

explicit

CIT Students' Union Magazine
Volume Eight - Issue Two

**ReBranding
CIT**

**Sheltered from
Smokers**

**Managerial Blunders
Lose Institute Much
Needed Crèche?**

**Welfare Guide
to Breast Cancer**

**CITSU Officers
Move to Centre**



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We Need You!

If you would like to contribute to explicit please contact Philip in the Publications Office, 1st Floor, Student Centre or email: info@explicit.ie



explicit editorial



Hello and Welcome to this year's second edition of Explicit,

I hope all you Fresher's have settled in okay. It's this time of the month again and it has come around so quickly, it seems like only yesterday I was swimming in the Student Centre, the saying must be true "time flies when your having fun".

Fresher's week was first-class and we owe credit to our ever hardworking Entertainments Manager, Mick O' Mahony. Even though the weather was a disappointment the Student Centre provided the perfect alternative location for this year's Fresher Festival. Although I lost at life-size foosball to a group of girls, I still enjoyed every moment of Freshers Week. Seeing some of the schoolgirls out on Tuesday night, I'm tempted to go back and repeat the leaving. Wednesday's Umpa Lumpa party in Rafters was "choctastic", however if I see another bar of chocolate, bottle of fake tan or an Umpa Lumpa wig it will be too soon. Thursday night topped off a fantastic week @ Cubins where the Fresher's ball was held. Once again the various rooms offered a great selection to suit all music tastes. Pictures from the week are available at the CIT Student's Union online gallery at www.citsu.ie.

Enough about last month, lets look forward to this one, by now all classes should have elected Class Reps, be holding class parties and of course getting down to some serious study.

You might also have noticed how some canteen prices have doubled, boiling water was 10c, now 20c, has the grant doubled?

As students we all know how handy the SU shop is when you want to buy a refill pad for your next lecture en route. The management of the college want to take this necessity away from students. Students have been voting and so far 90.6% are in favour of keeping the office...have your say at www.citsu.ie

Another on going key issue on campus is the complete lack of security, so I'm advising all of you to carry around a wooden stake and garlic with you at all times in particular at this Halloween season (having said that I'm sure a lot of you have woken up after nights out with physical evidence of a vampire attack).

Remember you don't have to be a Class Rep to get involved in the Union, we are always looking for bodies to become involved. From writing for explicit to the helping Marie Claire with her Welfare Committee and of course the Ents Crew.

I'm sure Mick has lots planned for the month in the way of entertainment, which I'm sure you'll make the most of it. Also I hope you've all got involved in clubs and societies and have kept busy with the wide range of activities.

Enjoy your month and the rest of the issue,

Gearóid

P.S. Please remember the Union is here to solve your problems and support you regarding any issue.



CIT Crèche Crisis

The Point of No Return is Near!

"...A large protest in a very public area would focus the much needed attention to the crèche project for CIT and hopefully inject a sense of urgency into all concerned to get this long delayed and dormant project revitalised, for the benefit of students and staff alike..."

Cork Institute of Technology Students' Union (CITSU) has learned that CIT management have turned down up to €1M as they are unable to come up with a further €604,000 for much needed crèche.

With a deadline of December 31st for receipt of relevant documentation for a €700,000 grant from the department of Justice, Equality and Law reform, CITSU has learned that management at the Institute will be unable to fulfil requests to obtain this much needed money. Further to this, a memorandum from CIT Student Finance committee requesting €300,000 of student capitation be transferred to a Crèche thrust fund in May last, was not implemented by the Finance department. As a result the deficit now stands at €604,000.

CITSU President, Brian O'Sullivan, said that "it is unacceptable that an Institute which spends over €80M per year cannot find €604,000 to fund a project of such importance, especially when they will gain a further €700,000 for their efforts"

He added; "with CIT now housing over 8000 full time students and staff on a daily basis, it is despicable that no crèche facilities are provided at the Institute. CIT remains the only 3rd level college in Cork to have no crèche facilities for students or staff and with costs of child minding up to €300 per week on top of travel expenses, it is an impossibility for most parents to receive a third level education."

The previous issue of expliCIT contained a tour de force article which clearly spelled out the dilemma in which CIT now finds themselves in trying to get the crèche on campus up and running. CIT are facing a situation where inaction will result in a detrimental effect to many students and staff here at the Institute and that is something which cannot be allowed to happen.

Mr. O'Sullivan also stated that "it is vital that every student and staff member be familiar with the key points of this crisis and understands what brought us all to this point.

- 2004 – In November, planning permission was applied for
- 2005 – the government allocated a €700,000 grant to CIT for the crèche project providing all extra funding be allocated by the Institute
- 2005 – the Institute confirmed a further €478,000 was also set aside

- 2006 – In May the Student Finance Committee requested €300,000 be put into a trust fund which was not done
- 2006 – In June, the crèche site was prepared for construction to begin
- 2006 – Now, nothing is happening and we are on the brink of losing the €700,000

The government grant will expire if all extra funding is not put in place by December and the planning permission will also lapse forcing the entire process back to square one. There are no guarantees that Government funding will be put in place again for this development".

In a recent article, the Sunday Business Post presented some alarming points:

- Irish parents spend an average of 20% of their income on child care where other European countries pay an average of 8%
- These high costs are prohibitive and discriminatory to people from disadvantaged backgrounds
- Parents in Cork can pay up to €812.50 for equivalent childcare which is equivalent to repayments on a €200,000 mortgage over 25 years

CITSU Vice President Welfare, Marie-Claire Jennequin, stated; "when you combine that with some of the points raised by the expliCIT article the whole picture takes on a very worrying tone. If the crèche project does not proceed immediately 3rd level education will continue to be an impossibility for most parents and quite frankly that is totally unacceptable".

She added, "A large protest in a very public area would focus the much needed attention to the crèche project for CIT and hopefully inject a sense of urgency into all concerned to get this long delayed and dormant project revitalised, for the benefit of students and staff alike. **This protest will most likely take place on Tuesday 17th October here in CIT.** Please participate in this campaign and help yourselves to be heard and not ignored in such a blatant manner".

"There's lots of reasons why we can't do this. We're here looking for answers and a way in which we can do this. You are the folks with the energy and resources to make this project a reality" Michael Collins



Rochestown Park Hotel

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 2006

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Fingersplint Team shortlisted for European Young Entrepreneurs Awards

"...they had been short listed to just 26 finalists from a European-wide entry of over 300 innovation project applicants. This European Commission sponsored 2006 Student Innovation Competition will take place in Reims, France, on October 18th and 19th..."

Last month Ms. Dahvia Ouadia of L'Etudiant, Paris, announced that the short-listing adjudication process for the European Young Entrepreneurs Awards Innovact - L'Etudiant Student Competition 2006, under the aegis of the European Commission, had been completed. As a further measure of the achievement of the CIT Fingersplint Team, they had been short listed to just 26 finalists from a European-wide entry of over 300 innovation project applicants. This European Commission sponsored 2006 Student Innovation Competition will take place in Reims, France, on October 18th and 19th.

