

explicit

CIT Students Union Magazine
Issue One - Volume Six

**explicit Heads
to Europe**

**CITSU Launches
Nitelink Bus**

Welcome to a New Beginning!

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Administration Building
Catering Building
Marine College
New Director*

**The Irish
illusion Feature**

**New Careers &
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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 Editorial



Hey every body, my name is Steph Howard and I m in second year office information systems. Its so hard to believe that the summer is all over but I can honestly say it was one of the best I ve ever had. Between getting my driving licence to going to Helsinki to an enlargement of young minds forum and many nights out in the fair town of Killarney where I stayed for the summer. Although it wasn t all fun and games I worked 12 hours a day in a bookies, I suppose its all in the aid of many nights out in the Btown and actually being able to afford to eat. Yes its back to the days of the college famine where finding a euro behind the couch actually makes your day but I suppose we are all in the same boat.

I d especially would like to welcome all the freshers, college is such a daunting experience but it can also be one of the best, its what you make of it yourself. My advice to you as someone that was in your shoes this time last year is not to take any thing too seriously, do your best and if you are in need of any help or advice the Union is there to help you.

Last August I met with editors of student newspapers from 21 European countries in Helsinki, Finland. The meeting was the first one of its nature in almost 40 years. Myself and our Publications Manager, Philip O Reilly, were the two representatives of Irish student media. The purpose of the meeting was to seek ways for future cooperation on a European level. It is planned to share articles and news stories from different countries across Europe in the near future.

I m really looking forward to the upcoming year and I hope to bring you as high standard a magazine as my predecessors. We are constanly looking for articles so anything you feel like getting off your chest get it on paper and just hand it in to the Union office.

Until next month, enjoy Freshers Week.

SI n
 Steph.



expliCIT Leads Irish in Setting Up of European Student Media Network

“...this conference has paved the way for future cooperation of student media across Europe. CIT being one of the founding members of SPINE is committed to see the ideas and talent of our students to be shared with other colleges across this continent...”

Cork Institute of Technology Students Union magazine, expliCIT, represented Irish media interests at a European student media conference in Helsinki, Finland, last August. Editors of student newspapers from 21 European countries met to seek ways for future co-operation on a European level between different newspapers and magazines. Each country was asked to send two representatives to participate in the conference. The meeting was the first one of its nature in almost 40 years.

Following the conference, the editors decided to form a network called SPINE. The acronym comes from the words Student Press in Europe. The network will concentrate on sharing information via Internet and helping student journalists to cross borders in their journalism. SPINE will help the journalists to follow cultural and societal processes in other countries and to share photos and articles.

CITSU Publications Manager, Philip O Reilly, said this conference has paved the way for future cooperation of student media across Europe. CIT being one of the founding members of SPINE is committed to see that the ideas and talent of our students are shared with other colleges across this continent. We have volunteered to lead the setting up of the SPINE.eu website which will enable all college newspapers, magazines and websites in Europe to collaborate information easily.

He added, I have also been in contact recently with most of the student magazines and newspapers across Ireland. I believe that it should be a priority for Irish student media to co-operate in setting up an Irish network. This will allow the sharing of Irish specific articles and news that will enhance all of our publications.

Most of the forum was devoted to giving the editors-in-chief a possibility to share best practices, get to know each other and initiating future co-operation. The forum also addressed the on-going change in Europe and tries to work as a platform for the journalists to hear different views on the subject.

The next meeting of European student press will be organised in the fall of 2005 in Malta. The participants indicated a strong willingness to expand the SPINE network to countries and newspapers that did not attend the meeting in Helsinki.

The meeting was organised by the Finnish National Committee of the European Cultural Foundation in cooperation with the student newspapers of the Helsinki region. The event was also supported by ESIB, whose Communications Officer Thomas Nilsson held a presentation on ESIB and possible ways of cooperation.



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CITSU Launches Nitelink Bus Service for Students

Cork Institute of Technology Students Union (CITSU) are this week delighted to announce that a Nitelink bus service will begin on a trial basis for the coming academic year. The Nitelink is to serve student accommodation throughout the south of Cork City in the areas around the two main campuses of CIT and UCC. This service is set to run on Tuesday and Thursday nights at 1.00am, 2.00am and 3.00am. Starting on an orbital route the bus will pass by the main student accommodations bringing 55 students on each run. Stops will also be possible for any student living close by the proposed route. A nominal fee of €1 will be charged to students for the service irrespective of their selected drop off location. The purpose of this bus service is to provide a safe alternative to students going home late from the city.

CITSU Vice-President Welfare, Daniel Keane, said, we at CITSU are not just about the enjoyment of students on nights out, we are also concerned that all students get home safely and that it doesn't cost them an arm and a leg. Taxis have been known to charge exorbitant prices which forces students to often walk home after a night out and put themselves in harms way. We are delighted to offer a real alternative to our students so that they can make the very best of a night out.

This is one of just a few new ideas being launched by CITSU this year including new personal alarms for all first years and the launch of CITSU first Safety Booklet to coincide with Welfare Week 2004.

Government Hits Students Again with 12% Fee Increase

Cork Institute of Technology Students Union (CITSU) has reacted with outrage to the announcement from the Department of Education that the third level student services and registration fee is to be increased by almost 12% from €670 to €750.

CITSU President, James Maher, said This unjustifiable move by the government shows how uncommitted they really are to free third level education. The minister seems to be trying to remove free fees by stealth. Pretty soon registration fees will be rise past the thousand mark .

He added, This is unacceptable in an era when the government can't even assess students for grants on time, when the rules governing who get one is archaic and a lot of time those who really need assistance can't get it. All of the 80 increase will be going back to the government. That is €330 of a registration fee that is not being used for students .

CITSU are advising students that they will be planning a number of campaigns during this academic year and they will need the support of every student.

USI Occupies Dept. of Education in Protest Against Fees

The Union of Students in Ireland (USI) held an occupation of the Department of Education last August as tens of thousands of Leaving Cert Students awaited their results. USI had been calling for Minister Dempsey and the FF/PD government to end Student Registration fees and make free education a reality.

The fee, which was introduced initially to raise income for student services and registration, will increase this year by €80 in September, representing an approximate 89% increase over two years. Meanwhile, the Maintenance Grant, which is available to less than a quarter of the total student population, will increase by two percent.

USI is leading the protest, with participation from student leaders from across the country, including students from DIT, UCD, TCD, ITT, IADT, WIT, UCC, NUIG, LIT, LSAD, ITC, ITT, NCI, St Pats, AIT and GMIT (supported by LKIT as well Northern Ireland universities UU and Queens).

