown should let them know that's not the case. The amount of frustration felt by those involved with the School of Music is mounting and more action will be taken in the coming months if progress is not made soon."

For many years, members at Cork School of Music have been forced to operate in a wide range of unsuitable premises throughout Cork City. Two years ago, they vacated the old School of Music premises on Union Quay at the behest of the Department of Education & Science in order to facilitate the construction of the new building, which was to be the jewel in the crown of the Public Private Partnership initiative. The bulk of the School's activities were then transferred to the old Moore's Hotel building on Morrison's Island. During those two years, the staff have made enormous sacrifices and have shown remarkable levels of patience and forbearance. Their reward is an increasingly uncertain future.

Despite repeated demands for clarity, the Government has refused to sanction the new building. The students and staff have had the unedifying spectacle of one Government Department blaming another, and then attempting to shift their collective guilt to Europe.

There is no other option but to commence the building of Cork School of Music without further delay. There are simply no alternatives. If this project does not proceed immediately, then this Government will, in effect, be pleading guilty to a spectacular act of cultural vandalism in presiding over the shutdown of music education in Cork.

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The Dubya Factor

Bushwhacked - Four years on & counting!

by John Hayes

“...I find it shocking that this guy hasn't been impeached yet. Even worse, he seems set to win next year's election and get another four years in office...”

Well by now, I reckon it's safe to assume all of you know about George W's war on Iraq and those evasive Weapon's of Mass Destruction.

Most of you however probably aren't that aware of the rest of his achievements since that sad day in 2000 when he came to Office so I figured I'd write this little article to fill you all in a bit. I'm hoping the following list inspires you to look further into the policies of the Bush Administration and their effect on the American public and the International Community. Anyway, without further ado, here's a short list of the Bush administration's "greatest" – emphasis on the exclamation marks - achievements.

1 The Iraqi war. You know all about this already so I'm not going into it here, except to say that maybe the reason those ungrateful Iraqis are so pissed off is that more than seven thousand civilians have lost their lives since the invasion began last year. Yes, that's seven thousand and still climbing. Congratulations George, that's more than twice the number of people who died in 911.

2 The Environment. The Bush Administration's regressive environmental policies have lowered cleanliness standards for US air and water while allowing utility companies (many of whom are Bush campaign contributors) to profit from the weakened regulations. In 2002, the head of the EPA's Office of Regulatory Enforcement resigned, complaining that the agency was "fighting a White House that seems determined to weaken the rules we are trying to enforce." (CNN, Aug. 22, 2002) The Bush Record on the Environment for 2003 can be found at: <http://www.nrdc.org/bushrecord/2003.asp>

3 Bush is under-funding education. Bush cut \$200 million from his own No Child Left Behind Act, eliminating crucial educational programs for lower income children and cutting professional training for more than 20,000 teachers. State budget crises have become the norm, not the exception.

In Oklahoma City, lack of funds forced the closing of seven schools; 600 teachers were laid off. In Alabama, 38 of the state's school systems are said to be facing bankruptcy. Boston has closed five schools. Portland, Oregon, chopped several weeks off the school year. And so the list goes. Children are not only being left behind, they are being abandoned. Flawed from its very foundation, No Child Left Behind is based on then-Governor Bush's late-'90s "Texas Miracle,"—a program of standardized testing designed to increase performance and reduce dropout rates--now recognized as a scandalous failure.

4 The Bush Administration's Patriot Act threatens US citizen's constitutional rights and civil liberties. Passed by a post 911 Congress, the Patriot act expands the ability of law enforcement to conduct secret searches, and engage various forms of surveillance, including internet monitoring and wiretapping. It gives the FBI access to American citizens' highly personal medical, financial, mental health, and student records without notification or permission, and allows them to investigate individuals without probable cause of a crime. Finally, it permits non-citizens to be jailed based on mere suspicion and held indefinitely in six-month increments without meaningful judicial review. In short, this act gives the government unprecedented freedom to collect information with little regard to civil rights or property concerns. Somewhat amazingly, the US senate voted 98 to 1 in favour of this act, the sole voice of dissent being Wisconsin Democrat Russ Feingold.

5 Bush's Tax Cuts only benefit the rich. Bush claimed that his tax cut would "reduce tax rates for everyone who pays income tax." He failed to mention that this "relief" program would put half of the tax cut's dividends into the hands of his nation's wealthiest 5%, while 8.1 million citizens in the bottom half of the income bracket receive approximately \$300 a year. A distributional analysis released by Citizens for Tax Justice shows that when the tax plan is fully phased in: The typical tax cut for the median income taxpayer will be \$600 a year. For the 78 million taxpayers in the lowest 60 percent of the income scale, the tax cut will average \$347 a year. In contrast, at the top of the income scale the average tax cut will be \$53,000 annually.

6 Employment. 3.3 million jobs (93,000 in August of 2003 alone) have been lost since Bush took office - more than the last 11 Presidents combined. (Bureau of Labour Statistics, June 2001-August 2003) Meanwhile, huge corporations are paying fewer taxes than ever.

7 Bush is under funding homeland security. While energetic in waging war abroad, the Bush administration has been oddly lethargic in fortifying US defences at home. Instead of leading the charge to revamp domestic security agencies, for example, it consistently dragged its feet and brought up the rear. Instead of sparing no expense to make Americans safer, it cut taxes and begrudged police, fire fighters and other front-line defenders the resources they need to secure the home front and muddled public strategy has only spread alarm and confusion.



Well that covers some of what George has been up to over the last four years. I could go on but I don't want to be here forever. I don't know how anybody else feels about all of this but personally, I find it shocking that this guy hasn't been impeached yet. Even worse, he seems set to win next year's election and get another four years in office. So bear in mind folks, next time you're feeling p***ed off with Bertie and his gang; at least we're not stuck with a lunatic like Bush.

For those of you who would like to know more about all of this, here's some reading material you might find interesting:

- **Dude, Where's My Country?**, by Michael Moore
- **The Great Unraveling: Losing Our Way in the New Century**, by Paul Krugman
- **Lies (And the Lying Liars Who Tell Them): A Fair and Balanced Look at the Right**, by Al Franken
- **The Bush Dyslexicon: Observations on a National Disorder**, by Mark Crispin Miller
- **Bush's Brain: How Karl Rove Made George W. Bush Presidential**, by James Moore
- **The Lies of George W. Bush: Mastering the Politics of Deception**, by David Corn
- **Weapons of Mass Deception: The Uses of Propaganda in Bush's War on Iraq**, by Sheldon Rampton, John C. Stauben

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CIT Students' Union President

Welcome back. I hope you all had a good Christmas and the New Year brings you all you need. The Student Centre seems to be progressing at pace for once and the government seem to have lost the "we are flat broke excuse", having found over half a billion down the back of the couch. We are a year away from Cork becoming the European City of Culture and Ireland has taken the presidency of the E.U. for the next 6 months. 2004 should be an interesting year and hopefully things will improve for students.

New statistics show more people going into the workforce rather than into 3rd level education which highlights the fact that the grant doesn't reach enough people and isn't sufficient for many to live on. Hopefully the school of music will have seen some progress soon and Crawford will see some improvement.

Anyway something has been bothering me for the last while, the issue of responsibility. A certain section of the non-student community believe it is our responsibility to solve all the problems of the world. They believe that students should protest the war in Iraq, protest

Third World debt and be in a constant state of righting the world's wrongs. They wish to pass onto students any responsibility they themselves have to protest and voice their opinions and expect us to be the guardians of everything from freedom of speech to the rights of the left footed dingo.

Now my personal opinion is that it is everyone's responsibility to protest these injustices and that a Students' Union should help its students first and saving the world should be a lower down priority. What do you think? What are your opinions on this? What do you want to see your Students' Union doing? Where should our focus be? The world is changing constantly and C.I.T.S.U. needs your feedback to change and adjust with it. There are many ways to express your opinion - through Explicit, through your class rep, the forums, talking to your officers (but not at balls or nightclubs, we have a tendency to forget complaints at 2.30 in the morning - we are only human after all). It's your Union, remember that.

