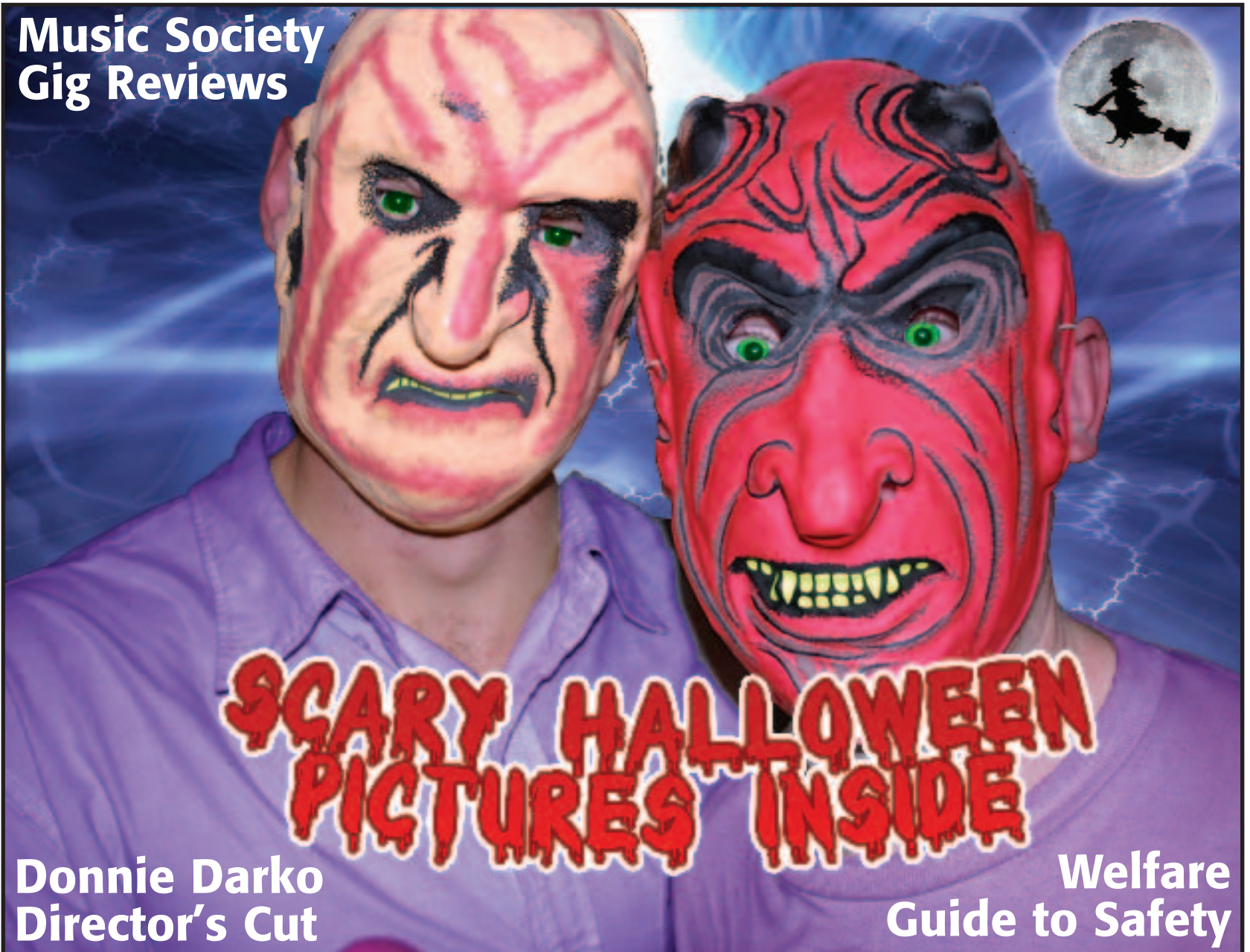


explicit

CIT Students' Union Magazine
Issue Three - Volume Six

Music Society
Gig Reviews



**SCARY HALLOWEEN
PICTURES INSIDE**

Donnie Darko
Director's Cut

Welfare
Guide to Safety



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explicit

CIT Students' Union

Rossa Ave,
Bishopstown
Cork,
Ireland.
Telephone 021 493 3120
Fax 021 454 5343
Email info@explicit.ie

explicit Staff

Editor - Steph Howard
Design & Advertising - Philip O'Reilly

Contributions

Careers & Counselling
CIT Karate Club
Kim White
Mervyn O'Mahony
CIT Animé Society
Jill O'Callaghan

CIT Societies
Shaun O'Connor
CIT Music Society
Shane O'Brien
CIT Websoc Society
Jeremy Murphy

CIT Students' Union

President - James Maher
(supres@cit.ie)
Vice President Education - Jamie Meaney
(sueducation@cit.ie)
Vice President Welfare - Daniel Keane
(suwelfare@cit.ie)
Entertainments Officer - Mark McCarthy
(suent@cit.ie)
Equality Officer - Ray O'Brien
(suequality@cit.ie)
Communications Officer - Steph Howard
(sucomms@cit.ie)

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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

explicit

explicit Editorial



This campaign has been funded by the BILLIONAIRES FOR BUSH campaign 2004

Hey all, hope a good mid-term was had by everyone, now that Christmas is looming and the goose is getting chubb- y - it's time to get the head down (for a while anyway). Put a small bit of effort in every day and you wont be left behind when everybody else is enjoying Christmas Day and the Mystery Tour. In saying this, if you are having a bit of trouble with a subject, now is the time to start asking lecturers questions. Also, if you are having a bit of both- er getting down to the studies why not call into to the SU prefab for advice.

Since the last issue of this great piece of literature came out, class rep training took place. One hundred CIT stu- dents made their way down to Tralee for one day "intense" training. I hope every class noticed an improvement in the standard of work being obtained by them.

The U.S. presidential election will soon be under way and as I am writing this, the polls look like George is going to undertake a second term in office. Oh great I hear you say, the man who believes that humans and fish can co-exist peacefully and wants to bomb a country he can't find on the map is prolonging his control over the most powerful country in the world for another four years, disaster is the word that springs to mind.

Moving on to issues more close to home, the newly re-christened "Nite Shuttle" has proved to be a great success, with all buses running on schedule and mostly full to capacity. However, it will only remain a success as long as you keep using it.

I'm here in the open access sitting beside two broken computers that as promised will be fixed shortly and a stack of assessments to do so signing off. All those reps that promised me articles get them in!

Slán
Steph



18th November 2004
 Please contact SU Prefab for
 Application Forms and For
 Additional Information

One of the biggest student charity events, the "Student 10K Walk" takes place on the 18th of November 2004. Now entering its fourth year this event has gone from strength to strength.

In 1986, during a safety test in Chernobyl Nuclear Power Plant, in the neighbouring Ukraine, an explosion occurred. 190 tons of radioactive material was expelled into the air with the majority landing on Belarus, a separate country with no nuclear power plants. At the time the UN estimated almost nine million people were affected directly or indirectly. To this day almost a third of Belarus is contaminated and over 2000 towns and villages have been evacuated.

There has been a high incidence of cancers and other illnesses in Belarus since Chernobyl. Also, the government has had to spend billions of dollars in the clean up. Chernobyl isn't the only reason that things are so bad in Belarus. The old soviet culture still prevails at times - Lenin introduced the idea of locking away anybody who could not contribute to society. Also, due to poverty, if a child is born with any deformity or illness, parents almost always hand over custody to the state. Its not neglect, its simply that a sick child needs time and parents cannot afford to 'not work'.

They're are many children's institutions in Belarus. Some are well equipped, warm, nice places. Others are underfunded and over crowded. Children with something as minor as Downs Syndrome or Cerebral Palsy can spend their whole lives in institutions, usually with little stimulation. The Belarussians are trying to change the system. Lack of funds is always a problem, but there is some hope. The Students' 10K this year plan to build several 'rehab houses' where children will be taken from institutions and will live as independently as possible on their own. Similar to models here, the charity hopes to provide the bridge to take children from institutions and integrate them into society.