Ben Archibald, National President of USI said: "The sad fact is that there will be thousands

of students with the skills and qualifications to access third level education, but will lack the funding to do so. The existence of this fee forces students to incur significant amounts of debt each year, obliging them to take up part-time employment during the academic year. The culmination of these factors result in increasing student poverty, higher drop-out rates and lower educational attainments. A rise in the fee will exacerbate this already difficult situation. The inflation-busting fees increases of the last few years are doing harm to the very concept of access to education for all. Since the fee is a fixed, non means-tested charge, it disproportionately affects students from lower income groups, making access to education more of a challenge for some of the poorest students.

USI is campaigning against any increase in the Registration Fee and for the immediate removal of the fee. Student leaders from across the country have already sent hundreds of letters to TDs and Ministers calling on Minister Dempsey not to increase the fee. USI has had no adequate response from them or Minister Dempsey. Today the Union is escalating its action to make clear to the Government that we will not rest until our demands are met."

Dr. Brendan Murphy Begins Position as CIT Director

On the first of September, Dr. Brendan Murphy, took office as Director of Cork Institute of Technology. Dr. Murphy is the former head of Department for Maths and Computing. In his work as head of Department he has repeatedly acknowledged student issues and concerns and we hope this continues in his new role.

CITSU President, James Maher, said the staff and officers of the Union wish Dr. Murphy well and look forward to working with him to improve the Institute for all students. Addressing the Institute staff, Dr. Murphy said It is the complexity and the challenge of leading this Institution that attracted me to the job, but I need your support, your ideas and

your enthusiasm so that together we will succeed in meeting the challenge of maintaining CIT in the forefront of Higher Education in Ireland.

He added, on a more pleasant note, the Administration and Student Centre buildings will be in use this year to be followed by the Tourism and Catering building in mid 2005. A major achievement will come to fruition when the National Maritime College of Ireland (NMCI) receives its first students on the 5th October .

Dr. Murphy replaces Dr. Kelleher who we hope will have a happy and long retirement.



GOAL Jersey Day, proudly sponsored by Supermacs, is coming up again and after last year's success, CIT staff and students have decided to join in on the fun by wearing their favourite jersey to college on Friday September 24th to raise money for GOAL.

Last year, schools, colleges and workplaces across the country were awash with colour as uniforms and suits were left at home in favour of club, county and country jerseys. Over 250,000 was raised nationwide for GOAL projects overseas.

This year, the event is going to be even bigger, with more people than ever getting involved to raise badly needed funds for GOAL's work overseas. Street collections in over 20 locations nationwide, including the CIT campus, will add to the buzz of the day.

Plenty of friendly rivalry is guaranteed as students show their true colours, giving Freshers the chance to really get to know their classmates and allowing fellow students to acknowledge their county cousins. While some sports fanatics remain loyal only to their team, a few die-hard Liverpool fans might be persuaded to wear the dreaded Man Utd jersey to raise even more money!

So, whether it's Chelsea, Cork City, Munster rugby, your local club strip or even a bright t-shirt, make sure you wear your wear your colours with pride on Friday 24th, and don't miss out on the craic.

GOAL is an international humanitarian agency and was set up by sports fanatic John O Shea in 1977. Since then GOAL has responded to almost every major natural and man-made disasters and has spent over 250 million on humanitarian programmes.

GOAL seeks to ease the suffering of some of the poorest and most vulnerable people in the developing world by providing them with access to food, shelter and healthcare. GOAL-run schools, drop-in centres and night shelters provide homeless street children with a safe haven, where they can get the education they crave.

Please support your fellow students who will be collecting for GOAL by giving generously to any of the organised collections around campus in the week leading up to Friday 24th September. Keep an eye out on noticeboards around the college for information on other organised events.

If you would like to get involved in CIT's GOAL Jersey Day, contact the Students' Union for more information or check out www.goaljerseyday.com for update on events for 24th September. Otherwise see you on the 24th September for GOAL Jersey Day.



If you would like to get involved with explicit - The magazine of CIT Students' Union please feel free to call into the Students' Union office C143 or email info@explicit.ie

New - Reviews - Features - Sport - Music - Photos - Art - Societies





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 Head of Service, Careers Officer and Administrator are joined part time by six Career Guidance Advisers and Counsellors.

The integrated service is committed to supporting and encouraging students to reach their academic and personal potential and offers:

- Career Guidance
- Educational Guidance
- Counselling

A number of the services are delivered through class presentations and group workshops. The service organises visits to the Institute by employers, informs students of vacancies and organises other careers related activities such as seminars on interview technique and CV preparation.

The Service also has a Careers Section on the ground floor of the Library where students can take out up to date books on issues relating to careers.

The Service advertises all job vacancies received on the notice board across from the shop as well as an interactive page on the Institutes website.

The counselling facility aims to provide opportunities for the individual to explore issues of concern, and to discover/clarify ways of living more resourcefully in a confidential environment. In short the service promotes self-development and self-awareness, and aims to enable the student take effective control of their lives.

The Service operates on a 'drop in' and appointment basis, and is located at PF 33.

Opening Hours

Monday - Thursday: 8.30am - 5.00pm
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Contact

Ms Shirley Gleeson Administrator
(021) 4326678 sgleeson@cit.ie

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Accountancy Information Day Tuesday 12th October

An Information session for students who wish to pursue a future in Accountancy will take place on Tuesday October 12th 2004 from 12.00 - 3.00pm in the Exhibition Centre. In attendance will be the:

- Association of Chartered Certified Accountants (ACCA)
- Chartered Institute of Management Accountants (CIMA)
- Irish Taxation Institute
- Institute of Accounting Technicians in Ireland
- Institute of Certified Public Accountants (CPA) in Ireland
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CIT Students' Union President

Welcome to the start of the new academic year at CIT, whether you are returning or are here for the first time. My name is James Maher and I will be your Students Union president for the year. This year there are many changes within CIT and the Irish education system. Many challenges lie head over the coming year.

The registration fee has been once again increased, diplomas have been replaced with ordinary degrees and third level funding will most likely continue to shrink. As some of you may have noticed the canteen has been changed around and hopefully the changes will be more than just cosmetic.

In this environment the Union will be trying to change and improve

how we operate. Part of this change will involve holding a referendum to change the Constitution, as well as a number of different protests and actions designed to ensure that the voice of CIT students is not just heard but listened to. For all this to work we need many things but the most important is your support.

We need you to get involved, become class reps, attend the general meetings, vote in referendums, know the issues and tell us what you want from the Union. We will be endeavouring to make it easier for you to do this but we need your backing. It's your Union and it is you who has the power to make it work for you.