The Short listed Project Title is "Fractured Finger Splint System Design and Development Finger Splint Limited 'Finger Fit - The Healing Factor of a Fracture'" (see last month's edition of explicit for full details of the project).

Congratulation to Designer Kathleen Hurley (Mechanical Engineering), Business Plan Developers Martina Brennan, Claire Murphy and Lucy Gleeson (Business and Information Systems), and Supervisors Caroline O'Reilly and Keith Bryan on a great achievement in being short listed - a First for CIT and Ireland.

All at CIT wish the Fingersplint team the best in their great adventure in France and we look forward to a further update in the next edition of explicit.

Sean F. O'Leary
Senior Lecturer
Mechanical Engineering Department



CIT Gets Swimming Pool to Rival Leisure World

Picture the scene 9.00 am Monday morning a heavy rain was falling across the city of Cork and the decision was taken to move the first Fresher's festival inside. Little would the Union know that the inside would be wetter than the outside.

It was a disaster just as we were finishing the set up and all ready to go, a rain fell so heavy that some said they had never seen the likes. That's when it began, water started descending the gym wall of the Student Centre to form a puddle that turned to a pool. The pool ended up covering nearly half of the floor of the Student Centre. The stage was moved and plans had to be changed. The cleaners started to try and clear up the water but soon reinforcements were needed, it was then that your own Communications Officer took up a mop and started himself. He was quickly followed by the Vice President Education and together with the cleaners the "tide" was turned. The launch was delayed

by only a half hour and Fresher's fest began. So what was the problem? Why did our brand new Student Centre flood? The official response was that the drains above the gym side of the Student Centre could not take the amount of water that fell that day so they over flowed and managed to seep down the wall and onto the floor. So whose fault was it? The water cycles? No, we are in Ireland after all and it does rain a fair bit. Then who?

The answer is, whether some like to admit it or not, is that this is another example of the inadequacy of the same people who are the cause of a lot of this college's problems. Who you ask? Like in any organisation the management must be held to account. Not only is our Student Centre still not finished but it has run way over budget. Are you as students happy with your money being wasted on incompetent work? Write into explicit and give your opinion on the matter.

The Millennium Partnership Fund 2006 - 2007 has Cost of Education Allowances of five hundred euro available to targeted eligible students.

To be eligible students must fulfill the following criteria:

N.B.1. Be resident or have the family home located within the Partnership area of Cork City and the community group areas. A geographical areas list is included with the application form.

2. Students must be E.U. citizens, have official refugee status or have been granted humanitarian leave to remain in the state.
3. Be in receipt of a VEC/Local Authority maintenance grant. First year students waiting for a grant decision should read carefully the information accompanying the Millennium Fund application form as supporting income documentation is required to be considered.
4. Students or dependants of persons in receipt of social welfare payments including the Back to Education Allowance are eligible.

5. Students must be registered students of the Institute, while preference is given to students on full-time courses, students on part-time courses will be considered.

For a complete list of eligibility and assessment criteria please see the application form and accompanying notes.

APPLICATION FORMS AVAILABLE NOW FROM THE EDUCATIONAL OPPORTUNITIES DEPARTMENT, ROOM F1.9 F-BLOCK CIT.

For Crawford College students, application forms are available from Main Office, Crawford College. For Cork School of Music students application forms are available from Linda Feeny in the general office. CLOSING DATE IS FRIDAY 20TH OCTOBER 2006

For further enquiries contact Deirdre Creedon at 021 4326564



Equal Marriage Supporters Gather at High Court Hearing

"...As today's show of support proved, this court case and the cause of equal marriage rights is keenly supported by the widest cross-section of Irish society..."

Groups supporting equal marriage rights assembled outside the Dáil on 3rd October as the Irish High Court began hearing the case of a lesbian couple seeking recognition in Ireland of their marriage entered into in Canada.

The opening day of the court case attracted large crowds of supporters for Dr. s Ann Louise Gilligan and Katherine Zappone – including representatives of the Irish Congress of Trades Unions (ICTU), the Union of Students in Ireland (USI) and the youth wings of Labour and the Green Party.

Elsewhere in the EU, more than 23,000 gay and lesbian nationals in the Netherlands, Belgium and Spain have already benefited from marriage law reforms and entered into civil marriages with same-sex partners. [As of last year the Netherlands had witnessed 16,254 same-sex marriages; Belgium 4,884; and Spain 2,600 – official sources].

USI gay and lesbian spokesperson Steve Conlon said: "As today's show of support proved, this court case and the cause of equal marriage rights is keenly supported by the widest cross-section of Irish society".

"Today we witnessed an outpouring of admiration and encouragement for the efforts of Drs Gilligan and Zappone, sustained by individuals of all backgrounds and with no distinction between straight people and gay people".

"Irish students were determined to be represented because by challenging our country's discriminatory barrier on same-sex marriages, this case could precipitate a historic advance for the recognition of gay people's human right to equal treatment".

USI President Colm Hamrogue said: "Voters today sent ministers a clear and unequivocal message that we, the Irish public, are no longer prepared to see gay and lesbian people denied access to civil marriage".

"Equal marriage rights are a human right. For this reason the Government's proposal that civil unions could prove an acceptable compromise is entirely misconceived and unacceptable."



Minister Martin Performs Topping Out Ceremony for new Cork School Of Music

"...this ceremony will make official the completion of the shell of the building with attention now moving to internal fit-out and finishes..."

The Minister for Enterprise, Trade and Employment Micheál Martin, T.D., performed the topping out ceremony on the new €60 million CIT-Cork School of Music on Union Quay, Cork.

This ceremony will make official the completion of the shell of the building with attention now moving to internal fit-out and finishes.

The project, a Public/Private Partnership, is progressing on time and on budget, with students expected to arrive in the new facility in September 2007. The project is being developed by the Hochtief Group and built by John Sisk & Son Ltd. The architects are Murray O'Laoire.

Dr Brendan Murphy, Director of Cork Institute of Technology, of which Cork School of Music is a constituent college, said "it is great to see a new Cork School of Music rising phoenix-like from the old. What we see here today is the completion of the first phase on a new landmark building for the city and a fantastic education and cultural resource for the region."

Facilities at the CIT-Cork School of Music will include more than 50 teaching studios which will be used for one-to-one instrument or vocal tuition. There will be an auditorium capable of holding up to 500 people and a blackbox theatre for 100. The school will be equipped with a professional recording studio with state-of-the-art equipment and much of the School will be connected to the studio to enable recording at various internal locations.



Would you like to be a part of our team?
We need feature writers, news, reviews, photos etc.....
 Email submissions@expliCIT.ie
 or you can call in directly to the Publications Office, 1st Floor Student Centre





CIT Students Embarking on Research

David Kelly from Co Tipperary and Marine Henry from France, both of whom obtained first class honours in Applied Biosciences last June have been awarded Postgraduate Fellowships from the Embark Initiative, which is part of the Irish Research Council for Science Engineering and Technology (IRCSET). The Embark Initiative enables top-performing students to pursue research.

