

# explicit

CIT Students' Union Magazine  
Volume Seven - Issue Six

**RagWeek  
Preview**

**Crawford Students  
March in City**



# RagWeek

# 2006

**5th - 9th  
February**

**EVENT PROGRAMME INSIDE!**

**Welfare  
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## CIT Students' Union

Rossa Ave,  
Bishopstown  
Cork,  
Ireland.

Telephone: 021 493 3120

Fax: 021 454 5343

Email: info@explicit.ie

## explicit Staff

Editor - Caitriona Foley  
Design & Advertising - Philip O'Reilly

## Contributions

Michael O'Connor	Jeremy Ó Murchú
Sinéad O'Connell	Mick O'Mahony
Michelle Bouse	John Grant
Colm Crowley	CIT Canoe Club
Self Help Africa	Poker Society
Calvin Kissane	Barry O'Sullivan

## CIT Students' Union

President - Jeremy Ó Murchú  
(supres@cit.ie)  
Vice President Education - Michael O'Connor  
(sueducation@cit.ie)  
Vice President Welfare - Sinéad O'Connell  
(suwelfare@cit.ie)  
Entertainments Officer - Charles Daly  
(suents@cit.ie)  
Projects Officer - Wesley Kiely  
(suprojects@cit.ie)  
Communications Officer - Caitriona Foley  
(sucomms@cit.ie)

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## We Need You!

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



Hello boys and girls!

Springtime is here, and there is absolutely no excuse for staying at home this month! Rag week is happening right now, and Valentines Day is right around the corner. Even better, on the 28th of February, it's one of the best days of the year – Pancake Tuesday, so dig some change out of your pockets for charity, get smooching, and get flipping mad with pancake batter (I just love February).

On the 25th of January, the students of the Crawford, along with class reps from C.I.T. and many other supporters took to the streets of Cork in protest at the proposed relocation of the Crawford College. The day was a huge success, and if you weren't there you missed some great samba drumming, 12-foot tall Gargoyles, and of course the brilliant chanting of the students. This of course is not the end of the campaign and we still have a long way to go so make sure you try to spread the word to your friends and family that the students of the Crawford aren't going anywhere soon.

It's hard to believe that this is the 3rd last issue of explicit, and I suppose I'll have to remind you that elections are coming up soon, so if you're new to CIT, get ready for some utter madness and desperation by candidates to secure your vote for next year's Union.

So now I hope you all enjoy the antics of all the acts here at Rag Week and at the Tramps Ball, make sure you help out all the worthy causes that are collecting during the week, have a brilliant time and find (or keep) that special someone for Valentines Day!

### Before I go, here's what else to do this month:

**Movies** – Match Point is very British, but has a very excellent twist in the story and of course, with Johnathan Rhys Myers and Scarlett Johannsenn starring, there's no excuse not to go. If you'd like something a little more controversial, Brokeback Mountain is out, as well as Breakfast on Pluto with our very own Cillian Murphy.

**Travel** – Don't forget to take advantage of the new bus service running from Kent Train Station to CIT. This is great, as taking the train is sometimes cheaper than the bus if you have the Iarnród Eireann Travelcard.

Until next time,  
Caitriona



# Students Defiant Against Crawford Move

*"...it is ridiculous to think that the powers above are willing to remove the heart of Cork's culture, its art college, to the outskirts, to the suburbs. Decentralisation is not what's needed here. The students' voices are not being heard.."*

Almost 300 students of the city's Crawford College of Art and Design (CCAD), a satellite campus of Cork Institute of Technology (CIT), marched through the city on 25th January and vowed to resist any attempts to move their college to CIT's main Bishopstown campus. They also demanded the immediate release of Government funding to refurbish the CCAD building.

Students' Union President Jeremy Ó Murchú told a rally, which included students from the National College of Art and Design in Dublin and UCC, that college authorities favoured the "cheap option" of moving CCAD rather than refurbishing the 90-year-old landmark building. "If CCAD is relocated, then its prestigious history and identity will be lost."

A CIT spokesperson said no decision has been made on the college's future. Relocating CCAD is still one of three options being considered. About 300 full-time students are studying at the college. Another 30 post-graduates are studying in its Art Therapy Department on the outskirts of the city - one of only four such departments in Ireland and Britain.

Mr Ó Murchú said the facilities in either building do not reflect those of a third-level institute. Students are being forced to study in a cramped and noisy buildings, he said. "More serious problems include leaking ceilings, exposed live wires, dry rot, inadequate heating systems, poor ventilation where highly toxic fumes are released in a building without the necessary facilities, a serious lack of equipment and materials and disintegrating building architecture. "It is atrocious what the students of Crawford have been subjected to for many years," he said.

The students' campaign was supported by city Cllr Jerry Buttimer (FG) and former art students Cllr Chris O'Leary (Greens) and Cllr Jonathan O'Brien (SF). Mr Buttimer said: "Moving the college to Bishopstown would be a regressive and wrong move.

"This government has more cash than any other government in the history of the State. How much would it cost to invest in CCAD? Not a lot. You must hold Education Minister Mary Hanafin and Cork's Fianna Fáil TDs accountable." Mr O'Leary said the issue would be raised in the Dáil in the coming weeks.

CITSU VP Welfare, Sinéad O'Connell, stated "The dedication of these students is amazing, even though they are working in terrible conditions, they love their college and still produce amazing work. The Crawford is a cultural asset to CIT, just like the School of Music and should not be forgotten or shoved under the carpet for the next person to worry about".

Crawford College Site President, Clavin Kissane, said "One can only respond with dismay to the proposed move of the Crawford College from its current location. The actual presence of an art college in the city centre is enriching and invaluable on several levels. Cork city was the European Capital of Culture last year, and it is ridiculous to think that the powers above are willing to remove the heart of Cork's culture, its art college, to the outskirts, to the suburbs. Decentralisation is not what's needed here. The students' voices are not being heard, or maybe they are being dismissed in order to achieve the main aim of the Government - money, money, and don't forget money".

He added, "At present the Crawford College of Art & Design is in a serious state of disrepair, although our conditions are far from ideal, there are many positives to the Crawford College. The building itself was built in 1910, and located across from the stunning St.Finbarr's Cathedral and minutes from the city, which provides immediate access to all types of materials and services that are necessary to produce artwork of an elevated standard. To remove these students from this situation is completely unreasonable as it will take away their inspiration and motivation".



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As some of you are aware the Crawford protest took place on the 25th of January to raise the campaign to a new level, to unite artistic students around Ireland in the fight for the Crawford to stay in its home on Sharman Crawford Street and to make their feelings heard about the Crawford being relocated to the Bishopstown campus. The protest was a great success and was well received by the general public and the media. Members of Fine Gael, Sinn Féin and the Green Party expressed their support for our campaign and the hypocrisy of the Government and their reluctance to release funding for the college.

Students from the National College of Art & Design and Limerick Institute of Technology's Art & Design College came down and participated in the protest, and we also had support from the UCC Students' Union. Democracy is supposed to mean government for the people, of the people, by the people. And yet the current Irish Government is refusing to listen to the future of this country - the students. The protest showed that the Students of Cork and beyond are willing to stand up against this Government for the benefit of the 300 budding artists of the Crawford whose needs are routinely being ignored.

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## Crawford Site President Demands CIT Take Action

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At present the Crawford College of Art & Design is in a serious state of disrepair, although our conditions are far from ideal, there are many positives to the Crawford College. The building itself was built in 1910, and located across from the stunning St.Finbarr's Cathedral and minutes from the city, which provides immediate access to all types of materials and services that are necessary to produce artwork of an elevated standard. To remove these students from this situation is completely unreasonable as it will take away their inspiration and motivation.

I would like to personally thank everybody who took part and made this protest march a success. Please look out for upcoming events that will raise the campaign profile even more and I personally will be grateful for your help and participation in this.

Calvin Kissane  
Site President  
Crawford College of Art & Design

## Education Advice - Motivation

### Mr Motivator

The keyword at this time of the year is motivation. It is defined as a state that serves to activate or energize behaviour and give it direction. Statistically this time of year is linked with high stress rates for the average Joe Bloggs. The average student probably links it with Rag Week and gaiety however. Those of you who are currently sitting mid-terms I hope you were motivated enough to study back in January, for the rest of you hopefuls read-on. Organisation now can yield results over the coming months.

