

explicit

CIT Students' Union Magazine
Volume Seven - Issue Three

**CITSU Condemns
Racist Graffiti**

**The Dreaded
Ass Pinch!**

Cork Arts Fest 2005

7th - 12th November

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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



Hi everyone,

I won't be gracing you all with a very long editorial this month, very under the weather as I write this – 1,2,3...awwww! I hope everyone had a nice little break, and that your Halloween celebrations were spook and excellent.

In this month's issue you'll see an article all about the current situation within my alma mater, the Crawford College of Art & Design. It's really important that all CIT students familiarise themselves with what's going on as this year is going to be essential for the Crawford's campaign to save it's current location in the City Centre. So please, PLEASE read it!

Class Rep training took place in Killarney on the 13th of October, and, as those of you who went will know (those of you who remember anyway), we had a very good night. The training itself went very well, and amazingly enough, the reps were so well behaved that my hometown of Killarney is actually willing to take us back next year! Now I'm not going to name names, but next year there'd better not be any switching around of the toilet door signs! Anyway, I hope everyone enjoyed it and I'd especially like to thank those of you who took part in the survey for the Crawford article, I know it mustn't have been an easy task to do on a bus after a long night.

Well, I'm going to give my head a rest, so I'll leave you with my tips for the month and hope that you all have a good November.

Run to the cinema: Wallace & Gromit AND The Corpse Bride – hurrah for kids' movies! Also, Batman Begins is out on DVD and is actually a fairly decent movie, with the one huge mistake of casting Katie Holmes – go back to the Creek for some acting lessons...

Proud to be Irish: BellX1's new album 'Flock' has just been released – gets better with each listen but doubt it will surpass it's predecessor, 'Music in Mouth'.

With love and Lemsip,
Caitriona



CIT Students' Union Strongly Condemns Racist Graffiti on Campus

"...Recently it has been brought to the Students' Union attention that racist graffiti has been appearing in the toilets on the Bishopstown Campus. This appears to be the work of just a few people but it is a problem that is so serious that simply cleaning it off or painting over it isn't good enough..."

Recently it has been brought to the Students' Union attention that racist graffiti has been appearing in the toilets on the Bishopstown Campus. This appears to be the work of just a few people but it is a problem that is so serious that simply cleaning it off or painting over it isn't good enough.

These people may not know what harm they are causing and may see this as innocent but let us look at exactly what racism is.

Racism is a specific form of discrimination and exclusion faced by minority ethnic groups.

Racism is based on the false belief that "some" races are inherently superior to others because of different skin colour, nationality, ethnic or cultural background.

Racism deprives people of their basic human rights, dignity and respect.

The people targeted the most are those that obviously look different or have a strong accent.

The recent legislation on citizenship didn't help matters, as things lie at the moment a child born and raised here for seven years can still be deported and a fifty odd year old man who has never set foot in the country can get a passport in two months and an American Visa from this (but that's a different argument). This legislation was enacted to fight what the government was calling "citizenship tourism", yet there are still many people coming into this country, many working in jobs that they are far overqualified for as their degrees aren't recognised and they are getting to know the language better.

Of course what we are seeing in other European countries isn't encouraging. In France, the Netherlands, Belgium, Austria, Switzerland and even Denmark, par-

ties of the far-right have made gains and some are even in government. A common theme of these parties, even though they are very different culturally, is their very vocal opposition to 'immigration' and an undisguised racist opposition to minority communities within their own states.

Ireland has escaped this trend to a degree with one or two exceptions, including John o' Flynn (Cork North Central, Fianna Fáil) who was re-elected despite some very stringent views on immigrants and the travelling community.

Irish people still remember the 'no blacks no Irish' signs in England and North America and for this reason some of the older generation who would have gotten letters from brothers and sisters saying how difficult it was to find work empathise more with our growing immigrant community, and it is a community. There are football tournaments and prayer groups popping up everywhere.

The problem in CIT is one of pure ignorance, specifically in relation to non-Irish students that are studying here; they do not get the same support as Irish students. For some this is their first experience of the Irish Education system and for some they are re-doing degrees, as the ones that they have from their native countries aren't recognised here.

*The sixth annual Anti-Racist Workplace Week takes place from the 7th to the 13th of November. The theme for this year is communication and organisations are encouraged to promote equality and cultural diversity through communication initiatives involving employers, Trade Unions, migrant workers and other workers.

If anyone has been effected by racism or is interested in helping with the anti-racism campaign then call into Sinéad in the SU prefab or e-mail suwelfare@cit.ie alternatively e-mail Wez.suprojects@cit.ie

USI Rent Book Launch to Make Students Aware of Rights

The Union of Students in Ireland (USI) has launched their 'Rent Book'. Aimed at providing students with information regarding their tenants rights the book will be distributed to students across the country by local student unions in the coming weeks.

The USI Rent Book contains advice on looking for accommodation, details of tenancy agreements, information on health and safety requirements as well as information about how to make a complaint about landlords to the Private Residential Tenancies Board and their contact details. There is also an easy to follow checklist offering step-by-step guidelines for students to complete before signing a lease.

Tom Lowth USI Welfare Officer said: "Students continue to be one of the most exploited groups in the accommodation market. Many are paying exorbitant rents while living in sub-standard housing. The launch of the 'USI Rent Book' is in response to issues that I and Welfare Officers in colleges across the country are dealing with every day as students struggle to find affordable, accommodation. Many are unaware of their rights as tenants and in some cases do

not have any kind of written agreement with their landlord. The rent book clearly outlines students' rights as tenants and informs students who they can contact if they are experiencing problems.

"As well as outlining details of tenant's rights in the private rented sector the USI Rent Book provides students with a useful way to record payments to their landlords and ensure that both students and landlords will be aware of legal rights and obligations. By law all landlords should provide their tenants with a rent book, but many landlords are not fulfilling these responsibilities."

USI President Tony McDonnell said: "Despite recent improvements in the amount of private rented accommodation available to students, the core issue of the lack of on-campus accommodation in Ireland is not being fully addressed. Ireland lags behind the rest of Europe in the amount of on-campus accommodation available to students. USI believes that it is this issue that must be properly addressed by the government.

A downloadable copy of the USI Rent Book is available on the USI website www.usi.ie.



What is the aim of Science Week Ireland?

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

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

During Science Week CIT will host a number of events as shown below: The events on Tuesday 9th November are aimed specifically at CIT students.

13th November - 19th November 2004

	Event	Organiser	Speaker(s)	Time	Venue	Max. No.	Target Audience	Admission	
Fri	11-Nov-05	National Launch Ceremony	Forfás	Michael Martin, TD	11:00	Lifetime Lab, Lee Rd, Cork	50-60	Invitees only	Invitation only
Sat	12-Nov-05	Bubble Show	Jill O'Callaghan	Steve Allman	10:00 - 11:00	Theatre	120	5 - 12 year olds	Free but pre-booking essential
		Dowtcha Puppet Show	Sarah Morey (Arts Officer)	N/A	11:00 - 11:45	Theatre	120	5 - 12 year olds	5 euro entry fee. Pre-booking essential.
		Big Bug Show	Jill O'Callaghan	Lee Gibb	12:00 - 13:00	Exhibition Centre	60	9 - 12 year olds	Free but pre-booking essential
		Bubble Show	Jill O'Callaghan	Steve Allman	14:00 - 15:00	Theatre	120	5 - 12 year olds	Free but pre-booking essential
		Dowtcha Puppet Show	Sarah Morey (Arts Officer)	N/A	15:00 - 15:45	Theatre	120	5 - 12 year olds	5 euro entry fee. Pre-booking essential.
		Big Bug Show	Jill O'Callaghan	Lee Gibb	16:00 - 17:00	Exhibition Centre	60	9 - 12 year olds	Free but pre-booking essential
Sun	13-Nov-05								
Mon	14-Nov-05	From Castle to Observatory: The Story of Blackrock Castle Observatory	Niall Smith	Niall Smith	19:30 - 20:00	Blackrock Castle Observatory	100	General public	Free but pre-booking essential
		Mars and the search for our origins	Niall Smith	Kevin Nolan	20:00	Blackrock Castle Observatory	100	General public	Free but pre-booking essential
Tues	15-Nov-05								
Wed	16-Nov-05	Quantum Computing	Niall Smith	Prof. Samuel Braunstein	7.00 pm	Theatre	120	General Public	Free
Thurs	17-Nov-05	A Fun Maths Quiz	David Flannery	N/A	10:00 - 11:00	Theatre	60	Transition Year	Free but pre-booking essential
		Exhibition featuring: Automatic Instrument Isolation & Transcription of Musical Recordings Hurling Helmet Test Rig Lego Mindstorm Robots Exploring Open Source Software Applying physics in industry Sports science: evaluating athletes performance Careers exhibition	Derry Fitzgerald Keith Bryan & Niall Morris Pat Cogan Paul Rothwell Catherine Frehill M. Sheahan & J. O'Mahony Mary Pat O'Connor		10:00 - 12:00	Exhibition Centre	120	Transition Year	Free but pre-booking essential
		From Castle to Observatory: The Story of Blackrock Castle Observatory	Niall Smith	Niall Smith	11:30 - 12:00	Theatre	120	Transition Year	Free but pre-booking essential
		Exploring Science & Technology Careers	Harvey Makin	Various	12:00 - 13:00	Theatre	120	Transition Year	Free but pre-booking essential
		Making Maths Fun Through Puzzles	David Flannery	David Flannery	14:00 - 15:00	Theatre	120	Transition Year	Free but pre-booking essential
		Soundbeam Demonstration	Johnny McCarthy	Johnny McCarthy	15:00 - 15:45	Theatre	120	Transition Year	Free but pre-booking essential
Fri	18-Nov-05								
Sat	19-Nov-05								

Chartered Institute of Building Success for Several Top CIT Students

For the third year running Students on the Construction Management Programme in the School of Building & Civil Engineering at Cork Institute of Technology have won medals and awards for their performance at Professional Studies Level in the Chartered Institute of Building External Examinations.