Another project the 10K will fund is a hospice for children in Southern Belarus. A Belarussian doctor started this project when he realised dying children were being sent home and offered no care. The hospice provides medicine and care in a child's last months. Children die with dignity and their families are also cared for. Already with help from the 10K this project has expanded and we hope to make it bigger and more permanent.

Over the last four years the Students' 10K has provided the following for the people and mostly the children of Belarus:

- Three Equipped Ambulances to hospitals in Belarus
- Two multi purposes vehicles to Orphanages
- One Radiation Monitoring Vehicle
- Ultra scan machine in Minsk Maternity Hospital
- Car and medical equipment for Gomel cancer hospice
- Optical Equipment for Radoshkovichy sanatorium
- Completion of Solarium in Novinki Children's Home

The students' 10k walk is the only all Ireland student event that is run nearly simultaneously by every college.

So please make a difference in someones life and get involved with the students' 10k on November 18th. Look out for further information around the college. Other events will be held in conjunction with the 10K to help raise as much money as possible. Chris Newall the project director stated, "We're doing something very serious, but we don't have to take ourselves seriously".



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7th November - 11th November 2004

What is the aim of Science Week Ireland?

Science Week Ireland aims to highlight that the Science, Engineering and Technology (SET) industry:

- Develops cutting edge innovations and provides skilled jobs
- Contributes hugely to the Irish economy
- Is relevant to us all in our everyday lives, in surprising ways
- Leads to exciting career options
- Develops creativity in our children

During Science Week CIT will host a number of events as shown below:

Date	Event	Time	Venue	Target Audience	Admission
Sun 7-Nov-04	Inspire - "Show Me What You're Made Of"	2:30 PM	CIT - Theatre	Primary Level	FREE but pre booking necessary
		4:00 PM	CIT - Theatre	Primary Level	FREE but pre booking necessary
Mon 8-Nov-04	CIT Science Prize Night	8:00 PM	Kingsley Hotel	CIT	By invitation only
Tues 9-Nov-04	Think Differently - "Magic, Science or Mystery"	1:00 PM	CIT - West Atrium	Third level	FREE
		2:30 PM	CIT - West Atrium	Third level	FREE
Wed 10-Nov-04	"The application of chemistry: toxin-testing of water and food products to prevent human intoxications". By Dr Ambrose Furey (Dept. of Chem) "Hunting for Planets around Distant Stars from a Castle in Blackrock". By Dr Niall Smith (Dept. of Physics & Inst)	7:30 PM	CIT - IT3	General Public	FREE but pre booking necessary
		8:30 PM	CIT - IT3	General Public	FREE but pre booking necessary
Thurs 11-Nov-04	Irish Science Teachers' Association - Senior Science Quiz Regional Final	7:00 PM	CIT - D260 (Exam Hall)	Second level	By invitation only

The events on Tuesday 9th November are aimed specifically at CIT students.

Magic, Science or Mystery? (1-2pm)

Welcome to the mysterious world of the science magician where nothing is quite as it seems – water seems to disappear; 20 notes refuse to burn; and a brave volunteer sits on a chair of nails. This is magic with a difference – where entertainment and education meet. In this show the audience is encouraged to figure out the science behind the tricks.

Street Science Busking (2:30pm - 4:00pm)

Innocent bystanders are encouraged to stop and get involved in simple but intriguing science experiments and challenges. The tricks and demonstrations will be presented in the West Atrium and in a walk-about style.

For More Information:

Website: www.science.ie/scienceweek

For queries or bookings please contact:

Jill O'Callaghan, Science Administrator, CIT.

Telephone: 021 432 6580

Email: ocallaghanj@cit.ie

USI Hold Protests in Cork and Dublin for Inadequate Grants & Student Fees

The Union of Students in Ireland (USI) with UCC students' Union held protests in Cork and Dublin on Tuesday 12th October over inadequate grants for students, the recent cutbacks in third-level funding and access schemes and the registration fee.

The Cork protest left the main quad in UCC at 2.00 pm from where USI Officers and local student leaders lead the protest to the City Hall. The Dublin protest began from Dáil Eireann and the protesters marched to the Department of Finance where they delivered their demands regarding the funding of third-level education and financial support for students. They then made their way to the PD and Fianna Fail head offices.

Following the protest, over 20 Students from a number of Dublin colleges stormed the head office of Fianna Fail on Lower Mount St and occupied part of the building and up to a hundred students massed outside the office.

Speaking from Cork, USI President, Ben Archibald said: "Students are growing tired of being simply ignored. It is claimed that we live in a society that provides free third-level education yet thousands of students are forced to leave their courses because they cannot afford to continue. The recent OECD report laid out in clear terms that Ireland is falling way below what is needed in terms of funding in third-level education. We continue to appear in an embarrassingly low position in the OECD league table of investment in this area, with many colleges and universities struggling to make ends meet, with some having little option but to slip further into the red.

We are protesting today to put pressure on the government to live up to its commitments in relation to education. Primary, secondary and Third level education require huge resources. The government must begin to fund education adequately. The HEA Report acknowledged that third level institutions require €933 million in funding. When are we going to see that money invested?"

USI Deputy President / Campaigns Officer, Rory Hearne: "Bertie may have reshuffled his pack, but USI and the students of Ireland have not been fooled. Replacing an unpopular Education Minister will not deter us from the goals set out at the beginning of the year - the abolition of the registration fee (which is now at €750), the raising of the grant to social welfare levels and extending its availability to thousands of more students and the reversal of the stinging cuts that third-level institutions have been forced to deal with over the last year.

"These cutbacks are being felt most acutely in areas of student support for the most economically disadvantaged students such as the cut to the Back to Education Allowance and the HEA cut in funding to Access Programmes. Furthermore, medical and counselling facilities along with reduced library opening hours have also been cut. USI and its member colleges have pledged to continue the fight until these cuts are reversed. This protest is merely the next stage of a campaign that will continue during the year to ensure that the current Government does not attempt to brush these issues under the carpet."

The Millennium Partnership Fund Offers Cost of Education Allowance to Students Again This Year...

To be eligible, students must fulfil the following criteria:

1. Students must be registered students of the Institute. While preference is given to students on full-time courses, students on part-time courses will also be considered.
2. Students must be E.U. citizens, have official refugee status or have been granted humanitarian leave to remain in the country.
3. Be resident or have the family home located within the Partnership or community group areas. For a list of geographical areas please see the information that accompanies all application forms.
4. Be in receipt of a maintenance grant from a Local Authority, County Council or V.E.C. Students not in receipt of maintenance grants may be eligible in exceptional circumstances.
5. Students or dependents of persons in receipt of social welfare payments (unemployment payments and means-tested payments), including the Back to Education Allowance, are eligible.

For a complete list of eligibility and assessment criteria please see the Application Form and accompanying notes.

APPLICATION FORMS ARE AVAILABLE NOW FROM THE EDUCATIONAL OPPORTUNITIES DEPARTMENT, ROOM F1.9, F-BLOCK, C.I.T.

Closing Date is Friday November 19th 2004.

For enquiries please contact Sharon Burke or Deirdre Creedon in the Educational Opportunities Department at 021-4326434/4326564

APPLICATION DEADLINE: Friday 19th November



Welfare Guide to: **Personal Safety**

Staying safe when you're out and about

- When at all possible don't walk home at night. Get a taxi or the NITE SHUTTLE bus service. A euro could save your life.
- If you often walk home in the dark, get a personal alarm. Carry it in your hand so you can use it immediately to scare off an attacker.
- Carry your bag close to you with the clasp facing inwards. Carry your house keys in your pocket. If someone grabs your bag, let it go. If you hang on, you could get hurt. Remember your safety is more important than your property.
- If you think someone is following you, check by crossing the street – more than once if necessary – to see if he/she follows. If you are still worried, get to the nearest place where there are other people – a pub or anywhere with a lot of lights on – and call the Gardaí. Avoid using an enclosed phone box in the street, as the attacker could trap you inside.
- If you regularly go jogging or cycling, try to vary your route and time. Stick to well-lit roads with foot-paths. On commons and parklands, keep to main paths and open spaces where you can see and be seen by other people – avoid wooded areas. If you wear a personal stereo, remember you can't hear traffic, or some body approaching behind you.
- Don't take short-cuts through dark alleys, parks or across waste ground. Walk facing the traffic so a car cannot pull up behind you unnoticed.
- If a car stops and you are threatened, scream, shout and set off your personal attack alarm if you have one. Get away as quickly as you can. This will gain you vital seconds and make it more difficult for the car driver to follow. If you can, make a mental note of the number and description of the car. Write down details as soon as possible afterwards.
- Don't hitch-hike or take lifts from strangers.
- Cover up expensive looking jewellery.

