

explicit

CIT Students' Union Magazine
Issue Two - Volume Six



SAYIT TRAVEL J1 USA 2005
It Doesn't Get Much Better Than This!
PROGRAMME OPEN NOW - BOOK ONLINE FOR ONLY €1
New York - Boston - San Diego - San Francisco - Hawaii - Chicago

SAYIT Travel - 76 Grand Parade, Cork - 1850 487 283 - www.sayit.ie - or Book Thru' CIT Students' Union Shop

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 Societies
CIT DJ Society	Alan Tobin
Kim White	CIT Music Society
Mervyn O'Mahony	Shane O'Brien
David O'Leary	Richard Forde

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
(suents@cit.ie)
Equality Officer - Ray O'Brien
(suequality@cit.ie)
Communications Officer - Steph Howard
(sucomms@cit.ie)

Print

Barnaville Print & Graphics LTD
Freshford, Kilkenny.

explicit magazine is published monthly by CIT Students' Union. The views expressed in the magazine are those of their authors and are not necessarily those of CIT Students' Union. All articles and pictures are the property of their respective owners and should not be reproduced without the permission of their owners.

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



Hello again everybody,

Freshers Week is all over for another year and I still feel the hangover pain lingering but all jokes aside it was a brilliant week. The highlight of my week had to be the uniform party, reliving my days as a school girl and doing the Y.M.C.A. with the other members of the Union in front of a very sober looking Outpost (my favourite hideout for the week).

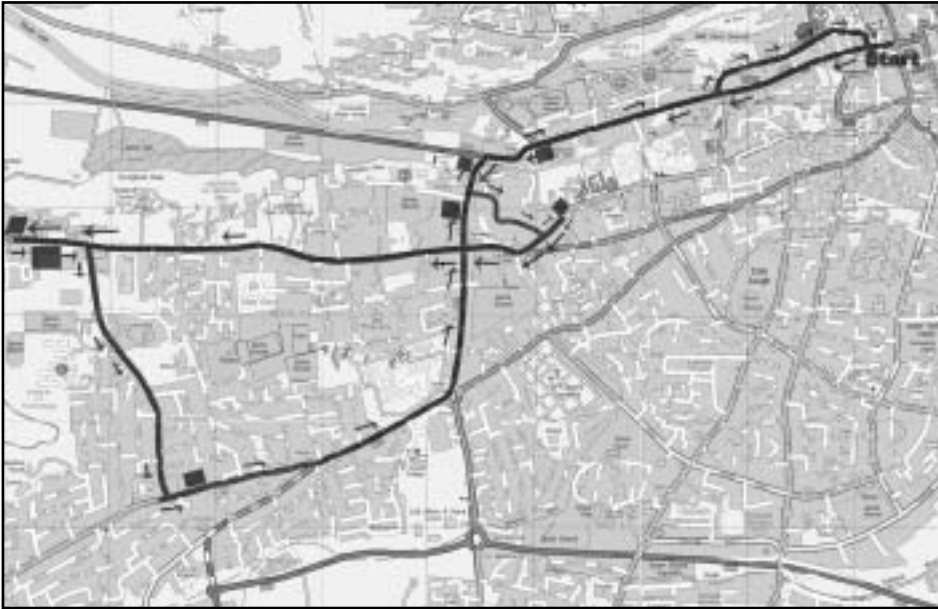
With Freshers Week all over fear not, our brilliant entertainments office has plenty of parties lined up. Christmas Day is not long away and with talks of the upcoming mystery tour, it looks like it's going to be a brilliant term. In saying that its not a time to let the study slip either, with midterm coming up a lot of people have to put the head down, but only for a short while!

The NITELINK is well under way at the moment, which commenced with a very successful launch party on Tuesday 28th of September. This I feel is a great service to students, who wants to be forking out for taxis all the time? As most of you know, but for those who don't, it costs €1.00 and runs from town to Bishopstown every Tuesday and Thursday night.

Well that's all folks till next month; same rule applies, as always, we need your articles so if you want to see something in the magazine, get writing. Hand whatever articles/reviews you manage to put together into Philip in the Students' Union Office or email me at sucomms@cit.ie. Get writing!

If you can't be good, be careful.

Slán
Steph



NITELINK Route - ONLY €1:

Washington Street - Castle White - Brookfield - Victoria Mills
 Model Farm Road - Abbeyville - Eden Hall - Parchment Square
 Melbourn Road - DeansHall - Curraheen Road - Wilton

NOTE: Route may change slightly to accommodate students on NITELINK Bus Service

CITSU Launches NITELINK Bus Service for the Students of Cork

“...we all know violence on city streets has escalated in recent years and both Students’ Unions felt that the re-introduction of the service was a priority...”

A joint initiative by Cork Institute of Technology Students’ Union and University College Cork Students’ Union has brought about the introduction of a NITELINK Bus Service for the students of Cork City. The service will run each Tuesday and Thursday night of the academic year. The NITELINK service commenced on Tuesday 28th of September and will run on a trial basis over the coming year.

CITSU President, James Maher, said “The NITELINK service is an initiative between CITSU and UCCSU in to ensure that students have a means of returning home safely after a night out on the town. As we all know violence on city streets has escalated in recent years and both Students’ Unions felt that the re-introduction of the service was a priority”.

He added, “The NITELINK will run for the duration of the college year, every Tuesday and Thursday night departing from outside the Courthouse on Washington Street. It will depart at 1.30 am, 2.15 am, and 3.00 am. It will stop at all the main student accommodation sites including Edenhall, Abbeyville, Parchment Square and Deanshall. Don’t worry if you live in private housing the bus will stop as close as possible to where you live”. (SEE MAP ABOVE)

CITSU VP Education, Jamie Meaney, stated, “Student safety is of paramount importance to all involved in this venture. An Garda Siochana will be providing security at the pick up point and members of both Students’ Unions will be supervising the bus.”

He added, “a nominal fee of just €1 will be charged to students using the service. Both Students’ Unions are heavily subsidising this service. We hope that this will encourage students who might be on their own and who cannot afford a taxi to avail of the service. We strongly urge all students to use the service and not walk home alone”.



+ HAWKES ROAD PHARMACY **+**

**10% DISCOUNT
 with Valid
 Student ID!**

- Passport Photographs €4.00
- Photograph Processing
- All Prescriptions Dispensed
- Stockists of Gosh, Vichy, RoC & La Roche Posay Cosmetics

Opening Hours:
 Monday to Friday: 9:30am - 18:30pm
 Saturday: 9:30am - 6:00pm



Hawkes Road Pharmacy, Hawkes Road, Bishopstown (Next to Bishopstown Post Office). TEL: 021 4348331

Students Hold Sleepover to Highlight Student Accommodation Crisis

The Union of Students in Ireland (USI) held a sleepover on Monday 28th September at the foot of The Spire on O'Connell St, to highlight the huge difficulties students face as they look for affordable and safe accommodation. USI officers and student leaders from across the country constructed a 'shanty town' of tents at the Spire, and camped out through the night.

USI Welfare Officer, Layne Aston said: "Students in every college town and city in Ireland are being forced to accept low standards, and in many cases unsanitary, accommodation because of rising rental prices. Many unscrupulous landlords are renting out housing that is sub-standard and in many cases unsafe. Examples include accommodation riddled with damp or inadequate provision for fire safety, though these are only the tip of the iceberg. USI is calling for improved regulation of the rented sector, with more random inspections aimed at rooting out those landlords who fail to adopt adequate standards for their housing.