The students are:

Brendan Sweeney (former Cork City player) from Douglas, Cork, received a Bronze Medal and the 'Paul Andree Memorial Award' for the top mark in Building Management.

John Tobin from Bantry, Co Cork, received a Bronze Medal and the 'Taylor

Woodrow Construction Ltd Award' for Building Management. John also received a Silver Medal in Site Management.

Marguerite Butler from Mullinavat, Co Kilkenny and **David O'Brien** from Carrigaline, Co Cork both received Bronze Medals in Site Management.

Isobel O'Brien from Kilmallock, Co Limerick, **Jason McGrath** from Cappagh, Co Waterford and **Susan Kelleher** from Ballyvolane, Cork, all received Silver Medals in Site Management.

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Union of Students in Ireland Urges Students to Take Care of thier Mental Health

The Union of Students in Ireland (USI) in conjunction with Lundbeck Ireland and the Samaritans have today launched a national mental health campaign entitled 'Mind Yourself'. The nationwide campaign involves free high profile college events on the subject of mental health with comedian Jason Byrne in UCC, NUI Galway and in UCD as well as the distribution of information leaflets promoting mental health and well being to students across the country.

Tony McDonnell, USI President said: "This campaign aims to tackle the stigma of mental health among Irish students by showing that talking about such issues in an open and appealing way is often the best way of initially dealing with such problem. Going to college can be a very stressful time and the campaign encourages students to develop the coping skills and support networks that they'll need to help them through college. While the vast majority of students rate their mental health as good or very good, the fact is that one in thirteen Irish students suffer from depression.

Tom Lowth, USI Welfare Officer said: "It's vital that we make students aware of the support services that are available to them and encourage them to get help when they need it. The 'Mind Yourself' campaign takes into account that 83% of students would discuss feelings of anxiety with a friend encourages students to look out for the mental health of their friends in college too. Too often depression can go unnoticed in college – it's important to be aware of the signs and to seek help or to encourage your friends to do the same".

He added, "Signs of depression can include changes in behaviour ranging from suddenly skipping lectures, neglecting personal hygiene to being moody or withdrawn. More serious symptoms, which would require immediate action, include self-harm, excessive binge drinking or drug use or expressing feelings of hopelessness. The campaign will be run in conjunction will local welfare officers, who can advertise the different services available on their campuses, such as Student Counselling services, student health services, peer support services and the Students' Union Welfare Officer."

The launch of the 'Mind Yourself' campaign takes place at 10.00am on Monday 24th October at the Wilson Hartnell PR Offices, 5-6 Ely Place, Dublin 2. Comedian Jason Byrne, psychologist Trish Murphy and USI Officers will be available at this photo call.

The 'Mind Yourself' events are being held in UCC on October 25th, NUI Galway on October 26th and UCD Dublin on November 2nd and bring together comedian Jason Byrne, Psychologist Trish Murphy, college staff and student union welfare officers to raise the issue of mental health with Irish students.

For more information on counselling and welfare information services available free of charge to students of CIT, please contact one of the following; the Careers & Counselling Service, CIT Medical Centre, CITSU Welfare Officer or Chaplaincy office.

www.citsu.ie / www.careersandcounselling.com



Mr. Liam Good (left) displaying resuscitation training dummy (right)

CIT Welfare Week 2005

This year's welfare week was held from the 24th to the 26th of October to raise awareness of various Welfare issues amongst both staff and students. The organisations that participated included: Threshold, Al-Anon, The Southern Gay Men's Health Project, The Sexual Violence Centre, Schizophrenia Ireland, OSS Cork, The Sexual Health Centre and many others.

Also the newly developed CIT Safety Response Team had a stand and demonstrated the recently acquired resuscitation equipment to students. The "Safety Response Team" is a structured group of staff members who are willing to become trained and certified to a high standard especially in the areas of First Aid/CPR/AED/Fire fighting/Controlled Evacuations and indeed any emergency, which might occur on the Campus.

Welfare Week was expanded this year to include Workshops, which were held by Al-Anon, Threshold, Cork Mental Health Association and the CIT Safety Response Team. These workshops were very well received by both staff and students and may become a regular element of Welfare Week.

CITSU Vice President Welfare, Sinéad O Connell, said, "this year was definitely more diverse and I think that the inclusion of the workshops has made this more exciting. I want to thank all of the organisations for giving up their time. If anyone wants further information on any of the organisations feel free to call into my office."





CIT Students' Union President

Well it's been a crazy month since I was talking to you last, where is all the time going? The Halloween Ball was a huge success as well as class rep training. We got a lot achieved in the last month partly because we've had a huge influx of students letting us know the issues that were affecting them so keep it up.

A milestone has been reached in relation to the Student Centre. A problem that was forever the bane of our lives has been finally solved. One aspect that was preventing the finishing of the Student Centre was the floor of the main courtyard. This particular area is considerably large and will be the focal point for all future Students' Union events such as Fresher's Week, Rag Week and performances by well renowned personalities throughout the year.

Under floor heating was an extremely important element associated the main courtyard which would heat the area where all the events will happen, yet this was considered a luxury by our Government (they actually consider heat as a luxury). Financial difficulties that contributed to the delay of the Student Centre also delayed the finishing of the courtyard.

But now the Students' Union Executive is proposing to pay for the under floor heating which will see the centre opening sooner than is currently estimated. Students have waited long enough for the completion of the Student Centre and the much needed services that it will provide. We will not tolerate any more delays.

Students have mentioned that they are happy with the recent improvements in the canteen particularly with coffee dock however; the increase in prices is an issue that will have to be addressed. There is a major problem in the canteen at the moment with students and staff NOT cleaning up after them. It is important to realise that the canteen is a self-clean area. It is not the job of canteen staff to clean the tables after users. Students and staff are obligated to put their

trays on the tray holders provided. The state of the canteen at the moment is absolutely appalling so we will be out in the canteen from now on to name and shame people that leave a mess on the tables.

It has been brought to our attention that a lot of chewing gum has been thrown onto the courtyard outside the Tourism and Catering Building. This is extremely unsightly and we would ask students to use the bins around the building instead. This is a new building and we should all take an interest in keeping it in pristine condition. The buildings office have agreed to install cigarette butt bins shortly so please let's all take an interest in keeping our college clean.

Last month the Students' Union held the first of many demonstrations for the campaign to save Crawford College of Art and Design at an exhibition in the Glucksman Gallery in UCC. Students displayed their dissatisfaction at the atrocious facilities that exist in CCAD at the moment and at the prospect of re-locating the college to either Bishopstown or another location in the city. The Students' Union will continue to act in the best interests of its student, be it in CCAD, NMCI, CSM, North Point, H-Block or the main Bishopstown campus.

Congratulations to everyone who will graduate this month, we here at the Students' Union wish those of you who are still here every success in the upcoming exams. To those who have left this hallowed Institute we bid you a fond farewell and the best of luck with all that life has in store.

I would like to encourage all class reps to attend the next Union Council meeting that will be on Wednesday the 16th of November in IT4 at 1:10pm. At the AGM we will also be electing a new Entertainments Officer so please come along to cast your vote. To any classes that still don't have a class rep elected by now the year is slipping by and we want your voice to be heard within the college.

As always if you have any problem please feel free to call into our offices and we'll endeavour to solve it for you.
Jeremy



CIT Students' Union Projects Officer

That time of the month again, it's the cheesy address that I know you've been waiting for all month.

We had Rep Training in Killarney a few weeks back, what a day, what a night. For the first time ever, people know me and I haven't a clue who they are. Still don't! The Reps this year are great craic. There's a few in particular that made the night for me anyway.