Staying safe at home

- Make sure your house or apartment is secure. Always secure outside doors. If you have to use a key, keep it in a safe place away from the door where you can find it quickly in an emergency – you may need to use the door in the event of fire.
- If other people such as previous tenants could still have keys that fit, change the locks. Don't give keys to workmen or tradesmen, as they can easily make copies.
- If you wake to hear the sound of an intruder, only you can decide how best to handle the situation. You may want to lie quietly to avoid attracting attention to yourself, in the hope that they will leave. Or you may feel more confident if you switch on the lights and make a lot of noise by moving about. Even if you're on your own, call out loudly to an imaginary companion – most burglars will flee empty-handed rather than risking a confrontation. Ring the Gardaí as soon as it's safe for you to do so. Keep your mobile phone by your bed at night.
- Draw your curtains after dark and if you think there is a prowler outside – dial 999 or 112
- If you see signs of a break-in at your home, like a smashed window or open door, don't go in. Go to a neighbour and call the Gardaí.
- When you answer the phone, simply say 'hello'; don't give your number. If the caller claims to have a wrong number, ask him or her to repeat the number required. Never reveal any information about yourself to a stranger and never say you are alone in the house.
- If you receive an abusive or threatening phone call, put the phone down, and walk away. Come back a few minutes later and end the call; don't listen to see if the caller is still there. Don't say anything – an emotional reaction is just what the caller wants. This allows the caller to say what he or she wants to say, without causing distress to you. If the calls continue, keep a track of the time, date and the number if it is not blocked. This may help the authorities trace the caller.

Staying safe in taxis

- If you are going to be out late, try to arrange a lift home or book a taxi. Check that the taxi that arrives is the one you ordered. If you gave your name when you booked, check that the driver can tell you it before you get in. When you get home, ask the driver to wait until you are inside.
- Always sit behind the driver.
- If you feel uneasy, ask to be let out in a well-lit area where there are plenty of people.
- If in any doubt, don't get in a taxi.

When driving

- Before a long trip, make sure your vehicle is in good condition.
- Plan how to get to your destination before leaving, and stay on main roads if you can.
- Make sure you have enough money and petrol. Carry a spare petrol can.
- Have your phone charged fully in case you need to make a telephone call. Carry a torch.
- Before you leave, tell anyone you are planning to meet what time you think you will get there, and the route you are taking.
- If someone tries to flag you down, drive on until you come to a service station, or somewhere busy, and call the police. Do not pick up hitch-hikers.
- Keep doors locked when driving and keep any bag, phone or valuables out of sight. If you have the window open, only wind it down a little. Don't wind it down far enough to allow someone to reach in while you are stopped in traffic.
- If you think you are being followed, try to alert others by flashing your lights and sounding your horn. Make as much noise as possible. If you can, keep driving until you come to a busy place.
- After dark, park in a well-lit, busy place. Look around before you get out. If you're parking in daylight, but coming back for your car at night, think about how things will look in the dark.
- Have your key ready when you go back to your car. Make sure there is nobody in the car.
- Always check the back seat of a car before getting in and that all doors are still locked.

If you have been attacked

Assaults and rapes are serious crimes, whether committed by a stranger or someone you know.

- Call the Gardaí straightaway. They need your help to catch the attacker. You can help the Gardaí by:
 - Taking the name or address of any witnesses
 - Trying to remember exactly what the attacker looked like
 - If a car was involved, try to note the colour, model and registration no.
- You do not need to go to the Garda station to report an assault – you can be interviewed in your own home if you wish. These crimes are dealt with sympathetically, regardless of sex. Garda stations have specially trained officers who will help and support you, and many areas have comfortable victim suites, separate from the police station, where you can be interviewed privately.
- Although your immediate reaction will be to wash, try not to if you can possibly help it. It will destroy vital medical evidence that will help prove the case against the person who raped or assaulted you.



CAREERS & COUNSELLING SERVICE

Guidelines to: Writing an Effective CV

A CV or Resume is a document intended to give a brief but full account of your life to date in relation to your educational background, work experience, abilities and interests.

Guidelines

- Length: 2 Pages maximum. It is your promotional tool and you need to give as much information as possible.
- Use A4 good quality paper – white or cream preferable
- At the very top include a profile of yourself with your previous experience, if relevant, your current status and what you are looking for career wise
- If possible, re-jig your CV to suit each position you are applying for. Alternatively, create an 'extended' CV detailing all your experience and lift from this to create a targeted CV appropriate to your application
- Avoid irrelevant information
- Include all education details where relevant, i.e. primary, secondary and post primary education, name of school/college, dates and levels reached
- Use reverse chronological order dates i.e. your most recent education and work experience first working backwards
- Use 'action' words – words that invoke action imagery: responsible for, created, initiated and analysed
- Avoid 'I' Statements
- Your CV should be clear, concise and easy to read. Use strong headings (bold) and bullet points. Do not use paragraphs. The typeface should be conservative, i.e. Times New Roman, at pt. 12 or pt 10 if there is a lot of information
- Always have someone else read through your CV, preferably a professional. Your

CV needs to be absolutely error-free – spelling mistakes make a very bad impression on your prospective employer

- Never print on both sides of the paper, as it may need to be photocopied later by prospective employers
- There is no need to bind your C.V. as covers are usually disposed of for photocopying/filing purposes
- Unless specifically requested, do not attach references. Do attach a list of potential referees with their contact details, and their consent!

Content

An effective CV will contain all or most of the following information

- Work Experience: Included paid/unpaid employment, full-time/part-time, and voluntary experience, detailing position, responsibilities and skills
- Education and Training: Primary to Post-Secondary education (see above). Include also, additional training qualifications especially those that highlight skills development (e.g. computer course)
- Interests and Hobbies: List interests, hobbies, membership of clubs/local organisations/community groups
- Personal Details: Name, Address and telephone number. You do not need to include your date of birth or marital status if you do not wish to do so
- Referees: A referee is someone who agrees to give a verbal or written reference to prospective employer on your behalf. Therefore, he/she needs to be someone who knows your work and is contactable. Include their address and telephone number. If you only have written references use this as your heading instead of Referees.

Closing Dates To Note:

Bank of Ireland Graduate Recruitment www.boi.ie/graduaterecruitment	12th November 2004
Primary School Teaching - Diploma in Education (St. Patrick's - St. Mary's - Froebell)	5th November 2004
Secondary School Teaching - Higher Diploma Contact Careers Office for Application Form	1st December 2004
KingSpan Graduate Recruitment	21st January 2005

Events & Work Shops in College Theatre:

- ** CV Work Shop - 5:00pm Thursday 11th Nov ****
Please contact Careers Office to book place - 021 4326678
- Dell Computers Presentation - Tuesday 5pm 9th November 2004
- Project Management Presentation - Tuesday 5pm 23rd November 2004
- REMEMBER** - For all the latest career and education deadlines please contact the Careers & Counselling Service in Prefab 33

NEXT MONTH: Guidelines to Interview Techniques



CIT Students' Union President

Things are changing. Slowly, like the earth rotating but things are changing. The latest crop of graduates have now been conferred and I hope any of you that were amongst them, enjoyed the balls and the ceremonies. 2005 is almost upon us bringing with it the long talked about City of Culture status of Cork City.