This tougher regulation would ensure that tenants rights are being adhered to. Currently there is as little as one in five landlords registered with the Private Residential Tenancies Board (PRTB). All landlords are required to provide rent books for tenants and that all payments are logged. We would also advise all students to ensure that they receive a receipt for any deposit paid and that they are provided with an inventory of all contents in the house".

USI Deputy President / Campaigns Officer Rory Hearne said: "The high rental costs are forcing many students to limit their choice of college and course because they simply cannot afford to move away from home. With weekly rental prices in Dublin now exceeding €150 per week students are unable to compete with professionals in such

a market. Because of this students are denied the full experience of college life which goes hand in hand with living away from home.

While much of the blame can be laid at the door of greedy landlords, college authorities must share some of the responsibility by providing more on-campus accommodation for their students. Ireland lags well behind its European counterparts with its provision for purpose built student residencies. Only 6% of Irish students live in such accommodation, well below the European average of 17%. This a matter that USI has been campaigning on for a number of years and one that must be tackled as a priority if students and parents are to avoid lining the pockets of landlords who care little about their tenants apart from the colour of their money."

USI advice to students looking to rent:

- Is there a deposit?
- How much is the rent and how often is it paid?
- What does the rent include (electricity, gas bills etc)?
- Do I have to sign a lease? Be careful of any landlord who does not require you to sign a lease.
- Is there a rent book? By law, landlords are required to provide tenants with a rent book.
- Is the place a fire hazard? Check for fire escapes.
- Are there any signs of damp? Check inside the cupboards.
- Establish your landlords right of access.
- Make sure you have a contact name, number and address for the landlord.
- Make a list of items in need of repair; do not move in until these repairs are completed.

Combat Zone
PAINTBALL GAMES
"The Ultimate Experience"

Ireland's Most Exciting & Challenging Paintball Venue

Call Now for a FREE Information Pack

T: 061 302031 * M: 087 9305050 * W: www.combatzone.ie



CAREERS & COUNSELLING SERVICE

“...the integrated service is committed to supporting and encouraging students to reach their academic and personal potential...”

The Careers and Counselling Service is a free, integrated and confidential service available to all registered students of the Institute. The Service is committed to supporting and encouraging students to reach their academic and personal potential. The Service offers Career Guidance, Educational Guidance and Counselling.

The Staff of the Service are as follows:

- Dan Collins, Head of Service
- Andrea McCarthy, Career Officer
- Shirley Gleeson, Service Administrator
- Kay Walsh & Debbie Long, Counsellors
- Sephine Hallahan, Mai Kerins & Sile O Connor, Career Advisors

The Service also has a number of staff working outside the Bishopstown Campus. These personnel are especially in place for students from the Crawford College of Art

and Design, Cork School of Music and The National Maritime College of Ireland. Contact is made through the Careers and Counselling Service on the Bishopstown Campus.

Service Opening Times:

Monday to Thursday: 8.30am – 5.30pm
Friday: 8.30am – 4.30pm
(The Service remains opened during Lunchtime)

An appointment may be made in the following way:

- Calling to the Service: 8.30am – 11.00am and 2.00pm – 4.30pm
- E-Mail: sgleeson@cit.ie
- Phoning: (021) 4326678 (External) / 6678 (Internal)

Third Year and Fourth Year Students: When should I begin looking for a job?

At this stage you should be thinking about the next step whether it is taking a gap year, applying for a postgraduate qualification or getting your first full-time job. If you are not sure about what you want then you may need to speak with one of our Careers Advisers.

If you've had enough of study and you'd like to enter the world of work then you need to begin the job search. This is a skill in itself, which needs practise.

Where do I start?

- Get your C.V. in order – we will be holding workshops in the near future, look out for the posters and adverts or alternatively make an appointment to meet with a Careers Adviser.
- Begin by buying yourself a folder and notebook specifically for careers information and contact details. Identify companies you'd like to work for by reviewing their websites and any relevant documentation such as annual reports. Frequently log onto www.gradireland.com, which has information for Irish Third Level students in relation to postgraduate qualifications and jobs. Start buying the following newspapers:
 - Irish Independent – Thursdays
 - Irish Times and Irish Examiner – Fridays
 - Sunday Independent
(You can read these in the CIT Library free of charge)
- Photocopy job adverts that attract you, you may not be ready to apply for the

jobs yet but you need to familiarise yourself with possible opportunities. Only the very fortunate few find employers knocking on their doors offering them a job on a silver platter! You are in control of finding the job you desire!

- Talk to your lecturers, many have contacts in industry who are more than happy to speak with prospective employees. Get the names of past students now working in these organisations, you will be surprised by the number who love to talk about themselves and their jobs. Perhaps you have time to work-shadow or gain voluntary experience, which will all help you to make up your mind about future options.
- The Careers and Counselling Service in PF 33 has some information available for you to take away. Please feel free to come in and browse. There is also a Careers and Counselling Section in the CIT library, it is located on the ground floor near the Check – in Desk.
- There are two Careers and Counselling notice-boards in CIT, the largest one is opposite the shop on the main corridor and the other sits in PF 33. The vacancies are advertised here throughout the year.
- The Careers and Counselling Service and the CIT Library have a copy of the Irish Times Top 5000 Companies in Ireland, which students can use for reference and contact purposes.

Andrea McCarthy
Careers Officer.

Next Issue - tips on writing an effective C.V



Irish Website to Aid Students in Saving Money while Shopping

"...The website is updated weekly and compares the prices of forty one food items across the six major supermarket chains - Dunnes, SuperQuinn, Super Valu, Tesco, Aldi and Lidl. It is a very useful cost-effective and time efficient tool that allows customers to instantly see the six supermarkets weekly special offers..."

CIT Students' Union advises students to shop around before they purchase anything so to save money. A new website, Shoppingbill.com is a great resource to compare prices of various supermarkets, without leaving your home.

In an interview with expliCIT, Martin O'Flynn, former CIT student and Public Relations Manager for Shoppingbill.com explained, "Being a former CIT student I agree that shoppingbill.com would be an attractive feature article in the ever impressive Explicit magazine. In a nutshell Shoppingbill.com compares the best deals and best prices for groceries in Ireland."

Mr. O'Flynn added, "The website is updated weekly and compares the prices of forty one food items across the six major supermarket chains - Dunnes, SuperQuinn, Super Valu, Tesco, Aldi and Lidl. It is a very useful cost-effective and time efficient tool that allows customers to instantly see the six supermarkets weekly special offers. It has a weekly special report on how to save money on such items as bread, milk, etc. Shoppingbill.com also provides a nationwide review of petrol prices which is frequently updated. We have reached two million hits in our first three months on-line and had interviews on the Gerry Ryan and Marian Finucane shows."

What is Shoppingbill.com?

Shoppingbill.com is Ireland's first independent supermarket savings website. A key feature is to compare the prices of popular grocery items across the 6 major supermarkets:

- Aldi
- Lidl
- Dunnes Stores
- Superquinn
- SuperValu
- Tesco

By reading the unique features of the website including "Supermarket Special Offers", "Compare Supermarket Bills", "Prices this Week", "Free Stuff" etc consumers will realise significant cost savings. Consumers who navigate through the user-friendly site each week before they do their shopping will stretch their euro, become more price-aware and realise substantial savings on their weekly shopping bills. Shoppingbill.com is a professionally run service, which is completely FREE to consumers.

Why was Shoppingbill.com set up?

Since the rise to power of Rip Off Ireland, and injuries suffered by the Celtic Tiger, there has been unprecedented media exposure of the high cost of living in Ireland, and even a government publicity campaign to encourage us to be more 'price aware'.