Lastly I would like to apologise to any employees of Bus Eireann who were offended by the article published in the November issue of explicit. Explicit articles represent the views of individual students not necessarily the views of C.I.T.S.U.

James



CIT Students' Union Vice President Welfare

Yet again we are all back, working hard and the January blues are flying high. The second half of the year is now upon us and this means only one thing, Rag Week and all that comes with it is nearly here, so bring back the piggy bank.

The most common topic of conversation around CIT at the moment seems to be New Year's Resolutions, so here's a little advice to go with; if you have set yourself a high goal for the year, it is important sometimes to get a little help especially if you find yourself struggling. Try to only set a few resolutions so as not to burden yourself, you might be better off to only set yourself one goal for the year. Keeping a diary might help and if you need help call to me for a chat.

Health Promoting Week 2004 went extremely well and I hope that everyone was able to get something good out of it. It may have given you some good ideas for a new healthy lifestyle in 2004. In the welfare section of this issue you will find tips for eating well and taking the first step to a more active life.

Remember that your time should be used wisely between now and the summer exams, time flies when you're having fun!

Donna Foley.



CIT Students' Union Vice President Education

Well I am sure that everyone enjoyed the Christmas break filled with joy and excitement. Mine was mostly filled with turkey, pie and turkey pie.

Now as the results from Christmas assessments come rolling in some of you might be disheartened and are considering leaving this fine establishment. Before you do I would urge you to come and talk to me. There are always options open to you.

For those of you in final year your finals are staring you in the face, good luck with them. I hope you get the best results possible.

Since we now have a new year maybe it is time for those of you who up

to now have not really put in an honest effort to pull up those socks. If you have any trouble studying please call in to see me.

Bye for now

Colin Noonan



CIT Students' Union Equality Officer

Hope you all had a good Christmas and an even better new year. An eventful few months lie ahead with all the Balls and, of course, Rag week.

Any suggestions on fundraising ideas would be greatly appreciated. If there are any issues you would like to highlight I am contactable through the Students' Union and through e-mail, suequality@cit.ie

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- Eraser
- Ruler
- Highlighter (Yellow)



CIT Students' Union Entertainments Officer

Welcome back all. Christmas is now well gone and I hope your enjoying the New Year. Just got my first result back from the Christmas exams, I passed . . . surprised? I hope everyone did well, if you didn't don't worry too much, you'll make it up in the coming months.

Well 2003 may have been the driest year we've ever had since the mid sixties but 2004 has made a wet and cold start, trying it's best to dampen our spirits. But wait what ray of light from yonder prefab breaks - it is RAGWEEK. RAGWEEK did I mention RAGWEEK. . . from the 2nd of February to the 5th students declare war against their studies and immerse themselves in the spirit of Raising and Giving for the week. There is more on that further on in the magazine.

Everyone knows the story here, events are held both in the college by day and in town by night to raise money to donate to local charities, so it is important that everyone tries to go to some of the events, no profit raised is kept, everything goes to charity down to the last cent.

Class reps don't forget to keep organising class parties and if anyone has any queries about Ragweek feel free to ask me anytime.

Mikey



CIT Students' Union Communications Officer

Just a wee note to wish you all a happy new year and I hope that all that festive partying hasn't taken too much out of you and that since returning to college a sense of normality has returned to some degree.

As always I am looking for articles and photos for Explicit especially from all the Sports Clubs and

Societies letting us know what your up to. You can drop them in to Philip in the CITSU office or alternatively E-mail them to explicit@citsu.ie

See y'all next month

Jamie

Registration Fee Battle to Start Again.

Minister Dempsey's policy of slowly creeping fees in through the back door seems to be raising its head once again. The latest indications are that the registration fee may rise from €670 to €750 next September, of which at least a major portion of it, if not all may go straight to the exchequer: in other words Charlie's back pocket, this coupled with the fact the rise is just over 11% is outrageous. This appears to be an upward trend that seems aimed at bringing back fees in all but name. The registration fee was meant to cover things such as sport and societies, recreational facilities, Students' Union, exam fees, medical and other such expenses. It was not meant to fund the Department of Education!

C.I.T.S.U. President James Maher responded as follows when asked to comment on the issue: "Another increase in the registration fee of such size is unacceptable. The government are trying to use students to make up their deficits. This is in the hope that students will not kick up a fuss but I believe they are sorely mistaken. C.I.T.S.U. will be deciding, through its class reps and executive, what is the best course of action to oppose this fee and we will not be taking it lying down."

The fee was increased by 69% to €670 in September 2002 without consultation with Students' Unions and in conflict with advice from a number of bodies involved in education. This caused widespread dismay among students and their families at the time.

Block Release Students to Pay Registration Fee.

Institutes of Technology made moves to charge Students on block release courses one third of the registration fee. This move is an attempt to ensure equality in I.T. s in regard to student services. It is hoped this will allow an improvement in student services and ensure that block release students have equality of access to student services. This is seen as a positive move by Cork Institute of Technology Students' Union. Students' Union President James Maher stated, "This ensures two things. One that block release students have equal access to services on campus and that full time students no longer subsidise block release student use of these services. The charge is only a proportion of what a full time student pays due to the fact block release students only spend a proportion of the academic year on Campus."

USI has also been monitoring the situation and have Will Priestly, President of USI had the following comments to make. "While it is only fair that all students who do not receive the grant and avail of the student services are treated equally, it is worth questioning whether an increase in the number who pay is relative to an increase in the money going to places such as the Students' Union. With students who attend college on block release now having to pay the registration charge, has there been an increase in the funding for the services provided or has this extra money disappeared down yet another black hole?"

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Welfare Guide to Daily Healthy Food Choices

The number of servings needed each day for adults and children is shown on the Food Pyramid. Start on the bottom shelf of the Pyramid and choose more of these foods than those from the top shelf. Servings in each group are interchangeable.

For example to get at least four servings from the fruit and vegetable shelf you could have:

1/2 glass of fruit juice	= 1 portion
1 portion of vegetables	= 1 portion
1 apple	= 1 portion
1 banana	= 1 portion
Total	= 4 portions

Drink water regularly - At least eight cups of fluid per day

Others – Sparingly

Use about 1oz low fat spread/low fat butter or 1/2 oz margarine / butter. Use oils sparingly. Oven bake foods instead of frying or deep fat frying.

Sugars, confectionery, cakes, biscuits and high fat snack foods. If you drink or eat snacks containing sugar, limit the number of times you take them throughout the day. Eat high fat snacks only in small amounts and not too frequently.

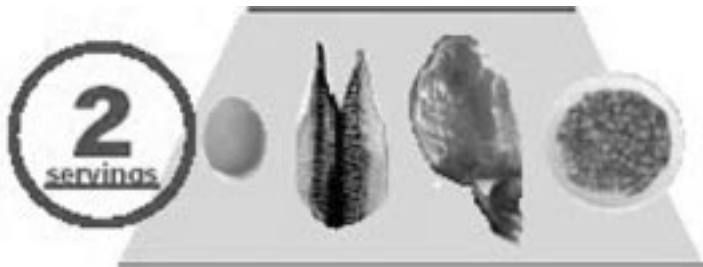
Choose low fat, sugar free alternatives.

Alcohol In moderation, preferably with meals - and have some alcohol-free days.



Meat, Fish and Alternatives - 2 Servings

Choose two of the following each day - choose three servings during pregnancy.



- 2oz cooked lean meat or poultry
- 3oz cooked fish
- 2 eggs (not more than seven per week)
- 6 tablespoons cooked peas / beans
- 2oz cheddar type cheese (preferably low fat)
- 3oz nuts

Milk, Cheese and Yogurt - 3 Servings

Choose any three of the following each day:

- 1/3 pint of milk / milk pudding - rice or custard (made with 1/3 pint of milk)
- 1 carton of yogurt
- 1oz Cheddar cheese or Blarney / Edam



Choose low fat choices frequently (not suitable for young children).

Low fat milk is not suitable for children under two years of age.

Choose at least four servings for teenagers. Choose five servings for pregnant and breast feeding women.