James



CIT Students' Union Vice President Education

Some of you will remember me as holding the honour last year of editing this fine magazine and having my say on the inside cover. This year, however, I have been given the greater task of taking on the responsibility of representing you as your Education Officer. For all of you who don't know me, my name is Jamie Meaney and this will be my third year here in C.I.T.

I want to welcome all the first years (Freshers) to this fine college that is Cork Institute of Technology. I hope you are all getting to know the place and are settling in well and that you are beginning to realise college isn't as daunting as some people make it out to be. To all of those who are returning welcome back to yet another great year of learning, study and of course some fun!

The beginning of the year is the ideal time to be under control when it comes to course work and notes. Start organising those vital notes from the get go or you could be sorry come next April, when you can't find the notes you really need. Sorting through notes can be an excellent prelude to study.

I hope you enjoy reading this edition of expliCIT and have a ball during Freshers week, which promises to be a fantastic introduction to this year's entertainment line-up.

I look forward to meeting you all over the coming weeks and working with James, Daniel, Ray, Steph and Mark on your behalf. Remember the Students Union is only as strong as its members so be active and get involved and find out what you can do to make your time here in C.I.T work for you.

Anyhow that's all from me, see you all soon. Don't forget if you need anything just call into to James, Daniel or myself and we will be happy to help you.

Jamie

If you are having any problems with exams or need grinds call to the SU prefab.



CIT Students' Union Vice President Welfare

My name is Daniel Keane and I am the Vice-President Welfare for the year 2004/2005. For you first years in CIT many, many welcomes. You'll find us here in all shapes and sizes, colours and creeds and I'm sure it won't be long before you'll be calling this place your second home. Starting college involves a lot of change and if I can do anything to ease the transition, please don't hesitate to call over to my office for a chat or just accost me in the corridor. For those of you returning for another year I'm sure you are more than aware of the perils of student life and I'm here to help out in any way that I can.

From accommodation to zits, the Welfare Officer is your key point of reference for all matters of Student Welfare. So what exactly is it that I do? Well I am basically here to help out with the personal matters of Students life, be it just informing you of your entitlements or helping you access the countless services available to you within the college and beyond. In many ways you'll find yourself covered by the umbrel-

la title of student but here we have thousands of individuals each with their own concerns. In my role, I'm here to help with these issues so that you can make the most out of your time here in CIT and also so that you can have the very best for your life overall.

My office is a treasure hoard of almost every possible piece of Welfare information and advice that you may need. Please don't be confused or unsure about your rights as a student in regard to accommodation, health or finance - just ask me and we'll get it sorted out properly.

We here in the Students Union are here to help you whenever it is you need us. Life is hard enough so let us help you. Enjoy your time here and make the very most of it!

Look forward to seeing you around and all the best,

Daniel.

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



CIT Students' Union Equality Officer

My name is Ray O'Brien, I'm from Limerick and I'm currently a 2nd year student studying Business Studies. I'm delighted to welcome you back for another great year in C.I.T. To the first years I'm delighted to be able to tell you, you're in for the time of your life.

As Equality Officer, my job is to make sure that you have a great and safe time at C.I.T. I'm always available for a chat and I hope that students will feel that they can talk to me in great confidence. I will be available around the college and also I can be contacted at the Students Union office.

Working with the other officers of the Students Union, I hope that you

all enjoy your time at C.I.T. and if I can help in anyway please dont be afraid to contact me even by e-mail.

Again, welcome back to C.I.T. and for the first years, if you're told by anyone that you dont need to go to classes, you'll still pass your exams; **THEY'RE LYING.**

I'D KNOW, repeats aren t fun.

Ray

IRISH BY BIRTH, MUNSTER BY THE GRACE OF GOD!



CIT Students' Union Communications Officer

Welcome back every one, and a special welcome to all the freshers, we all know college is a daunting thing when you first start but everyone in first year is in the same position and any help or advice you may need the Union are there to provide it.

As the Communications Officer my job is to edit this wonderful magazine and do general P.R. around the college. Any thing you feel strongly about or think needs to be heard don t hesitate to put it down on

paper and submit it to the Students Union office and I would be more than happy to put it in to the next issue of expliCIT.

We are always looking for articles so get writing! Have a brilliant freshers week everyone.

Si n
Steph.

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Welfare Guide to: Winter Colds & Flu

“...A cold can be 'caught' four or more times a year, whereas a bout of flu will usually only be contracted once a year, most probably during the winter months...”

Winter brings more than cold weather and Christmas for some people. The combination of wind, rain and plummeting temperatures can cause many illnesses, and few Irish people manage to make it to spring without contracting at least a cold. But while a dose of the sniffles is unpleasant, wintry weather can induce more serious complaints too. In Ireland, deaths go up by almost a third during the winter months. Winter is when the flu is likely to make its unwelcome visit, and sub-zero temperatures can cause other ailments as varied as arthritis and depression. Here is just a little preview of some of the wonderful ills, which are coming your way soon!

What is the difference between a cold and the flu?

Sometimes it can be quite difficult to tell the difference between the common cold and the flu because many of the symptoms are similar. However, there are differences:

A cold can be 'caught' four or more times a year, whereas a bout of flu will usually only be contracted once a year, most probably during the winter months.

Patients suffering from both the common cold and a bout of influenza will generally feel unwell and below par but persistent, and sometimes severe, headaches may be present with influenza. Slight headaches are normally present with the common cold. Influenza is characterised by severe fatigue and weakness, whereas someone suffering from the common cold may be able to go about their daily chores, albeit with a runny nose and a nagging cough. Among the first symptoms of the common cold are sneezing and a sore throat, with difficulty in swallowing. On the other hand, patients with influenza may first begin to complain about headaches, severe fatigue and weakness and a high temperature (fever).

Can 'catching a cold' be avoided?

Most people believe that it is virtually impossible to avoid 'catching' a cold, particularly during the winter months. However, there are a couple of steps which can be taken to minimise the risk of coming into contact with the virus which causes the common cold.

These include:

- Avoid coming into contact with people who have colds, if possible.
- Do not touch your eyes or nose after being in physical contact (e.g. shaking hands) with someone who has a cold. This is one of the most common ways of spreading the infection.
- Avoid crowded, stuffy atmospheres where the risk of contracting the cold virus is much greater.
- Wash hands thoroughly and frequently, especially after blowing your nose.
- Keep rooms well ventilated at all times.

What should I do if I have a cold?