### Goals-

Key to keeping you motivated, goals should be selected under two categories, short and long term. Short-term goals should be visibly achievable in the near future i.e. today I will do four hours study by 11.00 pm. Long-term goals should ultimately to achieve an award, but right now maybe passing your mid-term exams would suffice. When defining goals try and apply time-frames for completion especially for short-term goals, avoid using ambiguous terms and most importantly don't set unrealistic goals as this will dishearten you, this can contribute to a sense of failure.

### Spirit-

It is important to keep upbeat, recent studies show that patients in hospital recover up to 30% quicker when they keep upbeat and positive attitudes.

Setting practical goals can aide to this; also positive self re-enforcement can also help, verbally telling yourself that you can do something will in fact motivate you to continue.

### Rewards-

As well as devising goals one should also define awards to grant one self upon completion of goals. Simple rewards like going outside for a walk around, or visit to the corner shop, are good for short term rewards while rewards for longer term goals deserve more consideration. My favourite reward to myself was taking Saturday and Sunday night off after a weeks work.

### Surroundings-

It is easier to keep one motivated if your surroundings are comfortable to work in, so before you set down to study, make sure the area is organised, well-lit and ventilated.

If you can keep these few points it should be little easier to wade through the course work and revision, good luck in those exams.



## Summer in the States

The J1 USA Work and Travel Programme is as much a part of college life as a cupboard full of pot noodles! The J1 programme has seen tens of thousands of Irish students head to the US over the past 30 years and is an integral part of college life. This programme allows third level students to live and work in any part of the US for up to four months with a fifth month for Travel.

### Participants must be:

- Between the ages of 18 and 28,
- A full time student by day, attending a course for a minimum of 2 years that can potentially lead to a degree,
- Returning to College for Academic Year of 2006/07,
- In possession of a valid passport.

'I'd definitely recommend the J1 Programme to anyone, it was the best experience of my life' was one of the endorsements that SAYIT received from a summer 2005 J1er. Summer 2005 had it all - jobs were plentiful, accommodation was easy to find, Social Security problems were minimal and students made enough money to buy truck loads of cheap designer clothes, enjoy a holiday to Mexico or Canada AND pay back bank loans! Given the very positive feedback from last summer's participants, 2006 should see in excess of 10,000 Irish students availing of J1 visas.

Ambassador James C. Kenny of the US Embassy is very much behind the J1 Work and Travel Programme. "We look forward to hosting thousands of young Irish in the United States this year and I personally hope YOU are one of them" writes Ambassador Kenny.

A couple of words of advice during the months leading up June departure dates; SAYIT strongly recommend that students source accommodation and employment prior to departure – it is very competitive during the summer months with thousands of students flocking to the US from around the world. If the sandy beaches and endless sunshine of the coastal resorts don't hold appeal, be warned those intending to work in a city such as San Diego, Boston or Chicago, accommodation is more difficult to find as many Real Estate agents will only rent to tenants for a minimum of one year. The job market is also more competitive but on a more positive note there is more money to be made working in a city. Last year saw San Diego and Santa Barbara being the most popular J1 destinations. Popular Coastal and resort areas to choose from next summer include Cape Cod, Wildwood, New Jersey, Myrtle Beach, South Carolina and Montauk, Long Island.

SAYIT Travel the under 26 & student travel specialists are now accepting J1 bookings for their 2006 programme. We would advise all potential travellers to book early in order to secure an interview date at the US Embassy and avoid interruptions during exam time. SAYIT offer three ways to book; online at [www.sayit.ie](http://www.sayit.ie), by phone 1850 518 472 or through our agents nationwide. For full details of SAYIT Travel's 2006 J1 Visa programme visit [www.sayit.ie](http://www.sayit.ie)

**Further information and bookings may be obtained from the CIT Students' Union Shop.**

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# KONG

**OF ALL RAGWEEKS**

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**Thursday 9th Feb**  
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## CIT Students' Union President

Well it's Rag Week, that time of the year when students get to raise money for the best of causes. This year is set to be one of the best yet, The Camembert Quartet will kick the week off with a bang, you may be more familiar with them as the Ryan turbidly house band. If you want to be shocked horrified insulted and entertained then Tuesday presents Dave McSavage, Bladez will be on site to give free, if somewhat tight, haircuts, and that night will see the uniform party kick off in Blu Bambu. I won't tell you everything that's

planned but one other thing can't go unmentioned. The Rag Ball, this year will be held in Cubin's. Being headlined by Aslan, American Idiot and Delorentes, every taste is catered to.

The core of Rag Week is the possibility for us more fortunate to give something to those in need. I urge all students to dig deep and give generously to collections been held in the college. Remember that all profits from CITSU sponsored nights will go to charity. Sadly due to insurance restrictions we will not have a Gunge Tank this year but fear not we still have a few surprises for those unfortunate enough to be singled out. I do want to ask you all one favour be mindful of your neighbours this week, if you are going to have a get together then inform them and keep music at a respectful level especially late in the night.

Continuing with the overall review of college services and facilities we are now organising a review of all computer facilities and services within the college. In coming weeks we will be inviting comments from students. I appeal to all concerned students to take the time to fill out the surveys that will be dispensed through the college. Any queries or comments on this matter should be directed towards the Mikey in the education office so please come feel free to call in any time.

On a Welfare issue, Sinéad has begun a review on the facilities and support offered to those with disabilities within the college or lack thereof. Once again any and all comments are welcome and can be directed to Sinead or myself. We believe the college has an obligation to all students to provide the best

facilities possible and we believe we are obligated to highlight any insufficiencies.

The Crawford Protest march was conducted on January 25th and was warmly received by the on looking people of cork. The streets of cork sounded to beat of samba drums, whistle blasts and chanting students. With a simple message "Save our College" students and supporters of the cause alike marched through the city of Cork. Being one of the most colourful marches I personally have taken part in, I think it sends a clear message to the college authorities and the government as a whole just how much this building means to its occupants, many of whom described it to me as a second home. The cost of renovation and maintenance cannot be compared to what this building means to locals of Cork and to its inhabitants alike. To those who believe that the Crawford is not the right building for these students I urge you to open your minds to the possibility that the Crawford is not only the right building but also the only building.

I would like to thank all those who took part at all levels, organising, preparing, stewarding and especially marching. I would also like to thank representatives from UCC, NCAD and LIT for coming and supporting us on the day. A special mention should go to Calvin Kissane Site President of Crawford who whilst being only a part-time officer gave himself completely to the cause burning the midnight oil in preparation for this momentous occasion.

To those of you currently in exams, I wish it wasn't so but sadly from now on someone is always going to be in an exam of some sort. With that in mind enjoy the week but after the fun is over the time to knuckle down and put some marks in the bag before the finals is upon us. If anyone needs grinds or advice call in to Mikey and he'll sort you out. If you are feeling pressured or uneasy and need to unload feel free to call into Sinead who's always good to set you at ease.

So until next month I hope everyone enjoys the week ahead and good luck to those doing exams.

Jeremy



## CIT Students' Union Vice President Education

It's Rag Week... Let the good time's roll.

But first let us deal with the serious issues. Grateful thanks to all who helped organise and support the strike action for Crawford. It was resounding success and it displays to the college that we are in no way willing to submit to sub-standard facilities and lack lustre management.

This month sees the beginning of the end so to speak, as from now on somebody will be sitting exams every week. To all 3rd years going on placement, once this week is over knuckle down and ace those exams. To everyone doing mid-terms, it's important now to use this as a chance to gauge your current position in light of finals. They will be here before you can say "mandatory examination for justifiable accreditation" so get those notes in order and make sure you're up to date with any hand-ups.

To all 4th years, now really is the time to be sending away those CV's to possible employers. Check out our on-line education section for help and links to the excellent Careers and Counselling website. Remember don't sell yourself short you will be graduating from one of the most respected third level institutes in Ireland & the UK, so this is no time for modesty. Aim high, you can only hold yourself back.

And so to Rag Week, I'll be on stage today as one of the "Cycle Sluts from Hell", catchy isn't it, so come check out the "Tranny Bingo". The most important thing to do is attend events and give generously. Its only one week a year so don't be afraid to dig deep and give. This money will be donated to local and national charities where it will make a real difference for does less fortunate.

I'd like to thank everyone who helped with the organisation of Ragweek especially Mick, Jeremy and John without whom it just wouldn't have been done.