But, while you can surf the net for bargains galore, and compare prices on most things from hotels in Hollywood to hampers in Hungary you couldn't find out the best deals down at the supermarket....at least not until now!

How will consumers use Shoppingbill.com?

The process for using shoppingbill.com is as follows: Prior to shopping each week the consumer can log on to www.Shoppingbill.com to compare supermarket prices for 41 essential product items across the 6 major supermarket

chains. This enables consumers to see how prices in the different supermarkets compare week by week. They can then check the "Supermarket Special Offers" webpage and instantly be informed of the greatest deals/promotions that each supermarket is offering on a weekly basis.

Consumers also have access to a savings tips report that concentrates on a particular popular consumer item each week e.g. Milk, bread...

Yet another cost saving initiative available to the consumer at Shoppingbill.com is a unique comparison of the price of petrol/fuel between counties in Ireland. This can be



a very useful resource in helping consumers identify competitively priced petrol stations.

The "Dear Bill" webpages are a forum or an online "rendezvous" point for shoppers to:

- Exchange views on their purchases
- Share their good and not so good shopping experiences
- Express opinions on the "rip-off" culture.
- Pass on and pick up savings tips
- Get their questions answered



How will consumers benefit from Shoppingbill.com?

- Greater price awareness
- Easier price comparison across the supermarkets
- Money savings by reviewing supermarket 'special offers' before shopping
- Money savings - by reading weekly hot-tips reports
- Make their voice heard in the "Dear Bill" forum.
- Have access to Free Samples
- Enter Competitions
- Print easy budgeted recipes for 'tonight's dinner'

Shoppingbill.com aims to help consumers realise that making small changes to the way they shop each week WILL reduce their shopping bill and translate into substantial savings each year. For example our first special report on the price of milk found that consumers could save €156 a year by choosing supermarket "own label milk" rather than branded milk.

Who's behind Shoppingbill.com?

Two housewives set up Shoppingbill.com after a discussion over Christmas drinks about the high cost of living in Ireland. The website, launched in May, has achieved over two million hits to date with hundreds of positive 'about time' emails from Irish consumers.

How is shoppingbill.com financed?

This service is completely FREE to the consumer. It is a commercial venture, which will be funded through advertising.

COMPETITION

Win a Make-Up Beauty Session

courtesy of Tresbelle Beauty Salon,
16 Uam Var Avenue. Tel: 021 4347644!

For all your beauty treatments - Students Rates
Ball Specials -Open Late Night on Thursdays
See Word Search on page 22 for Details

The Outpost

Offering CIT Students More Horse Power for Their Money

YOUR PROUD LOCAL CIT BAR WHERE THERE IS ALWAYS SOMETHING HAPPENING. EVERYTHING FROM LIVE MUSIC TO CRAZY PARTY PARTY GAMES.

BOOK YOUR CLASS PARTY NOW IN THE SU PREFAB OR ONLINE AT WWW.CITSU.IE OR BY TALKING TO ONE OF OUR FRIENDLY STAFF

THE **Outpost** BAR & LOUNGE



CIT Students' Union President

September proved to be an interesting month. I hope you all enjoyed Freshers Week and that that you have found some things around the Institute have improved while you were on Holidays. We face a number of issues in the coming month not least of which is the two reports which came out in September. They are covered in another article further in this issue. Although they seem boring they stand to have real effects on the students of CIT. We need to be prepared for the changes they may bring.

By now most of your classes will have elected class reps. Classes that have still to do so should try to get it done as soon as possible. They are your voice not only within Union Council but they are

the ones to deal with the small problems your class may have by bringing them to your lecturer's attention.

Finally I would urge all students to let me and my fellow officers on the executive know what they think of the current initiatives and projects we are undertaking and what they would like to see us do. Without your input and perspective we can't operate. It's our job to provide leadership but in order to do that we need to know which direction to lead. Remember it's your Union and therefore it's your voice.

James



CIT Students' Union Vice President Education

The year is in full swing now with Freshers Week in the bag, and what a week it was. Well done to Mark and Tim, my hat comes off to you both for the exceptional stunt that was closing off Carey's Lane for Freshers Fest. I'd like to see that other college beat that (you all know who I'm talking about).

Now that time is moving on you should all be settling back in to the run of things and for all you first years those elusive class rooms you couldn't find have been found.

By now I know a small minority of you might be thinking that the course you chose isn't right for you. If you are having doubts don't leave it too late, call in to the office and have a chat with me before you do anything drastic. Also remember Dan Collins is available if

you have any doubts about your course or you feel you are in way above your head.

The NITELINK service kicked off on the 28th of September and I hope you are all availing of it. It only costs €1 and it gets you home safely. Take my advice "USE THE BUS, DON'T WALK!" Read the information about the NITELINK in this issue for more.

That's it from me for this issue. If you need help with anything remember we are always here to help, call in to the office and we'll see what we can do.

Jamie



CIT Students' Union Vice President Welfare

I'm sure by now you're all well settled into life in CIT for another year and that you're already sick of going to classes, getting up in the morning and have almost paid back the bank and the kitty after Freshers Week. Things have been fairly hectic here in the Welfare Office and I'm very happy to see that so many students know where to come when looking for a helping hand. Accommodation problems seem to be topping the list of queries once again, with many landlords around Cork still treating students like second class citizens.

Plans are progressing well for Welfare Week 2004 (8th – 11th Nov) and I think this year's event will be a huge success with many new additions in place to compliment the usual annual event.

Our Welfare Website (www.citsu.ie/welfare) is due for a big update soon and I'm still asking students who can't get to me directly for a

chat to email me (suwelfare@cit.ie) or to post your question on the CITSU forum. I'm currently gathering info for the new welfare handbook and I'm looking for as much feedback from students as possible to ensure that all the info included is as relevant as can be.

Would normally go on and on for paragraphs about this and that but being honest I haven't really had an awful lot of time over the past month to physically type up my address. Also I am trying to keep my note relevant so that it's what you need to know only and not just a space filler. I'm always available to meet students but I do also try to get to as many as possible via the medium that is explicit.

Take care and all the best,

Daniel

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

PLEASE ENSURE THAT YOUR CL
WE DEPEND ON YOUR SUPPORT



CIT Students' Union Entertainments Officer

"...Comedians, hypnotists, bands, members of the clergy, school girls, army officers, pubs, clubs, girls, guys, drink, traffic lights, fun, games, karaoke, freshers fest, feck hangover kicking in, when did I eat last? I can't believe it's all over.....what a week! .."

I hope you all enjoyed Freshers Week, I certainly did. Overall I think it was a success especially the Freshers Fest which had live music with Pat Fitz and live DJ's in every corner. With the crowds arriving early we had our work cut out for us but everything went off without a hitch.

Earlier on in the week there was plenty of fun to be had with bands like Deuces Wild and The Willful making plenty of noise. On Wednesday the Atrium was crowded to see the wonder that is Adrian Knight, a hypnotist of many qualities...lads no stop stripping please....ahh! The same night saw students head to Redz for the uniform party not before those of us from the Union shamed ourselves with our silly dance to YMCA.

And so came Thursday with yours truly a bit the worst for wear trying his hand at a spot of karaoke along with a few others before The Wilful showed us how it's really done. Club Renaissance on a Thursday night is our club for this year with many plans are being hatched so we can make this night an enjoyable and unforgettable night out. Watch this space for more details.