Fruit and Vegetables - 4+ Servings

Choose at least four or more of the following each day:

- 1/2 glass of fruit juice
- 1 medium sized fresh fruit
- 2 tablespoons cooked vegetables or salad
- small bowl of homemade vegetable soup
- 2 tablespoons cooked fruit or tinned fruit



Choose citrus fruits and fruit juices frequently

Bread, Cereals and Potatoes - 6+ Servings

Choose at least six or more of the following each day:



- 1 bowl of breakfast cereal
- 1 slice of bread
- 2 tablespoons of cooked pasta or rice
- 1 medium potato boiled or baked

Choose high fibre cereals and breads frequently. If physical activity is high up to 12 servings may be needed.

Healthy eating simply means eating a wide variety of food, in the correct amounts, to ensure that you get all the energy and vitality you need. The Food Pyramid will help you plan your daily food choices.

Guide to Daily Healthy Food Choices

Food Groups

Foods, which contain similar nutrients, are grouped into shelves on the Food Pyramid. This allows you variety and flexibility in your choices from each group. Choosing food servings from the four main food shelves provides you with the balance of nutrients you need daily - extra energy should be obtained from cereals, bread and potatoes as required. Variety comes from not always selecting the same foods from each group. Depending on your age you need a particular number of servings from each of these food groups every day. Check the table inside for individual serving needs.

Guide to Daily Healthy Food Choices

Healthy Eating Guidelines

- Eat a variety of different foods using the Food Pyramid as a guide.
 - Eat the right amount of food to be a healthy weight and exercise regularly.
 - Eat four or more portions of fruit and vegetables every day.
 - Eat more foods rich in starch - bread, cereals, potatoes, pasta and rice.
 - Eat more foods rich in fibre - bread and cereals (especially wholegrain), potatoes, fruit and vegetables.
 - Eat less fat, especially saturated fats. Make lower fat choices whenever possible.
- Oven bake instead of frying.**
- If you drink or eat snacks containing sugar, limit the number of times you take them throughout the day.
 - Use a variety of seasonings - try not to rely on salt to flavour foods.
 - If you drink alcohol, drink sensibly and preferably with meals
 - Enjoy your food.

Daily Eating Plan

Breakfast

- Wholegrain Cereal with low fat milk
- Wholemeal bread or toast*
- Fruit juice or fresh fruit Tea or coffee

Mid Morning

- Fruit, wholemeal bread or scone* or wholegrain biscuit
- Tea, coffee or water

Lunch

- Cheese, egg, lean meat, poultry or fish (small serving)
- Large serving of raw or cooked vegetables
- Wholemeal bread or roll*
- Yogurt or glass of milk
- Fresh fruit
- Tea, coffee or water

Mid Afternoon

- Fresh fruit Tea or coffee

Main Meal

- Fish, chicken, lean meat or vegetarian alternatives (moderate serving)
- Large serving of vegetables, potato, rice or pasta*
- Glass of milk or yogurt
- Fresh, cooked or tinned fruit in own juice
- Tea, coffee or water

Supper

- Tea or milky drink
- Wholemeal bread, scone or wholegrain biscuit*

*Number of servings needed depends on activity levels



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Neighbours

.....everybody needs good neighbours. Daa daa daa doo doo doo doooooo. Goes an old Australian tune. How true it is. In this age of fear and uncertainty everyone does need a solid community to fall back on. But what if that community is partying until five in the morning and watching DVD's with the sound up full every other night.

I know that people don't read the magazine for a lecture and this is not meant to sound like one, it is more like advice. The fact of the matter is that if you are living in a house and you have neighbours, then they should be treated with respect. If you are planning a party then you might think of mentioning it to the neighbours and agreeing on an acceptable time scale for it so that no-one is still waiting for the soothing sounds of Rammstein or Eminem to die down at four in the morning to get some sleep.

I know that some of you guys (me included) have fallen asleep listening to this type of music, but believe it or not the same is not true for the 86 year old Mrs. McGrath living next door. Many of you have even conked while watching Arnold Schwarzenegger's latest movie about his identity getting stolen again, but again young baby O'Dwyer next door who just started teething does not have the same appreciation for the newly installed Dolby 5:1 system in your living room.

You never know when you might need your neighbours for something, and it is a lot easier living next door to people you get along with.

Anonymous Student

Shattered

What in the world have we come to? It really was bad enough when we just had to endure "Reality" shows like Big Brother and Survivor where some folks locked themselves in a house and lived with some strangers for a few weeks. Everyone watches and thinks that they are cool until they come out of said house or jungle only to be dropped quicker than a bad habit lingering in the painful squalor of d-list celebritydom.

Now we are watching a show with a theme that is defined as torture by the U.N. and that is sleep deprivation. People are putting themselves in a medically dangerous situation in a room with only a one in eight chance of winning anything just to amuse the millions of people sitting at home on their nice 3 piece with a mug of cocoa.

What have we come to and what is next on our TV schedule? Are we going to watch as people pull out their toenails for €1,000 each or maybe we can see who goes the longest without food and water. What about a big brother type show recreated exactly like a Viet Cong concentration camp, I am sure that would have the punters glued to their seats.

The continuing deterioration of our TV nation is worrying to say the least. Our sets are filled with soul sucking shows that not only waste your time but drain a little bit of humanity with every passing hour.

I can only hope that in the future the state of our programmes will get a bit more intelligent and slightly saner.

Anonymous Student



WOULD YOU LIKE TO SEE YOUR LETTERS IN explicit?

Send us an email to expliCIT@citsu.ie or call to see Philip in the Main Students' Union Office (C143)



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Raise And Give



A most apt acronym and CIT Students have raised substantial funding for various charitable organisations and causes over the past three decades. Below is an account of the various recipients of Rag Week funding for the past two year.

Rag Week 2003	€
Cara Roche -Nepal Mission	500.00
HCPT (Irish Pillgrimme)	1270.00
Mick O'Connell-Appeal	3000.00
Muscular Dystrophy-Ireland	3500.00
Brothers of Charity	500.00
Enable Ireland	500.00
PACE Ltd	500.00
Marie Keating Foundation	500.00
Cuisle Charitable Assoc.	500.00
Special Olympics	1000.00
Nat. Council for the Blind Irl	1,055.00
Total	12,825.00

Rag Week 2002	€
Cork Aids Alliance	1000.00
Irish Cancer Society	1000.00
Cuisle Charity Assoc	1000.00
MS Society of Ireland	1000.00
Enable Ireland Cork	3020.00
Diabetes Fed. of Ireland	1000.00
Aidan C O'Sullivan Trust Fund	5000.00
Total	13,020.00

This year we hope to continue to raise as much money as possible for charity and all you have to do is participate and enjoy the events on offer. Its a win-win situation!

It's Ragweek Time Again!

by Mikey O'Connor, Entertainments Officer

Ragweek is possibly the most anticipated week in the college calendar for any self-respecting socialising student. This year, I promise, will be one of the biggest and best weeks of student entertainment seen for quite some time.

Here is a quick rundown on the main events. Monday we have comedians Steve Patterson from Canada and Irishman David O Doherty. Tuesday we have the world's most famous regurgitator, Stevie Starr. Wednesday sees hypnotist Hugh Lennon with his Hypnodog and finally on Thursday we have Wexford band "Blue Moose".

Everyday there will be entertainment in college from 11:30 straight through to 2:30pm. For a more detailed description of the events see the Ragweek Timetable. Remember the more you put in to Ragweek the more you get out, so volunteer for the games and competitions, other than the fun you'll have doing them there are some great prizes up for grabs.

The night-time events are as follows. Tuesday "Traffic Light Party" in FX, Wednesday "Pimps and Prostitutes Party" in Redz and finally after its huge success last year, Rag Fest © will be appearing in two venues. Venue (1) Mardyke Entertainment Complex and Venue (2) The Malting Emporium (Club FX).

Watch out for details of ticket sales on the Students' Union notice board.

For up to the minute information on events during the week keep your eyes on the "RagBoard", which will be situated between the two atria and will detail the events taking place each day.

If you would like to get involved or wish to find out more information please call in to the SU Entertainments Office or visit www.citsu.com

Special Thanks to:

CIT Societies Office - Sponsors of Hugh Lennon & Oscar the Hypno Dog
AIB CIT - Sponsors of Stevie Starr - The Regurgitator

Blue Moose - Back by Popular Demand!