Rep Training started off in the Gleneagle Hotel, we had two instructors for the day, and both Ken Curtain and Dan Collins had great presentations and were definitely an integral part of the training. We then headed to the Granary to socialise and get to know each other a bit better, and socialise we did. We moved on to McSuralys, and then back to Neptune's Hostel. Great night was had by all.

Halloween Ball in Redz! Great night! Great turnout! Some of the costumes were hilarious. I haven't seen anything like it in a while and hats off to Mick for the fantastic night.

Now on to the serious stuff! - H Block. Where is it? Don't know? You will soon enough.

H Block aka The Herlihy Building is located across from Parchment Square, behind Abbeyville. In my next campaign I plan on putting up sign posts, clearly stating the direction to H-block. Starting from the Main CIT campus, down through the CIT walkway, into Parchment Square, across to Abbeyville and then down to the Herlihy Building. People in H Block, I told ye I'd look after ye! This is just the beginning!

Last month, I told ya about the situation in the Canteen. Nothing has changed lads. It's not that hard to clean up after yourselves, seriously like, just pick up the tray and put it in the tray racks. It's gone beyond a joke now. CLEAN UP AFTER YOURSELVES, IT'S DISGUSTING!

Ok Guys that's it, As always, if you need me to organise a campaign for ya, suprojects@cit.ie, I'm here for a reason, USE ME.

Talk to ye next month
Wez



CIT Students' Union Vice President Education

The months are just peeling away. It seems like only yesterday when I started and I'm already in my sixth month of the job. Where is my midterm I hear you shout, well, this year the midterm has been uplifted and removed to February, but don't worry your not losing out, its just a re-shuffle in the academic calendar.

We had rep training in Killarney and it was a massive success, I'd like to thank Ken Curtin and Dan Collins for providing the training and the

reps for taking such an active involvement throughout the day as a whole. I hope that everyone who went enjoyed it. Kerry radio is enquiring about the rights to broadcast the sing-song from the morning after, we want at least €8 but they refuse to pay the fee. I would like to commend the reps; they were both a credit to themselves and the college.

The minutes of all our recent executive meetings are now available on the web so if any one wants to know what's going on in the Union, check them out. If you have any queries you can direct towards me, as I'm responsible for all minutes within the Union.

Study time is almost here and we must all get serious about Christmas exams.

If you need any advice feel free to contact me in my office or email me at anytime. Keep on top of reports and projects as you don't want them on your desk when you are trying to study.

Halloween was a laugh, between Redz and Rafters and all that lay between I had an outrageous time. Dracula, The Mummy, The Werewolf and all the gang were on the prowl. Someone lost their head in Redz but found it outside the club on a sign-post next to a smirking Garda.

Lately I have been noticing that some subjects are constantly popping up on the grinds requests so in conjunction with the College and the Learning Resource Centre we are looking at means to increase the support for students in these areas.

We are currently compiling the results of the survey in the library and these will be published on the website shortly. We are also working on the education section of the site and we hope to have it up in the near future. An important date coming up is 01 December, the closing date for Higher Diploma applications. A list of courses in CIT that can be used with a H Dip to teach is available at the prefab. Any 4th years considering their options keep this date in mind.

Well that it's, what did you expect!
Mikey



CIT Students' Union Vice President Welfare

Hi everyone!

Another Welfare Week is over but my job is far from finished. The amount of students who crowded around the stands is just testament to the fact that students have problems and they are willing to talk to the right people. I have information on all of the organisations that participated throughout the week in my office as well as information from many other organisations.

I want to thank all of the organisations that took part and also all of the wonderful Class Reps that helped with setting up and taking down, the backbone of the Union you are!

The Halloween parties on the 27th went well, both the venues

for the Crawford and the main CIT campus were packed and I bet that everyone was happy for the day off afterwards.

That's my ramblings for now, talk to you again next month, sooner for those of ye dropping into my office, and you're always welcome.

Sinéad.

Please feel free to call to the SU prefab should you need any advice or even a quick chat over tea. 021 4933123

CITSU Christmas Day 2005

Wednesday 30th November

West Atrium (all Day)

Music by Wallmark

DJ A Fleming

Karaoke with Jerry Jib

Guest Appearance by

SANTA CLAUS and his mobile Grotto.

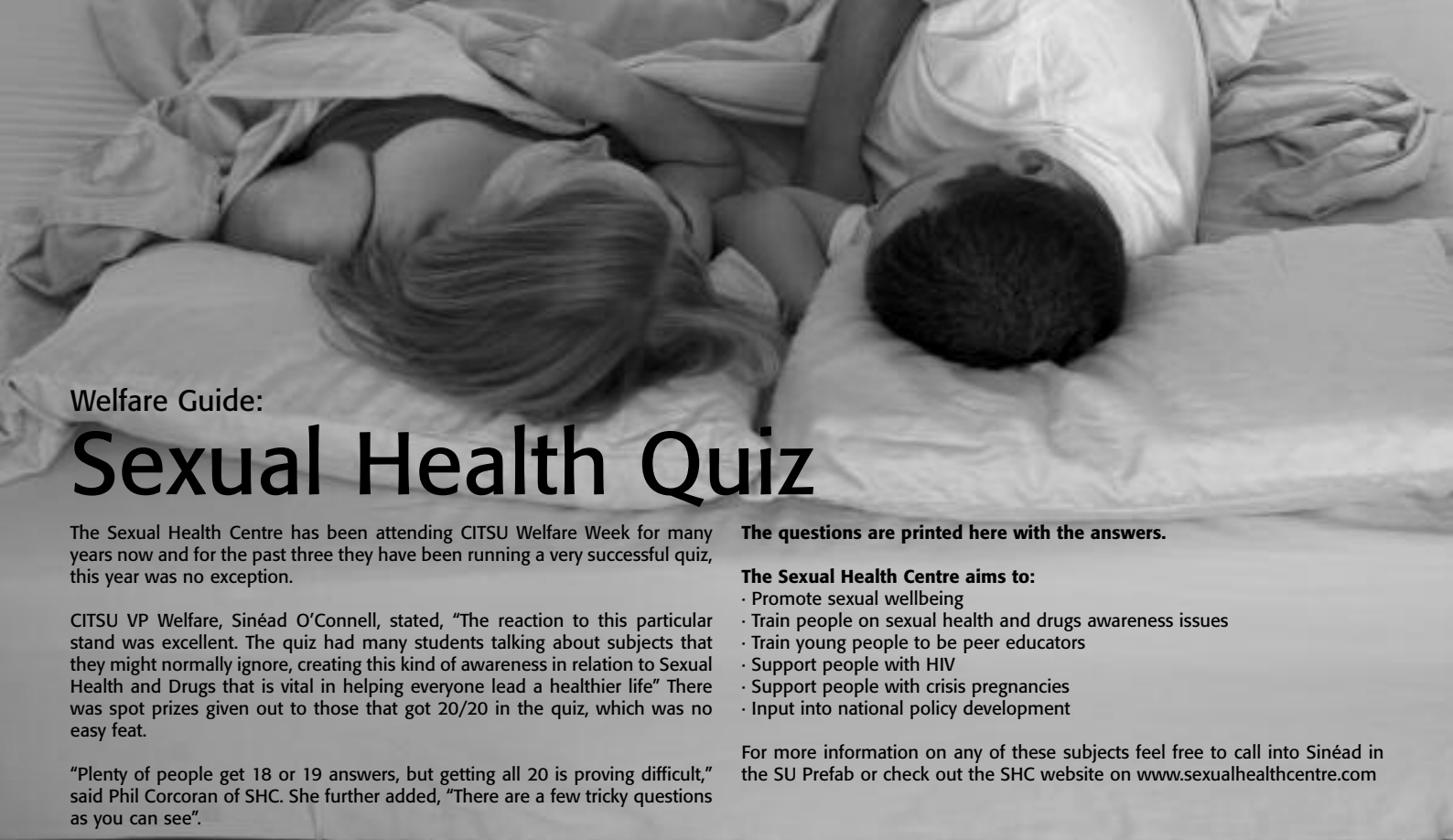
Christmas Day Ball

in Blu Bambu

Tickets 6 euro from SU

Music by Red Hot Chilli Peppers Tribute Band and DJs

More Information available from www.citsu.ie / Entz Office



Welfare Guide:

Sexual Health Quiz

The Sexual Health Centre has been attending CITSU Welfare Week for many years now and for the past three they have been running a very successful quiz, this year was no exception.

CITSU VP Welfare, Sinéad O'Connell, stated, "The reaction to this particular stand was excellent. The quiz had many students talking about subjects that they might normally ignore, creating this kind of awareness in relation to Sexual Health and Drugs that is vital in helping everyone lead a healthier life" There was spot prizes given out to those that got 20/20 in the quiz, which was no easy feat.