They will work towards their PhD degree under the supervision of Dr Aidan Coffey and Dr Jim O'Mahony, who are involved in postgraduate

research on MRSA and Mycobacterium Paratuberculosis at the department of Biological Sciences at Cork Institute of Technology.

The Embark Initiative is managed by the Irish Research Council for Science, Engineering and Technology, which was established in June 2001 by the Minister for Education and Science, in order to promote excellence in research across the sciences, engineering and technology. The Council's operations are funded by the State through the National Development Plan.

CIT Craft Graduates Win National Apprentice Competition

CIT is delighted to announce that two of its craft graduates have won the National Apprentice Competition in Painting & Decorating and Joinery.

Tomas Tupper, from Cork City, won the Painting & Decorating Competition and will receive a Department of Education Silver Medal.

Stephen Harrington, from Co. Tipperary, won the Joinery Competition and will also receive a Department of Education Silver Medal.

This is a wonderful achievement for CIT and the Director, Dr Brendan Murphy, congratulated both Thomas and Stephen and the staff from the School of Building and Civil Engineering who have prepared these students in achieving this level of excellence.

Both Thomas & Stephen will represent Ireland at the 38th World Skills Competition in Shizuoka, Japan, in 2007.

Crawford Works Selected for Ernst & Young Entrepreneur of the Year Awards

Works by Crawford College of Art and Design graduate Mark Whelan, were chosen as prizes in the 2006 final of the Ernst & Young Entrepreneur of the Year 2006, which was broadcast by RTÉ1 television on the 28th September.

Printmaking lecturer, Tony McClure, was instrumental in bringing Ernst & Young representatives to the annual Crawford Degree show in June. They were hugely impressed with the quality of work on display and 24-year-old Mark, from Cobh, Co. Cork, was commissioned to create ten pieces for the ceremony.

Geoff Steiner-Scott, Principal of the Crawford College of Art & Design, a constituent college of Cork Institute of Technology, said: "The College is very proud to be associated with the Ernst & Young Entrepreneur of the Year Award. It is very prestigious recognition for Mark which will be a welcome boost to his career as a painter"

Both Mark and Tony attended the ceremonies at City West, Dublin, and Mark Whelan's work may be seen in the Art Trail Graduate Show 2006 from 28 September until 12 October 2006 in City Quarter, Lapps Quay, Cork.

News In Brief



CITSU Poll Reveals Almost 90% Defiant Against Shop Move

In a recent online poll on Cork Institute of Technology Students' Union's website, almost ninety percent of visitors were opposed to the Union closing its shop in the main building as asked by the Institute's Director.

The poll ran for over a week after an article by CITSU President, Brian O'Sullivan, in last month's *explicit*. He asked for students to air their views on this issue after the Director had surprised the Union with this recent revelation. Many students have protested their anger to the Union to date regarding this possibility.

Brian said, "the response to date has been overwhelming with almost 90% of you stating you think the shop should stay in its present location. To this effect the shop will remain open".



CIT Alumni Association Welcomes New Students

The CIT Alumni Association enables graduates to keep in touch with developments at CIT and maintain contacts with friends, classmates and faculty staff from college days. The main aim of the Association is to provide a professional and social network that will be of mutual benefit to CIT alumni and the Institute. CIT provides all alumni with free membership of the Association.

Alumni Relations Officer, Glynis Dennehy, said "when you graduate, remember to register (FREE) with the CIT Alumni Association... there are a number of benefits and services that the Association can offer you!"

She added, "finally, I would like to take this opportunity to wish to the best of luck in the year ahead and I hope you enjoy your time at CIT".

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CIT Students' Union President

A month has passed already since you last received a copy of Explicit and what a busy month it has been.

Doubts about your Choice of Course?

However with the fun and excitement of the biggest Freshers week ever now a distant memory, attending regular lectures has for most of you, been the most excitement you have received since! I feel it is apt though to speak to those who may be having doubts about their course and find themselves attending fewer lectures as a result. Most of you reading this will

feel this applies to a minority, but you are greatly mistaken. The figures are astounding with on average 1 in every 3 first year students dropping out within the first four months! That's 600 people this year. However I have to stress that there are options if you are having doubts about your course choice. We in CIT have a dedicated careers and counselling team which will willingly advise you (free of charge) on your options. One option which is commonly availed of is internal transfer to another course but the closing date for this is October 31st. So don't delay, have a chat...it may save you a year out. These offices are located on the top floor of the Student centre

Rag week

As mentioned above, the biggest Freshers week in history took place in the new Student Centre a number of weeks back. A week full of fun and frolics where all events were well attended and 1400 of you rocked Cubins at the Freshers ball, to various types of music including our headline act "the Blizzards". You may not believe me, but planning has already started for Rag week in February. Various different ideas are being looked at, but we are hoping to have less entertainment focused on music and more on acts like comedians etc. Other events will include a pre Rag week warm up event and also a Bungee jump from a crane! However Rag week is for you the student, so please let us know what type of events you want. Drop into us in our new Student Centre offices and let your views be heard.

Students' Union Shop

As you may already be aware, we have finally moved over to our new home in the Student Centre. However we are still a divided Union with our shop remaining open in C143. In last month's edition, I wrote an article about the problem with the shop and how the space has been allocated to the Chemistry depart-

ment. I wrote seeking your opinions on whether we should move or not. Your response has to date has been overwhelming with over 90% of you stating you think the shop should stay in its present location. To this effect the shop will remain open until such documentation is received assuring us that a specific, necessary academic function is required for the room.

Student Centre

For years CIT Students' Union has fought viciously against a whole host of delays and problems with this building. But alas the end is near and it gives me great pleasure to finally announce what is actually happening in all the commercial units on the ground floor.

There will be a bistro specialising in food, very different to that which you receive in the canteen at present, A bookshop which will sell all your academic books at a 25% discount, A pharmacy which will cater for all your health needs and finally a mini market. This will supply everything you get in a supermarket such as your milk and bread as well as a deli counter. This will truly be a fantastic location for all students to flock to once finished providing your daily requirements as well as a place of relaxation in our newly commissioned common room, housing pool tables, plasma screens and a sound system. Target date for the commercial units to open is January 8th, so bear with us as we strive to make this a better college for everyone.

Union Council Meetings

As the academic year progresses and all of you should by now have elected your class representatives and it is now time to begin our bi-weekly Union Council meetings. While class rep attendance is imperative, I must stress that these meetings are for all students. These are a great way of making your opinions known and also finding out the views of others. Also, you can learn how to organise class parties, hear about class rep training and other social events which will be taking place in the future.

I could talk at length on many other issues that are taking place around the campus at present however space restrictions have forced me to shorten. However please drop into one of our Union Council meetings to find out more. Signs will be placed around the college to notify you of these. Alternatively drop in to our offices for a chat. We are always willing to answer any questions which you may have.

Regards,
Brian



CIT Students' Union Projects Officer

Well crew, how's the form?