**Thur 5th Feb
West Atrium 1-2pm
Rag Fest 9-11pm
www.bluemoose.ie**

Bluemoose are a four piece Irish band based in Wexford. Bluemoose have been on the road for almost three years, entertaining crowds all over Ireland and the U.K.

If you were to ask, what is a Bluemoose show like? The simplest answer would be entertaining. The show is energetic, colourful and fully live. With an ever-expanding repertoire, there is something to suit everyone's taste.

In the time that Bluemoose has been on the road they have built up an enviable group of loyal supporters and friends who time and time again return to hear more from Bluemoose. And to whom Bluemoose are eternally grateful. For without that support the band would never be.

Above all Bluemoose are unrivalled in their show and performance. No pretence. What you see is what you get.

So if you've yet to catch a Bluemoose gig, you may come along and find out what all the fuss is about.

If you think you misread the

title of this article don't worry your not alone and NO you did not misread the

Hugh Lennon & Oscar the HypnoDog

title. I first came across Hugh Lennon in 1999 while I was surfing the net. I was looking for something different and off the wall. Little did I know what I was letting myself in for. It has always been tradition in CIT to host a Hypnotist during Rag Week. What I found on the website totally boggled me. A Dog that can actually hypnotise people! Surely this cannot be true! Is this a dodgy (no not doggy, DODGY) website. Only one thing to do, ring him up and book him. It was worth a shot.

Hugh Lennon and Oscar his faithful dog (black labrador) were true to their word and they turned up for the Thur of Rag Week 1999. After a 16 hour journey from England by car and ferry (Oscar doesn't like to fly I was informed) the hypnotising duo turned up at our Campus doorstep. Needless to say my curiosity was not unique as the biggest crowd to ever turn up for a Rag Week event was recorded. 3000 students engulfed the West Atrium.

Hugh Lennons was a soft-spoken mild-mannered man who obviously knew what he's doing on the stage and was very pleasant indeed to talk to. Oscar the dog was also laid back and gentle but was unavailable for comment as he was having his stomach rubbed by various members of the Ent's Crew. Be warned: Gaze into Oscar's big brown eyes for more than 20 seconds and you're a gonner. Though he may look like every other sweet, lovable Lab, Oscar's calling card actually reads "Oscar the amazing HypnoDog."

Though it sounds like a stunt, stare into his puppy-dog eyes too long and you'll be the one performing the tricks, says Oscar's owner, professional hypnotist Hugh Lennon, of Yorkshire, England.

"I didn't really believe it myself at first," says Lennon. "I read this story about a farmer who claimed he had a dog who could hypnotise people, so I had to go and see him. The dog, who was only 10 months old at the time, had the oddest eyes I'd ever seen and stared so intently at people I bought him on the spot."



Though Lennon really bought Oscar for a pet, he soon discovered that the pup was a real show stealer. "I used to just take him to shows for companionship. But then one night, I brought him on stage with me," recalls Lennon. "Sure enough, he started staring at this girl, and she fell into hypnosis-without me doing a thing!"

From that point on, Oscar became part of the act, says Lennon. "We have him hypnotise people and then just do a bit of comedy. We might suggest



that they are one of the Spice Girls or are a Chippendale and have them dance around. It's harmless fun," he said.

Though Lennon is a long-time hypnotist himself, he's at a loss for explaining how Oscar performs his magic. "I believe that animals act on a different level of consciousness than we do. And somehow, Oscar taps into that same level with people," said Hugh.

Of course, not everyone "goes under" from Oscar's unrelenting stare, but those who do slip into a hypnotic state quickly, he added. "If a person is relaxed and open to hypnotism, they collapse to the floor in a matter of moments."

In one of the more remarkable moments in Oscar's career, the Lab was wandering through the audience, as he often does following his bit, when he came upon a man eating potato chips. "Being a dog, of course, he sat right in front of the chap and stared at him while he crunched away," said Lennon. "Well, before you knew it, there was a whole lot of excited commotion. The man crumpled over in his chair-completely hypnotised!"

Tim Clifford

PS - FREE GIG, BUT WE WOULD ASK FOR A CONTRIBUTION TOWARDS THE RAG WEEK CHARITY FUND.

Rag Fest 2004 incorporating CITSU Tramps Ball

One Festival - Two Venues

Thursday 5th February

Tickets available from CIT Students' Union Stand.

Tickets Available 1,400

Last year sold out in 2 days.

Venue 1 €8.00

The biggest event of the week will be The Rag Fest @ the Mardyke Entertainment Complex (including Bruno's Bar). Every year Tramps Ball (totally informal, usually fancy dress) takes place on the Thursday night of Rag Week. Last year, Rag Week 03, we changed the format and called it "Rag Fest". Rag Fest will incorporate Tramps Ball but offer a whole load more than just a dance floor with a few lights. The venue is the Mardyke Entertainment Complex. Yes I know what you're saying, "The place with the pool tables" next to Brunos. The thing is that on the night in question there will be no pool tables. Not a single one. All the pool tables are going to be dismantled and put into storage for one night only. When this is done it will leave way for the largest dance area in Cork City. The Festival will kick off at 8.00 pm and you will be asked to vacate the building at 2.30 am.

There will be 4 different rooms with music for all tastes.

Room 1 "Rag Fest -Live" will play host to the best band to set foot in CIT, "Blue Moose". Blue Moose will go on stage in Rag Fest Central @ 9.30 pm sharp. Pat Fitz, CIT's own home grown will support Blue Moose. Pat will start shouting into the microphone @ 8.00 pm.

Room 2 "Rag Fest - Love Lounge". It would not be the same if we did not have a room dedicated to all the lovers in our college. After all it will be pre-Valentines Week. Downstairs in Bruno's there will be a tailor made love lounge. Colm Kenefick (one of our own from CIT) will be banging our all those R&B and Hip-hop tunes. For that touch of class we in the Students' Union have hired in some lush couches to comfort all our lovers for the night. Don't worry there will still be enough space to get down and dirty. (I mean dancing). Supporting Colm on the night will be DJ Gus. Gus will be kicking out the tunes @ 8.00 pm sharp.

Room 3 "Rag Fest - Underground" The main dance area will have DJ Trevor Fitz hammering out the tunes. No matter what your taste in music you'll find something in the Underground. For one night only a special sound and lighting rig have been imported. A festival is not a festival unless it has good sound and lighting and fear not you will get what you deserve - quality.

Room 4 "Chill Out". If you want to get away from it all why not just chill out and sit down in the Chill Out room. All rooms will be clearly signposted so just kick back and enjoy.

Not only will CITSU Rag Fest play host to 4 different Rooms of Music with 5 different acts but they have also imported the Festival Bar for the night. If you have not seen this bar then it's worth a call. The Festival Bar is renowned for it's cocktail treats.

A festival is not a festival without a host of ingredients, none more important than food. CITSU Rag Fest has organised a hot dog stands, to take care of the food starved students among you. These stalls will be spread out over the Festival rooms so if you want to find them then go exploring.

Here are a few tips to make your Rag Festival experience an enjoyable one:

- Purchase your ticket from CITSU Main Office/Atrium Stand before the event. You can skip the queue on the night if you have your ticket. The



ticket will cost more at the event unless they are sold out.
Ticket Price €8

- Every one will need to avail of the toilets so here is your guide to the Rag Fest Toilet layout. (1) There is a set of toilets m/f upstairs near the Rag Fest Live. (2) There is a set downstairs in Rag Fest - Love Lounge. (3) There is a set for women only in Rag Fest - Underground.
- Put your coat in the Cloak Room and avoid loss.
- If you can't get served fast in one bar then there are 5 more to choose from.
- Move around the venue.

Venue 2 €6.00

The Rag Fest extension, Glow Ball 2004 will take place in Gasworks, Maltings Emporium (Club FX) located near Venue 1. A fantastical night, where every person will receive a free Glow Stick on entering the venue.

The night will kick off with a pre-ball bash in the Maltings bar followed by a range of entertainment across two rooms.