Currently, there is a debate going on in the Institute in relation to modularisation and semesterisation. The first is the suggestion that you would, in your course, have a couple of core subjects and would then be able to pick and choose from different subjects in relation to the others. A module would be the smallest unit of learning and you would study a subject for a limited time, then be examined on it and move on to the next module. Semesterisation

would mean the Institute year would be divided differently and would change how exams are organised. This would have an effect on aspects of college life such as clubs and societies. We in the Students' Union are negotiating these things as best we can, working with others in the Institute to find a way of doing things to derive maximum benefits for students. In order to represent you effectively in these matters we need to hear your opinions. Talk to your class rep or talk to the officers. This is just one example of what we in the Union are dealing with on a daily basis. Let us know what you want from C.I.T. and we will try to achieve it. In order to be successful we need to know what to aim for.

James



CIT Students' Union Vice President Education

Another month down, another issue of explicit hits the shelves, time is flying by. Already we are into our third month of college. Exam time is beginning to peer over the hill and shall be upon us shortly. It's time for you to muscle your way back into the library to find a much sought after study area. For all you people out there entering the whole college exam-time scenario for the first time, you need to get to the library early, as the well seasoned pros know what to - "the early bird catches the worm."

In other news, last month eighty-five class reps headed off to Tralee for Class rep training. It was good to see such a great turn out and everybody at the training had a brilliant time getting to grips with their new roles as class reps. A special mention has to be made about Pat Fitz, who provided the night time entertainment. In all the times I have heard him play, that night topped the bill.

to the fact that we may have to put on an extra bus to cope with the demands. We are currently working on securing extra funding for the service.

On the 18th of this month the annual Students' 10K takes place around Ireland. I am urging all students in the college to take part, as it is a very worthy cause. Don't worry if you feel you aren't up to walking, a lot of other events will be taking place in and around the college to raise money for the charity. At the moment the group that are helping with the 10k are formulating events and will be advertising these around the college within the next week or so. Read more about the 10K in this issue of explicit.

Well that's it for me for this issue. Remember if you need anything call into the Students' Union office and we'll be more than happy to help with whatever you need.

Jamie

Please visit the SU Prefab if you need any information

The "NITE SHUTTLE" is now fully up and running and is proving a success story with a huge turn out for every run. This turns my attention



CIT Students' Union Vice President Welfare

Welcome back after the short mid-term and I hope you all took advantage of the well deserved break. To those of you who graduated, congratulations!

With Safety Week just in the bag and Welfare Week next week, starting on Monday, I'm more than hopeful that this year's event will be a rip-roaring success and that you'll all benefit from all the info and freebee's that will be around. Take the time to pick up the leaflets available and to read through them.

we deal with in the Students' Union as prevalent to what is going on around CIT.

There have been suggestions to introduce a number of new welfare groups and projects including a NightLine (telephone helpline for students based in CIT), so I hope to have more news to report back on that shortly. As always we try to keep you informed on as many welfare issues as possible and as such the new welfare handbook will be the ultimate guide to all welfare issues in CIT and beyond.

All the best,

Daniel!

Please visit our website www.citsu.ie/welfare for the latest welfare news & info!

At the moment I'm in the process of putting together a welfare working group, made of up to seven class reps, who will act directly as an advisory board to myself and to help keep the welfare issues



Rochestown Park Hotel

The management and staff of the Rochestown Park Hotel would like to congratulate the CIT graduates of 2004 on their fantastic achievement.

Thank you for making us your NUMBER 1 BALL VENUE and we look forward to seeing the students of CIT again in the New Year for your Society Balls.

Tel: 021 4890800 Fax: 021 4892178 Email: res@rochestownpark.com



CITSU Equality Officer



Another great time was had by all at the class rep training. It's time to knuckle down now and be ready for any exams that may be coming up. Hope all enjoyed the mid-term break and we'll see you all at the Christmas Day Bash.

Again I can be contacted in the Students' Union Office or by e-mail. Any of you who are faced with a problem based on equality issues in the college, please contact me and I will gladly assist you if at all possible in a confidential manner.

Ray

CITSU Ents Officer



Where are the months going its November already? Ah well! I hope you enjoyed the acts put on over the past month in the Atrium. We have a lot to look forward to over the forthcoming months especially Christmas day, which will take place in early December, bringing with it some great live acts.

Don't forget, the Students' Union run a weekly event in Club Renaissance each Thursday night. Also class parties can be organised through the entertainments office based in the Student's Union prefab. Why not call over to the games room for a game of pool or to play some state-of-

the-art arcade games. However, remember Christmas exams are also coming up, so don't forget to put in those all important study hours too.

Rep training was held in Tralee/Dingle this year and it certainly went down a treat. I'd personally like to thank everyone for his or her suggestions relating to entertainments for the forthcoming year, some of which have already been put into action.

Mark

Maths Retention Initiative

Free of charge for students

Maths for First Years

Thursdays Time: 5-6pm Room: D245

Maths for Mature Students

Wednesdays Time: 1-2pm Room: E6

Statistics

Thursdays Time: 1-2pm Room: B229

Classes started during October.

The Maths Retention Initiative is a joint initiative organised by the Maths Dept. and the Educational Opportunities Dept.



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For a free Information Pack & Booking Form, please contact:
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Orla, Ann & Aoife - Applied Biology



Emear, Emma & Louise
Elec Eng, UCC Food Science & UCC Zoology



Boogy Woogy Mo



Sam, H.O. & Kevin - Bio Medical



Trisha, Meg, Orla, James, Ross,
Colm, Tadhg 1, Tadhg 2 & Dominic
Architectural Technology 1



Chris, Maria, Pat, Aine, Tara, Maurice
to name a few! - Chemical Eng



I think she likes



James & Cathy - Block Phase 6



Colm, Gearoid, Panic & Colm - DCOM3



Noreen, Paul, David, Old Man & No. 7
Social Stud, Nursing UCC & Passers By



Aileen & Deirdre - DNET4



Joe, Dermot, Fiona & Mary - DSDL4



Simpsons Appreciation & Arch Tech Societies

PHOTOS

Societies Halloween Party @ MacB's



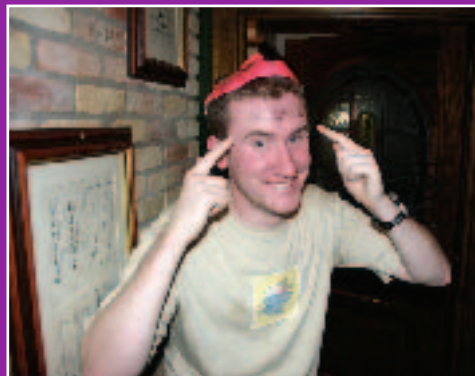
nster

Your'e NOT my type....



Cillian & Colm - Arch Tech 1

In case I forget my name....



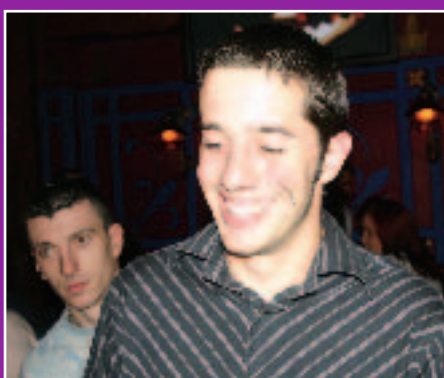
Gavin (we think) - Mechanical Eng



Kevin, Fiona, Eileen & John
Physics, College of Knowledge, UL & CIT



me...



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Orla & Grace
Computer Sc. UCC & Social Stud St. John's



My mammy says I'm pretty!



Brian, Barry, Jenna & Seamus
Elec Eng, Civil Eng, Arts UCC & Chemistry



Who's taking the photo?



Two's Company

Pictures submitted by Jeremy Murphy



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DONNIE DARKO

Director's Cut Review by Shaun O'Connor

"...Most of its bizarre, complex storyline is played out within a "tangent universe", with its own specific rules and instrumental protagonists. The Matrix used a similar premise, though in that case, the concept was explained carefully..."

If you haven't seen either version (the original or director's cut) of "Donnie Darko", don't read on. The less you know about it before you see it, the better. It's available to rent, it's a fantastic film, go get it right now. But otherwise, please continue...