Freshers week was a roaring success, pity I wasn't here for it! Still though plenty of time to make up for it, especially with the great deals for students in clubs in town...I recommend Earth on a Tuesday and Thursday and Raferz on Wednesday, with buses ferrying you into the clubs from Bishopstown.

No more worrying about our dear old reliable friend, the number 5! And then if that wasn't

enough we even have buses to take you home again on the Tuesday and Thursday, running from 1.45 am onwards from outside Four Star Pizza, Washington street.

Anyway folks, that's it, if ya need to get in touch with me email, suprojects@cit.ie or stop me in the corridor.

Talk soon
Wez

HAVE YOU ELECTED YOUR CLASS REP?

Please ensure that your class has nominated a class rep. We depend on your feedback and support to make this college better.

For further information, please call into our new SU offices in the Student Centre.



CIT Students' Union Vice President Education

What a great week Fresher's festival has been? I hope you all have good memories and embarrassing pictures and just to let you know I'm not actually drunk in the pictures of the uniform party on www.citsu.ie I was tired, honestly. It all went to plan but as always, there is more to come. So try to keep your heavy study schedule free for an odd night to experience the other side of student life. Seriously lads keep up on your work and never get swamped and you should get through no problems but if there are obstacles for you, there is a database for grinds of nearly 300 hundred names so call in and I'll help you out.

you have, big or small.

It is great to see the amount of people coming in. No not because of the problems but because it shows that a large proportion of the students will not just lay down and suffer on with the problems they have in this college. It is encouraging to see you the student getting involved. Without you getting involved there is no point to the Union and us, your representatives, being here.

We can only fully function through your involvement. Any one can get involved you don't have to be a Class Rep. Every student is automatically a member of the Union so come to Union Council, get involved and together we can do what needs to be done.

Imagine it, a union with thousands of students behind it. What could we not achieve?

Mind yourself,
Simon.

Also it's finally happened, no Chelsea is still scum, I'm talking about the move...as you read this the SU are now finally in the Student Centre. Even though we have moved we are still here for you to pop in with any problems



CIT Students' Union Vice President Welfare

Freshers' Week is over and was a huge success.... despite a few minor hiccups! I hope you all enjoyed the fun and games, and that the hangovers were not too severe! Time to knuckle down to those lectures and assignments now. On a more serious note, my office is always open if you're finding college life any way difficult, or if you feel at all worried or anxious. As always, the service is strictly confidential. If there is any problem that I cannot help you with... I'll find someone who can.

I would encourage all to make the effort to show up on the day. If you have any questions regarding giving blood, feel free to contact me. I'm also still looking for anyone willing and available to join my Welfare Committee and lend a hand for Welfare Week. If this interests you, drop into my office anytime. I've noticed with the recent weather changes that many people are suffering with colds and flu, so be sure to look after yourselves. I recommend taking extra Vitamin C to keep those nasty colds at bay!

Anyway, that's enough from me for now. As always my door is always open, but you can also reach me at suwelfare@cit.ie or 021-4933123 if you have any questions or queries.

Welfare Week will begin on Monday 23rd October with the arrival of the Blood Bank. Blood donations are a vital service to society so

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Breast Cancer Information

"...people often find that they are more prepared to cope if they have a better understanding of both the illness and its treatment. It is important that the information comes from a reliable source,"



What does it all mean?

Every year thousands of women and men are told that they have breast cancer. It affects women and men of all ages, races and social classes. It is very common; about one in twelve women over the course of their lifetime will have the disease in Ireland. It is a condition which can be difficult to understand, with a bewildering number of different treatments.

What is breast cancer?

The breasts are made up of many glands that are lined by tiny cells, which can produce milk. For a reason which is not yet fully understood, sometimes one of these cells can get out of control and can then produce a lump or tumour. In some people it can take a very long time for a tumour to appear, usually 2-3 years, but sometimes longer.

These tumours can be either benign or malignant. Benign tumours remain growing in one area and cannot spread. Malignant tumours are made of cancer cells, which can spread to other parts of the body through the blood stream or the lymphatic system. There they can form new tumours called a recurrence, secondaries or metastases.

What causes breast cancer?

There is a great deal of research being carried out in this area, but presently the cause is not completely understood. Although breast cancer does occur in younger women, increasing age is the main risk factor.

A small number of women have a strong family history of breast cancer, therefore their daughters are then at a higher risk. These women can be screened for breast cancer from an earlier age (35 years instead of 50).

Taking the contraceptive pill for a number of years before a woman's first pregnancy can increase the risk a little. Likewise, taking hormone replacement therapy for a long period of time is also linked with a higher chance of developing breast cancer. They both contain the female sex hormone, oestrogen, which can sometimes encourage an existing breast cancer to grow.

Are there different types of breast cancer?

Breast cancer is not just one disease; there are many different types of breast cancer. Each type can be recognised by looking at some of the tumour under a microscope.

How is treatment decided for each woman?

There is no one single treatment for breast cancer, because each type of breast cancer may respond to a different treatment. In addition, the treatment for menopausal women usually differs to that given to post-menopausal women. There are many different things to consider when deciding on treatment. These include your age, the type of breast cancer, the actual size and position of the lump and also if there has been any spread to the lymph glands under the arm. Both doctor and patient often make decisions about the choice of treatment together.

How is breast cancer treated?

There are various types of surgical treatment available. You may be offered one or a combination of these. The type of operation will depend on the size and position of the lump. Wide local excision is an operation where the lump and a small amount of the surrounding tissue are removed. A mastectomy is where the entire breast is removed. Many women will opt for breast reconstruction following this. Lymph gland (or node) removal is where the surgeon removes lymph glands from the armpit to look at them under a microscope. This is to see if any breast cancer cells have spread to them. The number of lymph glands with cancer cells gives an indication of whether or not the cancer has gone further throughout the body.

Understanding breast cancer

People often find that they are more prepared to cope if they have a better understanding of both the illness and its treatment. It is important that the information comes from a reliable source, for example leaflets produced or by talking with your doctor.

Many people talk about 'fighting' the illness. One way of doing this is by eating a healthy, well-balanced diet with plenty of fresh fruit and vegetables. Taking regular exercise also helps. The type of exercise depends on what you are used to and how you are feeling. It is always a good idea to set realistic aims and then build up to them gradually.

It is important to remember that there are many people available to talk about any concerns or worries you may have, such as a doctor or nurse. It is also possible for counselling to be arranged if it is required. You can also call to the Welfare Office for leaflets and contact details for organisations working to help those suffering with breast cancer.