This is going to be my 6th and probably last Ragweek in C.I.T. and I've seen some changes from been rugby tackled and man-handled out of a lab and into a Gunge tank back in 2001, to competing for the coveted title of Miss Murphy in 2003, to having a Garda escort to college for the Gunge Tank in 2004, to declaring it a well-deserved break from the hell that is 4th year in 2005, and to now 2006.

Ragball, Tramps Ball, Ragfest, the name has often changed but the spirit is always the same, that of celebration and hilarity. It is the social culmination of the year for the college, missing it is a painful thing but sadly as every other year tickets are limited on a first come first served basis. I'll be there, the question is will you?

It's going to be a good week I can feel it in my bones.

Michael



## CIT Students' Union Vice President Welfare

How was everybody's January? I don't know about ye but I'm still trying to get over Christmas.

There's lots happening here on the Welfare Front, the biggest one being the upcoming Baby Blue Training, a Rainbow Approach to LGBT training which is happening right here in CIT. LGBT Societies and Welfare Officers from all over Ireland will be coming down to us and in next month's issue there'll be a full report.

The Union is currently assessing the needs of Disabled Students and determining if these needs are met by the college. If you are a disabled student we would love to hear from you, just call into the office, e-mail me at suwelfare@cit.ie or give me a call.

Next, on the rumours front, I've had several people dropping in to see me and e-mailing me about a new date rape drug, Progesterex. This is utter crap and just a mean joke thought up by someone to see how many people would believe it. If you do have concerns about date rape drugs, however, feel free to drop into my office for a chat.

For those of you worrying about upcoming exams check out the article on stress in this edition of ExpiCIT.

Until next month, have a great RAG Week!

Sinéad.

CITSU is currently assessing the needs of Disabled Students and determining if these needs are met by the college.

If you are a disabled student we would love to hear from you, just call into Sinéad in the SU office, e-mail suwelfare@cit.ie or call 021 4933123

## CIT Students' Union Projects Officer

How's the form?

The Ball season is unfortunately over for another year. I think they were fantastic this year. Fair dues to Merv and everyone in Societies for throwing a great bash. The 007 ball was brilliant and everyone made a great effort to try and impersonate their favourite James Bond characters, sheer brilliance.

Right as ye all know we had a major march in town about two weeks ago. The protest was for the Crawford College of Art and Design. The head honchos in CIT want to close it down and relocate it, but you've heard all that before. There was a vast turn out of students, and I would like to thank every single one of them for they're support when we needed it, you're a credit to your college. Especially the Crawford students themselves, they really know how to cause an uproar. I would also like to thank the Gardai for looking after us. But the real stars of the day were the people of cork city, thank you for coming out and showing your support for the cause.

OK lads ye proved, that when motivated ye can actually do a lot of work. So put that same effort into having the best RAG WEEK EVER!!!

Yes that's right it's Rag Week! The events line up this year is bloody fantastic! I can seriously see it being one of the best rag weeks ever. Look at the line up. So make sure ye go to the events early in the morning, stay till the evening and then head out to the to the nighttime events. Enjoy Rag Week and if you're having trouble with clearing your conscience for going out every night, just say to yourself ITS FOR CHARITY!

OK, that's it, and remember, elections are coming up soon, so prepare yourself.

Anyway,  
GOOD LUCK!

Wez



## CIT Students' Union Entertainments Officer

Hey Folks,

Well that time of year is here again where four days of insanity are upon us, yes that's right its RAG WEEK! This year is going to be a stonker of a week with daytime events including David Mc Savage, Cycle Sluts from Hell, Robbie Williams Tribute, DJ Danny, Gavin Payne, The Camembert Quartet, A Tug of War, DJ Fleming and much much more. We here in the Union hope you have a great week and would like to thank Mick (My Boss and Jedi Master) for organising what's going to be a fantastic week.

On Tuesday Night there is a Uniform Party in Blu Bamboo, Redz is hosting a Foam Party and Pyjama Party on Wednesday Night.

The RAG BALL, on Thursday Night in Cubins, will be host to Aslan, Karaoke, DJ Kev, American Idiot, Delorentis and more to make the McDaddy of all RAG BALLS!

Oh before I forget Happy Spring! Rafterz (Wednesday Night) and Redz (Thursday Night) are still giving great nights and are still the official CIT nights out. Well guys I hope you all have a fantastic RAG WEEK cause you all deserve it and if you get a chance check out Go Home Production's mix, Sexual High. It's Beautiful.

Be Good,  
John



# Rochestown Park Hotel

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Welfare Guide:

# Stressed Out?

*"...There are tons of ways people try to relax, but not all of them are healthy. Smoking, drinking alcohol or high sugar caffeinated drinks, and eating junk food may make you feel good for a while, but actually cause the opposite effect..."*

## It's that time of year again; the exams are creeping up on us.

College in general can be stressful enough but add in mid term and end of year exams in and it can seem like too much. This is a short guide on how to deal with college stress in general, the pre exam stress and the anxiety during the test itself.

### College stress in general

There's so much to deal with in college: housemates, going out, classes, money, parents, job interviews, or just life in general. Healthy levels of stress keep us going at our peak, but stress overload makes us shut down. Stress manifests itself both physically and mentally.

### Physical symptoms to look out for include:

- Loss of appetite
- Headaches
- Sleeplessness
- Lack of concentration
- Panic attacks
- Difficulty in breathing
- Heart palpitations
- Dizziness

Not all of these symptoms need to be present for a person to be stressed. In fact, if a student is experiencing any of the more severe symptoms, like dizziness or palpitations, a visit to the GP is in order. More commonly, students manifest their stress in emotional or psychological ways. They can feel angry and impatient, or conversely they may lose their enthusiasm and interest in things. They can become irritable or intolerant and lose their sense of perspective. They may increase their intake of alcohol, caffeine and nicotine.

There are tons of ways people try to relax, but not all of them are healthy. Smoking, drinking alcohol or high sugar caffeinated drinks, and eating junk food may make you feel good for a while, but actually cause the opposite effect. Caffeine, nicotine, sugar, and alcohol spike your adrenaline level, but then leaves you feeling drained when it drops.

### As alternatives, here are five healthy ways to de-stress and re-energize.

- Exercise.
- Listen to your favourite music.
- Take a nap.
- Play your favourite video game.
- Take a shower or bath. (if you have enough time make it extra special with candles and incense)

### Pre-exam stress

Try to prioritise your time so that you feel in control of the situation, this will greatly minimize your stress levels. Ignore your friends. Not entirely, but when

your classmates say how much revision they've been doing, they might not be telling the truth. Don't use them as a benchmark, they might not want to seem nerdy for doing lots of study, or they might not be doing enough. Know yourself and know what you have to do, after all you're in this for yourself.

Plan your time. Draw up a realistic revision schedule and stick to it. Include some time for relaxation; it's not healthy to constantly have your nose in a book. To maximise your concentration, break up your time into segments, an hour of study and then a 10-15 minute break. Knowing that you have a break coming up helps to prevent you from losing interest and can be a good motivator when trying to finish a difficult section.

Ask for help. There are great sources of support available if you feel that you need it. Ask a lecturer if you don't understand a particular topic now that you're revising it. Have a chat with your parents or classmates if you're feeling a little overwhelmed, they're in the same situation and will understand. You're not alone, so don't feel that you have to be.

Avoid sex, drugs and rock 'n' roll (but especially drugs) anything that can give you a high will eventually give you a low. Don't try to deal with your stress by turning to alcohol or recreational drugs, apart from anything else, you need all the memory you can get right now! Try not to drink too much coffee either; the caffeine won't help you to concentrate. Drinking plenty of water will keep you hydrated and your brain functioning at its best.