Ok, so you've seen the film? Good. What was your interpretation of it? What did you think it was about? I ask only because it seems that everyone somehow interprets it differently. Is it a teen drama? An 80's period piece? A time-travel flick? A study of lunacy? A critique of compulsory western education? It might be all of these and more, and yet not specifically any one. That said, there are many films that address such subjects. But what is it about "Donnie Darko" that makes it such a unique film, that produces such a powerful resonance with audiences, that has already made it a cult classic?

There's a theory that says that good art can be measured by the number of interpretations that can be drawn from it. It's the genius of a Kubrick or a Dali; the art is aesthetically striking though its meaning remains wonderfully vague, inviting audiences to fill in the gaps, inspiring creative thought. It can be used in all art, all genres of cinema. It's even why "The Blair Witch Project" was such a success - it had the guts to withhold almost everything from the audience. Whatever's out there in the dark is always far scarier than what's actually seen. And a film like "The Sixth Sense" allows the audience to unconsciously fill in the narrative gaps, only to reveal at the climax that they've been misled all along.

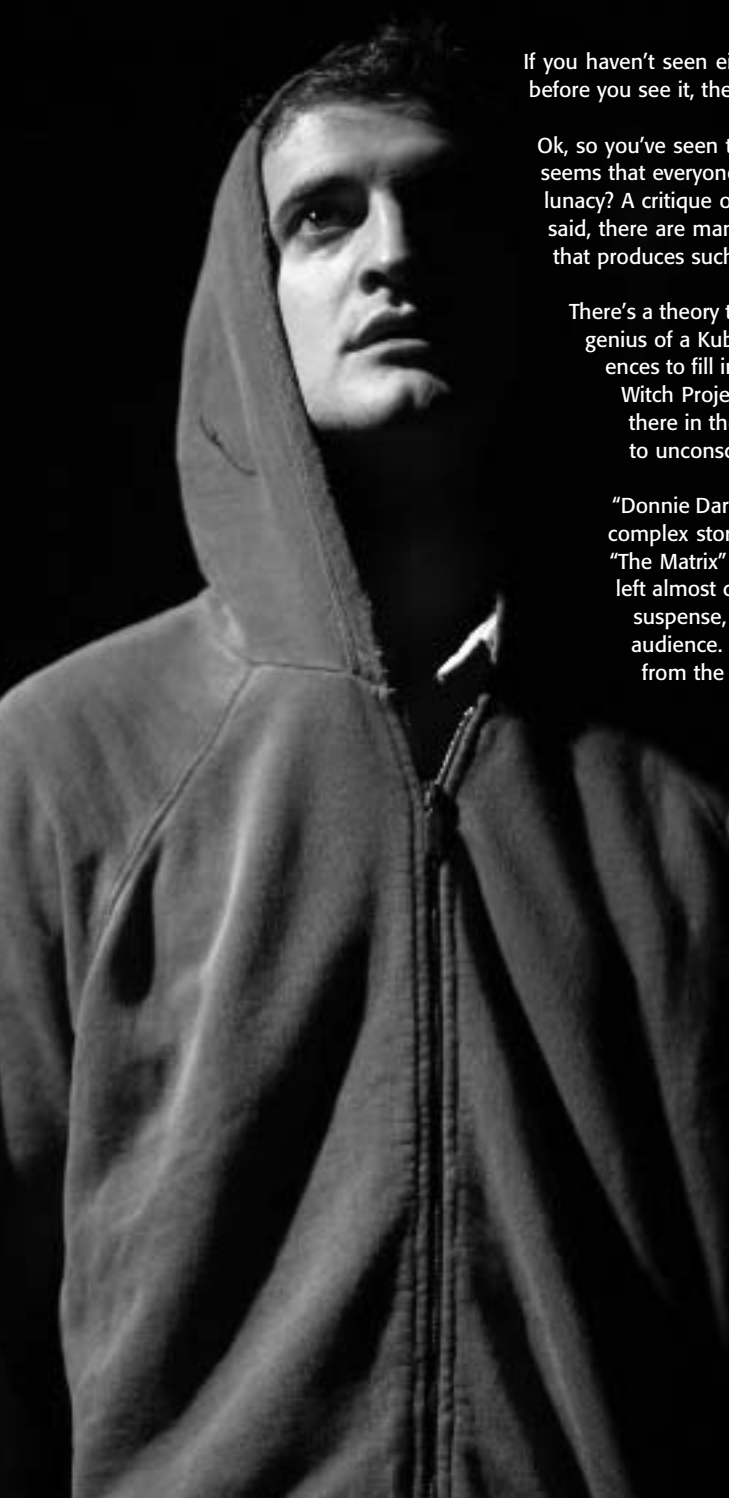
"Donnie Darko" is an incredibly accomplished example of use of this "selective disclosure" technique. Most of its bizarre, complex storyline is played out within a "tangent universe", with its own specific rules and instrumental protagonists. "The Matrix" used a similar premise, though in that case, the concept was explained carefully. In "Darko", however, it's left almost completely up to the audience to figure out what's happening. This creates a fantastic sense of unreality, of suspense, of involvement. And you are involved, because art like this is made whole only by its connection with the audience. Films like "Darko" invite and reward collaborative thought and individual interpretations. It's worlds away from the spoon-feeding narratives of most Hollywood produce.

One of the dangers of using this technique, however, is that the audience may feel disconnected by either a lack of traditional entertainment or by being expected to interact too much. A good deal of Stanley Kubrick's work has been criticised for its overly clinical nature. Even "Eyes Wide Shut", a study of infidelity and marital breakdown, is brutally objective. Kubrick gives no quarter; he expects complete mental participation from the viewer, not the "here we are now, entertain us" attitude of most blockbuster audiences. As a result, many audiences were left cold.

"Donnie Darko" manages to avoid such detachment completely. It is rich with emotion and entertainment: so many themes are addressed (both directly and abstractly) that it's hard to imagine how the script doesn't fall apart with the sheer weight of them all. Take, for example, the subject of "fate versus free will", whose sudden appearance in the film sideswipes most people completely. The scene in which Donnie suddenly begins to see "destiny spears" appearing out of people's chests, drawing them towards their fate, is remarkably audacious, turning the film on its head as it does, about half-way through.

Indeed, the film could be viewed as a study of the pain of solitary perception - how difficult it becomes to relate to others when you see things that others evidently cannot; an allegory of adolescence. What makes things even tougher is pressure from peers and elders: Donnie is sent to a psychologist to treat his "hallucinations". At school, he is miserable - the only one who perceives that what is being taught is biased and irrelevant. At one point, a friend says, "Dammit, Donnie! Why d'ya have to get so smart on us?"

The criticisms levelled at the educational system are brilliantly observed. Donnie's science teacher has to cut short a conversation on time travel when God is mentioned, saying that he could lose his job. Religious dogma is replacing scientific theory in many parts of the US now, where Darwinian evolution has been outlawed, lest Creationists (who believe the world actually began with Adam & Eve) be



offended. The literature of Graham Greene is banned in Donnie's school, just as anything vaguely transgressive is anathema in most western curricula. Drew Barrymore's idealistic teacher objects, informing the principal that they are "losing students to this prescribed nonsense". He replies, with depressing finality, "I'm sorry that you have failed".

In fact, raging against ignorant authoritarian figures, and the trivialities they so often espouse, is a recurring theme. Patrick Swayze plays Jim Cunningham, a life-coach of sorts, who uses the banal jargon of self-help gurus ("prisoner of fear" etc.) to gain people's trust. His facile views on life (everything is black or white; fear or love) are adopted by teachers and imposed on students like Donnie, who is far too intelligent and well-read to buy into such drivel. Of course, arguing about it lands him in hot water. As is the case in almost all western education, the education itself is not up for debate.

Donnie's medication, to improve his behaviour, though administered in the film to treat his apparent schizophrenia, is very redolent of the current trend in the US to prescribe mind-numbing drugs like Ritalin to students with an apparent inability to concentrate. If a kid's mind is too active, it becomes necessary to slow it down. One current theory says that Attention Deficit Disorder (ADD) is the mind's defence against a constant bombardment of advertising; commercials that relentlessly inform us that without a given product, we're incomplete. To fight this perennial ego-bashing, the mind withdraws its concentrative abilities. Epileptics were considered shamans in ancient cultures; is Donnie's schizophrenia symptomatic of an ability to perceive, adapt and evolve, rather than stagnating, like everyone else in his community?

