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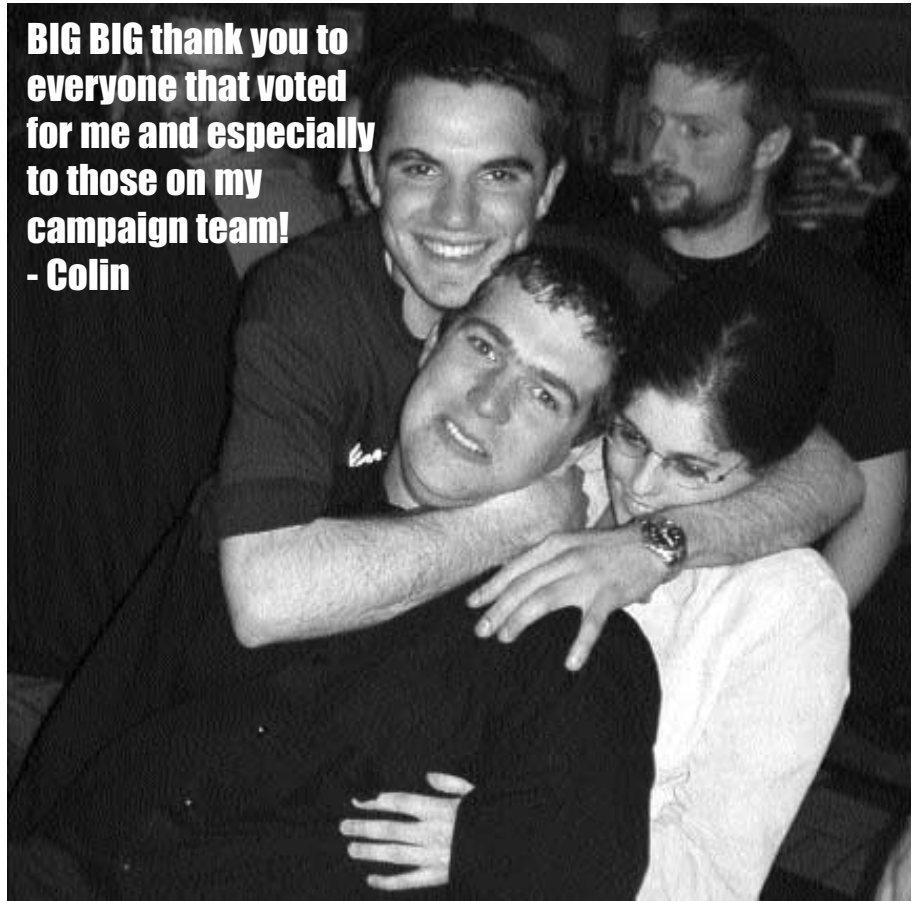
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WE NEED YOU!

If you would like to get involved writing for expliCIT please contact Philip or Colin in the SU office or email: explicit@citsu.ie

expliCIT Editorial

BIG BIG thank you to everyone that voted for me and especially to those on my campaign team!
- Colin



Election week is always an exciting week in the college with the usual mixture of flyers, banners, posters and desperate candidates looking for votes. As you may or may not know I ran for the position of Vice President Education. To be quite honest it was one of the most tiring weeks I have ever had in college and I would like to take this opportunity to congratulate all those who ran for positions as it is not an easy thing to do. Next year my successor Mr. Ian Garry will be giving his views in this space while I shall be relegated to page 5. Ah well it was good while it lasted. But enough of this election nonsense and on with the editorial.

Well George W and Tony have finally gotten their way and are marching their soldiers ever toward Baghdad leaving a trail of destruction, mayhem and fast food chains in their wake, while the rest of the world stands by and watches in full colour and surround sound. One man told me how it was great viewing while eating dinner!!

The fact that we see people treating the television coverage of the war like entertainment is slightly disturbing. Has our sense of reality been skewed by the hundreds of "Reality" TV shows that we are subjected each year? Do we expect Saddam and George to be called to the Diary Room for a heart to heart with Big Bro. Who is to blame? The media? They say they are just giving the viewers what they want. The Big Bro generation? They seem to have developed a large border between TV land and the real world to such an extent that all sense of realism is lost. Whatever has happened something needs to be done quickly before we lose all ability to form an opinion of our own and start relying on the glowing box in the corner to tell us how we feel today.