- Unlike influenza, where bed rest is strongly advised, there should be no reason to curtail daily activities if suffering from the common cold. However, do recognise your limits and expect to become tired and worn out more easily.
- Stop smoking, because it irritates the mucous membrane (soft lining) of the nose even more and may also exacerbate other respiratory problems.
- Drink plenty of warm liquids, as these are known to reduce the symptoms of the common cold (Not alcohol!).
- Paracetamol, taken regularly in the recommended doses, will help to reduce your temperature and relieve pains and aches.
- Nasal decongestants, which are available over the counter in your local pharmacy, will help to relieve the blocked up, stuffy feeling in the nose which is caused by swelling of the mucous membranes inside the nose.
- To aid breathing, try to sleep with your head on a high pillow.

How is the flu virus contracted?

As influenza is a viral infection, it is passed from one person to another through the air. The nose, throat and lungs are the three areas of the body attacked by the flu virus. Unfortunately, there is no foolproof method of avoiding flu during the winter months.

How long does it last?

A bad bout of flu can last for five days, and may be followed by a general feeling of fatigue and exhaustion for up to three weeks.

What are the symptoms?

A number of symptoms are associated with the flu, but probably the most obvious ones are headaches, a dry cough and fever with a temperature somewhere in the region of 38 to 40 degrees centigrade. A good indication that you are suffering from flu and not just a cold is if your illness begins suddenly, and over a number of hours you feel increasingly unwell.

Anyone suffering from the flu can have a combination of all, or some, of the following symptoms:

- Fever (with temperature in the region of 38 to 40 degrees centigrade).
- Runny nose and sore throat, usually accompanied by a dry, tickly cough.
- Aching pains in the muscles and joints.
- Severe headaches.
- Dry cough.

- Chest pains.
- No appetite.
- Inability to sleep at night - may feel cold and shivery, or hot and sweaty.
- Vomiting and/or diarrhoea.

How is it treated?

Since the flu is a viral infection, it does not respond to antibiotic treatment. The best possible remedy is to rest, preferably in bed, and drink plenty of fluids, until the worst of the symptoms begin to disappear. Paracetamol should be taken regularly to lower the temperature and treat the symptoms.

Can it be prevented?

Because there is always the danger, particularly in older people and those with chronic lung disease or other chronic illnesses, that a bout of flu may lead to pneumonia, vaccination against influenza is strongly advised. However, this will not protect you against coughs and colds during winter.

- Don't try to fight the flu. If you do, you probably won't win, and you will end up getting a much more severe illness than if you had taken to your bed at the outset! Self-help remedies that should be tried include:
- Rest, rest and more rest - preferably by staying in a warm bed, and try to get as much sleep as possible.
- Drink plenty of fluids, because a lot of liquids are lost during a high fever.
- If you are a smoker, stop smoking as this may only exacerbate your symptoms.
- Common painkillers such as paracetamol will help to reduce fever and ease aches and pains in the muscles and joints. Take them regularly, but do not exceed the recommended dose.
- If a dry, tickly cough is present, an over-the-counter cough remedy may relieve the symptoms.
- Avoid alcohol.

Important things to remember:

- If you're sick you're sick — take the day off and get better, catch up on notes the following day!
- Don't take the other extreme and call every sniffle the flu!
- Wear a jacket as it's cold and avoid getting wet! This may sound stupid but it actually really works!
- Get multivitamins to replace any vitamins or minerals missing from your diet (these can be bought for next to nothing in Tesco or Boots).



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Freshers Week 2004

20th - 23rd September



The two most important weeks in a student's entertainment calendar are Freshers Week and Rag Week. The latter takes place within the first two weeks of Feb and probably ranks number one on the college entertainment calendar. (Provisional RAG Week 04 dates = Feb 07-10).

Freshers Week 03 will Kick off in two of the local Bishopstown pubs, **Mac B's** a.k.a. Bishopstown Bar and **The Outpost** on Sun 19th Sept. Both Pubs will have a good line up of promotional giveaways, live music with both DJ's and bands so check out their adds on the back page and the page 17 for a complete listing.

The college entertainment will kick off at approx 11.30am on Monday 22nd in the West Atrium. The West Atrium or the hall opposite the "Eating Canteen" is where all the college entertainment activity takes place.

This, like all the college, is now a NO SMOKING area so don't say you have not been warned. You can check out the timetable on this page for On-Campus activity during Freshers Week.

The three main nights in town are Tuesday, Wednesday and Thursday. After checking out a number of pubs in town your college clubbing will start out in a club called Club Renaissance, located down Careys lane just off Patrick Street. The theme of the night will be a **Traffic Light Disco**. Wednesday will see the return of all those old school uniforms as the annual Freshers Week **Uniform party** kicks off in Redz Night Club at 11 p.m.

The HIGHLIGHT of Freshers Week will be **FRESHERS FEST**. Every Year CIT Students' Union are trying to come up with new & fresh ideas for Freshers Week. This year

after much organisation and with the cooperation of An Garda Síochána, CIT Students' Union have been granted a license to hold its first Festival in the city. CIT Student Union has been granted permission to close off a lane in the city centre. The Lane is **Careys Lane** just off Patrick Street. (Below HMV). Located on this lane you will find 2 night clubs accompanied by their respective pubs. Once students enter the lane they will have free movement between the 2 clubs and 2 pubs. Inside the venues you will be entertained by bands and DJ's.

Tickets go on sale from the Students' Union Stand located in the main corridor from 1-2pm during Freshers Week.

Please note that **valid 18+ ID is required** before you enter any of the college nightclubs. (Garda/Passport ID preferably).

Day Time Entertainment

Monday 20th Sept:
Comedians:
Paddy Courtney & Neil Delamere

Tuesday 21st Sept:
Band: **Deuces Wild**

Wednesday 22nd Sept:
Hypnotist **Adrian Knight**

Thursday 23rd Sept:
Band: **The Willful**

Night Time Entertainment

Tuesday 21st Sept:
Traffic Light Disco @ Club Renaissance

Wednesday 22nd Sept:
Uniform Disco @ Redz

Thursday 23rd Sept:
Freshers Ball Careys Lane
Check Bill Boards for details

Valid 18+ ID Essential for All night-time events - ROAR

CITSU Entertainment Office

Let Us Entertain You!

CITSU Ents office is located in the Pre-Fab just outside the information desk on the main corridor. Feel free to call in at any time to avail of our Entertainment Services. We can organise class parties, paint balling, Go-Karting, mystery tours, pool competitions, quizzes, monster bingo and anything in-between. We also have chessboards and quite a few other board games that are free to hire.

One of our more popular requests is organising class parties. We have quite a few class party venues on our books that provide great deals for groups of 20 or more.

We do realise that going to college can be an expensive time, so we here in the Entertainment office, try and get the cheapest class party deals available so that you the students end up with a few more euros in your pocket at the end of the night. We also provide concessions for nightclubs, so come on over and organise a class party today.