Room 1 - "Party Zone" The music policy for this room will be mainly chart & RnB, so you get a chance to let your hair down and dance to all your favourite music.

Room 2 - "Glow Ball Live" Christy Moore Tribute also supported by Pat Fitz @ 10.45 pm. Needless to say we are all well aware how good Pat Fitz is but Christy Moore Tribute will blow you away. If you have not seen this man before then you are in for a treat.

Purchase your ticket from CITSU Main Office/Atrium Stand before the event. The ticket will cost more at the event unless they are sold out.
Ticket Price €6

PLEASE NOTE TICKETS FOR THE TWO VENUES ARE NOT INTERCHANGEABLE.

Stevie Starr

The Regurgitator



Students' stomachs will be turned and twisted by Stevie Starr, a well renowned Regurgitator who made his first appearance here in CIT three years ago. Of all the acts I have ever seen this is one NOT TO BE MISSED. Make sure you are in your seat nice and early on **Tuesday 3rd February**.

A Bizarre phenomenon to the world of show business, this Scottish ginger haired 34 year old baffles his audiences by swallowing a number of items and bringing them up again. Whether it is large coins, Rubik cubes, ladies rings or Gold Fish, Stevie never fails to return them without injury to himself or the fish!

Some of his more famous acts on the American television include the Dave Letterman show and repeated performances on the Jay Lenno show. Even Paul Daniels, not remembered for his magic but his assistant Debbie, describes him as the most exciting act he has ever seen.

Last time students were in pure awe for the whole 60 min show. Stevie's show also includes eating and swallowing pad locks and live bumblebees, but for the day at hand he might challenge himself to some of our local culinary delights!!!

Tim Clifford

IN ASSOCIATION WITH AIB CIT

Timetable of Rag Week Events

Monday 2nd February

11:30 Live Dj and Party Games
 12:00 Live music Pat Fitz
 13:00 Celebrity Gunge
 13:10 Comedians - Steve Patterson And David O Doherty
 14:00 Wind down games

Tuesday 3rd February

11:30 Live Dj and Party Games
 12:00 Charity Head Shaving by Bladez
 12:20 Big Baby Bop Comp
 12:30 Celebrity Gunge
 12:40 Hoggies Buger Challenge
 13:00 Regurgitator -Stevie Starr kindly sponsored by AIB CIT
 14:30 Wind Down Games
 23:00 Traffic Light Disco - Gasworks (FX)

Wednesday 4th February

11:30 Live Dj and Party Games
 12:00 Outpost Ragweek Challenge Semi-Final
 12:20 Celebrity Gunge
 12:40 Cool Hand Lukesan - winner eats FREE for 1 Month
 13:00 Hugh Lennon And HypnoDog - kindly sponsored by CIT Societies Office
 14:30 Wind Down Games
 23:00 Pimps & Prostitutes Party - REDZ

Thursday 5th February

11:30 Live Dj and Party Games
 12:00 Outpost Ragweek Challenge Final
 12:20 Mystery delicacies of the world comp
 12:40 Wax The Lot Fundraiser
 13:00 Live Music Blue Moose
 14:30 rush home and get ready for
 22:30 RAGFEST 2004 - Mardyke Entertainments Complex & GLOW BALL - Gasworks (FX)!

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a night on the down...

@ Lusst

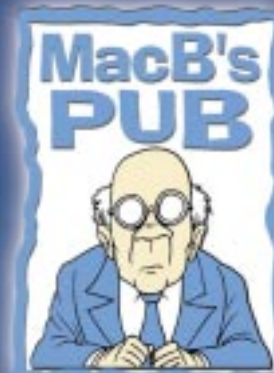
aka Rampage aka Club Renaissance aka



To get your class party photos in expliCIT:

- Hand them into the Main SU Office (C143) in an envelope with details of your class, the event in the photo and contact details to return the photos.
- You can also email them to expliCIT@citsu.ie but please ensure that each photo is high resolution (300dpi) and that the shot is up close and good!
- Finally, BEWARE of the expliCIT photographers at the Official CITSU Events!

expliCIT



CIT Ragweek 2004

Sunday 1st Feb

- Head Shaving Competition - Get your class to shave their heads and win €400 and a Mystery Tour

Monday 2nd Feb

- Rick O'Shea - 2FM Loads of Prizes

Tuesday 3rd Feb

- How Glow can you go! Glow party in MacB's 1st Floor

Wednesday 4th Feb

- Christy Moore Tribute 8:30pm

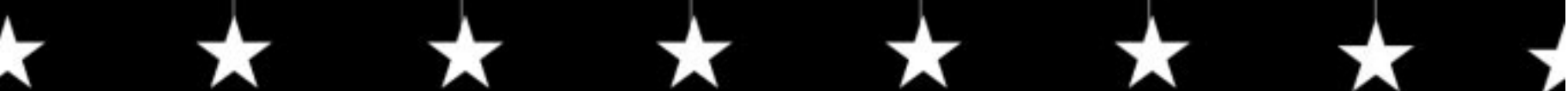
Thursday 25th Sept

- Pre Tramps Ball Party Win a Limo Ride to Tramps Ball

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REALITY BITES!

by Derry Howley

“...The sinking of the original boat on Cabin Fever proved to me without a shadow of a doubt, that there is a God. It appeared to me that even he/she/they had enough of reality TV...”

When sitting back and glancing at the TV guide, every now and again, I'd expect to find something worth watching, every now and again. Not a lot to ask considering the long college days, working weekends and other things we all have to put up with. Just an hour or two of entertaining (or at least semi-entertaining) programming in order to take our minds off things would be nice. Then I see the crap that litters the channels. Programmes like The Salon (who in their right mind would watch this crap? It's just a ****ing hairdresser's. Nothing exciting ever happens!) and Bedsitcom (Oh, wow! Three yuppies and three actors living together! Riveting stuff.)

Yep, this month, at the request of a number of people, I'm ranting about reality TV.

Reality TV started relatively "harmlessly" with the fly-on-the-wall documentary, where camera crews would follow someone around in their job and show the interesting bits about this job, some comments from the subject about how they felt about this particular job and some of the things they had to deal with. But at the end of the episode, they'd leave them alone. They wouldn't continue following them. We'd seen the last of this person. We could all get on with our lives.

Then, some Dutch lunatic decided to take ten people and put them all in a house together, cut them off from the outside world and broadcast it to the nation. Suddenly, the entire world seemed to want in on this. Suddenly, every civilised nation in the world was staging this TV event (well, except Ireland, because RTÉ probably couldn't afford it), making the Dutch guy very rich. Its name? Big Brother.

Admittedly, I watched the first series of the British one for a bit, because it was all new at the time. But after a few weeks, all they seemed to do was sit around and get drunk. And it's no fun watching that when you're sober, which is probably why they had that Nick stir up trouble. When it was all over, the contestants were forgotten or hosted shows on channels that nobody could pick up and wouldn't watch if they could. For the measly prize of 70 grand, it wasn't worth doing.

From this, spawned whole new terrors. Survivor (and its low-budget RTÉ equivalent, Treasure Island) tossed as many people on an island in the middle of nowhere and pitted them against each other for money. Many of them broke down, crying about how they wanted to go home. Then came "celebrity" versions. Where a bunch of people I'd never heard of bored me to sleep with their incessant whining about how famous they were (Except Jack Dee. His attempted escapes every night were classic) and what they would do if they won enraged me to a point that would make Gandhi toss hand grenades. So, as more and more of these shows came along, various has-beens have been trying to make a name for themselves again, the more people didn't care. Fortunately, so far, they have failed miserably. RTÉ stooped to the lowest level by creating Celebrity Farm, which

put a bunch of people (who were never really famous to begin with) on a farm and had them do actual work. It was a complete washout.

The sinking of the original boat on Cabin Fever proved to me without a shadow of a doubt, that there is a God. It appeared to me that even he/she/they had enough of reality TV and made an example of the doomed show's stupidity of putting ten people with absolutely no sailing experience whatsoever together with one sailor on a boat off the west coast of Ireland. The Spanish Armada didn't survive it. What made them think they could? What baffles me the most is that not only did those useless bastards in the government not do anything about this and make some safety regulations regarding what could be done to ordinary people on television, but that some idiot also gave them a second boat.