Heavyweight psychological themes aside, the film is busting at the seams with references to TV, music, film and literature. We see nods to *Back To The Future*, the *Smurfs*, *E.T.*, *Married With Children*, *Watership Down*, *Stephen King*, *Hulk Hogan*, *Graham Greene*, *Led Zeppelin*, *Edgar Allen Poe*, ancient Greek theatre, *The Evil Dead*... and they're all subtly incorporated as part of the story, rather than gratuitously included for effect.

Director Richard Kelly's soundtrack choices are sublime. *Echo & The Bunnymen*, *Duran Duran*, *INXS* and *Joy Division* all feature. In particular, the use of *Tears For Fears*' "Head Over Heels" as the camera glides ethereally through Donnie's school, is stunningly effective. Gary Jules' cover of "Mad World" (another *Tears For Fears* track), though overlaid on the radio last Christmas, is still perfect in the context of the film's final scenes, its lyrics still unsettlingly apt ("The dreams in which I'm dying are the best I've ever had").

One major alteration in the director's cut is the replacement of *Echo & The Bunnymen*'s "Killing Moon" with *INXS*' "Never Tear Us Apart" over the opening scenes, as Donnie cycles through his neighbourhood. The extended version also reveals a lot more about the rules of the "tangent universe". Entire paragraphs of text from "The Philosophy Of Time Travel", the book that Donnie reads, appear onscreen, offering cryptic insights into the proceedings. But the film doesn't suffer for it. It certainly makes you more aware that there are massive, universal events taking place, but you're still left with the responsibility of piecing the clues together for yourself.

And yet, all of these ideas, themes etc - do not detract from the emotional power of the film. It is punctuated by moments that are as surprising as they are heart-wrenching. Particularly memorable is the scene where Donnie, resigned to his evident insanity, miserably asks his estranged mother, "How does it feel to have a wacko for a son?" to which she lovingly replies, "It feels wonderful." Gretchen, Donnie's girlfriend, refuses to kiss him until a moment where she is "reminded of how beautiful the world can be". Soon after, she is horribly insulted by a fellow student and runs, upset, from the classroom. Donnie tries to console her, but she kisses him. Beauty, then, is not a

clichéd silhouette against a sunset, but a moment in which she and Donnie can transcend the ignorance and cruelty that abounds around them.

But regardless of these myriad elements, what is it about the film that makes it so otherworldly, so ethereal? Why can it be watched again and again, and not lose its power? Throughout the film, Donnie is plagued by hallucinations and nightmares. Dreams, and their meanings, are important themes. And they're a good metaphor for describing the strength of the film.

Dreams are ever intriguing to us because they're filled with imagery that emerges from our subconscious. They are rich in symbolism and require constant interpretation. And yet, they are frustratingly transient, wiped from memory just as recollection is attempted. The allure of film is that it is like a dream we can view objectively and interpret with the benefit of conscious memory. So the more dream-like a film is, the more intensely it appeals to the subconscious, drawing on it for individual interpretation.

When the first movies were being edited at the beginning of the 20th Century, there was genuine concern that audiences wouldn't be able to handle the experience. How

could the brain process a sudden visual jump from one setting to another? Someone pointed out, though, that we've been doing it all our lives, in dreams. In dreams, we could be sitting on a chair in our house, then look around and realise we've moved to, say, an iceberg in the middle of the ocean. And somehow, it makes sense. We're just there, and we don't question it.

Freud said that what makes dreams so powerful is what he called "the Uncanny"; that which is both familiar and somehow strange. The situations seem real; the people seem real, and yet there are bizarre things happening, which we must accept. If we question it, the dream usually ends. The art of filmmaking is based almost entirely on recreating this dream state; merging the real and the unreal, as dreams do so convincingly. The disbelief of the audience must be carefully suspended - they are brought into a dream-like state. They must

believe, through narrative, that they can move from the chair to the iceberg without question. Just as dreams remind of us reality, the reality of watching a film reminds us of dreaming.

James Cameron has said that he structures his darker films as nightmares of sorts; journeys containing horrific, symbolic imagery that conclude with an escape, an awakening. His classic "Aliens" even used a brilliant visual reversal, in that the characters, before and after the "nightmare" are actually in a deep sleep. *The Matrix* referenced it overtly, in dialogue ("Have you ever had a dream, Neo...") and in characters (Morpheus was the Greek God of dreams). Half of both "Vanilla Sky" and "Fight Club" are based entirely in lucid dreams.

But rather than being partly based within a dream, "Donnie Darko" is closer to the dream itself. It is laden with images and dialogue that are rich in symbolism. That's why it's so fascinating to the viewer, and why each viewing is a fresh experience: It's a waking dream that uses metaphor to draw on the subconscious, creating a uniquely personal experience for everyone who watches it. And not only that, but as our unconscious minds evolve, individuals will have different interpretations at different times.

Great art stimulates not only the conscious but also the unconscious mind. It speaks to us in the language of metaphor. The effect is rarely carried off well in film, but "Donnie Darko" does so and more; it places it within the context of a beautifully observed coming-of-age story to which we can all relate. It epitomises Freud's "Uncanny" - it's real: It's a teen drama, a romance, a critique of western education. And yet it's unreal: It's about time-travel, hallucination, fate, tangent universes. The fact that it weaves these themes together so effortlessly, like a dream, is what makes the film a work of such intangible power.

Or, at least, that was my interpretation of it.





Album Review (oldie): **Marillion, Clutching at Straws**

“...Its the type of album that will make you cry, smile, or forget what’s going on around you and the vocals and drink driven lyrics of Fish are second to none...”

I am going to try something different here in place of a review of a newly released album. Firstly, I will try to explain how this came about. For a long time now 'Guns N' Roses, "Use your Illusion" - was always my chosen album - say for arguments sake that 'I would take to a deserted island'. In recent times I have to admit (with a bit of a battle) it has been knocked off its position by a band called 'Marillion' and their masterpiece called 'Clutching at Straws'. For most of you reading, I am sure you have never heard of this magical band. I never did until a year ago. I came upon them as I looked into the influences that shaped another of my favourite bands 'Dream Theater'.

In most areas of the press 'Marillion' are disliked for their progressive style and their association in sound with 'Genesis' but this similarity is a matter of opinion and for myself and many others, 'Marillion' have their own sound and 'Genesis' can be put down as one of their influences (which I may add is not a bad choice).

'Clutching at Straws' was the first album of theirs I heard and I was instantaneously hooked. Its the type of album that will make you cry, smile, or forget what's going on around you and the vocals and drink driven lyrics of Fish are second to none - elegantly dipped with his Scottish accent.

The whole album just seems to work together with one song, 'Warm Wet Circles', being a three-chapter song and the drumming smoothly caresses well with the guitar and soft touching keyboard. I will be honest too; it does have that 80's feel to it, which might render some to close up to what it has to offer and what they deserve.

All in all it has now become my favourite album of all time (if I had to choose) and I recommend it highly to anyone. It's heavy, jumpy, relaxed, angry, sad - simply a bag of emotions. To see them live, which I did in August, just strengthens your love for their style and with a change in singer to a man called H (Steve Hogarth) in 1987, 'Marillion' kept getting stronger. For me, Fish (the original singer), has a little more.

Looking for something new - try this out. Enjoy!

Cheerz
Shane



The second CIT musical society showcase gig on 7th October got off to a rip-roaring start!

On Thursday the 7th of October @ The Vault (An Cruiscin Lán), a new band to the scene, "The Method", opened the night. Although this was only their third gig, they played a very impressive set of original songs, both insanely fast with blistering elements of rage against the machine and slower, mellower songs with melodic riffs running through them. I have no doubt they will be invited back, and if you missed them this time, DO NOT the next time!

The crowd began to trickle and then flow into the venue as the night went on, and the pints began to flow. By the time the second band, veterans "Violent Jack" arrived on-stage, the atmosphere was ready to blow and an instant moshpit was created with the first note of VJacks astoundingly energetic performance! Their Tomahawk style music had a refreshing speed to it and it certainly got the crowd on its feet, thrashing around insanely.