If you can't make it over to the office to book a class party then you can book it on line by visiting www.citsu.com your Students' Union official website.



Adrian Knight Hypnotist

Tuesday 22nd September

Adrian Knight is a master Hypnotist, popular in the USA as well as his native Ireland. He combines a unique blend of outrageous humour and his witty, mischievous style of delivery make him one of the best in the business.

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- 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!

Movie Review by:

Shaun O Connor

fahrenheit



“...Moore conveniently forgets to mention the horrors of the Hussein regime, and almost suggests that Iraq was an idyllic place to live before the American soldiers got there...”

Michael Moore's 2002 documentary *Bowling For Columbine* was the first true documentary that broke into the mainstream, playing to packed houses in multiplex cinemas. A brilliant, scathing look at the media-perpetuated culture of fear in America, it also paved the way for the subsequent emergence of the documentary format as popular cinema (propelled on by the later success of *Touching The Void*, and the forthcoming *Supersize Me*, an assessment of the supposed nutritional value of McDonalds food).

With *Fahrenheit 9/11* (a reference to the classic Ray Bradbury book *Fahrenheit 451*), Moore has moved his targets from American culture as a whole to the system which governs it; namely, the Bush administration.

The murky histories of the Bush presidencies are explored, as well as their myriad connections with, and evident dependence on, Saudi financing. Moore purports that Saddam Hussein was made a scapegoat after 9/11, that strictly financial motives were behind the invasion of Iraq, and that such a move had actually been on the cards for years. We see examples of the more ludicrous governmental restrictions and invasions of privacy that followed 9/11. (Ashcroft's Patriot Act, etc). The final section of the film examines the actual effects of the war in Iraq, from the perspectives of both the Iraqi people and the American troops.

It's important to acknowledge Moore's undeniable talent as a documentary filmmaker and general entertainer. His ability to package and structure his vitriolic criticisms into an enjoyable, cohesive cinematic narrative is unparalleled - indeed, his books pale in comparison, both in terms of assembly and effect. Moore is a consummate visual artist. His cutting between stock footage, newsreels, TV interviews, still images and even animation, is fantastic.

Towards the beginning of the film, there is a brilliantly effective sequence that juxtaposes the all-too-familiar soundscape of 9/11 (punctuated by explosions and screams) with a black screen, a darkened cinema. This is an ingenious manipulation of the medium. Any criticisms that may have been levelled at gratuitous re-usage of images already seared into the collective psyche are avoided. And yet, the sound has been carefully remixed to heighten the effect — the planes fly across the theatre in Dolby surround before crashing in unseen, subwoofer-enhanced explosions.

Cinematic devices such as this are used to great effect throughout. For example, when Moore informs us of Dubya's unexplained exit from the military in the prime of his youth, the opening riff of Eric Clapton's *Cocaine* is played to suggest the obvious, without incriminating anyone. REM's *Shiny Happy People* accompanies a photo montage of Saudi/Bush meetings. Subtitles reveal the truth against the falsehoods of an interviewee's spoken words. A mock-up scene from a Western features Bush's and Blair's faces superimposed onto those of cowboys, to ridicule Bush's *Smoke 'Em Out* approach to the threat of terrorism. All of this is visual, funny and very entertaining.

The problem in my mind, however, is that it's all just a little too easy. Clips of Bush tripping over his own words are in the news almost every other night. We know he's not a particularly articulate man, and is generally not graceful under pressure. But for a talented documentarian like Moore to bookend almost every scene with one of these clips is like shooting fish in a barrel. For every point he makes, he has a vast selection of *Bushisms* he can use as both punctuation and accentuation.

Also, it's important to be constantly aware of the context of the information Moore presents. Context changes all. For example, there's a scene in which Bush is seen speaking into the camera, saying how it is imperative to catch and kill the terrorists. He then says, *Now watch this drive*, turns around, and proceeds to tee off a game of golf. In Moore's context, it's obviously meant to suggest that Bush is nonchalant towards the threat, and spends more time relaxing than dealing with international problems.

In another context, this scene might suggest that we must indeed deal with the safety of the country, but that we must be unafraid to go about our everyday business — since a culture of fear and repression is in fact the ultimate goal of acts of terrorism. Indeed, that very point is one of Moore's other main points in the film, and was the prevailing theme in *Bowling For Columbine*. So that same clip, in another scene, could actually have worked in Bush's favour.

There seems to be a great deal of relevant information missing, too. Moore conveniently forgets to mention the horrors of the Hussein regime, and almost suggests that Iraq was an idyllic place to live before the American soldiers got there. Also, the unspeakably violent repressions of the Taliban in Afghanistan (also dissolved by US intervention) are glossed over, save for when it is mentioned that the US government had a member as a guest in the White House years ago.

The fact is that regardless of any dubious motivations (and they



seem to be many) for the conflicts in Afghanistan and Iraq, there have been undoubtedly positive results; Hussein has been removed from power, and the network of terrorists that once flourished in Afghanistan, the same network that facilitated the elaborate planning and execution of the 9/11 (and other) attacks, has been severely disrupted. Moore fails to mention any of this.

This habit of excising information that may lessen the impact of the material can be quite dangerous. Since the medium is inherently more immediate and memorable than others, and Moore is highly adept at manipulating it, it is of the utmost importance to be emotionally neutral when viewing such work. This can only be done by consistently absorbing information from many other sources; newspapers, the Internet etc. They may not have the emotional impact of Moore's work, but dispassion permits objectivity.

On a purely cinematic level, too, *Fahrenheit 9/11* disappoints. *Bowling For Columbine*, Moore was able to substantiate his opinions; conversations alone with paranoid, gun-toting yanks proved his point that society and the media were becoming dangerously oppressive. Here, however, the attacks are more bitterly partisan and less focused. His criticisms are levelled through either pastiche or maudlin interviews far too often. Whether this was a stylistic choice or compensation for lack of material is unclear - but the film suffers for it.

For example: In *Bowling For Columbine*, Moore enlisted the help of two students injured in the school massacre to convince Wal-Mart to stop selling bullets in its stores. In *Fahrenheit 9/11*, Moore follows a mother who has lost a son in Iraq as she travels to the White House. There, she reaches the building's perimeter, breaks down in tears and wails for her loss. It's poignant, but the simple fact that there seemed to be no real point to her excursion in the first place is overlooked. It may have been intended to suggest the futility of the little guy against the tyranny of the government, but it just looks like a badly organised road trip.

Scenes like this cause the film to ramble at times, and indeed, *Fahrenheit 9/11* suffers from a very flabby final half-hour. Fortunately, Moore knows the power of a good ending, and saves the best, most witty attack for last - with a fantastic quote from George Orwell, the most apt Bushism of the entire film, and Neil Young's *Rockin' In The Free World* to wrap up with a great summation.