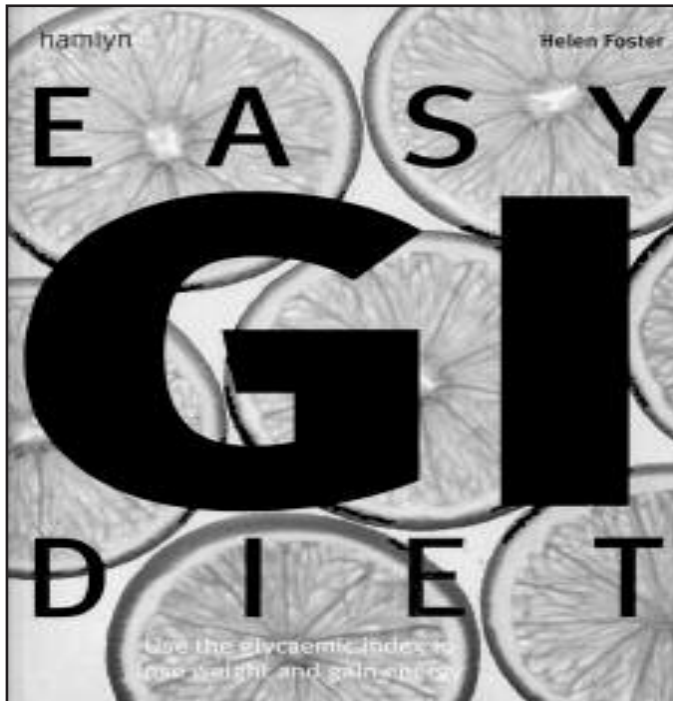
### Stressed During the Exam?

- Relax. Take slow, deep breaths
- Don't think about the result in two weeks time
- Think about the task on hand, step by step
- Keep yourself positive.
- Acknowledge that you have done, and are doing, your best
- Expect some anxiety
- It's a reminder that you want to do your best and can provide energy
- Just keep it manageable

### And after it's all done...

Don't dwell on the exam, it's done now and stressing about it is just a waste. If you're particularly worried that you may have misinterpreted a question or didn't perform to the best of your abilities talk with the lecturer, your worries may be in vain and remember there's always repeats.

Do go out and have a good time, remember that this doesn't have to revolve around alcohol. If you are going to a pub remember your limits and in a group of friends make sure that everyone gets home safe and sound.



## The GI Diet

Like many others my New Years Resolution was to lose weight. I have a strange need to research everything to death so my first stop was a bookshop. The one that caught my eye at first was something on hypnotising myself to lose weight but the thought of running around college with a leprechaun on my shoulder telling me not to eat chocolate wasn't up my street.

The next one that I picked up was called "The GI Diet" by Rick Gallop, what caught my eye was the tagline "The easy, healthy way to permanent weight loss". Three magic words for me there – Easy, Healthy, Permanent. I have been on many diets before that are very complicated, cut out entire food groups and/or don't work any longer than a pound or two.

This is a totally new approach to food and dieting in general though, using the Glycemic Index as reference, Gallop classifies nearly all of the commonly eaten food into either green, yellow or red groups. (think traffic lights here).

G. I. measures the speed at which foods are broken down by the body to form glucose, the body's source of energy. High G.I. foods break down quickly and leave you looking for the next food fix. Low G. I. foods break down more slowly and leave you feeling fuller, longer. It is these low G.I. foods (green foods) that form the core of the diet.

It is recommended that you have three meals and three snacks per day, having as much of the "green" foods as you want. There's no complicated measuring or calorie counting. As with any sensible diet book it also recommends exercise for a healthy life and weight loss, this approach showed me that this was a sensible diet book and not one that proclaims that no effort need be made.

I'm currently on Phase I, so I can eat lots of "green" foods but very little to no yellow or reds.

I bought this book with the sequel "Living the GI Diet" which I would highly recommend as it has recipe ideas for those of us that can't quite figure out how to make a total "green" Barbeque Chicken Salad.

# LEARNINGSUPPORT

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Maths	Thur	B289	12.30-13.30	Dr Aine Ni Shea
Maths(for Mature Students)	Tue	E6	12.30-13.30	Ms Julie O'Donovan
Maths(for First Years)	Wed	B289	16.00-17.00	Ms Julie O'Donovan
Maths	Mon	B289	18.00-19.00	Ms C Brawn
Maths	Wed	B289	18.00-19.00	Ms C Brawn
Programming	Mon	B289	12.30-13.30	Ms Mary Davin
Physics	Tue	B289	12.30-13.30	Ms Meenakshi Uppal
Physics	Thur	B289	13.00-14.00	Ms Eleanor Baldwin
Electronics	Wed	B289	12.30-13.30	Mr Paddy Collins
Statistics	Thur	B229	13.00-14.00	Mr Declan O'Connor

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# CITSU Rag Week 2006

## Irish Examiner COMPETITION

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every week



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Participation is exclusive to Irish Examiner outlets on Campus.

### TO WIN

- Complete Entry Form - available at Campus shops only.
  - Attach three Irish Examiner bar codes.
  - Post in Entry Box located in Campus shop.
- Weekly draw will be made from complete correct entries.

For a different view

**Irish Examiner**



## Let's Raise And Give

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

2005	€
HCPT (Irish Pillgrimme)	1000.00
Threshold	1000.00
ISPCC	1000.00
Aid Cancer Treatment - CUH	1000.00
PACE Ltd	500.00
Self Help - Africa	3000.00
Friends of Londinia	300.00
Project Psthali	500.00
Irish Sri Lanka Trust Fund -	2000.00
Total	10,300.00

A further €1428 was raised during EURO Day which was donated to Concern and SERVE (as part of the Tsunami Appeal).

2004	€
Cara Roche -Nepal Mission	500.00
HCPT (Irish Pillgrimme)	1270.00
Mick O'Connell-Appeal	3000.00
Muscular Dystrophy-Ireland	3500.00
Brothers of Charity	500.00
Enable Ireland	500.00
PACE Ltd	500.00
Marie Keating Foundation	500.00
Cuisle Charitable Assoc.	500.00
Special Olympics	1000.00
Nat. Council for the Blind Irl	1055.00
Total	12,825.00

# CITSU Rag Week 2006



## DELORENTOS

@Tramps Ball, Cubins- 9th Feb (Upstairs stage 10.30pm )

This exciting Dublin 4 piece are one of UK music mag NME tips for the top in 2006. This energetic group have already shared a stage with The Coral , Idlewild and have had lavish praise heaped on them by various sections of the Irish

media. Recent winners of the National Student Music Awards for the UK and Ireland. The band are up for a Meteor Award for Best New Hope. [www.delorentos.net](http://www.delorentos.net)



## ASLAN

@Tramps Ball, Cubins-9th Feb (Main area on stage)

This Dublin five piece in existence for twenty years are one of the most successful domestic acts this country has ever produced.

2005 was another great year for Aslan with the release of a career spanning PLATINIUM COLLECTION and receiving a

Life time achievement award from the Irish Music industry. Expect a superb night here. [www.aslan.ie](http://www.aslan.ie)



## DAVID MCSAVAGE

@The West Atrium, Tuesday 7th Feb 1pm

This madcap Dubliner is probably the insaniest comedian in Ireland .

David made his name giving impromptu shows in Dublins Temple Bar.

His madcap style has got him into strife many times and has been beaten up a

few times.

The mainstream press are starting to warm to Dave which has seen him sell out Vicar St regularly and appear on the the most middle Ireland show ever THE LATE LATE SHOW four times in the last six months [www.davidmcsavage.com](http://www.davidmcsavage.com)



## AMERICAN IDIOT

(GREEN DAY TRIBUTE BAND)@Tramps Ball, Cubins (Upstairs stage on stage C.11pm.)

These guys sound and look like the real deal.

Expect to hear everything from "Basket Case" to "Til September Ends"



## TONY GALVIN

aka Tony Baloney and his Exploding Toilets- Thursday 9th Feb 1pm in theWest Atrium

This is a hypnotist of the highest quality and will have you believing anything. This show also includes some magic which will have you in stitches. One of the weeks highlights.



Launching Rag Week

## THE CAMEMBERT QUARTET

@The West Atrium, Monday 6th Feb 1pm

The Camembert Quartet are the Greatest five-piece quartet in the world! Hilarious Satirical and Rocking, the guys are also the resident band on Ryan Tubrityy's TV chat show on RTE. [www.camembertquartet.com](http://www.camembertquartet.com)



## ROBBIE WILLIAMS

Tribute show- Weds 8th Feb 1pm in theWest Atrium

We couldn't quite get the real thing but you know that saying even better than the real thing, well this is it. "Robbie" covers his whole solo career in this amazing 90 minute show- no Take That I'm afraid. This show includes some costume changes including the make up Robbie wore in Let Me Entertain You.