"Plenty of people get 18 or 19 answers, but getting all 20 is proving difficult," said Phil Corcoran of SHC. She further added, "There are a few tricky questions as you can see".

Will the pill protect me from HIV?

No. The pill offers no protection against STIs.

Can I get HIV if I have penetration without ejaculation?

Yes. HIV is passed from one person to another through the exchange of blood, semen, vaginal fluids, and breast milk. You do not have to ejaculate to contract HIV.

Can condoms prevent HIV?

Yes, they can. Condoms are the most effective barrier method of contraception.

Is it possible to have an STI and not know about it?

Yes. Many STIs may have no symptoms whatsoever. Chlamydia is often referred to as the silent infection for this reason.

If the man takes his penis out of the woman's vagina before he ejaculates can she get pregnant?

Before ejaculation, almost all penises release fluid containing sperm (pre-cum). There can be hundreds of thousands of sperm on the man's penis before ejaculation. Any one of these sperm could result in a pregnancy. It is for this reason that pulling out before ejaculation isn't recommended as a form of birth control.

Can you contract an STI the first time you have sex?

An STI can be contracted during any sexual encounter whether it is your first sexual experience or not.

Should my partner be checked for any signs and symptoms, if I have Chlamydia?

Chlamydia is spread by oral, anal, and vaginal sexual contact. If you have Chlamydia your partner should most definitely go for a screening. Chlamydia is easily treated but can be very harmful if left untreated.

Can having anal sex with an infected person pass on Genital Warts?

Yes. Genital warts are spread via skin to skin contact so they can be passed on via anal sex.

Is there a cure available for the virus that causes Genital Warts?

No. There is currently no cure for HPV (the virus which causes genital warts) but the warts themselves can be treated. Because there is no cure for the virus the warts can return after treatment.

The questions are printed here with the answers.

The Sexual Health Centre aims to:

- Promote sexual wellbeing
- Train people on sexual health and drugs awareness issues
- Train young people to be peer educators
- Support people with HIV
- Support people with crisis pregnancies
- Input into national policy development

For more information on any of these subjects feel free to call into Sinéad in the SU Prefab or check out the SHC website on www.sexualhealthcentre.com

If I have cold sores should I practice safe oral sex?

Yes. If you give someone oral sex while you have cold sores you can give them genital herpes. Either abstain from this activity while you have cold sores, or use a dental dam or a condom.

Is there a treatment available for pubic lice?

Lotions are available to treat pubic lice.

Is it true that one person is infected with HIV every day in Ireland?

Unfortunately this statement is true.

Is anal sex a reliable way to prevent pregnancy?

No. Anal sex should not be used as a means of preventing pregnancy. If you have unprotected anal sex then the semen in the anus could easily slip out and make its way to the vagina.

The SHC has been running since 1990. True or False?

False. The SHC was established in 1987 under the name of AIDS Alliance.

If left untreated symptoms of certain STIs will go away?

Symptoms of STIs can often disappear but this does not mean that the infection itself has gone away.

You can catch a sexually Transmitted infection more than once. True or False? True. You can catch the same STI over and over again.

What is the legal age for sexual intercourse in Ireland?

This is a very tricky one. An interpretation of a number of acts of legislation by the Attorney General a few years back puts the legal age for boys at 15 and the legal age for girls at 17. However many organisations working with young people take 17 as the legal age for sexual intercourse for boys and girls.

Taking Solvents/Gas is as dangerous as injecting heroin. True or False?

True. Solvent abuse is highly dangerous. There have been many tragic deaths due to solvent abuse over the years.

Heroin causes more deaths in Ireland than any other drug. True or False?

This is False. Smoking is a causal factor in far more deaths than Heroin.

Can drinking alcohol make it easier for you to get an STI?

Yes. Alcohol lowers your inhibitions so there is a far greater chance that you will have unsafe sex and contract an STI.



Help in The Drive to Survive

Road deaths - not just an inevitable part of daily life

The number of road deaths in Ireland remains stubbornly high. Road traffic related injuries are similarly high compared to many of our European neighbours. Yet there seems to be no simple solutions. The high level of road fatalities has been a fact of Irish life for many years. Economic cost of road accidents aside,

the human and social cost of our road carnage is incalculable. Efforts over the years have been successful in reducing the level to some extent but they still remain unacceptably high.

Statistics released from the garda national traffic bureau, on October 19, 2005, state that 313 people have been killed on Irish roads so far this year.

Pedestrians 44	Passengers 73	Drivers 134
Pedal cyclists 9	Motorcyclist 47	Pillion Passengers/others 6

An Garda Siochana have the primary responsibility for road traffic law enforcement, however, road safety is a vital public concern and one that affects each of us every day. We all have a social responsibility to ensure safety on our roads. Well resourced, organised and fully implemented road safety policies reduce the risks of death or injury on our countries roads.

Most of us think that road accidents only ever happen to other people and of course it's always someone else's fault. But it's a fact that one in 5 drivers are involved in an accident in their first year. It's a fact that young drivers are held responsible for 55% of road traffic accidents. We are told that driver error is a contributory factor in approximately 86 % of road accidents.

So what can we do?

Training

It is imperative to the safety of us all that correct driver training is given to every one of us who sits on a motor bike or behind the wheel of car. With proper driver training most accidents are avoidable. Driving safely has nothing to do with chance and everything to do with the way the job is approached. Driving a car or a motorbike is a complex task, which requires certain skills and knowledge of a number of elements. These elements are at times utilised separately and at other times in conjunction with one another.

Drivers must have:

- Perceptive skills – in order to assess a hazardous situation and have the ability to make quick judgements where necessary
- Manipulative skills – the ability to control the position and speed of a vehicle relative to everything else on the road.
- Knowledge – of the principles of safe driving / rules of the road as well as the practical ability to drive responsibly

Remember being a good driver means you never stop learning. Vehicles and driving conditions are constantly changing, and your skills need to keep pace with those changes. Most certified driving instructors provide lessons to help you update these skills

Focus on safer driving

Most accidents do not just happen by chance; they are the consequence of unsafe driving practices. Driving safety cannot be thought of as an add-on extra – it has to be part of the way we drive:

- Slow down – observe the speed limits
- Never drink and drive
- Always wear your seat belt
- Keep your distance from the vehicle in front
- Take regular breaks during long journeys
- Check your vehicle regularly for any defects
- Observe rules of the road
- Cyclists/ pedestrians should wear bright reflective clothing
- Cyclist should have front and rear lights

The last word

We can all help to stop the carnage on our roads
Please drive with care and caution – expect the unexpected!

Getting started

Before you hit the highways and byways for the first time you need to do the following:

- 1 Apply for and sit driver theory test
2. Eye test and medical report (if necessary)
3. Obtain provisional licence
4. Contact all round school of motoring on 086 8105777 to book your lessons
5. When you have experienced our expert instruction you should be well prepared for the last steps in the process
6. Apply for practical driving test
7. Prepare for test by contacting all round school of motoring on 086 8105777 to book your pre test lessons

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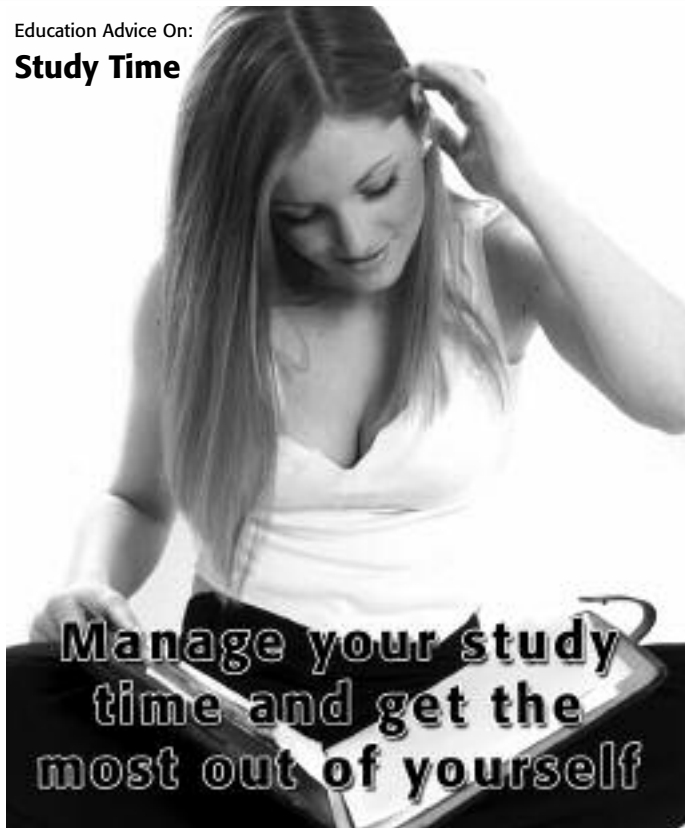
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Certified Instructor: Dave Coleman Tel: **086 8105777**

All Round School of Motoring, Garrycloyne, Blarney, Co. Cork. Email: allroundsom1@eircom.net

Education Advice On:
Study Time



Manage your study time and get the most out of yourself

In this article I will cover how best to utilize your study time to your success. Lets not try to glam it up studying is not pleasant. I never liked it and I never found anyone who did, but just like taxes you got to do it or it will come back and bite you in the ass. So let's get it sorted and out of the way.