That's part of Moore's genius: the ability to assemble completely disparate media elements, many of which may already be familiar to the audience, and combine and contrast them to create something new and unexpected. But whereas in the last film he used it to create exclamation points alone, here he seems to depend on it completely. It's the same with special effects — if they're used as tools to further the storyline, they can be fantastic. But reliance on them without a good story results in a hollow, boring experience. And that's the crux of the problem with *Fahrenheit 9/11* — it's all novelty, without a well-structured basis. This is especially surprising since *Bowling For Columbine* was an almost note-perfect example of how to do it right.

As social commentary, *Fahrenheit 9/11* is occasionally incisive, but generally polemic and flawed. As pure entertainment, it's badly assembled, though Moore's passionate rantings remain enjoyable and infectious.

Just keep in mind that it's only one man's opinion.

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Queer Dear?

by Jon CIT LGB (Vice President)



There comes a time in every gay boys life when he just thinks, 'Sod it! It's not so much coming out these days as relaxing into your sexuality, taking it a step at a time and doing what ever feels comfortable for that person.

Of course first year was spent going to the Goat and having mad craic. This was fine for me at the time, Cork was all new to me, so I was hardly going to pop down to Taboo (RIP) and have a fag and a pint on my own.

I suppose my very first step was buying Attitude (FHM for homos) in the newsagents, my face going as red as the cover of that issue. That was a long time ago but to this day when I pick it up off the shelf and bring it to the till, the unsuspecting girl working there would gawp at it and shove it into a paper bag as if it was porn.

Actually, if I really think about it my self-confessed bad taste in music was the first step in coming out. In school everyone knew I loved S Club 7, and subsequently I got the piss ripped out of me (and deserved it!). So it was no big surprise to my best friends when I told them. Yeah I kinda knew, was the lukewarm reaction I got from most of them. Don't worry I'll still treat you the same, I got from one of my ditzzy friends at the time. She

treated it as if I had picked it up on holiday. One of your boys did my hair once she gushed. Oh Jesus woman, quit while you're behind I thought to myself.

My family seemed fine about it (I know I'm still the favourite child). My older brother and sister didn't seem to say much, but telling my mother was peculiar to say the least. She did seem a little upset but basically said the same thing my brother and sister said, 'that's fine dear, now let's never speak of it again'. Being typically Irish, we had dinner and did exactly that. If we see a problem we tend to ignore it. How many people get up and form an orderly queue when the fire alarm goes off in the library? Acceptance takes time, so does coming out. As I said above, it is best to take it step by step and do what feels comfortable.

Bored of flicking through my Attitude, I decided to give a wander down to PF44 on a Wednesday. At this stage I was so sick to death of going to straight pubs and clubs, watching my mates score with each other. Isn't it time I had a little fun? I said to myself.

I popped my head round the door and gasped that there was actually more than 10 people there! The worst thing about me is that when I'm nervous I talk faster than Bosco on speed! You couldn't shut me up I was so nervous. But the group didn't seem to mind, we soon got to know each other and then it was off to the pub for a well-needed pint.

I can honestly say that going to the LGB meetings was the best thing I did last year. It turned my life into something enjoyable and something that I didn't have to be scared or ashamed of. So if you do happen to be gay, lesbian, or bisexual or you're not sure, then the LGB Society is a great outlet to meet likeminded people and be yourself.

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The Irish Illusion

by Shaun O Connor

“...we’ve been under the thumb of the Catholic Church and it’s empty threats for centuries, our minds utterly consumed with unfounded fears of spending eternities in Hell for “indulging” in what people nowadays deem to be human nature...”

Ireland is a unique, amazing country. Everyone loves us. Worldwide, we are perceived to be the untouched green pasture of the civilised world; cultured yet old-fashioned, educated yet unshakably traditional. We are the rock-solid culmination of a history of rock-solid values. We have stuck to our ideals through the good and the bad, and they have served us well. Our beliefs have rendered us unbreakable.

This is evidenced by the fact that we were brutally oppressed for 700 years — but came through it, fighting for our independence at every step. Larger nations have fallen under such empirical pressures, but the indomitable spirit of the Irish saw us through the dark times. We survived, albeit not without our scars. Our people are, because of this and many other factors, now more devoted to their country and to each other than ever, bound by the gossamer lunacy that John B. Keane once described.

This unflagging self-belief has roots in the spiritual strength and devout piety that pervades our history. Ireland’s religious upbringing has been in one sense a blessing, but mainly a curse. On one hand, it produced a country with a singular sense of innocence; an island filled with an insular people and a corresponding mindset that has, with regard to many issues, left us charmingly behind most other countries in the world. It produced a culture that presented itself as being pious and pure.

There’s something nostalgically endearing about this, and it’s this specifically that makes us such a popular stereotype in many other cultures that may have suffered from internal strife, or who pine for the days before the ravages of industrialisation and urbanisation. These social advancements brought with them the inherent results of having large groups of people together in small municipal areas; faster lifestyles, more social activity and eventually, a rat-race mentality. People sometimes like to think of Ireland as a haven, an emerald glade where almost none of this exists, populated by inhabitants who are much better off because of it.

A typical example of this is the classical image of small-town Ireland, where everybody knows and gets on with each other, where sexual promiscuity or deviances are never an issue, and where the town’s social life begins at the pub and ends at the church. Regardless of wealth or poverty, all people are essentially happy and all childhoods are idyllic. Irish people are kind, generous and welcoming to everyone. Because of all this, we are a country to be admired, a country who enjoys deserved popularity around the world. Everyone loves the Irish.

But we who actually live in Ireland all know that the truth of the situation is very, very different.

The fact is, we’ve never been indomitable. We’ve been under the thumb of the Catholic Church and its empty threats for centuries, our minds utterly consumed with unfounded fears of spending eternities in Hell for indulging in what people nowadays deem to be human nature. It took the scandalisation of the Church in Ireland to give us an excuse to rally against it, to finally rage against a machine that was inherently flawed; a religious system based on fear instead of love, and blatantly abusing the power we bestowed unto it.

But, we’ve escaped that, right? Now we’re free, right? - Wrong.

We’re still being cowed and crushed, as evidenced by the complete, unquestioning subservience the populace has towards the rip-off corporate cartels (from pubs to phone companies to transport company to the media) that practically run our lives. It seems to me that we’ve merely passed from one hierarchy of theft to another; the older maintained power by robbing us of our individuality and spiritual freedom, the newer just stands on the shoulders of the first, cuts to chase and steals our money outright. We’re more under the thumb than ever, it just now happens to be someone else’s hand.