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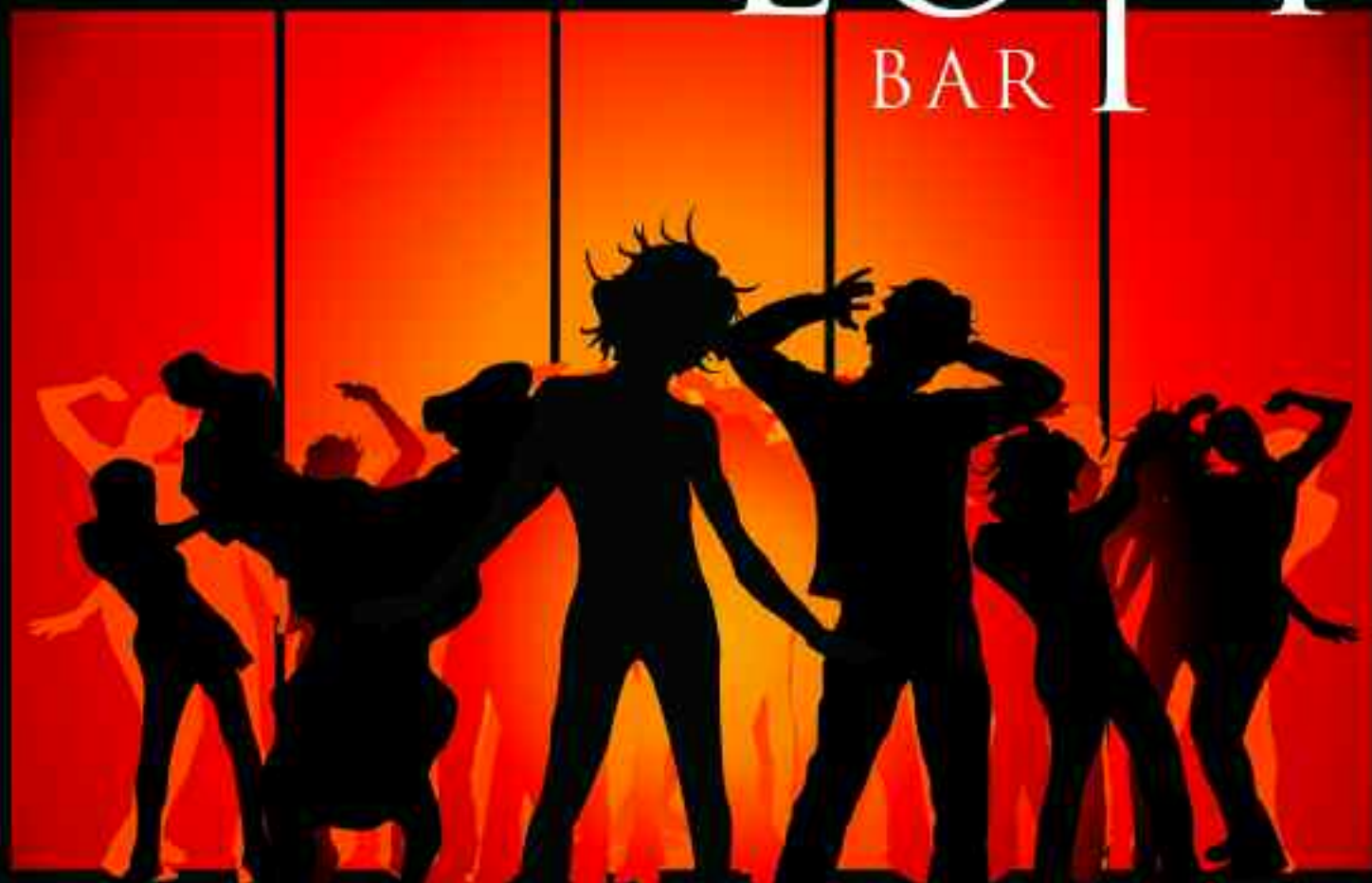
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A promotional poster for 'Sudz' featuring the word 'SUDZ' in large blue letters with a '@MIX' logo below it. It mentions 'handover at cork' and 'EVERY WEDNESDAY'. There are three yellow ducks at the bottom left. A red box contains the text 'CONCESSION WITH RAVENS FLYES OR STUDENT ID'. At the bottom, it says 'OFFICIAL CITSU WEDNESDAY CLUB'.

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ReBranding CIT

"...it's as if each year the college holds its annual fire drill in May and everyone disappears until September..."



So it's official, CIT has been voted Institute of Technology of the Year by the Sunday Times for 2006. Marvelous! Fantastic! What an Achievement! These were some of the words floating around the college by the powers that be in the Institute after the announcement. Funnily enough though, as soon as I heard this the only questions I had on my mind were; can the other I.T.s really be in a worse state than ours or have the journalistic standards of the Sunday Times reached an all time low of tabloidic proportions?

According to the paper the honour for CIT follows the biggest upgrade in the Institute's 203-year history in both its diversity of courses and a multi-million euro investment to enhance the Institute's main Bishopstown 80-acre campus. Yes, we all agree that everything looks well when you drive past the college or if you pick up a copy of the prospectus. The buildings look great and there are more courses than ever before. Then again, I have always been told never to judge a book by its cover.

The college itself will build upon its current strategy of looking good on the outside, skimp on the inside, when it spends an absolute fortune on rebranding CIT while paying for consultants, committees, design companies and printers. The Institute is seeking to create a new visual identity for CIT, but will honestly play a part with this new brand?

It's a great pity that the Sunday Times or the public didn't take the time to take a peek inside these lovely new buildings that have seen years of delays and that some are still unfinished due to budgetary problems. These projects have been so badly managed from day one that they have accrued millions in debt over the original budget. It's also a pity that they haven't noticed that many departments across the Institute are starved for cash and are without essential academic facilities.

Red tape and at times lack of interest has been the responsible for these debts and delays. Even now we have been told that the retail units for the Student Centre will be further delayed until January at the earliest and that the student bar will be lucky to open for next September, if ever. The lack of interest by the college with the student centre has been apparent since day one. The Student Centre was one of the first buildings to begin construction but it was the last to be finished. The administration building of course was up and running and fitted out in record time for a CIT project

but the student centre has yet to be fully completed. The college management completely defied all logic and went against the recommendations of the Students' Union, the Student Centre Management Board and professional consultant's reports, by appointing the canteen company to run some of the retail units. This is a company that struggles each year not to make a loss even though they have a virtual monopoly with guaranteed customers. This is a company that possibly doesn't have to pay rent, rates or electricity bills. By god, if you gave those business terms to anyone else they would be the next Michael O'Leary's by now.

Last month it was disclosed in an article that there was a possibility that the crèche would be cancelled if the college didn't proceed with the project by December. I thought that it was a joke at first as I remember the lovely displays in the corridors and witnessed the site being fenced off before construction was to begin. Planning permission was approved and massive amounts of funding and support had been achieved to start this project off. Then today, I looked out the window and noticed that the construction fencing had been taken down. Yes, this was a joke but everyone was laughing at us. We are the only college in Cork City including the PLCs that doesn't have a crèche and it now seems that we have lost this due to complete and utter managerial incompetence from this Institute.

Starting college in Ireland can be a daunting experience for any fresher, but especially so when you are starting CIT. A first year I met recently told me of his experience. "Welcome to CIT, registration one hour, go away for a week". "Welcome again to CIT, induction two hours, go away for a week". "Welcome to CIT, sorry we can't start your classes or labs as they are under construction". Why waste over two weeks bringing people from all over the country here paying rent for something that could be organised in a day? What's worse is that you are always guaranteed to find construction projects throughout the building during the first weeks of September. It's as if each year the college holds its annual fire drill in May and everyone disappears until September. Nothing happens in between and projects lie idle.