Develop blocks of study time.

It's suggested that you take an hour then break it into 45-50 minutes of study and 15-10 minutes of a break. This isn't a hard and fast rule as different people become restless after different times. Some learners need more frequent breaks for a variety of reasons, poor concentration, tiredness, small bladders etc. More difficult material may also require more frequent breaks. Once you do take that break it is important to move away from your desk maybe get some fresh air or what often helps for me is to kick a ball off the wall to vent my frustration. Whatever you do don't watch the TV it will only distract you from the task at hand and you'll end up watching movies on TV3 with the excuse that it was based on a true story. Other good things to do are take a shower, eat something light or have a chat with your housemates.

Prioritise Study blocks

When studying, get in the habit of beginning with the most difficult subject or task. At least this way if you only get an hour done, it will be a valuable hour. As well when you start to study you are in your most enthusiastic state of mind and will be more receptive to complex materials.

Review studies and readings just before class.

If you are fresh with the basics of the subject matter for a lecture then your mind can focus on the more complex issues been presented by the lecturer.

Review lecture material immediately after class.

The best time to revise notes is within 24hrs of the lecture. The brain is still fresh with the material and a revision of it now can help commit it to memory for the long haul.

In closing study isn't nice, it isn't fun but it has to be done. The alternative is leaving it all to a cramming session at the end of the year. The result of which would be either failure or attaining a mark that is so far below what potentially can be earned that you'll be sickened by yourself. So buck up, dig in, get the heads down and I'm sure they'll be honors all round.



Careers and Counselling Launch Website

The CIT Careers and Counselling Service is pleased to announce that its dedicated student website is up and running. The site will contain the most up-to-date employment opportunities available to students/graduates, as well as a News Section, Library Referral, Company Listings, FAQ sheets, as well as other relevant data.

Dan Collins, the Head of the Service, would appreciate it if people spread the word about the site and he encourages CIT students to keep visiting to see the most up to date vacancies, news etc. Users should feel free to send feedback using the Feedback Form located on the site.
www.careersandcounselling.com

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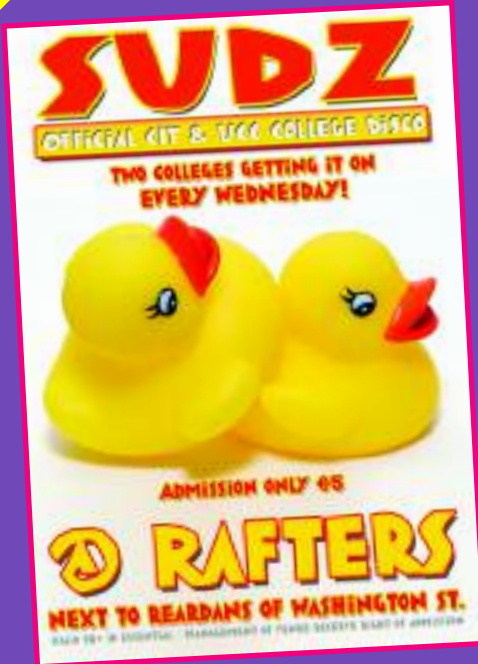
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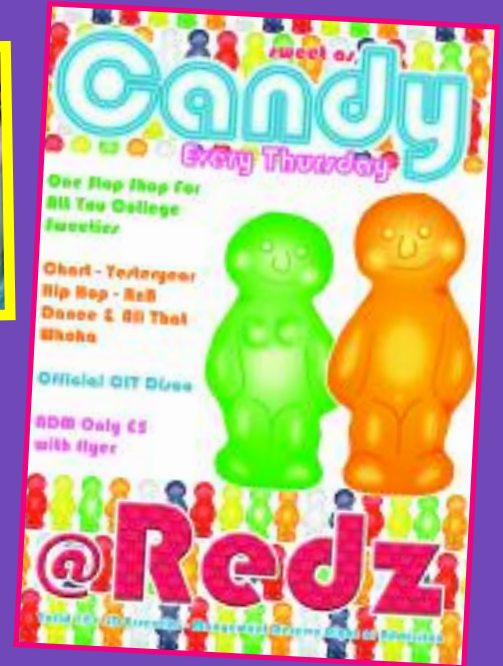


Societies Halloween Party - Bishopstown Bar



WATCH OUT FOR DETAILS
OF CIT XMAS DAY
30th November!

Floppy Soc - Business Studies - Architecture - Interior Architecture



explicit

pics@explicit.ie

Email us you pics of class parties to be printed here!
Please send all pics in high resolution
BEWARE OF OUR CAMERAS IN CITSU CLUBS!

Cork Artfest 2005 Gig Guide

MONDAY

Macteo **Atrium/Foyer** **Morning**
Performance troupe bring their spectacle to CIT to open artsfest with style. Macnas have performed all over the world but are best known for their "Masiveheads" which toured with U2 for their ZOO TV tour.

Soundbeams **Atrium** **9-12am**
An invisible expanding keyboard in space.

Soundbeam is essentially a musical instrument the use of which does not require any musical training. Composer and sound designer Cormac O'Connor will use Soundbeam technology to create a virtual world of sonic intensity with V-jamming video. There will be a series of fun workshops demonstrating hands on the amazing capabilities of soundbeam and current techniques in music technology.

Come along and be the composer, conductor and performer all with the wave of your hand!

Plus ! Soundbeam Workshop 2-5pm CIT Venue to be confirmed.

Wiggle **Atrium** **1pm**
Versatile four piece from Cork entertain the lunchtime crowd with Dub using drums machines, sequencers, samples, keyboards, live vocals, guitar and bass. Between the striking astral crooning, dulcet guitar twangs, glittering keyplay and sub bassing you will be terrifically excited.



Staff Entertainment
Staff Canteen CIT

Every day various musicians from Cork School of Music, Cork City and beyond will perform at morning break time in the CIT Staff canteen.

CCAD @ CIT 2005 - Exhibition Space 9-5pm Continues all week.

This is an exhibition of work by the lecturing and technical staff of the Crawford College of Art and Design. All the staff were invited to exhibit one piece of work, in whatever medium they choose for a show that will highlight a wide and diverse range of skill amongst the staff.

Quality of Life Under the Celtic Tiger- The role of social, health and cultural resources. (Public Lecture) **CIT Theatre 3-5pm.**

Dr Liam Delaney UCDA advance booking on 021 4326863/4326547 Admission free For further information please contact Tom.oconnor@cit.ie

An Evening of Laughter **5.30 pm** **CIT Theatre**

Snatch Comedy Improv! will conduct an hour of games in the style of "Whose line is it anyway?" This non-stop rollercoaster of absurdity, originality and amazing spontaneity will follow a classic comedy screening in the theatre.

"The World Challenge for a New Global Design Thinking" Public Lecture by Helmut Langer

6pm Venue: IT3 Lecture theatre, IT Building, CIT

Helmut Langer, a freelance graphic designer of international reputation, will address the impact of globalization, population growth, environmental destruction and economic development on communications design with particular reference to the influence of developing markets such as China and India.

For booking and further info email mmurphy@cit.ie

TUESDAY

Classical Recital **CIT Theatre** **1pm**
Corkonians Louisa Dennehy (flute) and Ciara Moroney (piano) join Welshman Peter Sparks (clarinet). They will play waltzes from Dimitri Shostakovic, the concertante for Flute and Clarinet by Fran Ignaz Danzi, the Duo for Flute and Clarinet by Sarah Coleman and Sonata by Maurice Emmanuel.
5 euro/3 euro concession



Cartoon **Atrium** **1pm**
Following their huge live success across Ireland and in advance of their forthcoming album release, Cartoon bring their heady mix of acid, jazz, funk, soul and house to CIT!

FUTO Acrobats **1pm Atrium/Foyer**
Tumbling, Chudding, Skipping, Pyramids, Roller Balancing, Ball Balancing, Head Stand Balancing, Hoops, Limbo and African Dance from the amazing acrobats!