## Special Thanks to our Sponsors:

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AIB Bank  
Parchment Square

# CITSU Rag Week 2006

## TRAMPS BALL '06

Thurs 9th Feb  
4 Roomal Doors 9pm

Tickets  
**€14**  
from SU Stand



1. Main Area  
**ASLAN** (on stage 11.00pm)  
DJ Kov

2. Funk Room @ Flite Murphy  
**Mike James** (on stage, Dublin)  
**Stephen Cooper**  
(Red in and doublets, Dublin)  
**Go Below's** (pub)

3. Upstairs  
**American Idiot**  
(Green Day tribute band)  
**Delorentos**  
DJ Danny

4. The Karaoke Room

# @ Cubins

Over 18s only. Garda ID or Passport MUST be produced on night of event. Management reserve the right of admission. No refunds on tickets unless event is cancelled. All profits from Rag Week go directly to charity.

## RAGWEEK '06

6th - 9th Feb

Featuring:

# Aslan



## ROBBIE WILLIAMS

LIVE TRIBUTE BAND

ALSO...

### David Mc Savage

as seen on the LATE LATE SHOW

### Camembert Quartet

Turbidly Tonight – resident house band

### Tony Baloney and His Exploding Toilets

Hypnosis Act



### AMERICAN IDIOT

Green Day Tribute Band

### Delorentos

(Meteor Nominee for Best Hope of 2006)

ALL PROFITS  
DONATED TO  
CHARITY

[www.citsu.ie](http://www.citsu.ie)

# CITSU Rag Week 2006

## Event Programme

### Mon 6th Feb

- 11:00 am DJ Danny  
12:00 pm RAG BINGO with  
THE CYCLE SLUTS FROM HELL  
1:00 pm Official Launch by **THE CAMEM-  
BERT QUARTET** @West Atrium

### Tues 7th Feb

- 11:00 am DJ Danny  
12:00 pm Waxing and Shaving in aid of  
charity with The CYCLE SLUTS FROM  
HELL.  
1pm Comedy with **DAVID  
MCSAVAGE**@West Atrium  
2:30 pm Staff vs Student Tug of War-  
10:00 pm **Uniform Ball** at **BLU BAMBU**-  
Tickets at door

### Weds 8th Feb

- 1:00 am DJ Pat D  
12:00 pm THE FEAR FACTOR in West  
Atrium  
1:00 pm **ROBBIE WILLIAMS** tribute in  
West Atrium.  
10:00 pm RAG Week **Foam Party** at **REDZ**  
with Pyjama party upstairs-  
Tickets at door

### Thursday 9th Feb

- 11:00 am DJ A Fleming/G Payne  
12:00 THE ICESTRONG Man followed by  
The Milk Challenge  
1:00 pm **Hypnotist Tony Baloney** and his  
Exploding Toilets  
9:00 pm Tramps Ball @Cubins featuring  
**Aslan, American Idiot, Karaoke** etc.  
Tickets €14 from SU.  
**All profits from week go to charity.**



**CIT** studentsunion  
**Uniform Party**  
Uniform Disco 2006  
**TUES 7TH FEB**  
Cops - Nurses - Sailors  
Doctors - Army - Priests  
Teachers - School  
Pilot - Painter  
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ADM €5  
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@ Blu Bambu



**YOU WILL GET WET!**  
**Wed 8th Feb**  
**FOAM PARTY**  
Adm €5  
Tickets @ Door  
@ Redz

# CIT Schemers Society Ball 2006



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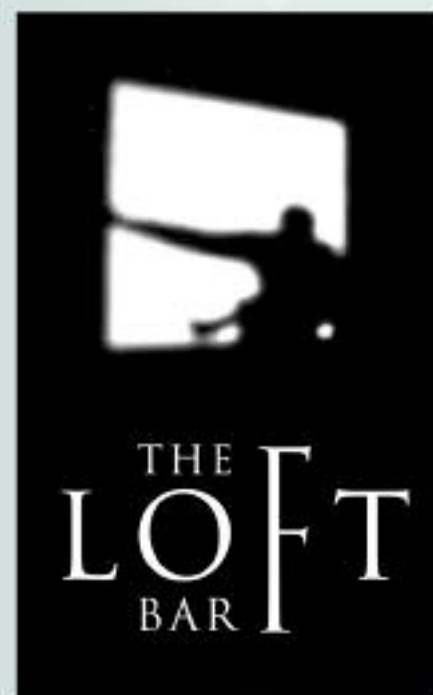
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# RagWeek 2006



**CIT's Newest  
& HOTTEST  
Venue!**



**Sunday 5th Feb:**  
Band Live on Stage: Zenith

**Monday 6th Feb:**  
Party DJ 7pm - 11:30pm  
**NOT TO BE MISSED: EXOTIC DANCE SHOW**  
Lads & Girls Dance Show - 9pm - 11pm

**Tuesday 7th Feb:**  
Band Live on Stage: Blue Moose 8pm - 10pm

**Wednesday 8th Feb:**  
**BACK TO SCHOOL Fancy Dress Party**  
**ULTIMATE TWISTER on 13ft Mat!**  
Party DJ 8:30pm - 11:30pm

**Thursday 9th Feb:**  
Party Madness with DJ Jason 8 'til late

# The So Called Student Life

by Michelle Bouse

*"...Our stereotypical image paints us as wild guzzling vodkaholics who lounge in bed until mid-day and if the mood takes us we may decide to make an appearance in one or two lectures..."*

What is the true meaning of student life? And does the real student life mirror the stereotypical view of it? We're often accused of being the drink, drugs, sex and general day wasters' population but how true is this really.

According to some people we lucky buggers have the good life. Our stereotypical image paints us as wild guzzling vodkaholics who lounge in bed until mid-day and if the mood takes us we may decide to make an appearance in one or two lectures. We then might waste another hour or two of our "meaningless" life sitting in the canteen pining over the hangover which is still killing us from the previous crazy night and then it's time to hit the off licence to get in enough of supplies for the yet another big night ahead of us and after a few vodkas and cans we're ready to roll (a joint - that is). By now we're as high as kites and we take our stoned heads off to town to find a club where we can dance some of this hyper energy off and find a half decent looking member off the opposite sex who might be interested in letting us stick our tongues down their throat. Wouldn't it be great if it was that simple? Yes we like to socialise but isn't that a good thing I mean who wants to be a recluse? We drink maybe too much at times but hey we're only young once so where's the harm and having fun is a priority on our agenda because who wants to be sitting in the nursing home in fifty years time with a head full of regrets of not living life to the full. Yet is the above description a true description of our lifestyles?

Unfortunately like most things in life it can't be all play and no work. There is such thing as study to be crammed in; we're more often than not swamped

with assignments and projects. The main objective of the game is to pass those horrible exams at the end of year in order to get closer to that qualification, which I'm afraid you'll not find in your box of coca pops in the morning, which means there is plenty of work to be done. There isn't a free table to be found anywhere in the library at around the time of exams which blatantly shows that in between all those nights out we're well capable and sensible enough to knuckle down when it's appropriate.

We're widely associated with being stone dry broke which is undoubtedly true hence why we must drink before we go out, sneak nagnons into the club (via the invention of a handbag- being a girl does have some benefits), club concessions are like treasure because we can make a whooping saving of three euro which will very nicely go towards a breast in a bun from "Hillbilly's" (sav- age!). We're generally good skimpers and savers and if there is a saving to be made then rest assured we'll be saving it.

They say there is no smoke without fire so maybe the stereotypical view of the student life bears an ever so slightly resemblance to the real student life but no way does it mirror it. We play hard and work hard when needed and sleep very little. A guy I know sports a black tee- shirt which says "We're here for a good time not for a long time" and that is probably a very good motto to live your live by.