On to more pleasant subjects with exams! Yes readers you heard me right they are coming like it or not. The only thing you can do is put the heads down and get ready for them. There are some words of wisdom that I may dispense to you now. As I walked through the I.T. building last summer there was an art & design exhibition going on. One particular entry had phrases painted on the floors and walls. The phrase that really caught me was "A year from now, you will wish you started today".

I will leave it there for this month but before I go I would just like to quote one of the great philosophers of our time, the great Mr. T. "Be somebody, not somebody's fool".

Colin "Sorry Phil" Noonan



Minister Questioned on Past Betrayals and Student Tuition Fees in Meeting with Students' Union

On Friday March 7th Cork IT Students' Union met with minister Dempsey and quizzed him about his view and stance on the re-introduction of college fees. CITSU has called on the Minister to clarify his position.

The Minister was hesitant to comment on the Fees, using the eagerly awaited report on third level funding as a scapegoat. The minister assured CITSU that he wanted to make education more equitable, but without any loss of quality and he was determined to get it right.

CITSU will not allow Minister Dempsey or the Taoiseach to leave behind cutbacks as a means of increasing the numbers of disadvantaged students attending our college when the opposite is clearly the case.

Gearóid Hogan CITSU President stated " Any move to reintroduce third level fees, would be a backward step for education. I would hate to see a two tier society of those who can pay for education and those who cannot. Everybody has the right to education. I myself would not like to finish my third level education with a loan to pay back of over €12,000. The Minister for Education and Science needs to do his research on this matter. The deferred loan scheme for fees in Australia has been shown to be incoherent. Our existing free fees system is a mark of our national interest in higher education, a co-operative investment in skill and expertise. Such a move here would be devastating for not just students, but the future state of our economy. Minister Dempsey must move forward in creating an unprejudiced education

system for all. The Government fails to recognize that more people finishing third level education means extra income in the form of taxes for the state. Cork IT Students' Union say no to fees, full stop. When I met with Minister Dempsey on Friday March 7th and I asked him to come clear on his intentions, if the government was interested in educational disadvantage, why had the minister cut funding for access programmes and to formally let him know that we won't allow him play musical chairs with the future of third level education."

Once again CITSU called for Minister Dempsey to move forward with student unions around the country in ensuring the best possible future for young people in Ireland, including those in disadvantaged areas.

Student Centre Foundation Stone Ceremony



The official laying of the foundation stones for the Student Centre and Administration building took place on Friday afternoon March 7th by Minister Dempsey on his visit to Cork Institute of Technology to meet with Cork IT Students' Union. These buildings will play a major part in the development of the Institute. The Minister also made known on the day that the Tourism and Catering building will also get the go ahead. This building will be suited between the Student Centre and Catering Building and will go towards creating a new front for the college.

Gearóid Hogan CITSU President stated " This day is indeed a historic one, for it is truly an honor for me to be here today to see the laying of these foundation stones. I am happy to see us expanding our campus. The student Centre is what we in the Students' Union have been looking for over many years now. Students are why we are here and we are glad to be able to provide them a place to experience campus life and access valuable services to help them with their educational growth. This building will change the lives of many people. It will be a meeting place for students, a place to rest, a place to study, a place to meet people who will impact the future.

He added, "even though I will have moved on before these buildings are finished, I look forward to returning to see the ribbons cut and the opening of them especially the student centre."

CITSU Election Results 2003



Picture above - Donnacha Coakley (Ents Officer) voting in recent elections

President	
Total Poll	1025
Spoiled Votes	3
Total Valid Poll	1022
Quota	512

Colm Lougheed	333
James Maher	560
Rory Moore	109
Ron	20

James Maher was elected on the first count having exceeded the quota.

Vice-President Education

Total Poll	1007
Spoiled Votes	16
Total Valid Poll	991
Quota	496

Jamie Meaney	309
Colin Noonan	661
Ron	21

Colin Noonan was elected on the first count having exceeded the quota.

Vice-President Welfare

Total Poll	1023
Spoiled Votes	12
Total Valid Poll	1011
Quota	506

Donna Foley	556
Olivia Ryan	422
Ron	33

Donna Foley was elected on the second count having exceeded the quota following the distribution of Ron votes.

Communications	
Total Poll	993
Spoiled Votes	5
Total Valid Poll	988
Quota	495

Ian Garry	835
Ron	153

Ian Garry was elected on the first count having exceeded the quota.