4.48 PSYCHOSIS by Sarah Kane **Playgroup 6pm CIT Theatre**
Playgroup presents their Rough Magic SEEDS 2 Showcase production of 4.48 Psychosis by Sarah Kane. A morbidly funny, bruisingly honest and dazzlingly poetic journey into the depths of depression, love and suicide. "Essential viewing" - The Irish Times
"a heart-stopping exploration of depression... directed and performed with consummate discipline and hair-raising focus" - Sunday Independent
5 euro/3 euro concession

The Science of Flann O'Brien **CIT Theatre** **8pm**
Flann O'Brien, literary genius and scientific fantasist. The theories of fictional scientist De Selby, life, death, bicycles and much much more. The comic world of Flann O'Brien, inhabited by policemen who become more bicycle than man, where night is an accumulation of black sooty substances in the atmosphere, where travel is an illusion and a pint of plain is your only man is prised open by DCU Chemistry Professor Dermot Diamond and Fergus Cronin
Admission Free.

WEDNESDAY

Chalets **West Atrium** **1pm**
Chaotic, popstastic Dublin 5 piece THE CHALETS play a free show in CIT on Weds the 9th of November as part of CIT ARTS FEST 2005.

Killer pop tunes, matching colours and a real outlook on life has seen the band already win a Meteor award for best new act of 2005.

7 - 12 november

Debut album CHECK IN just released in the UK and Ireland has seen them become the flavour of the month with the normally synical UK press and have gained valuable lines in music weekly NME and heavy rotation play on MTV2 and E4

Jazz Big Band **CIT Theatre** **1pm** **Free.**
Fresh from their concert with Jon Faddis at the Jazz Festival the Cork School of Music Jazz Big Band bring their sounds to CIT.
Directed by John O'Connor.

"Behind the Scenes" at BEAM ME UP! **CIT Theatre** **3-5pm**
A case study of a major Cork 2005 performance a collaboration between Cork Music Works and Open Arts, Belfast and local care organisations working with people with learning disability.

A DVD presentation of excerpts from the "Beam Me Up!" performance will be introduced by Evelyn Grant, - highlighting some of the issues arising from this ground-breaking initiative.

Open Mic Night
CIT Music society presents a singer/songwriter night in the Cruiscin Lan from 9pm. Admission Free. All welcome.
Playgroup 6pm (See Tuesday for details) 5/3 euro.

Club Kickback **11pm** **West Atrium**
Cork's most cosmopolitan clubnight brings you exotic grooves and tunes with a funky flair avec DJ Mike Darcy. Funk, soul, exotica and tunes that will soar your spirits, kick away your troubles and command control of your dancing shoes!!!!

GAA in the Club,
A county colours night at Sudz especially for Artsfest. Wear your gear, bring your hurley and celebrate your team in style!!
11 till late. Admission 5euro.

THURSDAY

Rapper's Delight **Atrium** **1pm**
The cream of Cork's Hip Hop Community will take over the West Atrium at lunchtime. MC's, DJs and Scratchers, Breakers and Graphers.

Surprise special guest in theatre (music) **1pm** **5/3 euro.**
Just to keep you on your toes, CIT have lined up a very special surprise at lunchtime on the Thursday. The rumours start here!!

Cinemagic - An Evening of Film.
Eoin O Cathain, Education Officer with Cork Film Festival and Justin O'Mahony from Ireland's first ever Super 8 Film Festival will present and discuss films in the CIT Theatre at 6pm. Admission Free.

Celebrity Concert
Mariana Sirbu (violin) and Jan Cap (piano).
An eagerly awaited return visit by prize winning duo.
Debussy, Brahms and Beethoven.



Playgroup 8pm **5/3 euro** **Performance followed by post show discussion with the company. See Tuesday for details.**

Chavtastic Club with Candy at REDZ.
Fancy yourself as the new Mike Skinner? Get yourself down to REDZ for a night of chavtastic mayhem with Candy featuring Circus performers and Genie Mac.
5 euro

FRIDAY

EXTREME RHYTHM
Derek Kelly and his high impact rhythm ensemble will close Artsfest 2005 with an exciting vibrant display of sounds from around the world. Derek has studied in London's Drumtech and is a regular feature at carnivals all over the world.

Special events ALL WEEK

Arts fest menu
All week the CIT restaurant will have artsfest related delights for you to enjoy as you soak up the atmosphere. Menu will be announced on 7th November.

All week tee pee fringe events...
The CIT societies will meet and greet new and old members and run fringe events in a fantastic Tee Pee tent located in the West Atrium. Come and get involved in a society and encounter the magic of Tee pee.

VOICES OF CIT - What's the Story? Meridian logo??
What's the story? What is your story? What do you have to tell?
Arts fest have invited Meridian Theatre Company to sweep through the corridors of campus to gain an insight on CIT Student and Staff ideas and experiences of the arts and culture. Participants will get the opportunity to share their experiences with local writers Ciaran Fitzpatrick and Ray Scannell. An installation will allow participants to offer their story in whatever form they wish.

Snatch comedy improv will make guest appearances at CIT campuses throughout the week.

Saturday

Family Day at Cork Institute of Technology in conjunction with Arts Fest and Science Week

- 9.30 - 10.00 Meet and greet "Jandermann" entertainer, music and prizes in the foyer.
- 10.00 - 11.00 Bubble Show
- 10.00- 11.00 Drama Workshop/Painting/Games
- 11.00 - 11.45 "mick an chnoic and the legend of the blue banana"

Dowtcha Puppets
the legend of the blue banana is fun, entertaining and educational. it is a fable about the dangers of a closed mind. racism, social exclusion and blind ignorance are explored through metaphors and symbols, teaching us that you can't judge a fruit by its cover, or is it that you can't judge a book by its skin...? the fourth "amazing tale of mick on chnoic" is an adventure filled story full of funny and fearsome characters. wordplay and trickery that will delight and educate children of all sizes.
FOR 6 to 10 year olds. 6/4 euro

- Afternoon Programme**
- 12.00 - 13.00 Big Bug Show/Puppet Workshop with Dowtcha Puppets
 - 13.30 - 14.00 Meet and greet similar to the morning
 - 14.00 -15.00 Bubble Show
 - 15.00 - 15.45 Dowtcha Puppets present the Legend of the Blue Banana
 - 16.00 - 17.00 Big Bug Show



Shed light on your ideas to harness a piece of the prize. Your invention/business plan can lead to a chance to earn a share of the €5,000 prize money.

This is a scheme that awards cash prizes to those whose inventions and business ideas are judged most creative, novel, innovative, and likely to succeed in the marketplace. This prize is open to all departments and you may use a project that forms part of your coursework for the year.

The breakdown of prizes is as follows:

1st Prize:	€3,000
2nd Prize:	€1,000
3rd Prize:	€500
Best Stand on Innovation Day:	€250
Best Business Plan:	€250

You may participate if you are a registered student or a staff member at CIT during the 2005-2006 academic year. Working in teams or individually you can attend free workshops that guide you in putting a business plan together and how to set-up your own business.

The first step for entry is to complete a two-page application form. This will give us contact details for you and will ensure that you are on our list to receive further information about the competition and workshops that will be held throughout the year.

A team of experienced engineers, inventors and business professionals will judge your working during Innovation Day on Friday 24th February 2006

Important Dates:

Milestone	Date	Requirement
Entries Open	NOW!	N/A
Deadline for Entry	Friday 2 nd December 2005	2-page completed application form to be submitted to the Development Office
Final Project Reports Due	Friday 27 th January 2006	Set out your business idea, following the Guidelines attached (15 pages max) and 4 copies to be submitted to the Development Office
Prototypes Due	Friday 27 th January 2006	Prototype (if applicable)
Shortlist of Candidates announced for Innovation Day	Friday 10 th February 2006	N/A
Innovation Day (Prizes Awarded)	Friday 24 th February 2006	Attendance and demonstration (if applicable)

Final project Submission Guidelines:

The project should be presented in a document of not more than 15 pages, including the three page Summary. Unfortunately, projects not meeting this specification will have to be disqualified.

The CIT Prize for INNOVATION

Prizes Valued at €5,000

Sponsored by South Cork Enterprise Board

Your submission will consist of:

1. A three page Summary
2. The business plan itself

Project Summary (not more than 3 pages)

Covering:

1. Promoters - names, addressed and phone numbers
2. Product - brief details on the idea
3. Markets - a short summary of the target markets
4. Investment - a summary of the needs
5. Key Issues

The Plan (not more than 12 pages)

Promoters

- The name, course and year of study of each student
- Link to project, how the project came about
- Management Structure
- Any relevant experience

Product

- Product/internationally-traded service description

Production

- Process description
- Proposed level of output
- Investment details
- What will the investment achieve
- Raw materials, source, cost
- Quality and training as appropriate
- Environment
- A list of equipment
- Employment

Marketing

The content of the marketing section will depend of the particular project and the quality of the information available. However, the following points should be addressed, if possible:

1. What is unique or special about your product/service?
2. How do you know there is a demand for your product?
3. What competitive edge will you have over competing products/services?
4. At what price will you sell your product and how will this compare with your competitors?
5. Where do you intend to sell your product/service, i.e. home market, export market? Name potential customers
6. What do you know about the market you propose to sell into; size,

growth, trends, structure

7. How are the products to be distributed in the market?
8. How do you propose to let people know about your product/service? 9. Advertising? Promotions? Merchandising? Website?