Michelle Bouse

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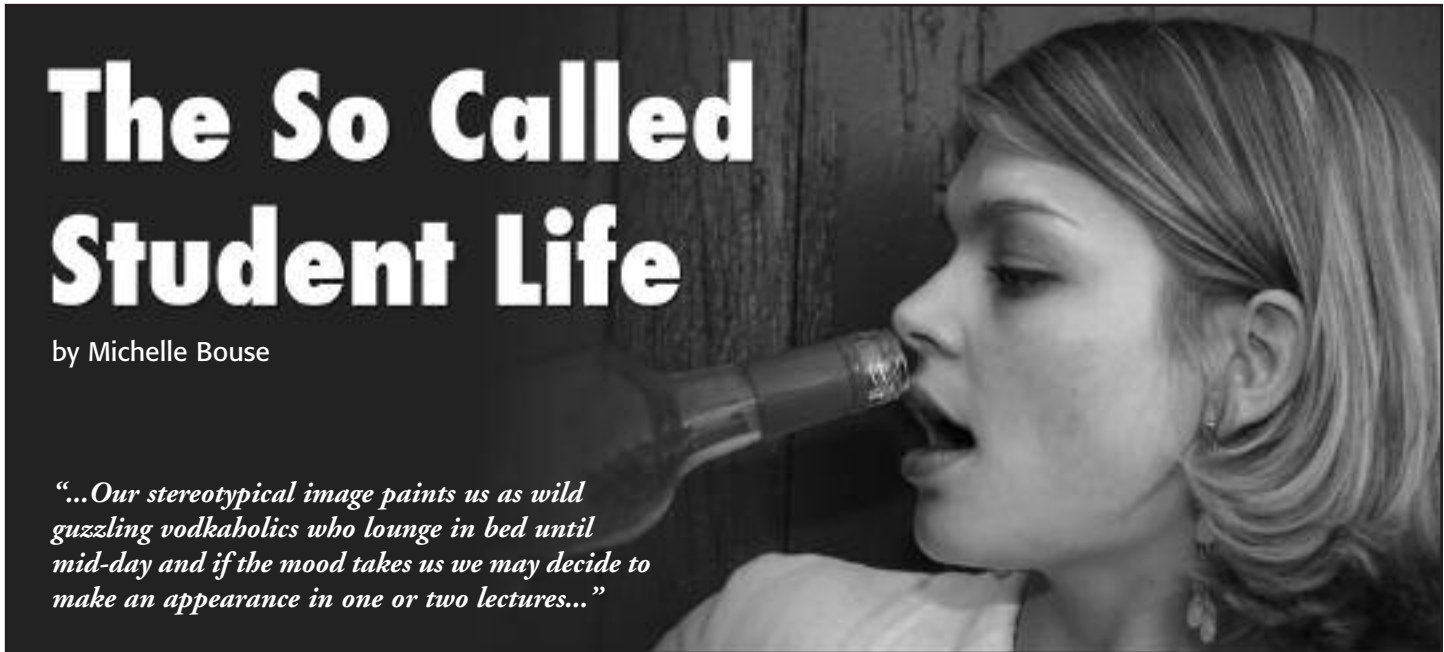
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# The Programmed Valentine

by Michelle Bouse

*Some besotted girls manage to turn themselves into programmed robots when it comes to their boyfriends. Their world revolves around him and their friends are dropped like hot potatoes in favour of him. Sarah is certainly one of these programmed robots over her Andrew.*

*When Sarah made her announcement Monday afternoon I nearly choked on my lunch. She had only been going out with Andrew a mere three months which in my book doesn't exactly constitute a long term relationship just yet and certainly not the type of relationship where you go around wasting large amounts of your money on him but then I forgot how madly and deeply "in love" she was.*

*You know when the "love" word is mentioned Valentine's Day can't be too far behind it. At present I presume all the single girls are counting down the days so they can just get the "no cards" emotion out of the way and all those loved up girls hearts are pinning for what their dear Valentine will bring and in Sarah's case lets just hope Andrew has something big planned because she certainly did.*

*Without a doubt Valentine's day is badly positioned on the calendar, just a short seven weeks after Christmas which means for all those couples who forked out to buy something special for their boyfriend/girlfriend will need to dig into the pockets again (that is if you've managed to still be together) for "something special" because according to Sarah a card and chocolates is the perfect gift if you want to find yourself in dumpsville this Valentine's.*

*Sarah's announcement was that for valentines she was taking her beau off to Paris for a romantic packed weekend. My first question was of course the obvious which was who was going to pay for this trip. Sarah glared straight back at me as if I had just asked the most*

*ridiculous question. Of course it was silly of me to even ask when I should have known that yes of course it would be Sarah who would pay for the flights and accommodation for both of them which in my guess would dip well into her wages from her weekend job at the local supermarket. The girl was forever complaining about how broke she was from Christmas not surprising when you considered the fact that she brought her precious an Apple I pod and a bracelet with "Love Always from Sarah" (Aw! How sweet!)*

*As Sarah waffled on about this fabulous trip I couldn't help but wonder if Andrew would actually even appreciate this trip. What twenty-year-old man would want to be jetted off to climb the Eiffel Tower? He would probably appreciate it more if she had planned a trip to Old Trafford. Ever lasting romance might be on Sarah's agenda but I doubt this was on Andrew's or reality's agenda for that matter. And whatever happened to the man showering his girl in gifts. Had the roles reversed?*

*Sarah's life revolved around Andrew and everything surrounding him. She spent more time with his friends than us. When Andrew wasn't around it was as if her fingers were programmed to be constantly pressing the buttons of her mobile phone. At that precise moment Andrew wandered over to our table. Sarah couldn't hop up fast enough forgetting about whatever conversation we might have been having at the time not that it mattered because the only thing Sarah was capable of talking about was Andrew and how great he was. It had come to the stage where she thought it was abnormal and very wrong to come out with us without him.*

*I watched her gazing at him lovingly as if her whole world was lying in those glassy green eyes of his. They walked away hand in hand and silly old me asked another ridiculous question,*

*"Are you coming out tonight Sarah?"*

*"No I can't afford it". She called out.*

*Surprise Surprise!*

*"Poor little Sarah" Andrew's friend John gleefully informed us. "There she is planning a romantic trip which has in turn is the result of why Andrew is going to break up with her"*

*"What!" The three of us exclaimed.*

*My heart genuinely went out to poor Sarah who no doubt would be in floods of tears later this evening over the "amazing" Andrew who right now was probably stamping all over her heart. She would probably call in the rescue service (her friends) to heal her heartbreak, the same friends who she didn't hesitate to dump when Andrew came on the scene but still despite our misgivings we would offer our shoulders to her after all isn't that what friends do.*

*As I turned my attention back to my lunch I thanked my lucky stars for being single I don't think I could handle the drama and so what if the postman is yet again emptied handed this Valentine's day outside my front door wouldn't it be worse if I turned into some type of programmed robot like Sarah.*





Every action has a complete and opposite reaction, if you take all the wealth of one area and give it to another, ultimately one area will become much richer and the other area will become a nightmare. This nightmare is Africa.

By now I must have written over 100 letters and articles pleading on behalf of a continent for recognition of a daily global catastrophe. The same number of people as were killed in the Asian Tsunami dies of starvation every single week.

The purpose of forming the Self Help for Africa Society was to challenge the negative images of Africa and promote and educate students of the problems in Africa, why they exist and how together we can solve them.

In June of last year the Self Help for Africa Society in its first year of operation ran a two week trek to Kenya to give students a taste of the real Africa under the pretence that seeing is believing". Although we can learn a lot from guest speakers, books, and the Internet, real understanding can only be achieved by meeting and speaking to the people themselves.

On departing from Heathrow for Nairobi I thought back to the simple conversation held in the CIT Atrium at the beginning of the year following a B.B.C. Panorama programme showing the horrors of Ethiopia 20 years after the famine. Now one year on I had a great sense of satisfaction because of what had been achieved in such a short space of time. We had won C.I.T. Society of the year two months beforehand, we had recruited Mick Galway the Rugby Player as trek leader in order to gain maximum publicity, we had grown as a group and had participants representing CIT, UCC, WIT, NUIG, Maynooth and GMIT within our party of thirteen students. Together we rose over 745,000 which was multiplied by 6 by co-funding agencies such as the Band Aid Trust, Irish Government etc. to give us a grand total of 7273.000 to take to those most in need of help. Our trip to Kenya was now to unveil how the donated money was spent.

The first thing to strike me in Kenya was the amount of people seemingly standing on the side of the road doing nothing, literally there were thousands of them and having travelled around the country I was to discover there were millions of them. Unemployment is huge and emigration not an option. Baby's seemed destined to grow up to fore fill a life of standing by the road. The poverty was also obvious. The shanty towns of corrugated iron everywhere, open sewers and squalor were all about us, the desolate population was simply overpowering. Now I could see our €274.000 wasn't even a drop in the ocean. I expected to see a huge gap between the rich and the poor – and I did. As soon as we left Nairobi I could see the vast expanses of good farmland being

# Self Help Africa Society trek to Kenya

*"...The purpose of forming the Self Help for Africa Society was to challenge the negative images of Africa and promote and educate students of the problems in Africa, why they exist and how together we can solve them..."*

worked for cash crops such as tea and coffee. However this property was not owned by the rich Africans or white individuals but huge multinational corporations with origins from the first world. These companies forbid employees from joining trade unions and pay less than a dollar a day to employees who work 12 hour shifts. They own farms of up to 100.000 acres in size while the local people are left to cultivate the ditches and starvation plots of less than one acre.