For anyone who would like to get involved with the Students' Union or do more for their class, make sure to call into the prefab and get involved. Speaking of which I'm

looking for some recruits to join the "ents" crew, so call in anytime or stop me if you see me. Don't forget that class rep training isn't far away so make sure you have yours elected. Also if you haven't had a class party yet....WHAT'S WRONG WITH YOU? Class parties are the best way of getting to know each other as well as saving a few euro on a night out. Again call into the prefab and either myself or Tim will help you out or if you just don't have the time visit www.citsu.com and book online.

If you're wondering what type of activity is organised for the atrium i.e. bands, Dj's, Bingo etc then log onto our entertainment section of our website on www.citsu.com for dates and times. During the year we will be providing FREE entertainment in the West Atrium. All of the events will take place between 1-2pm. If there are any aspiring bands out there and want a chance to play in CIT then send an e-mail me suents@cit.ie and we will try and fit you in.

For those of you who have a few hours to kill and would like a rest from study then call over to the Students' Union Prefab where you can choose between a variety of board games. i.e. chess, monopoly.

The games room is now open daily from 10am-6pm. If you get a chance check it out. It's located over in A-block just 20 feet from the canteen.

Finally if anyone has any suggestions or ideas for anything to do with entertainment don't hesitate to let me know when you see me or email me at suents@cit.ie. Also I hope to have a comment/idea box available for this purpose soon.

That's all for now folks.

Mark.



CIT Students' Union Equality Officer

Another Freshers Week passed, and fun was had by all. All the events were a great success and I hope that you all had as much fun as the rest of us. It's time now for the work to be done and I would urge you all to get the head down. The next big event will be our Christmas Day, the best way to enjoy it is if you don't have to study during this event.

To get through this keep your head down get the work done in the lectures and be ready for the Christmas exams. Some mistakes were made last year in that, people, between Freshers Week and Christmas exams, didn't do the work and it caught up on them. I hope that you

might take heed to this advice because in the end you'll be able to have as much as fun possible and it will be great to see you during Christmas day.

If you need help at all during the year I'm available by e-mail at suequality@cit.ie or in the Students' Union prefab during the week.

Best of luck,
Ray

IRISH BY BIRTH, MUNSTER BY THE GRACE OF GOD!

**CLASS A CLASS REP NOMINATED
TO MAKE THIS COLLEGE BETTER!**



Welfare Guide to: Depression

“...The term depression, however, is used to describe a more serious or prolonged episode of the blues, which in severe cases can interfere with an individual's social life, work, study and sleep patterns...”

“I Hit snooze, hit snooze, hit snooze. The hours pass – 8, 9, 10. Still I lie in bed. I’m not asleep, I’m not tired but I just can’t get up. I want to get up or do I? Sunlight streams in through the slight opening of the curtains and I watch it as it slowly moves across the room hour by hour. As time passes the will to get up fades and fades. Why get up? Eventually after hours of my phone ringing I get up, walk to the bathroom and stand in the shower. The day passes by just like the day before – living each day just to get to the next, each week, each month. I sit in class but can’t concentrate. I don’t feel happy and I don’t feel sad. The world moves by in some surreal haze. Is this life?”

What is depression?

Most people experience an occasional "off day" when everything seems to be going against them. The term "depression", however, is used to describe a more serious or prolonged episode of the blues, which in severe cases can interfere with an individual's social life, work, study and sleep patterns. Depression may develop gradually over a long period without apparent cause. Some forms of depression appear to have a repeating pattern while others are short-term and once-off episodes.

Over 300,000 Irish people suffer from depression every year. Women are affected more than men. However, statistics show that every year consistently more men than women commit suicide or attempt suicide (parasuicide), perhaps because men are more reluctant than women to seek help for depressive symptoms or talk to others about their feelings. The highest rates of depression occur in adults aged between 25 and 44 years.

What causes depression?

In many cases, an episode of depression is brought on by a combination of genetic influences and environmental triggers. There is no doubt that depression can follow a significant "life event", especially one characterised by loss, bereavement, disappointing exam results, or the ending of a close relationship. Financial problems, a lack of social support and drug and alcohol abuse can also trigger a depressive episode. Some forms of depression are inherited. Research shows that individuals with a family history of depression are 2-3 times more likely to develop the illness.

Recognising the symptoms

Clouded by an overwhelming sense of hopelessness and despair, someone who is suffering from depression may feel that it is futile to reach out for help. You yourself might not be the person suffering from depression but you may see it in one of your family or friends. Early recognition of the symptoms of depression is important. While symptoms will vary from person to person, they may include:

- A depressed mood that is difficult to shake off.
- Having no sense of enjoyment or pleasure.
- Low self-esteem.
- Loss of sex drive.
- Feeling agitated.
- Loss of interest in hobbies or pastimes.
- Weight change (loss or gain).
- Sleep disturbance (unable to get to sleep or waking early).
- Feeling slowed down.
- Feeling tired and lacking in energy.
- Feeling of worthlessness or guilt.
- Difficulty in concentrating and decision making.
- Frequent thoughts of death or suicide.

While some people may experience many of these symptoms, others may experience only a few. Most of these can occur as a regular part of daily life but if they are persistent then there could be a problem.

Seeking treatment

Effective treatment can help shorten the length of a depressive episode, reduce the severity and prevent long-term problems such as social phobias and poor self-esteem. Most individuals suffering from depression are successfully treated by their family doctor. Treatment may involve psychotherapy, counselling, drug therapy or a combination of both, depending on the cause, type and severity.

In CIT there are many resources to help deal with depression. Through the medical

Visit www.citsu.ie/welfare for the latest news and student welfare advice

centre, students have access to a range of doctors and a psychiatrist, Dr. Fidelma Corcoran, who are available at a rate of just €5 a visit. Standard treatment involves the use of medication in conjunction with psychotherapy to help the student regain balance and stability in their life.

The Careers & Counselling service headed up by Dan Collins. The service offers a range of counsellors to help students work through difficult times in their lives. This service is available free of charge to CIT students and is highly recommended by students who have used it in the past.

The Chaplaincy, headed by Fr Kieron O'Driscoll and Edel Dullea along with the Student Support Team, responds to , intervenes and is present at times of trauma, crisis, illness and bereavement. If you are unsure which option is best for you or you just want to chat, simply call into the Students' Union Welfare Office (pf42) and Daniel Keane will be more than happy to take about any aspect of this matter or in fact any matter with you. There is always help available and it's more accessible than you may think. You are not alone.

Some important details :

Medical Centre – G Block : (021) 43263549

Careers & Counselling - PF33 - (021) 6326678

Samaritans : 1800 609090 – www.samaritans.org

AWARE – Depression Helpline : 1890 303 302 – www.aware.ie

Financial Advice while at College

Unfortunately we all know the story. Friday comes, the college week is over and guess what: you're broke! All your friends are down town and the only thing that's filling your nights entertainment is Pat Kenny, depression. So how do we prevent this major dent to our social lives I hear you cry. Here are a few useful tips that won't turn you into millionaire students but might leave those Friday nights inside bored out of your mind in the past.

Get a job

Yes, people if you want that bit of extra cash why not work a few hours a week in the local supermarket or better again somewhere in Cork City. Beware not to put study into the back seat in the list of your priorities but a few hours on Saturday or Sunday never hurt any one.

Buy cheap

College is not a time to be snobby about buying own brand goods, they taste just the same at just the fraction of the cost. So the next time you go shopping give yourself a budget and stick with it.

Discover Dunnes

Be realistic, forget the big brand names unless you're out shopping with Mom and Dad. Buy all your one season wonders in the cheaper shops such as Dunnes and Penney's.