The final band stood apart from the others both in style

and in lighting effects. "Flatline", definitely the most seasoned band of the night, cooked up a whirling moshpit with their drumming crescendos and speed solos. Screams for Metallica and Slayer could be heard throughout the set (both of which were accommodated). Their back to basics power rocking, style we know and love, got me and the entire venue thrashing and jumping around to their mastery. I couldn't have thought of a better way to end the night.

Battle of the Bands is coming up after Christmas so keep an eye out for that. Any bands interested in taking part, drop an email to Shaneica@o2.ie for an application form.

This is my first gig review for the Music Society, and I hope you enjoyed it as much as I did!

See you all on the 3rd!
Donal



Third Time Lucky at CIT Music Society Showcase Gig!

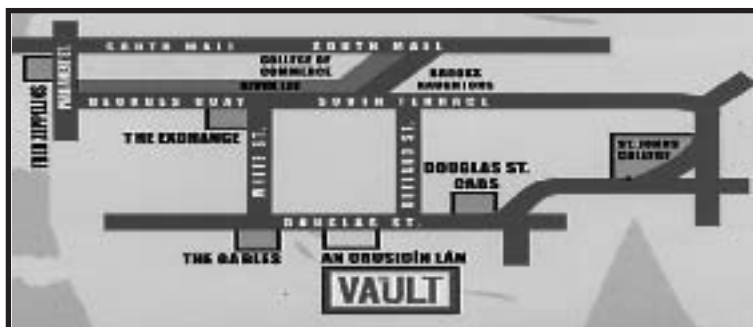
Hey friends. Well so far so good. Our showcase gigs have been amazing and thanks to all who have been supporting these events. So if you haven't come to one of our showcases yet, I recommend you do and join the 150 plus crowd that are benefiting from CIT's musical talent.

I must be honest, I just arrived back from our third showcase where we saw a blend from 'Isinglas', 'Racing for pinks' and 'My Remorse'.

This gig was our third and the first to be held on a Wednesday. We had a smaller crowd than previous of 150 (a sizeable crowd). 'Isinglas' opened up this event, another band that has recorded in our studio and will be featured on the upcoming Compilation CD. A very impressive performance was dished out to the crowd. I have never seen them perform before and will say that I was impressed, along with a well receiving crowd. Next up was 'Racing for Pinks', renowned for their very progressive performances and showed this in their true form. After the gig I spoke with Al and Steve from 'Racing for Pinks'. They were thrilled with the night, which proved yet again the success of our showcases.

The final act and by a far cry not the least was 'My remorse'. From the second they struck a chord they made it known that they were on for this gig. You just knew the crowd was happy after they moved up closer to the front as the band blasted a well engineered sound by Matt Cragg and were awarded with the band playing an encore for the shouting crowd. A major thanks to all the bands, society members Donal, Michael, Rachel and Maria and most important to the people that come and support the events.

Cheerz
Shane



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CIT Karate Club



Traditional Karate is an ancient, weapon-less art of self defence. It is based on using the body as a whole (synchronization of breath, muscle contraction and relaxation and body dynamics), rather than relying on the muscular strength of the arms and legs. In application, strategy and timing, combined with flowing mind and strong spirit, are important. You will learn to sense and follow the opponent, eventually controlling him, and to use the open space in his actions rather than resisting his/her movements.

In the practice of karate the mind and body are inseparable: They harmonize with each other. The practitioner develops self confidence, stable emotions and clear judgment so the body will respond naturally under and circumstances. By using all the tools that traditional Karate gives, the size of the opponent becomes irrelevant. Karate can, therefore, be learned by anyone, regardless of age and physical strength. Through Karate one "unlearns" bad habits accumulated through modern daily life. These include: movement, posture, breathing, as well as mental and psychological obstacles. The practice of Karate improves all aspects of one's physical condition; muscular strength, flexibility, speed, agility, coordination and cardiovascular condition.

Karate in CIT incorporates this with a more modern approach to karate. The club concentrates on self defence more than traditional karate does (using mainly throws and locks). The club is ideal for students who wish to begin karate, get back to training after absence or do extra training outside of their own club. Karate helps to give students of the class discipline, confidence, awareness, flexibility, concentration and fitness. The club annually travels up to Galway to compete in the intervarsities (the highest competition for colleges). At last

year's event, Masha Duneva was in the team that came second in yellow-purple team sparring, Eric Cauneze and David Coughlan came third in yellow-purple belt male team sparring and Daniel O Connor, Michael Peters and Bobby O'Rourke came third in male team brown-black belt sparring.

The club also hosts the Munster Colleges Karate Open every year in January and most college clubs from Munster attend. This is going to be the third year that the competition will be run and CIT have hosted it every time and it has been extremely successful. At last year's Munster Open, Eric Cauneze came first in the male individual yellow-purple belt sparring. Michael Peters achieved third place in male individual brown-black belt kata. CIT also came third in male team sparring consisting of Daniel O'Connor and Bobby O'Rourke. Daniel O'Connor, club instructor, won first place in male brown-black belt kata. The club swept the board in regards to male individual sparring with Daniel O'Connor in first place, Kevin Moore in second place and Bobby O'Rourke in third place.

The club is instructed by Daniel O'Connor (2nd black belt) and Michael Peters (1st black belt) and trains every Monday in the back of the sports hall from 6-8pm. Classes are free and those who have not got a karate suit (mainly beginners), just wear a tracksuit pants and a t-shirt. What you get out of karate depends on what you put into it. All beginners and graded belts are welcome to the club and I hope to see some of you in class soon. For further information please contact doconnor84@campus.ie.

Daniel O'Connor, Club Chairman and Club Instructor

A N I M É

CIT Animé Society - <http://anime.citsocs.com>

Some of you are probably wondering just what is Animé and what does this society do, so here's an introduction.

Animé is the Japanese shortened word for 'animation'. In Japan, animé would be any animated production, from Disney to Akira. Anything that is animated, be it Japanese, English or French is animé in Japan. Outside Japan though 'Animé' tends to refer, specifically to Japanese animation.

The chances are that you've seen some form of Animé, like Gigantor, when you were young, well there's a lot more out there and that's what we're here to tell you about.

In Japan, animé is a very popular form of entertainment. It comes in the form of TV shows, cinema movies as well as direct to video releases. There are children's programs. There are shows aimed at young girls and adolescent boys. There are science fiction, fantasy, horror and westerns. There are sports animations. There are series that deal with social issues. There are police mysteries and psychological thrillers. There are serious, emotional dramas. There is symbolism. There is depth. Allegories and metaphors are alive.

There are tragedies. There is love. There is sex. You will find everything and anything in Animé. So as you can see, it isn't only for children, Animé is for everybody.

Animé has its own language and subculture, for example, Animé fans are known as 'Otaku'. There are conventions around the world every year, giving people the chance to see the latest releases and to meet their favourite directors/writers/voice actors.

Animé has also inspired some of the biggest movies of the last 10 years, The Matrix was rip-offed from. . .I mean inspired by Ghost in the Shell and Kill Bill Vol I had an entire Animé chapter.

CIT Animé Society was set up in 2003. We show both Animé movies and series and we also have an extensive library of movies and series that our members can borrow to watch at home. Most of the movies have options to watch them in English or Japanese with English subtitles and they also have Spanish, German and French subtitles, so our library service is popular with international students.

If you want to be kept up to date with our showings then you can join our mailing list, just e-mail cit_anime@yahoo.com. Our website is also up and running, go to <http://anime.citsocs.com> where you can find our full schedule, forums, reviews and art. Your contribution of reviews and artwork are welcome, just e-mail us.