Finance: requirements and funding

Work out what you think will be the likely total fixed asset investment i.e. premises and equipment and the working capital required for the first two years.

Show:

- a) Fixed asset investment € _____
- b) Working capital requirement € _____
- c) Start up costs € _____
- Total Investment needed € _____

Indicate how it is proposed to raise the necessary capital:

- a) Amount to be invested by principals € _____
- b) Amount to be provided by borrowings € _____
- c) Amount sought by way of grant (if applicable) € _____
- d) Cash from profitable trading € _____
- Total investment funded € _____

Profitability

Under this section you should outline projections for the new project for the first two years. These projections should include projected sales, cost of sales and profitability, and outline cash flow statements. These can form an appendix and be summarized under the headings as follows:

	Year 1	Year 2
	€	€
Sales	_____	_____
Gross Profit	_____	_____
Net Profit	_____	_____
Net Profit/Sales %	_____	_____

The judges will be interested to know how 'real' the figures in your projections are. Give them brief information which supports these.

Further information will be posted on your Department Notice Board. Application forms and guidelines can be obtained from the Development Office.

Final Project Reports to be submitted to: The Development Office, Cork Institute of Technology, Bishopstown, Cork on or before 4.30pm on Friday 27th January 2006.

Please complete the 2-page application form and submit to the Development Office on or before Friday 2nd December 2005. This information gives us contact details for you and will ensure that you are on our list to receive further information about the competition and workshops that will be held throughout the year.

Funded by the Irish Government under the National Development Plan 2000-2006

Out n About

CITSU Class Rep Training 2005 Killarney 13th October



Email us your Pictures to:
pics@explicit.ie

The Dreaded Ass Pinch!

by Michelle Bouse

What is it about some guys who think that pinching a girl's ass or feeding her some cheesy chat up line is going to make her go dizzy with delight? Somebody would need to tell these guys that Barbie has long died and these days they're dealing with brains as well as beauty.

A couple of Thursday's ago I was in Fast Eddie's trying to squeeze my way out from the bar holding on to the drinks in my hand with dear life as a handful of people rushed against me in an attempt to take my previous occupied place in such urgency when I felt the dreaded ass pinch.

I turned around briskly to see the offender. There he was standing in front of me with a big cheeky grin on his face probably thinking something like "I'm in here". I took a collective intake of breath, put the drinks down and then cheekily repaid the unwanted favour by pinching his ass right back. He winced at such an unexpected result and I said to him "Doesn't exactly make you go weak at the knees does it?" I didn't wait for a response from him instead I picked my drinks up and walked away without a backward glance.

In his mind somewhere he was probably expecting me to start laughing like a hyena and to start talking typical nonsensical bimbo rubbish (I'm blond but not stupid) and sure enough he was probably emphatic he would score but afraid he scored wide on this one.

Some guys pulling techniques are totally and utterly appalling. The worst offenders are the two mentioned above, the ass pinching, chat up lines like "Get your coat you've pulled" and the one I loathe the most is the "smile", the one where you are in the club minding your own business when this ejit decides it's his duty to march up to you and tell you to smile. Whenever a stranger tells me to smile I feel an immense urge to show them the back of my hand. Am I supposed to be beaming from ear to ear permanently just so this ejit will feel better that I'm smiling?

The best pulling technique is simply just a smile and a hello. It's not exactly rocket science. It takes only five minutes of conversation for the average girl to decide if this guy is worth her number. In those five minutes there is no need for fibs or boasting. More often than not she's probably not interested in whether or not you're the captain of your local football team or just one of the subs who sits on the bench. Just one other turn off to note is a guy who spends more time looking in the mirror than you do (Absolutely massive turn-off).

So lads the next time you're out and chatting to that beautiful stunning girl at the bar just remember that she's not a Barbie doll but is a person with something going on beyond those good looks and all it takes to get her number is a little conversation, so you can leave your corny lines at home and preferably leave them there every night please for our sanity.





SPITE AND BADNESS: Postcards From The Impatient Edge

by David Barry

"...To my effervescent and reactionarily infallible mind, however, Fair City explicitly and without shame personifies all that is so horribly amiss with contemporary entertainment. It is, in layman's terms, just plain awful..."

A WARNING: THIS COLUMN IS DESIGNED TO PROVOKE AND TO OFFEND. IF YOUR HEART BLEEDS EASILY, PLEASE TURN TO PAGE SEVENTY-THREE, WHERE SOME NICE STORIES ABOUT NICE GIRLS WHO DID NICE BUSINESS COURSES AND BECAME NICE SECRETARIES WITH NICE MORTGAGES AWAIT YOU. NICE.

Jasus Darling, as I said to Flatmate the Tuesday before last, if they wanted us to be this unhappy, why not just kill us, instead of making us pay hundreds of euros for a television license?

But then Fair City ended and all was once again middle-class.

It is not the fault, one supposes, of my television license, that such a shambolic and nefarious mess of drivel-s**t as Fair City exists today; rather, the fault must lie with us, the television audience, for indulging our post-lecture-on-who-cares-what-addled minds on this sort of crapsome crap, a sad thing, this popularisation of mundanity, and sadder still to come. It is not that this is our fault. If we were not so undemanding in our pursuit of light entertainment, then Fair City (or 'Dole and Heroin' as it's known chez nous) would simply shuffle off this moral-majority coil, to fester and rot and moulder and die in that great Graveyard of RTE's Cancelled Shows, alongside Glenroe, Leave It To Mrs. O'Brien, Where in the World? and Bachelor's Walk.

To my effervescent and reactionarily infallible mind, however, Fair City explicitly and without shame personifies all that is so horribly amiss with contemporary entertainment. It is, in layman's terms, just plain awful. Shall we break it down?

The Script: I know for certain that there are better scriptwriters out there. Perhaps a staff writing job at dear old RTE is like being a Civil Servant or Teacher or similar, in that unless you murder your Boss in cold blood with a frozen pizza last Tuesday week, while wearing a blue shirt, and your name is Bob, then you cannot be fired. One supposes these awful, misguided, talentless hack-fool writers sit in front of old reruns of Coronation Street and EastEnders, equipped with Chubbi-Stumps and construction paper, feverishly copying down already-thin-as-air plot lines and twists, to vomit them back in Fair City storylines six months later. Sad, isn't it? In fact, the only thing more sad than this is the fact that some fool has to film it.

The Actors: Had Thespis been given Cassandra's gifts of future prediction (and not like Irish Psychics Live! Do you want to talk to a recording of a ruffian for €2.40 a minute? I thought not, Space Tourist!), I am sure he would not have stepped out of his chorus line, thereby giving birth to the craft of Acting. A Craft which, it must be said, the cast of Fair City seem to have no knowledge of and no desire to employ. It's like bleeding from the ears, and we're all haemorrhaging. Quick! Turn it off, before your brain leaks out your ears and makes a Dublin-Suburb-shaped puddle on the floor!

The Production: Not really, no.

It is clear to me now, that the only real way to get rid of this hateful and shambolic waste of time and money is to just stop watching. It will be a cold day in Barbra Streisand before I deign to switch my set back over to Fair City, or any of its evil works. It's a National Shame; an artistic wasteland, more barren than Rita and more hateful than Bela. Vomit! Thy name is Carrickstown.

Would you like to get involved with our magazine explicit?

We are always looking for students to submit articles and photos for our magazine. If you are interested in submitting news, reviews, feature articles, photos, sport or societies info then please get in contact with us now!



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Let's Be United and Help Save Crawford College

"...The Crawford building is historical and beautiful, part of Cork city's heritage, and one of the main features, which attracts a lot of its students.."

Here's a joke for you:

- A. Knock knock.
- B. Who's there?
- A. Crawford College of Art & Design.
- B. WHO?

I know, not very funny is it? I could introduce you to three hundred students who definitely wouldn't find that funny, but unfortunately that 'joke' has a lot of truth in it. Plenty of CIT students have never even heard of my college, the Crawford, even though it is one of the four main campuses of CIT, and even if they have heard of it, a lot of them couldn't tell you where it's located. Well, this year, all of that is going to change, so I'm writing this article as an opportunity to give all CIT students an idea of life in the Crawford, and why it's so important to us that we stay where we are in the centre of Cork city.