College Books

Don't buy all the books on your book list as the library stocks most of them. Get in contact with the people who did your course the year before and get them second hand or else go to a second hand bookstore. Unless you really can't get your hands on an essential book for your course avoid buying new.

Cheap C.D.s

Discover the bargain basket, you never know what you might find there. If your friends have a copy of the C.D., why not take a listen? How many of us have bought a C.D. for two songs and then learned that the rest of the album is rubbish, don't be fooled.

Save on D.V.D.s

Why not instead of getting a D.V.D. alone and footing the full cost, get together a few house mates/friends and split the cost. Also a great way of saving money on D.V.D.s is to hand rented ones back on time!

So there you have it, some cost cutting measures to enhance your social life (sort of) or just a wave goodbye to sad Friday nights in with Mom and Dad, unless you like that sort of thing!

Steph Howard,
Communications Officer.



DeansHall Bishopstown

Student Accommodation
Curraheen Road,
Bishopstown, Cork

ROOMS AVAILABLE FOR BOOKING

- Great Value, Secure, Stylish
- Student Accommodation
- Fully Furnished & Equipped
- Luxury Apartments
- Superb Location,
- 5 minutes to C.I.T. Campus
- Excellent City & Suburban Bus Route
- University College Hospital is 5 minutes walk
- All Bedrooms with En-suite Toilet/Shower Room
- On-site Management Office
- Door Entry System and CCTV Security
- Caretaker On-site
- Television Included
- Direct Dial 'Pre Paid Card' Telephone

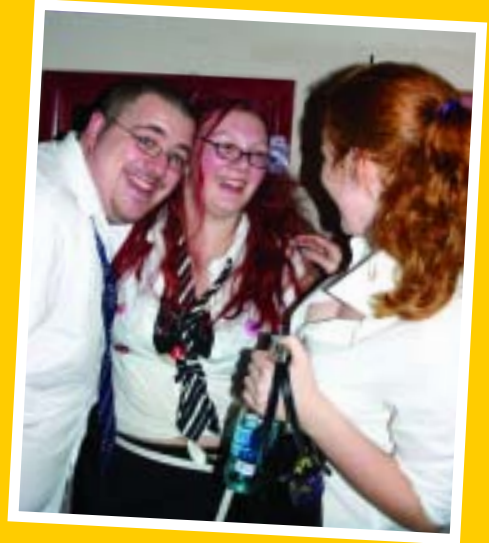
For a free Information Pack & Booking Form, please contact:
DeansHall Bishopstown Booking Office,
DeansHall Ltd, Crosses Green, Cork



1850 20 20 22
www.deanshallbishopstown.com

CIT Students' Union Freshers Week 2004





To get your class party photos in explicit:

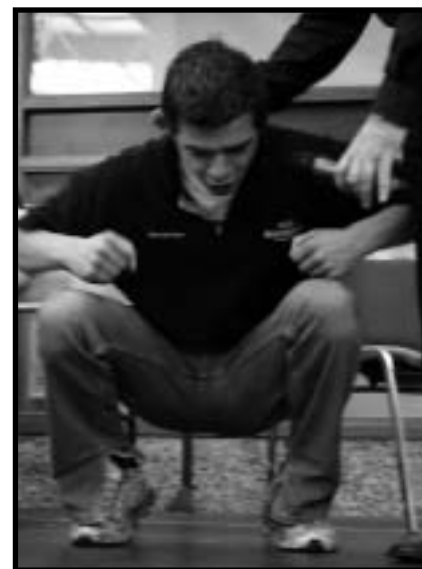
explicit

- 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!

Freshers Week 2004

Hypnotist - Adrian Night

More Pictures on www.citsu.ie



new student accommodation



The closest purpose built accommodation to CIT!

Parchment Square 586 Study Bedrooms

Parchment Square is a purpose built block of apartments offering accommodation to 586 students. The latest extension to our complex is complete and some places are still available for occupancy over the 2004/2005 academic year.

The apartments are mainly 3 and 4 bedded units but there are a few 5 bedded units offering twin rooms. The prices per week range from €70 for a twin to €97 for a single deluxe en-suite with a double bed. The apartments are fully furnished and include a colour television in each lounge and internet access to all bedrooms.

Security for students, bookings arrangements, maintenance will be undertaken by an on-site management company to maintain the high quality of the campus for the benefit of the student. There is an on-site Laundry and Restaurant.

ROOMS AVAILABLE - BOOK NOW!



Living Room



Single Bedroom



Kitchen

021 4545200

studentenqs@parchmentsquarecork.com
www.parchmentsquarecork.com

Parchment Square

Model Farm Road,
Bishopstown, Cork.



Former CIT Student, Alan Tobin, Wins A Place In TG4's Song Competition, Glór Tire

"...Last year, Alan Tobin took first place in the original music section of the Institute's own Euro Star Contest. Alan has gained a place in TG4's newest music competition ..."

Last year, Alan Tobin took first place in the original music section of the Institute's own Euro Star Contest and won the coveted Dr Patrick Kelleher Perpetual Trophy and €350 for writing and performing an astounding rendition of "The Moon Shines Out". Euro Star was organised by the Chaplaincy and sponsored by the Students' Union.

Alan Tobin has gained a place in TG4's newest music competition and below he gives us an account of his experience at the audition:

"A few weeks back I submitted a demo to a country music competition GLÓR TIRE run by TG4 (Teilifise na Gaeilge - for my English buds) just for a bit of fun. The prize is a years recording contract. Some of my favourite artists include Ryan Adams, Whiskeytown, Johnny Cash as well as all other genre of music, but anyway country music is in my collection. As well as that, this competition is more specialised than RTE's 'You're a Star'. Some of the greatest songs in the world are country songs, I don't have to defend my entry into this comp anymore than that.

Nine contestants were chosen from the auditions, which were on Friday, August 20th. I got a call early the week before, to attend these auditions. I left my place at 4.00 am Friday morning and arrived in Spiddal, Galway for about 10.30 am. I registered with the organisers; I was number nine, lucky number nine. Went in did my stuff, sang 'When the Stars go Blue - Ryan Adams', messed up some bits but sang well enough. I was a bit nervous, the waiting around before with everybody else doesn't help the anxiety. By the way in the demo I sang 'Racing in the Streets - Bruce Springsteen' and self-written "The Moon Shines Out". So in all, I wasn't going to sell my soul. I intended to perform the songs that I love and influence my music. They knew that I was no feckin Daniel O'Donnell. I was true to myself more importantly and if that didn't suit, then the competition would not have been worth entering.

There were cameras everywhere and hand-held DVs catching all the backstage banter and tension. My audition was finished for 11.30 am. Later we all gathered at a local parish hall where we had sandwiches, tea/coffee, water and chocolate bars, I must say

that they did treat us very well. At about 1.00 pm the first twenty five had gone through. From that group they eliminated ten; I was still there thank God. It's amazing to see people get so worked up over things. There were all sorts of people there, aged from sixty to eighteen, male, female and some dodgy characters. There was a pub across the way for people to drown their sorrows in. I was waiting around talking to loads of people about music, Galway hookers, football and drink.

At 7.30 pm, the results were announced. I was wrecked tired. The first five names were called, then out of nowhere, 'uimhir a naoi - number nine Alan Tobin'. I couldn't believe it; I was so overwhelmed with excitement and amazement. I walked up, gave the presenter a peck on the cheek and shook hands with the judges in the following order; shook the first male judge's hand, shook hands and a peck for the female judge, and whatever came over me (excitement and tiredness) shook hands and a peck for the final male judge. What a start to my music career. I proceeded to walk back to the line of successful contestants, jokingly pointed to the same judge and said "see you later" . . . funny stuff, but what's worse is that it's all on camera!