While most of these people are thankfully forgotten, some contestants of reality TV have become painfully remembered. Thanks to the likes Popstars, Pop Idol and Fame Academy, the music industry is becoming flooded with new groups thrown together by a panel of judges and phone-in votes. I can't switch on the radio without hearing about a new single from one of them. Worse still, Louis Walsh has gotten himself involved in it all, by managing those Girls Aloud.

But, it seems, that people are rejecting reality TV as mindless nonsense. The original British Popstar winners, Hearsay became hated and split up and the "losers" of the competition ended up becoming more successful. Six, the most unimaginatively named group since Five, seem to have disappeared off the face of the earth. And it's only a matter of time before Girls Aloud start appearing on the back of milk cartons. Or have to resort to porn to make a living.

People are starting to reject the crap that's being force-fed to them. That's why the Darkness have become so popular. They didn't have to win any contest. That's why the Fox Network have decided to undo the worst decision they ever made and continue making episodes of Family Guy. It's totally off the wall and not just a staged experiment to see what happens to ten ordinary people when you put them in a house/in the jungle/on a boat/on stage.

I think TV executives need to sit and think long and hard before deciding to throw a new show or a new series of an old show at the public. If it's something we've seen a million times before, nobody's going to watch it. Why else would fewer and fewer people tune in to watch Big Brother each year? No matter what they try it's still a re-hash of the same old stuff. It's at this point I'd normally try and argue a case in favour of what I'm writing about just so I won't seem too biased. But in the case of reality TV, there doesn't appear to be one. The mind numbing crap that viewers are being subjected to has no merits. And the sooner that the people responsible realise this, the better. So, the next time you see a reality TV show when channel surfing, change over.



Top Gun Stunt happened when Bush arrived by jet on the USS Abraham Lincoln warship on May 1st 2003 to declare that the war against Iraq was over. An aircraft carrier was used as an advertising backdrop for a presidential political slogan. It is hard to forget the image on May 1st, President Bush was aboard the USS Abraham Lincoln congratulating the troops on a job well done. Above his head was a banner carefully placed to maximize the political benefit of the photo-opportunity. It read: 'Mission Accomplished.' The banner has come up several times in recent months to demonstrate the foolishness of President Bush's May 1st victory lap. With troops dying in Iraq every day, the "mission" is anything but 'accomplished.' I wonder who put that Mission Accomplished banner on that ship?

Saving Private Lynch Stunt was a tool for their marketing effort, as Jessica Lynch became an icon of the war. An all-American heroine, the story of her capture by the Iraqis and her rescue by US Special Forces became one of the great patriotic moments of the conflict. It could not have happened at a more crucial moment, when the talk was of coalition forces bogged down and of a victory too slow in coming. Her rescue will go down as one of the most stunning pieces of news management marketing that has yet been conceived. It provides a remarkable insight into the real influence of Hollywood producers on the Pentagon's media managers, and it may have produced a template from which America will probably present its future wars.

Thanksgiving mission to Baghdad Stunt was so secret, reportedly, that President Bush did not even tell his parents preparing for Thanksgiving dinner at his ranch. Such a visit hikes morale, implies deep concern and suggests a legitimate ground even when evidence is scarce otherwise. Last November, in fact, proved to be the deadliest month since, on May 1st, Bush disembarked as a passenger from a jet fighter onto an aircraft carrier and declared the end of major combat in Iraq. The US soldiers needed a progressive Iraq policy more than a presidential pat on the back. Unless Bush turns the corner, his skipped dinner in Texas will echo throughout the ranks of the soldiers in Iraq as a cheap and sinister Turkey Day trick.

We got him Stunt. After nine months on the run, U.S. soldiers captured Saddam Hussein in a raid on December 13th, 2003. For many, this marked the delivery of the 'product' but what many failed to realise was what they were actually buying: was it freedom for the Iraqi people, peace, the Saddam 'We got him mentality' or were the people told they were to have the Saddam product, full stop?

This is part of corporate-style public relations, advertising and marketing strategy. Like any big business, America has a brand position that it must communicate. The core messages are integrity, might, right, mission and civilised values. The objectives of the communications are a bare assertion of power. The product being promoted in Iraq is 'mean-what-I-say' and 'don't-mess-with-me' America. Every product needs its selling pitch ("50/50 cash back"), so 'shock and awe' is the three-word sell. In marketing this war, the intricacy of the issues is enormous. The aspect of oil is only addressed superficially. This leaves the American leadership open to outrageous accusations but, like many issues relating to the Middle East, the issues are not easy to understand because even the supporting facts are subject to controversy.

Was the war on Iraq justified or not is your decision, in this article I put forward some methods to show how it was marketed. All marketing campaigns should have a way to measure effectiveness. How will success be measured in this "Marketing War?" The most likely yardstick will be, in my opinion, is whether George Bush is re-elected for another term as President of the United States of America later this year or not?

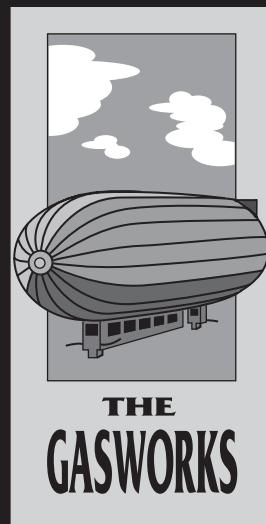
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Iarnród Éireann



Album Review:

Bleed Towards New Ground - Flatline

Reviewed by: Johnny Finn

Bleed Towards New Ground is the debut album from Cork thrash metallers, Flatline. From the thundering drum intro of the first track onwards, this is non-stop, high-energy metal. The album was recorded in BPM Studios in Cork by producer Finny Corchran who has produced bands such as The Frank and Walters and Crowded House and has also clocked up studio time with veteran producer "Flood" (Smashing Pumpkins, U2).

Flatline have been on top of the Cork Metal scene for a number of years and play regularly around the various venues in Cork and the rest of the country. They will also headline the up coming CIT Rock Mystery Tour on Thursday the 12th February. The album stands alone in a time of Garage Rock and Nu-metal to provide some decent old-school head banging tunes.

Bleed Towards New Ground is available at Virgin Megastore and all Flatline shows.

www.Flatline-thrash.com

Music Society Notes

On-going show cases in Nancy Spains

Bands that have played so far-

Flatline, Kallus, Racing for Pinks, Rest, 7.10, Black Orange, Queen Kong, Violent Jack, Captain Jasano, Rift, Barry Maher,

Upcoming Rock Mystery Tour

On-going sessions in the CIT recording studio. Vacancies still available contact Shaneica@O2.ie

Singer/Songwriter sessions to be held soon in The Outpost.

Gigs to be announced for upcoming Rag Week.

Music biography:

Flatline

Formed back in 1998 by Don O'Brien (Plagiarism), Chris Mac Bride (Plagiarism) and Denis Coveney (Miscreant, Rail, Plagiarism, Renewal), Flatline is currently one of Cork's longest running metal bands.

Drawing their influences from such bands as Megadeth, Metallica, Slayer and Iron Maiden, Flatline's unique blend of classic and thrash metal has established them as one of Cork City's premier metal outfits.

With the addition of drummer Nicholas Kelly (Force Me Under, Day 13, Rail, No Remorse) who replaced original drummer Dave Murphy, Flatline recorded their first independent album "Fools Day" at BPM studios in April 2000, followed by numerous promotional performances.

In October of 2002, Flatline recorded their second album, "Bleed Towards New Ground". Shane O'Brien previously in Renewal would replace drummer Nicholas Kelly upon completion of the album. This their second offering would exceed its predecessor in both production and style with Flatline adopting a more aggressive running time of 50:16, "Bleed Towards New Ground" captures the intensity of Flatline's live performance.

Points of Flatline to note

Website - www.flatline-thrash.com

Album "Bleed Towards New Ground"

available at all Virgin Megastores €9.99

Played with numerous bands and venues

Bands:

Mael Mordha, Dominus, Carnun, Rising, Queen Kong, Racing for pinks, Belinus

Venues: Cruscin Iain, Nancy Spains, Freds Zeppelins, Wolfhound Tavern

Headlining the CIT Music Society Mystery tour on the 12th February.