On visiting Baraka Agricultural College which is operated by the Franciscan Brothers and co-financed by Self Help I learned that there was some hope of improvement for the average Kenyan. Those in Baraka College do not live in fairyland. They know the multinationals are not about to return the land to the Kenyans and realise the best way of increasing the wealth of the rural African is to teach farmers how to improve techniques employed in farming their tiny plots. Those who attend the College are the most interesting and diverse group of students in the world. They are multidominational, their ages range from 20-40. Many are ex-military Officers and are fresh from the conflicts in Sudan and Eritrea, they have the scars to show it and these people are the same age as me! Most of their education to date has been gained through child sponsorship.

Every student at Baraka represents hope for their communities at home. They will bring back what they have learned and improve the lives of their families and neighbours. When speaking to the students at Baraka immediately you realise how proud they are of their work, how enthusiastic they are to learn and how excited they are to return home to share their knowledge. This said, the students were not over ecstatic with our donation. These students believed they were victims of the world we created for them. To them we had created famine, poverty and wars. They were educated enough to know they were right. Our help to them was not an act of Charity – to them we were returning some of what we had taken away. Digesting this concept was difficult as I have had nothing to do with the demise of Africa yet in my hearts of hearts I know where these people are coming from. Even still for every euro of development aid we give to Africa through development aid, we take back eight euro through unfair trade.

Other than this our time with the Baraka students was fantastic. We played football, laughed at how bad Kenya were at soccer-they said it was because they were too skinny, I told one student I lived next door to Roy Keane-he told me he lived next door to Moses Kiptinue. For four nights straight we watched the students perform tribal dances and after a few bottles of Tusker (Kenyan Beer) we'd join in ourselves. I even learned a few moves from a Massai warrior for Redz on a Thursday night. A student brought me to the bar one night for a

Kenyan drink. It turned out to be Guinness and Coke-I told him Arthur would turn over in his grave if he knew what the Kenyans were doing to his beautiful drink. Afterwards we drank to Black Power-what a crazy world we had entered.

After Baraka we visited the Self Help sustainable development projects. We visited seed banks, farms, and bee keeping units, irrigation schemes, credit facilities and schools. The receptions we received were unbelievable and overwhelming. Children in rags smiling and clapping, adults singing, women's groups dancing. The little girls couldn't get over the paleness of the girls skin in our group. They would touch the girls' hair and run away. They were amazed by those with blonde hair-little did they know that it came from a bottle of peroxide. For many of these people we were the first white people they had ever seen. We were like as exhibit at Foto Wildlife Park and it was a cultural experience not to be forgotten by any of us.

On arriving in Kenya you almost expect to see a nation of sad unhappy people – this perception comes from the charity advertisements that we see on T.V. The reality is people are very happy, good natured, friendly and fun. Poverty is obviously apparent but the effects are not. We were in Kenya about three days by the time I got my wakeup call. We were visiting a primary school in Molo. The school was situated just off the Great Rift Valley in the middle of a cluster of hills in the countryside. On entering the school it was something like out of a film. The setting was nothing short of beautiful. The Children formed a guard of honour and lined the pathway for about 100 metres, singing and dancing perfectly on both sides. We had a picnic lunch outside on the grass while the children performed songs, dances and short plays. The children wore their best school uniforms-obviously riddled with holes and not much better than rags.

There were about 500 children in the school and the principle informed us over 80% of them were aids orphans now living with grandparents and neighbours. These children were bright, fun and full of laughter just like anybody's child. They could have been your younger brother or sister. The principle told us they would not continue in education and would have no inheritance rights. Grandparents were too old to afford to send them to secondary school and neighbours would save their money to send their own. Oblivious to them these bright children have no hope and no future. When we gave the children just one boiled sweet each – most did not know what it was, when they stared eating the sweets with the wrappers still on-that was enough for me...then most ate half the sweet and saved the rest for later. Many will never have such a luxury again. It has to be asked is this battle against extreme poverty ever going to be grabbed by the neck and won.

When we entered the schoolhouse itself it was terrible, a mud floor, no chalk for the blackboard, holes in the roof and walls – no toilets and not even a football for the children in the whole school. Yet the children were happy.

Life in Africa is amazing, their sense of friendship and community is far greater than ours in Ireland. The singing dancing and humour reminds you of an Ireland only spoken of now in the history books. What we have that Africa does not is opportunity however I am optimistic about the future for them. Everybody who has travelled to Africa will not forget them-when somebody looks you in the eye and puts their hope in you – you will not let them down. Mohammed Ghandi said "there are places in the world where God comes to people in the form of bread". It is now up to us not to let them down.



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# Public Freaking Transport

by The Last Angry Man

*"...Every college student in Ireland knows how fantastic the Irish bus system is, not only are you guaranteed that it will be overpriced but no way is it going to show up on time,..."*

Dear Explicit,  
I know I am nothing more than moany Joe but I don't care, people need to hear my wrath at the things I find less than tolerable in life, Number 1 on my hit list Public Bloody Transport.

## Buses

Every college student in Ireland knows how fantastic the Irish bus system is, not only are you guaranteed that it will be overpriced but no way is it going to show up on time, that would just ruin the thrilling wait in our fantastic Irish weather.

**There are certain things that ARE going to happen once you are on the bus you can usually pick one of the following:**

1. Endless mobile phone ring tones
2. A menagerie of teenagers living it large at the back of the bus BOOYA
3. Some smelly pervert old man amusing himself on the bus with his less than social habits (pinching women's bums or checking out school girls)
4. You'll have to stand among countless others while people who know they have to get off first move to the back of the bus only to push forward as soon as you get comfy!
5. I always get stuck on the inside chair next to the smelly old fart who no matter how close you push against the window he's still touching you.
6. Screaming Snotty Children.

## Trains

Hugely overpriced. I cant stress that enough, its crazy €59 return to Dublin and to top it off the food cost a fortune too. No matter how many times

you get it, there's never a seat even though your paying the same price as everyone else but have to sit in between the carriages like a hobo next to the toilet (no offence to hobo's I both respect and revere hobo's).

## Planes

Can you believe its now cheaper to fly to Dublin than it is to get the train. Planes are OK; they're probably the least annoying mode of transport in Ireland. Your packed in like sardines but it would be an awesome death. They even encourage vomiting, they give you a bag! I don't think anything could be considered bad where your encouraged to drink and puke in a confined space, under pressure. That's just me, yeah trains and buses could learn a lot from planes.

1. Everyone gets a seat
2. Everyone gets offered a drink (and a bag to throw up in)
3. The toilet makes a cool noise when you flush it (and there is one)
4. Everyone wants to have sex on a plane at some stage in there life.
5. You can look down on the Earth and pretend your god (puny mortals)
6. DUTY FREE!!!!!!!!!!!!

All in all there are the pro's and the con's to everything. If I don't get all this nonsense off my chest I could go mad, climb to the top of UCC and pummel people with disused tickets (another pro's and con's situation). I just like giving out, I think we should abolish trains and buses and everyone should have there own jet packs with duty free and vomit bags.

**The Last Angry Man.**



## CIT Canoe Club

CIT Canoe Club is one of the smaller canoe clubs in the country but this year saw an increased interest in the club. The year started off with low water levels so we headed to Bandon to tackle the Lower stretch to get warmed up for the winter. We then got cocky and decided to run the Clydagh Valley on the Cork-Kerry border underneath the Paps Mountains, with most people negotiating the slide and the famous gates to the River Fleck.

We waited patiently for it to rain and when it did it lashed (as you can see in the pictures). First up, we headed to Bandon to tackle the Lower stretch to get warmed up for the winter. We then got cocky and decided to run the Clydagh Valley on the Cork-Kerry border underneath the Paps Mountains, with most people negotiating the slide and the famous gates to the River Fleck.

Paddle Surfing was also on the menu: a small group of paddlers headed to Garretstown to surf some Atlantic winter swells. A severe beating was unleashed on those brave enough to tackle the swells.

A very successful beginner's course was run at the clubs container on the Lee Road. Some people on the course had never sat in a canoe before and it was a great introduction for them. Congrats to all those who attained their level 2 cert

The Club meets every Friday 2.00 pm at the Lee Rd Site and arranges trips on the weekends. See [canoe.citsport.com](http://canoe.citsport.com) for more info.