After the announcements, everyone scattered. We were all wrecked. I had a brief conversation with one of the other successful contestants that I had befriended earlier that day. Phoned everyone, got into me car and drove home. I was back in Clonakilty for 12.20 am, just in time for a few celebratory pints with my girlfriend, Nina. I went to the nightclub, found a kitten as we walked home, brought it back to Nina's and feed it. Went to bed after 4.00 pm and up the following morning for work. What a day that was!

From 200 demos originally, and to be in a final nine, I'm very proud. If it wasn't for CIT's Euro Star, I probably wouldn't have entered, thanks a lot."

Alan Tobin

Further details of the competition can be found on www.tg4.ie/glor

PLEASE VOTE FOR
ALAN TOBIN
ON TG4

CLÁRAIGH DO VÓTA
TÉACS -
GLOR F CHUIG 53500

GLAOIGH AR -
1513 44460 6

Téacs / Glaoch 60c (le CBL) 40p
ón Tuaisceart Púca - 01 2186831



The Right to Expect

“...The Institute has a responsibility to give you the opportunity to achieve your full potential in your course of study. This does not mean it must pass you in every exam. However, certain standards should be met...”

Think about how you got to where you are now. Think about those long nights of study for the Leaving Cert, or that portfolio you had to put together to gain entry to CIT, think about the work you had to put in with your employer to get into phase 2, 4 or 6 of the apprentice program. The form filling you may have had to do. The long search for accommodation. Working out how to earn enough money to support yourself. The point is, you put the effort in to be here. You earned your place. Therefore, you have a right to expect certain things.

The Institute has a responsibility to give you the opportunity to achieve your full potential in your course of study. This does not mean it must pass you in every exam. However, certain standards should be met.

- **Is your classroom up to scratch?**
- **Has the lab got the equipment necessary to do the work?**
- **Is the environment of the classroom too hot or too cold?**
- **Does your prefab leak?**
- **Are you put in danger due to conditions in the workshop?**
- **Are there enough drawing boards for all the students in the class?**
- **Are the computers in the lab maintained and kept in working order?**

If you face any of these problems you have the right to expect better. First step is to bring these to the attention of the lecturer in charge. If the response is not helpful or a solution is not found come to the Students' Union. It our job to sort this kind of problem out and to try and get the situation resolved. Point the problem out. It may have a simple solution. It may have occurred because your lecturer or department may not have been aware of it. One thing is for sure that it will not be solved by ignoring it. There is no onus on you to put up with substandard or dangerous conditions.

Your lecturers have a responsibility to you. They have a responsibility to teach you the course of study laid out in the course schedule. They have a responsibility to provide the class with the prescribed hours of teaching. They have responsibility to set exams which are fair and examine the material covered in the course. They have a responsibility to treat their students fairly and with respect and they have the right to expect the same in return. They do not have to tell you what is on the exam paper or to pro-

vide extra classes. If you have a problem with a lecturer the first step is to approach them and explain the difficulty. If this is a problem the entire class has, the class rep should be the one to approach the lecturer. The vast majority of lecturers are very helpful to students and if it is explained to them that there is a problem they will most likely do their best to rectify it or help the student or class in another way. If this way does not help, your next port of call should be your course co-ordinator and then the Students' Union. Remember the problem may be a simple miscommunication between the class and lecturer and bring the problem to the attention of people may be all that is needed to create a solution. Have patience with lecturers but don't be afraid to say if there is a problem either.

Your Students' Union has a responsibility to you. We have a responsibility to listen to your problems and work on a solution. We have a responsibility to try and find people to assist you when you are in a difficult situation. We have a responsibility to bring your problems to the attention of the Institute and demand a solution. We have a responsibility to make the government take your views into account when making decisions which affect students. We have a responsibility to seek solutions to future problems which may arise. How can you let us know your concerns? Tell the officers if you see them in the hall or canteen. Call into the prefab. Tell your class rep to bring the problem to the Union Officers' attention. Ask them to come and talk to you or your class at a certain point. Go to general meetings which allow any Union member to ask questions of officers. We promised to work for you for the year. We have a responsibility to fulfill that promise.

At the end of the day as a student here you have certain rights and responsibilities. You should try and put back your tray in the atrium, not disrupt the class you are in, respect your fellow students and not to vandalise the Institute. However you have a right to expect certain things in return. We in the Students' Union are probably one of the best ways to help you fulfill your expectations. You have as much rights as anyone else. Remember when you have a problem say it. Expect better.

James Maher
Students' Union President

If you would like to get involved with Students' Union campaigns please visit us in the CITSU Prefab or email su@cit.ie

Note from the welfare officer : The Canteen

Always a popular topic of conversation in CIT, the canteen is slowly being transformed this year to meet student demands but we at the Students' Union are looking to students to push it that extra bit. Trays are still being left on tables which keeps staff, who would otherwise be helping to improve the overall standards, busy cleaning up the mess left behind. Please please please drop your tray back.

Over the past few weeks reports have been flowing from students of over-pricing in the canteen, so I'm asking all students to request a receipt when paying and to compare this to the display prices. If you've been overcharged – COMPLAIN! It's the only way things will change. I've been reporting what I can over the last few weeks but I need students to do the same. Any problems with the canteen can be reported to me as one of my roles in the Union is sitting on the canteen board of directors. I'm your voice so have your say and let me know!

Breaking it Down. . . The O.E.C.D. and the Kelly Report and what they mean?

The first of these, the O.E.C.D. Report, was to direct how Third Level Education was to run in Ireland. The last such Report made many sweeping changes in Ireland, not least of which were the creation of the Regional Technical Colleges which later became Institutes of Technology. Its recommendations include such things as the reintroduction of fees, an upper ceiling on what a student in an Institute of Technology can achieve while there and the introduction of a student loans system. However, it also has a number of positive aspects, recommending there should be greater investment in higher education, the need for change in the system of means testing grants and that part time and foundation level courses be supported with grants. What the report represents is a challenge. One where we try and get the changes we want from it while still preventing those negative changes from happening.

The second report is much more positive in some aspects. The review and prioritisation of capital projects in the higher education sector or the Kelly Report as its called, was set up to see which Institutes and Universities need new buildings or improvements to current buildings. It states that a new building for apprentices should be built straight away. This is not only good news for apprentices but also for those courses that are short on space. With more space for apprentices, other course will gain more resources from any facilities vacated. Also it is proposed in the report to allocate a large amount of capital to renovate Crawford College of Art and Design over the next two years. The planned extension to the library has also been recommended but this will not happen until 2006, which is a huge disappointment. Study space is critical within the Institute especially around exam time. However, the very fact the extension is mentioned as critical is welcome.

Both these reports are available in full from www.heai.ie. The CITSU President and the Education Officer are available to answer any questions you may have about them.



*Complete the
Experience...*

ROOMS AVAILABLE

NOW LETTING

EdenHall @ The Village
Model Farm Road, Cork
Tel: 021 4342727
Fax: 021 4343129
Web: www.edenhall.ie



021 4342727



CIT Music Society On a Musical Note

“...I first joined this college in 1998 I joined the music society but to be honest I didn't explore any ideas or take part too much with the society, which I regret to this day, even though I was still heavily involved with music outside college...”

Welcome to the new and the old to CIT and I am sure by now most of you are familiar with our music society, a society which this year should prove to be the most productive one ever to be seen in CIT, which can only be achieved with your help.