Our social lives do indeed begin at the pub and end at the church, in that many of us drink ourselves into our graves. And let’s, for once and for all, dispel the myth about Irish people being more kind and welcoming towards others than in other countries. What a crock. I’ve travelled, and it’s my experience that the Irish are in fact, one of the least accommodating peoples I’ve encountered. We turn our nose up at foreigners, we rip them off even more so than we do each other, give them the bare minimum of common courtesy. A great many of our people have their own little agendas from which they will not deviate. A great many of our people have become selfish, boorish and ignorant.

And yet, we’re still admired, for all the wrong reasons. For example, take our happy-go-lucky image, the idea that we’re not bothered by anything that doesn’t end up killing us; That no matter what, we’ve always got our friends, family, neighbours, and our alcohol to use as a crutch. And granted, this is true to a certain extent. We are an easy-going people, and our carefree nature is seen by many to be a very positive thing. But the reality of the situation is this:

This all-encompassing happy-go-lucky attitude has, and is, been taken advantage of, again and again by the more ambitious, power-hungry individuals from within and without of Ireland, with no fear of complaint. It is profited from at every step of the social pecking order, from the street corners to the houses of parliament. It facilitates those with enough ambition to promote ignorance, to beat down any dissenting voices, to gain and stay in power. I realise that this type of injustices are observable worldwide. My point, however, is that Ireland not only accepts this attitude without a fight, but indeed promotes it, as if we want to have these oppressions forced upon us. Why? Maybe it's force of habit. Maybe it just wouldn't feel right to have fair, unmonopolised systems governing our collective existence.

We almost never complain. If, by some miraculous turn of events, we decide to voice our discontent, that's invariably as far as the dissent will go. We won't actually do anything about it, and the people who ripped you off don't care because they know that they have a cosy little monopoly on your need for their goods. You don't have a choice, you'll take whatever they give you, at whatever price. It's a pretty sweet deal for the people providing the product.

So, the image that other cultures may have of us, and the image we have of ourselves, is only true as far as it applies to negative aspects. We're welcoming, but only if we can benefit financially from your presence. We're all for a good time, but we'll submissively pay extortionate prices for the privilege. We're happy-go-lucky, to the point where we disregard everything that's wrong with our culture and our lives. Indeed, we have developed what should be called selective ignorance; for example, we all get flustered if a politician we've never met and who has never represented us gets busted for receiving illegal payments, and is investigated in an interminable tribunal. We care deeply if someone gets voted off Big Brother. We wet ourselves if the local youth team wins the county championship.

But, we don't seem to want to do anything about the fact that we're being ripped off on a daily basis by the public transport system, the phone, insurance and electricity companies we must deal with constantly. We don't care that our secondary-level educational system is antiquated beyond belief, and traumatises students into depression and even suicide. We don't care that our media outlets have become feedbags for the idiot mind, offering nothing outside of the soul-destroying standards of commercialism that are imposed upon us. We don't care that we're obviously seen by vintners as nothing more than an alcoholic nation with deep pockets.

Why is this happening? How have Irish brains been hardwired to erupt into passionate speeches and actions over events that in reality have no bearing on us, while fervently ignoring that and those which actually do affect our lives adversely?

There are very good reasons. We're being trained to think like this, to be fearful of authority. We are taught that self-education (outside the system) is useless. We are quietly instructed to act like sheep, nudged constantly towards docility.

This is not scaremongering for the future. This is happening right now, and the evidence is everywhere.

www.direland.org is the new website that examines that evidence; that explores, in detail, the hypocrisies and lies in what you have been taught by the Irish media and educational systems.

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What is the Guild?

“...it’s a bit like a computer game, but without the computer! In fact, some popular computer games, such as Neverwinter Nights are derived from games played by the Guild...”

Unlike most societies in CIT, the Guild’s name is not self explanatory. You have some idea, at least, what the film-making or chemical engineering society does. So what is the Guild? The Guild is CIT’s society for, Role-playing, War-gaming and Card-gaming. Three non-members have just said aha! the rest of you went huh? I will discuss these three in turn.

Much of what the Guild does can be described as follows: it’s a bit like a computer game, but without the computer! In fact, some popular computer games, such as Neverwinter Nights are derived from games played by the Guild

A Role Playing Game (RPG Note: Almost everything the Guild does can be said in Three-Letter Acronym form) is a game where you play a role of a character within the game world. Settings range from fantasy to the modern world to sci-fi environments. The Games Master gives the players a task, and it is up to them how to achieve it. The most fun often results when players disagree on the course of action to take. Dice rolls are used to determine the results of many actions, swinging a sword, hacking a computer network etc. The better your character at a given task, the lower result needed on the die to succeed.

War-gaming, or Tabletop battle gaming, involves two or more players fighting out a battle using small models. Players select armies of equal value and attempt to out-think and out-fight their opponent. Armies can consist of masses of poor troops, or a few elite units. A balance is normally best. Battles can be linked together to form a story, and massive battles with dozens of players are almost always fun.

Collectable Card Games (CCGs) are almost nothing like traditional card game. Players pick their cards before the game, and play to prove their cards are better, or work better together, or that they are better at using them. Decks are built around a strategy or theme, such as cards that allow more drawing of cards, or cards that allow you to see what’s coming next. Again, a close match or a big multi-player game is normally the best.

Of course, the Guild, like every society, has a social side. This includes the Pub Quiz held before Easter, and Pub nights throughout the year. We also bring members to large gatherings of people with similar interest called Cons. We are hoping to hold our own, Ubercon 3: The Return in June. The first Ubercon won The Guild an award for best event in 2003. (It was held in 2002, after the Societies Awards, so we had to wait a year for the award itself)

The Guild meets up at least once a week on campus. If you are interested in anything mentioned above, please come along. We also provide Stand-alone games (SAGs) and console gaming. Check What’s On for details of our activities. By the time you read this we should have set up a page of links on the CITSU forums, be sure to check it out. Be on the look out for tournaments in the Atria, particularly during RAG week.

Vincent Thompson, Guild Treasurer.

Societies Day: Get Involved!

Wednesday 22nd September 2004

The first real opportunity to check out the societies in CIT is on Societies Day, which will be held on Wednesday 22nd September. The purpose of the day is to encourage participation in Societies and to raise awareness of the huge variety of Societies. If a particular Society appeals to you put your name down and head along to their first meeting. If you have taken the time to study all of the Societies that CIT has to offer and believe that your interest is not catered for then why not try and set up that Society. It isn’t as difficult as it may seem! Call to the Societies Office to discuss it (C243A) or e-mail omahonym@cit.ie.

How do I join a Sports Club or College Society?