Identifying the lack of campus security was a recent campaign in this explicIT magazine. Some in the college got annoyed and upset that explicIT highlighted this and told the media that they are looking at getting security. To date, little or nothing is known to be done on this issue and equipment is still walking out the door. The radio station, which is

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also neglected, recently had several valuable items stolen from it. The sad fact of the matter is that it is highly unlikely that the management will ever take this issue seriously until someone is attacked and injured on campus.

The Students' Union is also under fire at present from the Director as he wants them to close the shop on the main building as the room is needed for "Academic Purposes". This was stated before when the college needed our games room for a lab for academic accreditation, but in usual CIT fashion the room was only needed to be seen on paper and not actually developed. The room to this day is used as a store room for various pieces of obsolete equipment and other junk. It is quite possible that the SU shop will never be utilised if the college get it, just as many other rooms are empty at the moment. It could also be an excuse and/or ulterior motive for the canteen company to gain more of a monopoly on campus. Who knows, but as a wish man once said; "fool me once, shame on you. Fool me twice, shame on me!".

When needed funding can be easily be found for the daftest of projects in CIT, such as rebranding. How about giving the Munster Rugby Team a dedicated gym in the Herlihy Building with college money as students were complaining of their gym being booked out. Large amounts of funding can always be found to pay companies like Deloitte and Touche to compile extensive reports, only so they can be seen to be seen, shelved or ignored. Several aesthetic upgrades have already been completed to the recently opened Admin building to keep the management comfortable, while students and lecturers are left in prefabs and without promised lab upgrades. In fact, some of those admin upgrades are to keep students out of the building at more times than ever. It seems to me that was the only money spent on security upgrades.

I believe that CIT will one day become the best academic Institute in the country but we are now far from being able to hold our heads high. The management of this college must cut red tape delays and organise ways to get more projects done on time and on budget. What we need is for the management of this Institute to manage this Institute. Hopefully that is not asking too much?

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After all the humming and awing about whether or not to have a 21st, I finally decided to take the plunge and face the fear that nobody might turn up and I'll be left looking like Billy-no-mates (please pray I don't).

At the time of writing this there is five days to go to my big bash... the Newport is booked, the dress is brought (just have to make sure I'm able to squeeze myself into it on Saturday night), everyone is invited from ex- boyfriends (oh Gosh) to potential future boyfriends (oh double Gosh), from bare acquaintances to my closest best friends.

The "great I'll be there" texts are weighing equally against the bloody "aw can't make it sorry" texts at the moment plus we have no repliers sitting at number six presently. The natural fear that I'll be the only person boogying in an empty room has ran through my mind constantly since booking this darn 21st despite everyone trying their hardest to convince me that that will most certainly not be the case and that it will be more likely that the room will be jam packed with people from all paths of my life including my playschool years to my college years.

A list is being thrown at the mother simultaneously as scribbling on this piece of paper with drinks and food that has to be brought for the pre 21st bash at the house. She's rolling her eyes up to heaven as she reads down it aloud. My dad is standing open mouthed at the amount of requested drink on the list commencing his usual "have respect for alcohol" speech and the "I don't want Mr. O'Callaghan to hold me responsible for his daughter getting drunk in my house" one. I gladly inform him nor Mr. O Callaghan or any of the other fathers will be holding him responsible for the liquor that will be passing down our throats Saturday night. Yes I know my father needs to be reminded I'm turning twenty one and not eleven.

21st Time!

By Michelle Bouse

"...Now off the subject of my own 21st though it is most definitely the season of them and I'm told to get used to them as everyone in my circle is in the process of making a bee-line to enter the straight path into their early twenties. .."

The brother is enlisted (he reluctantly agreed) to spend the best part of Saturday afternoon blowing up balloons and hanging up banners and strictly warned not to chat up any of my girls- that order more than likely fell on deaf ears though. He likes to remind me he didn't go through half this bulls**t for his own 21st.

Carmel being the good friend that she is is a busy beaver inviting half the men of her village to this 21st just to be absolutely sure there'll be at least 21 guys there for the famous 21 kisses so I won't have to tell Tracy to keep a coming with those fabulous kisses of hers.

Now off the subject of my own 21st though it is most definitely the season of them and I'm told to get used to them as everyone in my circle is in the process of making a bee-line to enter the straight path into their early twenties.

From now until the end of November my weekends are filled with traipsing into unknown local pubs from Ballygarvan to Dungarvan. I've a sad feeling that come this time next month I'll scream if I see another cocktail sausage...ah well I suppose it's all in the name of partying and I certainly have no complaints when it comes to partying, sure I've a PhD in it.

By the time this goes to print my 21st will be all over so in the mean-time all that is left to do is count down the days to the 7th October and invite those few people I've lazily not invited yet and look forward to everyone trying their hardest to get me as drunk as a skunk (shouldn't be too hard). God help my father when he sees so many people rolling into the house for the post 21st bash.

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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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Sheltered from Smokers

by Sinéad O'Connell

"...The banning of the sale of tobacco products and making all indoor areas of the campus non smoking is useless unless the entire policy is enforced and that is that the only place to smoke on campus is in smoking shelters..."



We all know the problem, it rains and it pours and people shelter in doorways, no bother there right? Except that people don't just gather at doorways they smoke there. Again doesn't sound like a major problem, in fact it can be quite a social occasion with everyone gathering and chatting away but what about the non smokers?

What about the people trying to get past and out of the rain but can't because the doorways are clogged up? What about the litter caused by cigarette butts that then gets carried into buildings and stuck in doorframes and carpets? What about the bins that smoulder on for hours with fumes even worse than smoke?

Recently I was leaving the library, preparing to hold my breath and make a run for it as I left and opened the door a cigarette was flicked in my face, I was incensed, what kind of college would allow smoking in doorways and therefore promote this practice.

I found an e-mail address in an old issue of expliCIT and decided to put my keyboard where my mouth is.....

I am e-mailing the address of the group in charge of implementing the policies leading to CIT being a Health Promoting Institute; however I have found that the enforcement of the decisions of this group is laughable.

As a fourth year student I am sick and tired of having to negotiate between dozens of smokers (both staff and students) and their pollution at each and every doorway, especially during bad weather.

There are signs up (I believe the majority of which were put up in the last year or so) to discourage this but they are ignored and some are even marked with cigarette burns in total disrespect.

- Who will enforce the smoking rules on campus?
- Why are there smoking shelters far too near to doors (behind the library and in front of the Atrium)?
- Why isn't there an exclusion zone rule akin to other campuses where a yellow/red line/semicircle is marked around a door and it is forbidden to smoke within this space?

Trying to get in or out of the library in particular is a nightmare; the entrance by open access is almost constantly clogged up with people smoking as it is sheltered and the back entrance is right next to a smoking shelter.