Flatline have also headed a CIT Music Society showcase in Nancy's see pictures. A blistering performance with shows an intense Thrash Metal spirit.

Also at Flatline gigs you could hear covers by Metallica, Slayer and Iron Maiden.

We also rang in the New Year of 2004 in Fred Zeppelins with Serum supporting to a very passionate crowd.

There is also hope of this summer to return to BPM Studio to record our 3rd album and also to break the boundaries in Ireland to tour abroad maybe in Holland, Italy or Spain.

Possibly playing 31st January in The Lobby with Kalhus as part of an all ages gig

Five C.D.'s to Give Away!

1. Name Flatline's first track from "Bleed Toward New Ground"?

2. Name Metallica's former lead guitarist's that formed Megadeth?

Please place answers in a marked envelope with your name and contact details and hand it into the Main SU office C143 before 14th February 2004.



Movie Review:

The Last Samurai

Reviewed by: Emma Cogan

Edward Zwick has once again shown the film-going world exactly what he is made of. The director of such films as *Legends of the Falls* and *Glory* has this time chosen a Japanese style epic, and has set it in the year 1877.

Tom Cruise plays the part of civil war hero, Nathan Algren, who is haunted by images of the death and suffering he himself inflicted during the Indian campaign. Though disillusioned, his talents are still recognised and subsequently required by the Emperor of Japan to train an army with the purpose of conquering the last of the ancient race of the Samurai. This he does, but before the troops are fully trained, they are ordered by a higher power to attack the Samurai Warriors. Led by Katsumoto, played by Ken Watanabe, the Samurai emerge victorious, and also gain Algren as a captive. It is during his captivity that Algren begins to learn and respect the ancient ways of the Samurai.

Tom Cruise and Ken Watanabe are both a pleasure to watch in this film, and not once does either of them slip out of character. The only fault I'd find with *The Last Samurai* is that it is perhaps a tiny bit too long, playing at just over two and a half hours. Other than that I would have to say that this is definitely one to go out and see.

CIT RAGWEEK 2004

All other bars can bite my shiny metal Ass!

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BAR & LOUNGE

The Live Bar!

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NIGHT & EVENING**

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FOR DAILY TIMETABLES

CIT's Original & Best Ragweek Venue!

Electronics Society Table Quiz (First Term)

The Annual Electronics Table Quiz got off to a flying start with a great turnout from the staff, students and post-grads.

On this note, the Electronic Society would like to thank everyone who supported the quiz.

The quiz was one of the more challenging held in recent years with many, falling at the first hurdle – the dreaded “General Knowledge”. There were easier rounds however, such as “identify the celebrity babes” where many of the “gentlemen” managed to redeem themselves.

Plenty of “spot” prizes were for grabs and they were well received. There were overall prizes for 1st, 2nd and 3rd place.

Congratulations to 1st place team from DLX 3 and 4

- Larry Bourke
- Niall Canty
- Tom Flaherty
- Tom Cleary

2nd place team also comprised of DLX 3 and 4

- Mick Walsh
- Murt Kelleher
- Michael Collins
- Kevin Cronin

3rd place fell to the lecturers (although they were struggling at half time)

- Donal O'Donovan
- Matt Cranach
- Paddy Collins
- Tom O'Mahony
- Julie O'Shea

Get ready for the “Flip-Flop” Ball, February 25th 2004, The Rochestown Park Hotel! Hope to see everyone back again.

St. Vincent de Paul Society

The main reason I have penned this article is due to the fact that I am sick of people being surprised to hear that there is a St. Vincent de Paul society in C.I.T. – well, there is! This is our second year in C.I.T and I think we are doing pretty well, if I say so myself. Last year, we had Ellmarie O'Dowd, a development officer with St. Vincent de Paul, helping us all the time but this year we are more independent and need her help less. We are a pretty small society but we do a lot of work and have great fun at the same time.

So far this college year, the main fundraising event that this society organised was the “Christmas Eve” raffle held on Tuesday, November 24th. People within the society along with Santa sold tickets in the Bishopstown bar and the Outpost. We managed to raise over €400 and the seven people who received prizes were extremely grateful! The CITSU were also kind enough to donate a large amount of the money raised on “Christmas Day” to our society. In total we had over €2,000. Now I am sure you would all like to know how your money was spent - some of the money was used to supply food hampers to disadvantaged families in Mahon, some was spent to buy Christmas presents for children, in collaboration with the Giving Tree in Merchants Quay and the rest was donated to the local St. Vincent de Paul branch in Bishopstown. The society would like to take this opportuni-

ty to thank all those who donate money, prizes and their time, especially the CITSU and the Outpost.

The St. Vincent de Paul society in CIT is not just about fundraising; we are currently in the process of organizing people to give grinds to secondary school students. At the moment we have over twenty people who are willing to give an hour of their time each week to help a young student who is unable to afford grinds with a professional. We have another member who gives art lessons to people in the shelter run by St. Vincent de Paul in Anglesea Terrace; another member is supervising an after school programme in a local school in the city centre; another member is giving English lessons to a foreign refugee.

As well as working hard, our society knows how to enjoy ourselves too! Before Christmas we had a great night out and are planning our next excursion as we speak.

We are always looking for more volunteers and members, so anyone who is interested can attend our weekly meetings (look in What's On) or can e-mail us at svpincit@hotmail.com

WOULD YOU LIKE TO HAVE YOUR CLUB/SOCIETY HERE?

Send us an email to expliCIT@citsu.ie or call to see Philip in the Main Students' Union Office (C143)



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Kims Cookery Corner

Did you know that you don't necessarily have to be overweight to have a cholesterol problem? The level of cholesterol in our blood is greatly influenced by what we eat. Foods that are high in saturated fats (mostly animal and dairy fats) tend to raise blood cholesterol.

Here are a few tips to reduce cholesterol:

- Use polyunsaturated or monounsaturated spread on bread and use it lightly.
- Cook without fat whenever possible – grill, boil, bake. If you do decide to fry choose polyunsaturated or monounsaturated oil and use it sparingly.
- Choose low fat products as alternatives.
- Choose lean red meat 3-4 times per week, fish and chicken on other days.
- Include plenty of vegetables, salads and fresh fruit in your diet every day.
- Choose wholemeal breads and wholegrain and bran-type cereals.

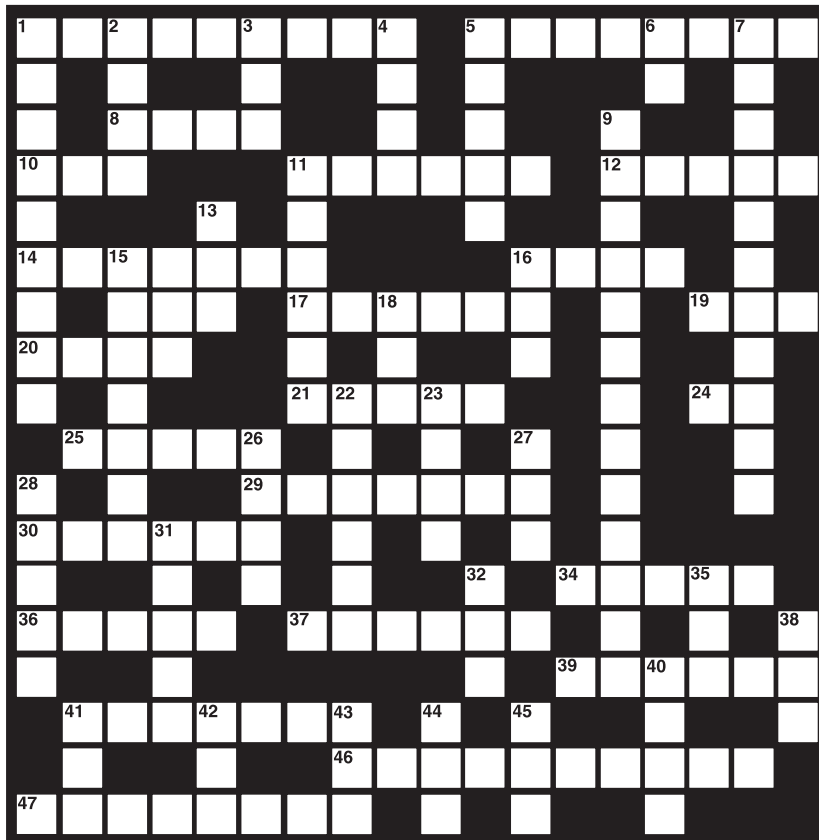
This month's recipe: Beef Stir Fry

Serves 2

Olive oil
 150g beef, cut into thin strips [Tesco Value Quick Fry Steak €1.42]
 1 packet egg noodles [Sharwoods medium noodles €1.25]
 150g sliced mixed peppers [Tesco value peppers €1.99]
 80g bean sprouts [Irish bean sprouts €0.78]
 1 pkt Knorr Pepper Cream sauce [€0.82]

Heat the olive oil in a wok and stir fry the beef for 3 minutes.
 Cook the noodles according to instructions.
 Add the peppers to the beef and continue stir-frying for a further 4-5 minutes.
 Finally add the bean sprouts and stir-fry for a further 2 minutes.