Screenings are every Wednesday night at 6pm in the Theatre, everyone is welcome and it's free! This year we've been showing the Neon Genesis Evangelion series and movies such as Akira, Ninja Scroll and Princess Mononoke and there is a lot more to come. Check out the "Whats On" for our weekly showings and special events.



saotome ranma

"Just won't die"

Websock Game Review: Warhammer - Dawn of War (PC)



Warhammer - Dawn of War

Platform: PC

Genre: Real Time Strategy (RTS)

Publisher: THQ

Developers: Relic Games

Minimum Specifications:

About a 1.4 GHz Intel Pentium or AMD equivalent with at least 512 Mb or ram and a rather hefty graphics card, (directx9 compatible) would be recommended if you want the game to run smoothly.

WARHAMMER is a hugely popular board game (like 'Risk' on acid), in which a player can customize his entire army and where massive turn based battles are fought. The PC version tries to stay true to its board game roots and so offer players a 'Unit Painter' feature where they can customize the units they fight with and so gives them a unique feel.

Resource collection is slightly different in this game from other Real Time Strategies in that you have to first capture a point (be it a critical location, relic or other) and then you gain requisition income which is the prime resource of the game. Buildings must be placed on these locations to increase the speed of income and to secure your factions' hold on it. Power is another resource and is generated from power stations with upgrades available to each race.

There are four factions in the game: Space Marines, Chaos Space Marines, Orcs and Elder. Space marines are the most generic race and are very versatile in all types of situations and can adapt quickly if necessary.

Chaos space marines are like the space marines except they have a dark taint on them and can summon demons to aid them in war.

Orcs are similar to those from the writings of Tolkien, they are weak, green and there are plenty of them. They use sheer force of numbers to win their wars.

The Eldar are a far more subtle race that require intense concentration in battle as their units are extremely specific in their functions, and strict tactics are required to win a war.

The interface of the game is like most other RTS games on the market. You have a 3D overview of the battlefield and you control your units with the usual left-click control. Graphically this game is far above the standard of most other RTS games out there and the models you see wouldn't be out of place in a first person shooter from a year or two ago. Generally the game is very good with smooth graphics and an excellent path-finding ability in the AI units.

Personally I like the idea that you can reinforce the troops on the battlefield and change the specialties mid-battle as required to counter whatever your enemy is throwing at you. As well as the AI, the game has been programmed to be brutally evil so don't pick up the game and expect to be able to defeat an insane (difficult) computer enemy after only a few hours of gameplay.



Tiger Woods PGA Tour 2005 (PS2)

"...the game combines realistic settings, course customisation and player animations to provide the greatest gameplay ever..."

Tiger Woods PGA Tour 2005

Platform: Sony Playstation 2

Average Rating: 9/10

Additional Information:

1 - 4 Players on PS2 > Also Available for PC - Xbox - Game Cube

Challenge Tiger Woods and take on the champions of golf in the brand new title 'Tiger Woods PGA Tour 2005' from EA games. Available to play exclusively on the PlayStation 2 Student Network, the game combines realistic settings, course customisation and player animations to provide the greatest gameplay ever.

All new Tiger Proofing gives you the chance to modify course dynamics, you can add longer trees, tighter fairways, undulations to greens and deeper bunkers to create an even more interesting game. Create your own golfer and work through the Legends Tour to unlock the chance to tee off against some of golf's greatest, including Arnold Palmer, Jack Nicklaus and Ben Hogan.

Work through your career, and you'll also be able to build your own dream 18 holes. The more prestigious the course you create, the more players will want to play.

All new features include:

- New Courses: Eight new licensed courses including Sherwood Country Club, Fancourt Golf Club Estate and Troon North-Monument Course, plus two new

fantasy courses.

- More Players: Compete as or against 15 PGA TOUR players including Tiger Woods, John Daly, Vijay Singh, Charles Howell III, Notah Begay III, Jesper Parnevik and more.
- Golf's Best Commentators: David Feherty and Gary McCord make up the announcing Dream Team and provide their commentary and irreverent observations during each round.

To celebrate this great release we've also got a copy of the game to give away. For your chance to win simply answer the following question:

How many new courses are featured on the Tiger Woods PGA 2005 game?

To enter the Playstation 2 competition please leave the correct answer on a sheet with your contact details in the CITSU office (c143). Competition deadline is Friday 26th November 2004. One entry per person per competition.



DEF JAM Fight for New York (PS2)

"...set in the Hip Hop Underworld of New York City, the game features five intense fighting styles, hardcore hip hop music, with over 40 hip hop artists and celebrities..."

DEF JAM Fight for NY
Platform: Sony Playstation 2

Average Rating: 8/10

Additional Information:

1 - 4 Players on PS2 > Also Available for PC - Xbox - Game Cube

Take on Busta Rhymes, Ice T and Method Man and battle for control of Hip Hop's Underworld. Three times the length of the Original Def Jam VENDETTA, "Fight for NY" is now available to play on the PlayStation 2 Student Network for free!

Set in the Hip Hop Underworld of New York City, the game features five intense fighting styles, hardcore hip hop music, with over 40 hip hop artists and celebrities and seedy urban venues. It's going to be tough to survive the gritty reality of the urban underworld.

The only way to survive is to develop your fighting skills and get yourself a crew. It'll take more than 90 fights in 20-plus venues to win control of the streets.

With some of Hip Hop's biggest names including Fat Joe, Ghostface, Lil' Kim, Ludacris, Redman, Sean Paul, Snoop Dog and Xzibit, you'll have to master multiple fighting disciplines and take advantage of interactive environments by utilising dozens of weapons to make a name for yourself.

Key features include:

- Five Brutal Fighting Styles: Master each fighting style from street fighting, kickboxing, martial arts, wrestling to submission fighting.
- 22 Interactive Venues : From destructible environmental objects to rowdy spectators who like to 'get involved'.
- Create-A-Street Fighter: Build your own street-ready fighter and outfit him with thousands of pieces of unlockable licensed gear such as tattoos and even bling from Jacob the Jeweler to the stars.

To celebrate the release of this title on the PlayStation 2 Student Network, we've got a copy of the game to give away. For your chance to win simply answer the following question: How many fight styles feature on the game?

To enter the Playstation 2 competition please leave the correct answer on a sheet with your contact details in the CITSU office (c143). Competition deadlines is Friday 26th November 2004. One entry per person per competition.

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

explicit Word Search

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PRIZE THIS MONTH - 30 EUROS!

- YIPPEE
- CITSU
- CORK
- INSTITUTE
- TECHNOLOGY
- GRADUATIONS
- NOVEMBER
- CAP
- GOWN
- PARCHMENT
- ROCHESTOWN
- EXPLICIT
- MAGAZINE
- SOCIETIES

NAME:

PHONE:

CLASS:

COMPETITION CLOSSES 5PM FRIDAY 26th NOVEMBER 2004.
PLEASE RETURN TO STUDENTS' UNION MAIN OFFICE (C143)
ALL ENTRANTS MUST BE CIT STUDENTS
& ENTRIES MUST BE ON OFFICIAL FORM.
GOOD LUCK!

LAST MONTH'S WINNER:
Paul Jones - AMT4 - €30

Kim's Cookery Corner

"...don't forget that while alcohol does not contribute to nutrient intake, it does contribute to your total calorie intake..."

If you are in self-catering accommodation it is very important to pay attention to your diet in order to stay healthy.

The following points will serve useful:

- Buy and prepare your own food – it is much cheaper and healthier
- Plan meals and make a shopping list so that you don't overspend
- While at the supermarket, stock up on the five main food groups
- Carbohydrates – bread, pasta etc.
- Dairy products
- Protein – meat, fish, eggs
- Fruit and vegetables
- Fats and oils – try to go for low cholesterol options
- Don't forget that while alcohol does not contribute to nutrient intake, it does contribute to your total calorie intake.



This month's recipe:

Roast chicken and bacon roll

Serves 2-4

- 1 chicken joint
- [Adare farm fresh chicken €2.99]
- 1-2 slices of back rashers
- [Galtee tender cure rindless back rashers 150g €2.65]

Cook chicken in oven at 200°C for approximately 30 minutes
Add rolled rashers about 10 minutes before the end of cooking
Serve with cooked carrots / peas and potatoes

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Centra Cavery Lunch

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This voucher entitles you to €1 off a Centra Deli Shepherd's Pie at Herlihy's Centra Bishopstown.
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Shepherd's Pie

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