Also the side entrances to the D and A blocks have large sheltered space and are often clogged up, a simple solution here would be move the outside doors so that they are actually flush with the building. Of course there is also a problem of people, when the space outside the second set of doors is full, smoking between the two sets of doors.

This occurs in the two sets of doors on the main corridor, the doors next to the spaces formally occupied by AIB and on the same block by the former BOI space.

These are places that I have personally seen people smoking, I'm sure if an investigation were to occur that more would be highlighted.

I propose that a person (or a current CIT employee) be charged with the sole duty of enforcing a sensible policy on smoking on campus. Every staff member and student should have their id card with them at all times on campus, if they are found to be in breach of rules this card is confiscated and only returned upon the payment of a fine (the proceeds of which goes towards the cost of maintaining this staff members position) of at least €50, perhaps more.

The banning of the sale of tobacco products and making all indoor areas of the campus non smoking is useless unless the entire policy is enforced and that is that the only place to smoke on campus is in smoking shelters, not around, near or miles from them and these shelters should be far enough away from doors to ensure a safe unpolluted path for those that want it.

Is mise le meas,
Sinéad O'Connell.

One of the suggestions in the email is the use of yellow lines around doors to prevent smoking within this area. This system is currently in use in Athlone Institute of Technology and according to their Welfare Officer Carmel O'Reilly they work really well. "The boxes are 15ft in length and go across the main entrances to the colleges. The building and health and safety officer look after this... it is done as an informal rule but is adhered to 90% of the time by both students and staff."

So there we go, a simple cheap and seemingly effective way to battle this problem. A problem that is going to get worse unless the college do something to make it better.



Arm The Elderly arrived in 05 with a simple plan. Play it loud and make it groove, play to a crowd and make them move. With plenty of experience behind them having played in groups such as Bass Odyssey and Anonymous Groove in the past our four heroes set about constructing the world of Arm the Elderly. Funk acts like Funkadelic, James Brown, Rick James and The Meters were cool as were punk acts like Dead Kennedys, Stiff Little Fingers Misfits and Fugazi.

The jazz of Miles Davis and Herbie Hancock were also dug up so was the vibration coming from reggae acts like The Wailers, Burning Spear & Black Uhuru. Hip hop from the likes of Public Enemy, EPMD, KRS1, Beastie Boys and House of Pain was shown love too. Music like this alongside books and movies by G.Orwell, A. Burgess, P.K.Dick, M.Scorscesse, and R.Polanski JJarmusch were all a source of influence.

This was all thrown into the mix and what came out was Arm the Elderly's sonic statement. Music that was loud and fun to play got people moving and had something to say. Arm The Elderly arrived on the live scene in their home coun-

try of Ireland in late 05 with a blistering high energy show which has become their trademark. With a good buzz around the band in a relatively short period of time the next step was to record some music. For this Simon Widdowson of "Are You Listening" productions was enlisted. Having previously recorded acts like The Hindi Guns & Sweeper it was his approach of performance over stale perfection that appealed to them. Into the studio with no nonsense approach saw them surface two weeks later with their debut ep,"

This is not For Entertainment". Since its release it has gone on to become somewhat of a cult classic in their home country with praises from critics and fans including pick of the fortnight in hot press. This alongside Arm The Elderly's no holds barred approach to their live shows has seen them play up down the country doing their own shows and in support of acts such as , The Sultans Of Ping , Republic Of Looose and Public Enemy . At the time of writing Arm the Elderly are back in the studio recording their debut album which should be out in the New Year. With a host of live shows and new album on the way, it will never cease till the black emblem of Arm the Elderly is on every street
Brendan Gallagher"



Album Review: Raconteurs - 'Broken Boy Soldiers'

by Caitriona Foley

There has always been a lot of hullabaloo over the White Stripes' frontman Jack White. He looks a bit odd, to say the least. His voice is a little strange. He married his sister...well, maybe not, although some say he did.

The rumours that flew around the relationship between him and fellow White Stripes member Meg White caused some people to shun the eccentric band altogether: nobody quite knew the full story of the couple that got married, and then divorced because they were more like brother and sister, or so the story goes. Beyond Jack's private life, his music and that of the White Stripes was under constant scrutiny for being too capricious and unconventional. "No bass guitar? No way!". The White Stripes produce a sound that you really do either love or hate, and so far I've not met anyone who's in between those. People that I know who do love their music have discovered them in odd ways. Waiting for a sandwich. On a free CD.

While making love. Myself? I discovered them in a dream. Literally. I had never heard their songs, but one night I dreamed that I was buying their record (a record, mind you, not even the CD!). And so, the next day I bought 'White Blood Cells', and fell in love. It's one of my longest relationships.

When you hear that a successful musician is starting a "side project", you can feel a little apprehensive. After all, when you devote your heart and mind to the love of a band or an artist, it's difficult to assume that their sound will translate

to something new. When I heard that old Mister White was collaborating with good friend Brendan Benson, whose music I also loved for different reasons, and Jack Lawrence and Patrick Keeler from the Greenhornes, I took a deep breath. "It can't be a replacement for the Stripes. It CAN'T be!". The White Stripes' music was about sex and unease and the blues, while Benson was love and quirks. What the hell were they going to make when they mixed? Well, they made a pretty fantastic album.

'Broken Boy Soldiers' is the middle line, the equator, the grey area between the two, complemented by the musical quality of the Greenhornes' Lawrence and Keeler. The album has songs that are very 'Stripes', some that very much Benson's, and then a beautiful collision between the two for the rest.

The debut single from the album, 'Steady as She Goes', is a thumping, pulsating and yet somewhat quiet anthem with one of the catchiest kicks since Blur's 'Song 2'. 'Hands' uses Benson's melodic voice to its' best effect, creating a Beatles-esque classic, while never becoming too comfortable a song thanks to the mighty guitar of Jack White. 'Together' is a sweet surprise in the middle, while 'Intimate Secretary' has some of the most simple yet excellent lyrics, as well as a deliciously promiscuous title: "I've got a bunny, it likes to hop; I've got a girlfriend, she likes to shop".

Is 'Broken Boy Soldiers' a thrash-rock gem, or just some very enjoyable homages and bashing around? I'm not quite sure yet. It doesn't really have the primal blues-punk heft that I love about the White Stripes, but it's got a broader soundscape and the welcome influence of Benson's songwriting, which feels more light-hearted than White's touch. For long drives home while the light is fading, "Broken Boy Soldiers" is just the ticket.



Suas Volunteer Programme Summer 2006

My Experience by Joanne Scobie.
Crawford College of Art and Design, Year 3.

"...It gave me the chance to travel in India, to learn about Indian culture and to make friends that I will never forget..."

Flip-flopping to school each morning in the sweltering heat, face plastered in sun cream, dodging the masses of people and responding to their friendly 'hellos and 'how are you?' Avoiding the crazy rickshaws, the dogs, the trucks, the cows and trying not to fall into a pothole – this was the start of the day in the life of a Suas Volunteer in Delhi.

I first got involved with Suas last year. It is a charity that is concerned with development education both at home and abroad. It has societies in colleges all over Ireland, including CIT that are involved with fundraising, community work, activism and much more.