To begin with I want to explain to you exactly what our society has planned for this year, what's available to current musicians, students who brave into some expression through music and to the avid listeners/critics of the food for the soul.

When I first joined this college in 1998 I joined the music society but to be honest I didn't explore any ideas or take part too much with the society, which I regret to this day, even though I was still heavily involved with music outside college. Therefore, as an introduction I recommend to anyone with an interest to get involved and express any ideas you have. It may be over used but its true, 'if you're not in you can't win'.

Enough with the speech. What I believe to be the most important aspect of our society is the **'Free Live Showcases'** that we organise which usually run every two weeks. This year they will feature three bands that are closely tied to CIT. The venue this year, which will host the gigs, will be 'The Vault' in An Cruscin Lan (see map) - a venue, which regularly hold high profile gigs.

The first showcase took place on Thursday September 23rd and if you didn't join us, make sure to come to the next one. As the night in review began to unfold with sound checks starting late I was slightly apprehensive that we wouldn't get a crowd, it being the first one and promotions for it only started three days before the gig, thankfully I was wrong.... really wrong and thank you to everyone that came.

To really kick off the showcases I choose a personal favourite selection of Cork acts to play including Houlin' Boi, Mrs. Cat and Ten past Seven, all of who feature on the our



compilation CD. At about 9.00 pm (our usual starting time) Houlin' Boi kicked up and played, in my reckoning, their best performance to date. A band which played their first gig at one of last year's showcases and at our Mystery Tour, proved to everyone, that Houlin' Boi are and will remain one class act drawing influences from such bands as Kerbdog, Scheer and Tool and many others. If you haven't seen themGO! No disappointment will be experienced.

Next up was to be to Mr.Cat. I have only seen these guys play once before at their CD launch in The Lobby, where they played a blinding performance, but I must say at this showcase their performance surpassed the former by a long shot. Singer/guitarist Karl Glass was without a doubt in the mood to show the audience how to do it! Finishing up with their song 'for you' they definitely left me impressed.

To finish up the night another great live act played, a three-piece instrumental band from Killarney. These three lads put on an interesting cacophony of rhythm changes and mood changes. To be honest they polished off an already great night and I am sure everybody that was there will agree with me on this one.



All in all for our first showcase was a great success and thank you to everybody that was involved. For the rest of the year, showcase acts will include Flatline (thrash metal), Racing for Pinks (Progressive), Rest, Lerner, Isinglas, Kallus, My Remorse, Alan Tobin, The Little Band That Could and Carnun Rising. Contact us if you have a band you wish to showcase. Keep an eye on What's On and posters for the next gig.

Watch out for **Battle of The Bands**, which is held after Christmas. For any bands interested in this, application forms are currently available, contact shane@freakfm.com.

Another very much anticipated project we are currently working on is a **compilation CD and a bonus DVD** of last year's Mystery tour. This CD will feature bands that have played for our society and have links with CIT in some fashion. Expect a major CD launch in November - all profits will go to charity.

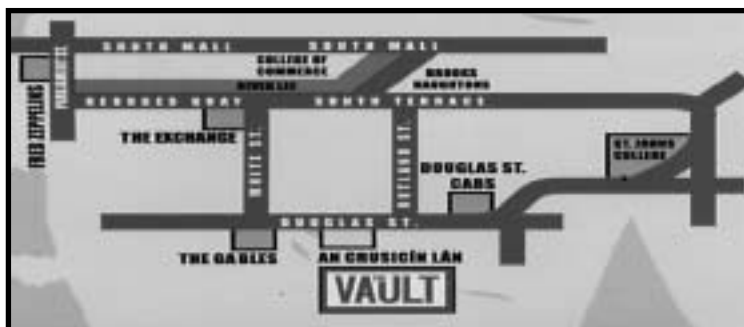
If you don't already know or are not involved, we are providing **guitar and drum lessons** for anyone interested. Times and venues are always listed on What's On! It is only €2 a lesson. An excellent service to members and students is the **on-campus studio** that we can provide to college bands to record a demo at budget prices in return for a good quality recording. The music society will provide your band with an engineer and trust me its worth it.

If you need any advice on how to get involved with the Music Society, come along to a society meeting or email us. Check out 105.2FM for all your alternative music 24/7 and www.freakfm.com

Cheerz Shane

President: Shane O'Brien:
(086) 3691465

E-mail:
Shane@freakfm.com





Domino's

The Pizza Delivery Experts

WORLD'S LEADING DELIVERY COMPANY

<p style="text-align: center;">MEAL DEAL FOR ONE*</p> <p style="text-align: center;">Any Personal Pizza, Garlic Pizza Bread or Potato Wedges & 1 Can of Drink</p> <p style="text-align: center;">ONLY €8.00</p>	<p style="text-align: center;">MEAL DEAL FOR TWO*</p> <p style="text-align: center;">Any Small Pizza, Garlic Pizza Bread or Potato Wedges & 2 Cans of Drink</p> <p style="text-align: center;">ONLY €13.00</p>
<p style="text-align: center;">MEAL DEAL FOR THREE*</p> <p style="text-align: center;">Any Medium Pizza, 2 Garlic Pizza Bread or 2 Potato Wedges & 3 Cans of Drink</p> <p style="text-align: center;">ONLY €17.00</p>	<p style="text-align: center;">MEAL DEAL FOR FOUR*</p> <p style="text-align: center;">Any Large Pizza, 2 Garlic Pizza Bread or 2 Potato Wedges & 1.25l Btl. of Drink</p> <p style="text-align: center;">ONLY €20.00</p>

*All Deals Above
Include 3 Toppings.
Extra Toppings at
Menu Price

CARRY OUT SPECIALS

Any Small Pizza - €8.00

Any Medium Pizza - €11.00

Any Large Pizza - €14.00

See explicit Each
Month for our
Specials & Student
Offers




Open Noon - Midnight - 7 Days - 365 Days a Year!



021 4222288
26A, WASHINGTON STREET, CORK - WWW.DOMINOS.IE



CIT DJ SOCIETY

On Thursday night, 23rd September in Coopers Bar at the Freshers Ball, members Paul Crowley and Alan Kennedy played Deep House and Hip Hop sets respectively from 12.00 pm onwards. Kennedy kicked off his set with the Bad Boy Remix of MC Lyte's 1996 smash "Cold Rock a Party" and also incorporated cuts from Dilated Peoples, Snoop Doggy Dogg and Erick Sermon.

Paul took the crowd later into the night with a pleasing set, which included the well-received "The System" by Kerri Chandler as well as classics such as "My House" by Aaron Carl and finished up with "Always There" by Incognito. The DJ Society would like to welcome all students to join, regardless of your experience. Meetings will be advertised in the weekly CIT publication What's On which is available at the info desk.

The society's equipment consists of a recently purchased industry-standard Technics SL-1210 MK5 Turntables along with a Pro range Stanton SMX-401 Mixer and sound system. For those interested in production, the society has Reason 2.0, the professional production software package used by the Prodigy and the Chemical Brothers. For more information on the society, please email cit-djsoc@hotmail.com



Young Fine Gael - FECK FEES? Read on!

The government increased registration fees this year by 12% from €670 to €750.

Saturday 30th October here in CIT.

How much longer until the charge reaches €1000? Why do these increases arise during the summer months when we are not in a position to take action?

The new college year 04/05 sees Young Fine Gael enter its second year at Cork Institute of Technology. Last year YFG CIT was one of the most active parties on campus. Don't let your beliefs get pooh-poohed. Be heard. For further details, see What's On for Regular Meetings and www.yfg.ie New members always welcome.