## Students "All-in" with new Poker Society



Since the founding of the new CIT Poker Society in mid-November, we have been overwhelmed with the amount of interest the students of CIT have shown in our events and they have without a shadow of a doubt, justified the creation of the society. So well done to all.

To date three tournaments have taken place with sizeable sums of cash prizes been taken away at each. Our first ever tournament took place on the 29th of November where an astounding 91 participants attended much to the satisfaction of the committee members. After a solid three and a half hours of play, Mark Linehan came out on top and bagged himself €250 euro in the process. Congratulations Mark! Our next tournament took place on the 7th of December, where we had another good turnout of players.



It was an adventurous night for the contestants as they got the opportunity to have a glimpse of the new student centre where the tournament was taking place. However, the unusual surroundings did not affect the partakers as another great night was had with William Leen taking home another good sum for being victorious.



Re-energised and refreshed, we returned after the Christmas break on the 18th of January where we were back to our familiar surroundings of the West Atrium. This time there was once again a great attendance. After a slow start the eight tables were slowly whittled down to a final table of ten, where Ian Fleming (after a long spell as chip leader) eventually shook off the resistance of the consistent Cathal Shine who has reached the final table of all our

tournaments so far. Ian walked away delighted with his winnings, well done Ian. That brings everyone up to date with the results of the competitions and we thank everyone for taking part. While we are content with the attendance numbers and the prize pools so far the Society's Officers do not want to rest on their laurels and feel that there are plenty more poker sharks out there in the college. So, we kindly ask our loyal members to bring as many of their friends along as a great nights entertainment is guaranteed.

With a big competition coming up in mid-February against our UCC counterparts we want to ensure that we have the best possible competitors available to us to put one over our old rivals. For the beginners out there and those who want to learn the game, don't be afraid, if there is a demand for a beginners table we will set one up (without an entry fee) so people can learn the game without the pressure of playing for money. So come along! We also hope to have a website up running within the next few weeks which will include a league table for our contestants so keep on attending the tournaments. If you have any queries please don't hesitate to contact us at [pokersociety@gmail.com](mailto:pokersociety@gmail.com)

Finally, just a reminder that tournaments take place every Wednesday night in the West Atrium. Registration is at 5:45 pm with the event begins at 6:15pm. Hope to see you there.

**Jonathan Webb,**  
PRO, CIT Poker Society.





# €40 DEPOSIT

when you book via

## J1ONLINE.IE

US IMMIGRATION  
MONITOR  
05 338  
11

or call into CIT Student Union

Subject to payment of €40 deposit (non-refundable).  
If programmes are subject to terms, conditions and availability.

**WORK AND TRAVEL USA 2006**



## FASHION SHOW for Self Help Africa - 15th of March

You're invited to an unforgettable experience, the Self Help for Africa Fashion Show extravaganza. This show will be a spectacular experience for all generations. CIT students will flock in their hundreds to be entertained by Dance Acts, Classical Musicians, a DJ., African Performers and much more. Rugby star Mick Galway will be present and act as a patron for the night. You will see the latest Fashion from some of the most popular stores in Cork, with many of the best known labels. There will be a raffle with dozens of fantastic prizes. All proceeds go to Self Help for Africa.

S.H.A. was set up in 1984 in response to the famine in Ethiopia. The Irish Charity whose offices are based in Carlow aims to empower many impoverished Africans. Work is carried out in Ethiopia, Kenya, Uganda, Eritrea and Malawi by helping people to help themselves. This involves investing in home enterprise (such as beekeeping), construction of wells, education, aids prevention & the setting up of local commit-

tees to maintain these beneficial works well into the future and so on. Also a few of the C.I.T students who contributed the most within the S.H.A. Society will be taken on a trip to Africa this coming summer. The idea of this is both as an educational experience and also a motivational one. Hopefully these students will come back to the society next year with renewed interest and help raise even more money, a small fraction of which will go towards sending another student on a trip of a lifetime to Africa.

In the C.I.T. S.H.A. society we pride ourselves on giving people value for money. Let us entertain you! The Fashion Show will be held in The Silver Springs Moran Hotel, tickets cost €15, doors open at 7:30 & the show starts at 8:00. See you on the 15th March

**Fiona Lehane P.R.O. of C.I.T. Self Help for Africa Society**

## Movie Reviews of DVD's Coming Soon to CITSU Video Club



### Deuce Bigalow: European Gigolo

**Release date:** 6/02/06

**For the women of Europe...the price of love just got a lot cheaper!**

Deuce Bigalow is seduced back into this unlikely pay-per-pleasure profession when his former 'pimp' T.J. Hicks is implicated in the murders of Europe's greatest gigolos. In order to clear his good friend's name, Deuce will have to cross the pond and put himself at the mercy of Europe's wildest women! If you liked the first then this follows suit, it's nowhere near as bad as Road Trip. **2/5**



### Tim Burton's Corpse Bride

**Release date:** 6/02/06

When shy groom-to-be Victor Van Dort (Johnny Depp) practices his wedding vows, inadvertently in the presence of a deceased young woman (Helena Bonham Carter), she rises from the grave assuming he has married her.

As he is whisked away to the underworld, Victor's his real bride, Victoria (Emily Watson), waits bereft in the land of the living. Though life in the Land of the Dead proves to be a lot more colourful than his strict Victorian upbringing, Victor learns that there is nothing in this world, or the next, that can keep him away from his one true love. If you liked Tim Burtons The Nightmare Before Christmas then it's for you. **4/5**



### Wallace And Gromit: The Curse Of The Were-Rabbit

**Release date:** 20/02/06

Cheese-loving Wallace and his clever canine chum Gromit are taking the local neighbourhood by storm with their humane pest-control enterprise "Anti-Pesto". However, when a mysterious vegetable ravaging beast begins attacking the town's sacred vegetable plot under cover of darkness, Lady Tottington commissions the dynamic duo to catch the fabled Were-Rabbit and save the day...

5 years in the making, Nick Park's extraordinary stop-motion animation finally brings small screen favourites Wallace and Gromit to their very own fun-filled feature length film! **5/5**



### Serenity

**Release date:** 27/02/06

Recently announced BBC Film 2005 "Film of The Year" Serenity is the cinematic adaptation of the wildly popular but short-lived sci-fi series, Firefly. A mix of space western, comedy, and drama, Serenity follows Captain Malcolm "Mal" Reynolds and his ragtag crew as they trade their way around the edges of civilized society. Of particular interest are two passengers they take on, Simon and River Tam a brother and his telepathic sister on the run from the corrupt governing Alliance. As notorious former members of the anti-Alliance opposition, Mal and his crew make it difficult for Simon and River to stay hidden. As Mal is forced to choose between his close-knit crew and the brother and sister newcomers, it becomes apparent that River harbours both a dangerous secret and astounding fighting powers, and Mal decides that discovering the truth about what she knows might just be worth his time. For anyone who's seen Firefly you'll understand how it deserves such a rating. **5/5**

Reviewed by Michael O'Connor





Featuring

**Christy Moore Tribute - J90 Live  
ShagTag - The Waxies - Michael Mee  
DJ Steve Cooper - Uniform Party  
Wet T Shirt - Slave Auctions - Promos**

# **RAGWEEK 2006** **@ The Bishopstown Bar**

## **Sunday 5th Feb**

Christy Moore Tribute Live  
Two Vouchers for A Costume  
to Tramps Ball to be Won!

## **Monday 6th Feb**

J90 Live on Stage 6-9pm  
Btown Bar SHAGTAG from 8pm  
Late Nite Bar & Party DJ 'til late!

## **Tuesday 7th Feb**

Beat the Barman 2-6pm  
Michael Mee - Comedian  
DJ Steve Cooper Red FM 7pm  
Charity Slave Auction 7:30pm  
Party DJ 'til Late!

## **Wednesday 8th Feb**

Btown Bar Fear Factor in  
CIT Atrium 12-2pm  
Wet T-Shirt / Wet Jock  
Competition 5pm  
Pre Uniform Party with  
Classroom in the Bar  
The Waxies Live on Stage 8pm  
Party DJ 'til Late!

## **Thursday 9th Feb**

Pre Tramps Ball Fancy Dress Party  
Prizes for the Best Costumes  
& Free Limos to Ball!  
Beat the DJ & Party un 'til Late!



*Budweiser*