The volunteer programme began with a rigorous selection procedure, followed by training weekends, team building exercises, fundraising and of course the dreaded vaccinations. In June, twenty-two enthusiastic volunteers arrived in Delhi, a sprawling city of colour, noise, smog, smells and scents alike. We were there to work for ten weeks in local schools and community based projects, to live the local way of life and hopefully to make a difference to the lives of people that we came across.

In the mornings we worked as teaching assistants in schools run by a local NGO called Prayas. Here we taught the children English, maths, songs, games and,

of course, arts and crafts. Everyday we were overwhelmed by the children's desire to learn and everyday we saw more children turning up to school, curious about our presence there. In the afternoons we worked in various community projects, from hospital visits, to research, to teaching and fundraising. Being an art student I became involved in a huge mural painting project in a boys' shelter home. I have never sweated so much in my life! This was probably down to the hour or two we spent dancing Indian style with the boys every evening after a hard days painting.

The Suas Volunteer Programme gave me a chance to make a difference. It was a demanding and challenging experience through which I met the most friendly, welcoming and inspiring people from whom we have a lot to learn. It gave me the chance to travel in India, to learn about Indian culture and to make friends that I will never forget. It helped me to develop personal and professional skills and to learn about the challenges and opportunities of development in our interconnected world.

The Suas Volunteer Programme 2007 will be launched some time in November. If you would like to know more about Suas go to www.suas.ie or join the Suas society CIT.

Get Involved with the CIT Music Society

It seems to be an amazing few weeks for the Irish music scene with some of the worlds biggest and most respected acts coming to Ireland and Cork, it appears, will also benefit from this music renaissance.

Cork in fact has over one hundred gigs listed on a rather handy website called www.corkgigs.com. Bands ranging from The Frames, Bell X1, Director, Ryan Adams and even rappers Public Enemy making a welcome shows in Cork and on the heavy scale of things Sikth, Breed 77 and Dagoba all bring their Irish tours to Cork. The majority are local bands but given the talent involved in Cork's music scene you could do worse than check out one of these.

The local bands involved include the rising stars Ten Past Seven who unfortunately will have played there Cyprus Avenue show by the time this is printed. Murphy's Battle of the Bands winners Lotus Lullaby also come to play a hometown show on October 28th in the Brog, support will be Ten Past Seven so it will be your chance to catch them. The Rulers of the Planet play the same

venue the following night with support from Waterford band Dae Kim which gears it up for a fantastic evening.

The featured band for this month, Arm The Elderly, will be doing a number of gigs around Cork so make sure you get along to see what all the fuss is about. They will be the direct support to Public Enemy and also have a headline gig in the Brog on October 30th.

This is just a taste of what is on offer and not only that but CIT's Music Society will be running its showcase every second Wednesday in An Cruiscin Lan with some of the best bands Ireland has to offer...and all for free.

Brendan Gallagher
Chairperson Music Society

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Question 1:
How do they get the figs into the fig rolls?

Question 2:
What ever happened to The Green Green Giant?

How do they get the figs into the fig rolls?

This question has baffled the world's most pretentious geniuses for generations, finally the technique is revealed.

A long time ago, in a village far far away (Glandore to be exact) a man by the name Edward Fig was born. Descended from wealthy landowners. At an early age he took an interest in gardening and soon found himself working for himself importing exotic (no not erotic) fruits to West Cork and its hinterland. Before he knew it he had become an extremely successful entrepreneur. However, his desire to succeed in innovation was not full filled. He needed a new challenge.

Suddenly the idea of Orange Rolls were born, however their citrus flavour clashed with the dry taste of the roll. He needed a dry fruit, yes you guessed it-Figs.

Now he was faced with a bigger problem, how does one get figs into the fig rolls?

Charlie's chocolate factory was been closed down as Mary Harney felt the only way she was going to lose weight was to ban confectionary (did it work?). So now 340 Umpa Lumpas were out of work. Fig quickly moved to hire all 340 as he could easily get away with paying them the child's minimum wage. Shipping half of them to Nigeria they worked endlessly picking figs. The other half, he sent to the moon. There they planted figs in the ground on the first day of each month, and on the eve of each full moon the Umpa Lumpas dug up the figs, stored them in large oxygen chambers for a further six months and then baked in a conventional oven at 180 degrees or Gas mark 4 for 20mins. Finally the fig Roll was ready for consumption.

Or there is also a suggestion that the figs are dipped in batter in Jacobs factory, but the jury is still out on which method is used.

What ever happened to The Green Green Giant?

We all remember him as the David Beckham of the 90's. Where s he now? After a appearing in ads for sweet corn he soon became a household name. After starring with Richard Gere in Pretty Woman he shot to fame. Married to Ms. Giant 1992, he could do no wrong, or could he? He then launched his extremely successful singing career in 1996, having 3 number ones in less than a year. However was the party life too much for him?

It was revealed he was secretly seeing Tony Adams on the side in 1998 and it was all downhill from there. He went from the sweet corn king to the prince of booze and drugs in months. He soon found he couldn't even land public appearances.

Recently his brother Jeffery (star of the Hulk and Erin Brokavich) spoke on his current state of mind and it is understood he is determined to get is career back on track.

Have we seen the last of the Green Green Giant?
Watch this space!

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+ POTATO WEDGES & DIPS
+ 2 LITRE COKE
€13

MEAL DEAL FOR 3
12" PIZZA
WITH 2 TOPPINGS
+ GARLIC PIZZA BREAD
+ POTATO WEDGES & DIPS
+ 3 LITRE COKE
€16

MEAL DEAL FOR 4
16" PIZZA
WITH 2 TOPPINGS
+ GARLIC PIZZA BREAD
+ POTATO WEDGES & DIPS
+ 4 LITRE COKE
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CHOCOLATE		€1.50	€2.00	€2.50	€3.00
SAUSAGE		€1.50	€2.00	€2.50	€3.00
SPICE		€1.50	€2.00	€2.50	€3.00

explicit Sudoku

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

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 Prize - Win explicit Rugby Jersey

To enter simply return completed sudoku puzzle in envelope with your name, class and contact details to the new CITSU office, 1st Floor Student Centre by Monday 30th October 2006

The Learning Support Centre
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E-mail: learningsupport@cit.ie

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Contact Details: The Learning Support Centre
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(the centre is due to relocate to block D during this academic year, however room B289 is in operation until further notice)
E-mail: learningsupport@cit.ie
Tel: (021) 4326378
Website: <http://learningsupport.cit.ie>
For Mathsonline Support
E-mail: mathsonline@cit.ie

The Learning Support Centre is funded by the HEA IT investment fund.



Word Search Competition

This Month's Prize: €30

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

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Competition Closes 5pm Monday 30th October 2006
Last Month's Winner: Shuet Tin Lam - Biomedical

Competition Rules: All Entries to be returned by deadline to the CITSU Office, 1st Floor Student Centre on official form. Open to CIT Students only and one entry per student.

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