YFG CIT wants to hear your views regarding the registration fee increase and to discuss the recent OECD report calling for the re-introduction of fees. Look out for further details in What's On soon!

YFG CIT also has planned a seminar, the first of the YFG Economics Committee. A debate about 'Balanced Regional Development' is included for

David O'Leary
Acting P.R.O.
YFG CIT

Rochestown Park Hotel

ROOM OFFER FOR
CIT GRADUATIONS

€ 45

per person sharing

+12.5% Service Charge
(€30 Single Supplement)



Call Now

021 4890800

Limited Availability - **BOOK NOW**



CIT Societies Day 2004

CIT Societies Day was held on Wednesday 22nd September. The purpose of the day was to encourage participation in Societies and to show students the vast range of Societies that CIT has to offer. Many thanks to AIB for their sponsorship of the Society Stands Competition. The winners were as follows:

- 1st Musical and Theatrical / Drama
- 2nd Simpson's Appreciation
- 3rd Websoc
- 4th Dj Soc
- 5th Mature Student's

Societies are now up and running so make sure to get involved. If you have any questions or would like to set up a new Society, email omahonym@cit.ie or call to the Societies Office C243A.



Kim's Cookery Corner

"...pressure to be thin is closely linked to pressure to fit in and be accepted by peers. For young people, the pursuit of a slim figure often leads to the fad diet approach - usually ineffective and dangerous..."



This month's recipe:

Chicken in Sweet and Sour Sauce is low in fat but high in nutrients!!

Serves 2-3

- | | |
|---------------------------------|--------------------------------------|
| 4 Chicken joints | [Tesco chicken thighs 4 pk €1.99] |
| 1 pepper- seeded and chopped | [loose peppers €1.00] |
| 1 onion – sliced | [loose onions €0.32] |
| Can of pineapple pieces drained | [Sunny South pineapple pieces €0.95] |
| 1 tablespoon soy sauce | [Amoy light Soy Sauce 150ml €1.28] |
| 8oz can tomatoes | [Shamrock chopped tomatoes €0.67] |
| 1/4 pint water | |
| Pinch of salt | |

- Cook chicken joints in casserole dish in preheated oven at 190°C / Gas mark 5 for 15 minutes.
- Place remaining ingredients in a pan and bring to the boil while stirring. Cover and simmer for 20 minutes.
- Pour the sauce over the chicken and return to the oven for a further 30 minutes or until chicken is tender, basting occasionally with the sauce.
- Serve with brown rice and green salad.

Pressure to be thin is closely linked to pressure to fit in and be accepted by peers. For young people, the pursuit of a slim figure often leads to the fad diet approach - usually ineffective and dangerous. This eliminates many essential nutrients from the diet. Young people who are truly overweight need a sensible long-term approach to weight management and exercise and are best consulting a dietician or nutritionist.

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

explicit Word Search

sponsored by
CIT Societies Office

PRIZE THIS MONTH - 30 EUROS!

- CITSU
- OCTOBER
- EXPLICIT
- MAGAZINE
- EASY
- WORDSEARCH
- PUZZLE
- FREE
- MONEY
- CORK
- INSTITUTE
- TECHNOLOGY
- STUDENTS
- UNION
- GRADUATIONS
- SOCIETIES

NAME:

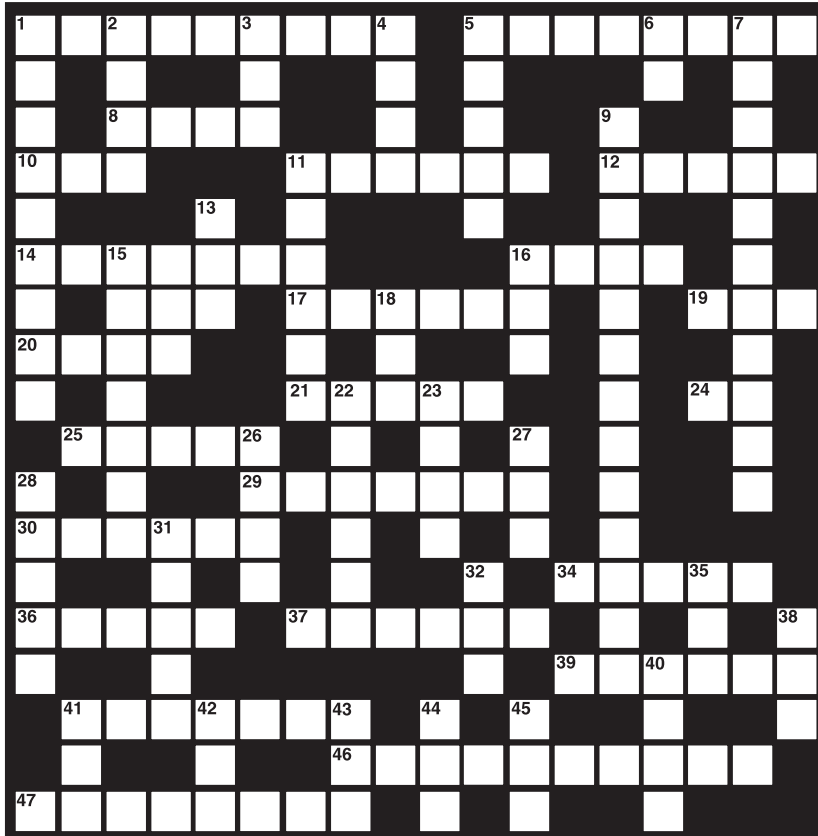
PHONE:

CLASS:

COMPETITION CLOSES 5PM FRIDAY 22nd September 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 WINNERS:

1st Niall Lynch - DCOM3 - €30 & 2nd Maura Lane - Bio Eng 3 - Voucher



expliCIT Crossword

Across

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

Down

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

Please return crossword to the SU office C143 before 22nd Oct 2004 with your name and contact details to be in with a chance to WIN €30



Saturday 23rd October

The Four of Us

The Red Hot Chili Peppers tribute

Manu and The Latino House

New Grove Habits

Sunday 24th October

The Four of Us

The Rogues (The Pogues tribute)

Manu and The Latino House

New Grove Habits

JAZZ WEEKEND

AT THE mardyke

BAR | POOL | BOWLING | EVENTS

4 ROOMS OF LIVE MUSIC

FREE BEFORE 8PM

Tickets €10 available in advance at

The Mardyke, Sheares St., Cork. Tel: 4273000

Herlihy's Centra Bishopstown

CENTRA



Herlihy's Centra - For All Your Needs while at CIT!

This Months Special Offers:



This voucher entitles you to 50cent off a Goodfellas Frozen Pizza at Herlihy's Centra Bishopstown.
Only One Voucher per transaction.

50c OFF!
Goodfellas
Pizza

For ALL Your
Offy Needs!
SEE IN STORE FOR DETAILS



This voucher entitles you to €1 off a Snack Box at Herlihy's Centra Bishopstown.
Only One Voucher per transaction
Valid between hours of:
12pm - 2pm & 5pm - 7pm

€1 OFF!

CENTRA SNACK BOX

€1 OFF!

LARGE FILLED ROLL

This voucher entitles you to €1 off a Large Filled Roll at Herlihy's Centra Bishopstown.
Only One Voucher per transaction

Opening Times:
Monday - Sunday: 8am - 11pm
Telephone: 021 4541232
Fax: 021 4543164

CENTRA
Herlihy's Centra,
Curraheen Road, Bishopstown.