Make the Knorr Pepper Cream Sauce as directed and pour over the beef & vegetables.
 Serve with the noodles.



explicit Crossword

Designed by: Richard Forde Class:TD01

Across

- The I in Iceland (9)
- Slightly Salty water (8)
- 10,080 minutes (4)
- 21 Across for help (1,1,1)
- Ankle Shackle (6)
- Goat's teat (5)
- Brave (7)
- A sign of something to come (4)
- Harass (6)
- Gob but don't spit (3)
- Weaving tool (4)
- Code form or secret (5)
- Teletubbie (2)
- Lure (5)
- Sir Peter _____, British Actor, director, writer (7)
- Not as big (6)
- Pre-destined fate (5)
- Lots (5)
- Special (5)
- To quench hot steel (6)
- Muezzin's stage (7)
- Gently annoy (10)
- Make the most out of (8)

WIN €30

Down

- 26th and 32nd U.S. President (9)
- Infectious tropical disease (4)
- Shelter from a flood (3)
- To loop wool with needles (4)
- Stab Lee dead for money (5)
- Not quite o.k. After 10 seconds (1,1)
- A cult for the likes of Vincent Vega (11)
- Times four (13)
- 72 inches (6)
- Cuff another supporter (3)
- Queen of the jungle (7)
- Lob Ed into the cot (3)
- Vicious Mongrel (3)
- Get (6)
- Toss in great voice (4)
- Left at the confused runt (4)
- The night before (3)
- Weight on a string (5)
- Not to be confused with the devil (5)
- Vomit cows dine on (3)
- Strips of sponge on a stick (3)
- Road surface go all mixed-up (3)
- Dinner and supper, lunch also (4)
- A cartographer's canvas (3)
- The body's rifle (3)
- Golfer's cuppa (3)
- Tic about a taxi (3)
- The P.C.'s brain (1,1,1)

Please return crossword to the SU office C143 before 16th February 2004 with your name and contact details to be in with a chance to



Rochestown Park Hotel

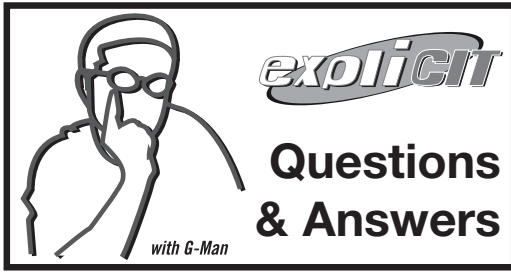
CIT's Number 1 Ball Venue of 2004

- 21st Jan 2004
- 22st Jan 2004
- 29th Jan 2004
- 25th Feb 2004

- Schemers/Mechanical Engineering Ball
- Business Studies & Accountancy Ball
- Computing/Chemical Engineering Ball
- Pick & Mix/Electronic & Electrical Engineering Ball

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Happy New Year CIT and my deepest apologies for my absence to date, life has presented me with additional commitments and I suppose a touch of the trepidation "Procrastinators Unite! Tomorrow" syndrome applies to my leave of absence to date, but I assure you my loyal readers all for justifiable reasons.

G-man why do coke bottles always have five lumps on the bottom?

Very interesting question but put quite simply it's a balance thing. If you had a bottle with four lumps and if you hit it, it would tend to wobble as it tried to return to resting on all four lumps and would likely topple over due to the top-heavy nature of the bottle. A five-lump design is much more stable and is more likely to contain the wobble without toppling. That is also the reason that most rolling office chairs have five legs these days instead of four.

G-man how can I pretend to be sensitive to women?

Haven't you accessed your data files on that topic yet? I don't know what your problem is, but you had better get your act together. The best way to be sensitive is to activate your pain receptors. This way your reaction will be more genuine, therefore, when in a situation that you have to appear to be sensitive, pinch yourself and hey presto you give women the response they want.

Today you are witnessing my return, the return of G-man in all his glory, well until the end of this academic year and of course further negotiations with CITSU will be needed then.

My new year's resolution is to get back to answering your questions so remember you can e-mail me askgman@yahoo.com with all your questions, until next month readers enjoy and keep asking!

**Read G-man's special next month:
Bizarre facts about this world.**

The Claim of the Century

A US lawyer purchased a box of very rare and very expensive Cuban cigars; then he insured them against fire among other things. Within a month having smoked his entire stockpile of these great cigars, and without yet having made even his first premium payment on the policy, the lawyer filed claim against the insurance company. In his claim, the lawyer stated the cigars were lost "in a series of small fires."

The insurance company refused to pay, citing the obvious reason, that the man had consumed the cigars in the normal fashion. The lawyer sued.....and won! In delivering the ruling, the judge agreed with the insurance company that the claim was frivolous. The Judge stated nevertheless, that the lawyer held a policy from the company in which it had warranted that the cigars were insurable, and also guaranteed that it would insure them against fire, without defining what is considered to be unacceptable fire, and was therefore obligated to pay the claim. Rather than endure a lengthy and costly appeal process, the insurance company accepted the ruling and paid \$15,000.00 to the lawyer for his loss of the rare cigars lost in the "fires."

Now for the Best Part: After the lawyer cashed the check, the insurance company had him arrested on 24 counts of Arson!!!! With his own insurance claim and testimony from the previous case being used against him, the lawyer was convicted of intentionally burning his insured property and was sentenced to 24 months in jail and a \$24,000.00 fine. This is a true story and was the 1st place winner in the recent Criminal Lawyers Award Contest.

T'was a simple mistake that caught poor George.....



D K N S O T R U S V Y T H K F
 P N E C C S K Q N Y L Y Q G E
 G K S E M E Z Y R I P V F N S
 Z I K N W F O R O N F O S A I
 D O Q T X G G Q O V R O J Y A
 M F B E R A A T F U A E R O R
 V L W R P R I R M R K S B M U
 T P J T X S Q S V Y L P E N S
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PRIZE THIS MONTH!! : €30

NAME:

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CLASS:

COMPETITION CLOSSES 5PM MONDAY 16th February 2004.
 PLEASE RETURN TO STUDENTS' UNION MAIN OFFICE (C143)
 ALL ENTRANTS MUST BE CIT STUDENTS &
 ENTRIES MUST BE ON OFFICIAL FORM.
 GOOD LUCK!
 Last Months Winner: Philip Darcy
 METS 3A

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Get your class to shave their heads and win €400 + a Mystery Tour.....(Record held by 22 Chemical Engineers)

Monday 2nd Feb

Rick O'Shea 2FM...9-12pm

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Tuesday 3rd Feb

How Glow can you Go!.....Glow Party in MacB's 1st Floor

Wear White on the Night.....Free Glow Sticks for everybody

Wednesday 4th Feb

Christy Moore Tribute

Pre Pimps & Prostitutes Party...Best Pimp & Prostitute get €100 each.....Loads of Games + Free Give-aways

Thursday 5th Feb

Pre Freshers Ball Party with Pat D

Win Free Limo rides into Rag Fest all night



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