The Cork School of Art was set up in the 1800's, and became known as the Crawford College of Art & Design when it moved to its current location on Sharman Crawford Street in Cork city centre in 1979. Dozens of successful artists made their name after studying there, and today it is the second most important Institute of Art education in Ireland after the National College of Art & Design in Dublin. The Crawford building is historical and beautiful, part of Cork city's heritage, and one of the main features, which attracts a lot of its students. Every year the Crawford receives hundreds of applicants for the Fine Art course, and every year it has to take in more students that it necessarily has places for. The college is in the perfect location for everything needed to stimulate creativity: art supplies shops, art galleries and museums, architecture, parks and people. Everything about the college is perfect for us, except that due to lack of funding from CIT and the government, the building has gone into a state of disrepair, and seriously needs new heating and ventilation facilities before it causes any more health issues for students.

So all we need is some money to fix a few leaks right? Sounds very simple, but it couldn't be further from it. For years, Crawford students and administration have campaigned relentlessly to have its facilities improved for better working conditions, but instead of helping us to fix these problems, the powers that be above us have instead come up with a wonderful alternative. They want us to move. A site on the main campus in Bishopstown has been proposed, as well as other alternative locations in Cork, but none as close and as convenient as where we are now. They want to take us away from everything that we need as artists. But the worst part is that in all this time they've been talking about the problems in the Crawford, they've neglected to actually do anything about it in the meantime. We are being led to believe that if we convince these figureheads to let us stay in Sharman Crawford street we won't be given any funding to fix the building, so causing the health of students to deteriorate further. But if we do move? Well, we'll be given a wonderful, state-of-the-art brand-spanking-new building out in Bishopstown. However, they were probably hoping we wouldn't see the small print – that even if we did agree to move, that wouldn't happen for a few years, and in the meantime they aren't even going to temporarily



fix our building. I suppose we'll just have to keep putting out the pots and pans and wearing lots of layers under our coats, hats and scarves.

The point of this article is really to let all CIT students know what's been going on. A survey was carried out recently on Bishopstown campus students to see what they knew about the Crawford and our campaign. Although it wasn't a landslide victory, the majority of the students surveyed knew where the Crawford was, had heard about the campaign, wanted us to stay in our current location, and wanted to be kept up to date about the situation. The worrying result was the final question. When asked if they felt that the Crawford circumstances affected them as CIT students, a strong majority said no, it didn't. This is a worrying trend. Issues that happen in CIT should affect every student, even if they are on the other side of town from each other. A separate survey was carried out in the Crawford itself showing that an overwhelming majority of students are opposed to moving out of Sharman Crawford Street. They don't want to hear some faceless report giving us the easy way out. They want our problems recognised and dealt with as soon as possible, both in the main Crawford College and at its sister Art Therapy Department, which lies rat-infested with a leaking roof beside a mental institution on Shanakiel Road. The main reason our students gave for wanting to stay here is its proximity to everything needed for artistic stimulation, and no offence to Bishopstown, but we're not going to get that in an identical, red-brick building that sits in an old football field.

Art is in my blood. My aunt and uncle attended the Crawford because they both saw something special about the place, and when I stepped into that building for the very first time almost two years ago, I knew it was the one for me, too. There's just something about that big old building that makes you feel like you're a part of history, even if you are freezing your backside off in the winter. I went to see other art colleges before I chose the Crawford, and some of them were 'state-of-the-art', that delicious phrase that's been dangled in front of us for so long. But the point is, Crawford students have never wanted 'state-of-the-art', we don't want a shiny new building with all the mod cons...we want a home. And that's what Crawford is to us – it's our home. We could all give you a million and one different reasons for why we want to stay here, but in the end, that's the bottom line, right? We want to stay here. Try as you might, nothing's going to change that. It's time, in the words of Mr Jack Black, to stick it to the man, and we're going to make damn sure they listen to us this time around. We're staying.

Caitriona Foley
SU Communications Officer and 2nd Year Student at the Crawford

With Special Thanks to the other members of the Students' Union Executive, Crawford Site President Calvin Kissane, and all Bishopstown and Crawford students who participated in surveys.

For further information:
www.wheresmcollege.com





In today's world when we look to Iraq, our minds automatically fill with disdain for George W. Bush and his questionable motives for engaging in hostilities against this oil rich country. Some say he went there solely for oil, others say he went there to create a launching platform for further actions in the middle east to secure a stronger hold over the region, some even say that it came down to finishing what his daddy had started.

Whatever the reasons of the governments involved, the soldiers that operated in Iraq, by the vast majority, believed that it was their duty to liberate these people. The reason I now hold this belief is after reading the autobiography of Lt Col Tim Collins of the Royal Irish Brigade "Rules of Engagement". Now I know what you're saying, what about the incidents in Abu Ghraib prison. It was war, in war bad things happen, inexcusable things happen, they happened in WWII, Korea, Vietnam, Congo, Somalia, the reason we all saw it this time was because of the power the media now has in the world. These soldiers did not represent the vast majority of the men and women who went to liberate Iraq on March 20, 2003.

Before picking up this book I had no idea who the Iraqi people really were. I didn't know that they're possibly one of the oldest civilisations in the world, the probable home to the famous Hanging Gardens of Babylon. A diverse country formed after World War I, which has never benefited from long periods of peace and freedom from oppression of some sort.

The soldiers under Tim Collins received a speech before they entered Iraq. In this speech they were warned to give every concession to those who wished to surrender and to respect the people of Iraq and remember that they were not there to conquer but to liberate. In these few minutes he gave his reason for them being there and bestowed them with a sense of honour in the task

Book Review: Tim Collins

Rules of Engagement

Reviewed by Michael O'Connor

"...It's a great read and has enough detail to fill in anybody not familiar with the army and has pictures from Iraq which help you to visualise what you're reading about. There are also chapters relating to the years before Iraq, when Tim served in the north and Africa..."

that lay ahead. The progress he and his unit made in the following months whilst in Iraq was astounding. Whilst there they set-up town councils and within days of liberating towns, schools were re-opened and stability was spreading throughout these areas. Bathist persecutors were arrested and people began to feel more confident in their dealings with the liberation forces and each other.

These soldiers were Irish men and women from both north and south of the border, who themselves knew only too well the signs of terrorism and the fear it instils. The way they handled situations became a model for the rest of the liberation forces.

From my reading of his book I saw the best and worst in people, the American Reserve paranoid out of their skulls would shoot at shadows, the English to their defence tried their best to respect the people of Iraq and their traditions.

It's a great read and has enough detail to fill in anybody not familiar with the army and has pictures from Iraq which help you to visualise what you're reading about. There are also chapters relating to the years before Iraq, when Tim served in the north and Africa.

War crimes were levelled against Tim Collins towards the end of the war by an American, these were dismissed eventually but Collins was abandoned by the Army during this investigation and his good name was sullied by English tabloids. This book does not sell the British establishment as being beyond fault, it does not say that nothing bad happened in Iraq what it does say is what happened to one group of soldiers who fought and tried to nurture the liberation of Iraq.



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The Management & Staff of the Rochestown Park Hotel would like to wish all new and returning students to CIT the best of luck with the year ahead. Thank you for once again making us your number 1 Ball Venue for 2005

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CIT Self Help for Africa Society Calls on Students to Support Fairtrade

The fair trade movement promotes international labour, environment and social standards for the production of traded goods and services. The movement focuses in particular on exports from the third and second worlds to the first world.

"Fair trade" or "Fairtrade" aims to guarantee not just fair prices, but also the principles of ethical purchasing. These principles include adherence to ILO agreements such as those banning child and slave labour, guaranteeing a safe workplace and the right to unionize, adherence to the United Nations charter of human rights, a fair price that will at least cover the cost of production and facilitate social development, and especially in agriculture, protection and conservation of the environment. Fair trade also aims for long-term business relationships that are transparent throughout the chain. For consumers, fair trade seeks to guarantee high quality. This is usually indicated to the consumer by a fair trade label or brand. Please support fairtrade.

explicit Sudoku

	7		1			8
8		3	5			6
2					9	3
6			1			7
		7		9		
	2			8		9
4		7				5
	6			5	7	4
1			4			2

Fill in the grid, ensuring that each column and row and every 3 x 3 box contains the numbers 1-9. (The same number cannot appear twice in any row, column or 3 x 3 box at any time).

Sudoku Competition - Win A Limited Edition explicit Rugby Jersey - Last Month's Winner Cecilia O'Donovan BS2A
To enter simply return completed puzzle in envelope with your name, class and contact details to the SU shop in c143 by 21st Nov 2005

explicit Word Search Competition

This Month's Prize:
Limited Edition explicit Rugby Jersey

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

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Competition Closes 5pm Monday 21st November 2005
Last Months Winner: Dermot Drew - DME2

Competition Rules: All Entries to be returned by deadline to Students' Union Main Office (C143) on official form. Winner MUST be a CIT Student and one entry per person.

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