Check out What’s On Every Week to see meeting times or contact Mervyn O Mahony, Societies Officer, or Eithne Lydon, Sports Development Officer. Remember that everyone is welcome to join and if we don’t have the club or society you want, why not set it up with our help!

Mervyn O Mahony: omahonym@cit.ie
Eithne Lydon: elydon@cit.ie

explicit

WOULD YOU LIKE TO HAVE YOUR CLUB/SOCIETY HERE?

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

To join a society email the CIT societies officer: mervyn@citsocs.com



Kim s Cookery Corner

“...beginning College life is an exciting time but it can put a strain on your mental and physical well-being as well as your bank balance. Eating a healthy, balanced diet will help keep you feeling and looking good – and it doesn't have to be expensive...”



The Classic French omelette

Serves 1:

3 eggs —	[6 pack free range eggs 1.51]
3 teaspoons of water	
Half tbsp. Mixed herbs	[Saxa mixed herbs 8g 0.60]
Salt and pepper	
A little oil	

Filling:

25g bacon diced	[Galtee Tender cure rindless 140g 2.09]
25g of button mushrooms, chopped	[Tesco value mushrooms 1.94 750g]
15g of grated cheese	[Kerry low-low 200g 2.69]

To cook:

Prepare the filling: Toss the bacon in a hot pan with a little oil. Add the mushrooms, cook for 1-2 minutes and set aside with the cheese.

A non-stick omelette pan is essential. Beat the eggs, water, herbs and seasoning together. Heat the pan, add a little oil, and pour the egg mixture. Work quickly, drawing the egg to the centre of the pan as it begins to set. This allows the uncooked mixture to reach the base of the pan. Continue until you have the omelette cooked to your liking.

Place the filling along the centre of the omelette. Starting at the handle, fold over the omelette one third. Slide the omelette down the pan.

With your hand under the handle, tip the omelette onto a warm plate, making the third fold. Sprinkle with finely grated cheese and serve with mixed salad.

Pitta Parcels

Serves 2

2 Pitta Breads	[1st Choice pitta bread 6 pk 1.29]
2 tbsp. Low fat natural yoghurt	[sno natural yogurt 125g 0.42]
6g cooked chicken, chopped	[Tesco chicken pieces 114g 2.95]
45g of grated carrots	[0.14 each]
Lettuce leaves, shredded	[0.59]

Warm Pitta Breads slightly in microwave for a few seconds then split along one side with a sharp knife.

Mix all the ingredients together (except lettuce leaves)

Place lettuce leaves into pockets, and then spoon chicken mixture on top.

Nutrition on a budget

We all know that a combination of a balanced diet and frequent exercise is essential for a healthy mind and body. Beginning College life is an exciting time but it can put a strain on your mental and physical well-being as well as your bank balance. Eating a healthy, balanced diet will help keep you feeling and looking good — and it doesn't have to be expensive.

As a student you will probably be very busy after daytime lectures so these recipes are especially for you. They can be prepared and cooked within 30 minutes, use basic and economical ingredients and are, above all, tasty and nutritious.



Rochestown Park Hotel

CIT's Number 1 Ball Venue of 2003 wishes that you have a great year ahead and looks forward to seeing you at the forthcoming College Balls!

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



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

explicit Word Search

sponsored by
CIT Societies Office

- SEPTEMBER
- CORK
- INSTITUTE
- TECHNOLOGY
- STUDENTS
- UNION
- FRESHERS
- WEEK
- ATRIUM
- ENTERTAINMENT
- EXPLICIT
- MAGAZINE
- WELFARE
- EDUCATION
- SOCIETIES
- SPORT

PRIZE THIS MONTH - 30 EUROS!

NAME:

PHONE:

CLASS:

COMPETITION CLOSSES 5PM THURSDAY 30th September 2004.
 PLEASE RETURN TO STUDENTS UNION MAIN OFFICE (C143)
 ALL ENTRANTS MUST BE CIT STUDENTS
 & ENTRIES MUST BE ON OFFICIAL FORM.
 GOOD LUCK!

Each Word Search entry will also be entered into competition for Make-Up Beauty Session courtesy of Tresbelle Beauty Salon, 16 Uam Var Avenue. Tel: 021 4347644!



STUDENT PARTY DEALS

- * party games organized
- * complimentary finger food
- * soft drink concessions
- * party organizer concessions
- * killer pool competitions with prizes
- * party DJ provided
- * reserved seating
- * complimentary Birthday cake
- * Ice Pops
- * Jelly Babies

call the party line on **086-3910369**









The Mardyke, Sheares Street, Cork. Tel 4273000

brunos
 modern lounges | bar

The Outpost

Snakes & Ladders Guide to Freshers Week 2004



 24 ALWAYS A WINNER AT THE OUTPOST	 AH! STUNG BY THE BEE AGAIN!	TUESDAY: COUNTY COLOURS NIGHT	TUESDAY: TUG OF WAR ALL IRELAND REPLAY	AH! FORGOT TO DO CLASS PROJECT ON TIME!	ALL WEEK: PARTY FUN & GAMES
THURSDAY: LIVE MUSIC FULL TILT 7 - 9pm		WEDNESDAY SCHOOL UNIFORM PARTY		AH! LEFT STUDENT ID AT HOME!	
FOLLOW THE CROWD TO THE OUTPOST			LIVE MUSIC AND PARTY FUN EVERY WEEK!	MONDAY: PAT FITZ LIVE @ 9:30PM	"STUDENT" FRIENDLY PRICES ALL YEAR!
 STARTERS ORDERS AT THE OUTPOST	MONDAY: LIVE MUSIC JIMMY & NOEL 7PM	CIT'S BEST & ORIGINAL STUDENT BAR	BBQ 7pm ON MONDAY AND WEDNESDAY	WEDNESDAY: PARTY FUN WITH DJ ANTHONY FLEMMING	FREE BUS TO TOWN ON TUESDAY AND THURSDAY

Rules: For the Best Student Nights at CIT you MUST go to The Outpost!

The Outpost

CIT's Best & Original Student Bar

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

Monday 20th September:

Live Music:
Jimmy & Noel - 7PM
Pat Fitz - 9pm
BBQ @ 7PM

Wednesday 22nd September:

School Uniform Party
Jimmy & Live - 7pm
Party Mayhem with DJ Anto Flem
BBQ @ 7pm

Tuesday 21st September:

Bonzai with DJ Pat C - 9:30pm
Tug of War All Ireland
Wear Your County Colours
Pat Fitz Live - 7pm

Thursday 23rd September:

Pre Freshers Ball Party
Full Tilt Live - 7pm
Party Mayhem with DJ Anto Flem
FREE Bus to Town on Tues & Thurs