Entertainments

Total Poll	994
Spoiled Votes	16
Total Valid Poll	978
Quota	490

Michael O'Connor	885
Ron	93

Michael O'Connor was elected on the first count having exceeded the quota.

Equality

Total Poll	1027
Spoiled Votes	19
Total Valid Poll	1008
Quota	505

John Grant	440
Will Nunan	509
Ron	59

Will Nunan was elected on the first count having exceeded the quota.

E&OE

Once every academic year, the Union is consumed by election fever, plastered with flyers, leaflets and posters of candidates trying to convince others of their worth.

By the end of the campaigning, six officers are voted in and landed with the dubious honour of making the decisions over the year, and answering to you at each Union Council meeting; your chance to watch democracy at work and make a genuine difference. You have the ultimate say, so take an interest in what the following characters get up to, and never be afraid to ques-

tion their decisions made on your behalf. With 1025 people voting and a very healthy number of competing candidates this has been the most exciting election for sometime. The following have been elected to serve as your representatives for one year starting June 2003. Thanks to all candidates and voters!

Speaking about the elections CITSU President Gearóid Hogan said " The election was conducted in a fair manner and I was delighted to see so many candidates going forward. It takes a lot of courage to get out there

to address students and to look for votes, its not easy especially on the day of the hustling in the atrium. it can be a daunting experience even for those of us with the experience. I would like to congratulate all those who have been elected. The work undertaken in the Students' Union is immense and it is great to see so much interest in the elections.

I can safely say that the Union has the potential to have a productive year and I wish all the officers the best when they take up office in June 2003"

Proposed Changes To J1 USA Visa Programme

The J1 USA visa programme has been a staple part of college life for over 30 years. Every year between 8,000 and 10,000 third level student's head to the US on summer working visas.

The J1 visa programme has been affected in recent times given the heightened security environment in the US. The most sweeping change is that potentially the summer of 2003 will be the last year that final year students will be

allowed to travel on J1 visas. Furthermore second time applicants (commonly known as J2's) will also be stopped. We would encourage anyone who falls under these categories to avail of the opportunity to travel on a J1 visa this year as it more than likely will be the last year that you will be allowed to do so. If you have friends who will be final year students for the academic year 03/04 and wanted to travel on a J1 in 04 warn them that this summer may be their last opportunity!

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CIT Students' Union PRESIDENT



Hope you are all well and enjoyed the recent fine weather. We met with Minister Dempsey recently and he gave us no real clear signal on what the situation regarding fees will be next year, he used the report on third level funding which is not finalised yet as a form of a scapegoat. We in the Students' Union made it very clear to him our feelings on the issue and he took note of them. I must say the executive put forward very good questions and argued points with the Minister quite well. This government is playing musical chairs with the future of our education keep an eye on them. If further action is needed next year give the Students' Union the support you gave this year. The march we held made our voice heard and we got a meeting with the Minister, without student support the Students' Union would not exist.

Election time is over, a new executive will take office in June 2003; sadly I will not be a part of this executive as I have decided it is time to move on. Many of you had asked me to do a second year and did, I promise you, give it a lot of thought, I even went on a holiday but I came to the conclusion that it was time for me to move on. I was touched by the amount of you who by letter, e-mail and personally asked me to do a second term as president, but alas my time is near. My year to date has been very busy; we had a very productive year by all accounts. The thing with the Students' Union is a lot of work goes on behind the scenes in meetings etc, a lot of you don't see us bar Fresher week, Rag week etc, but the work we do is extremely important as it lets the student voice be heard with clarity. I know we don't solve everything but I assure you we always do our best. As I write this I don't know who next years executive will be but I have no reservation in saying they will work very hard for you.

I will be here in CIT until May 31st 2003 as your president, June 1st is when your new president takes office and I wish him/her every success and the new executive. I was honoured to serve as your president this year and I thank you all for your kind words and support it does mean a lot to me, there comes a time when one must move on and my time has arrived. Exam season is around the corner and I wish you every success with them.

I will miss this place when I leave but I will have very fond memories of my time here, when all is said and done its not a bad place.

Thank you,
Gearóid

VICE PRESIDENT EDUCATION / CITSU PRESIDENT ELECT



Elections are over but there is still work to be done this year and I realise as we get closer to the end of the year more people will start to feel the strain or start to think about next year and what they want to do. If you need help with your choices in regard to courses or your future there are two places you can call into for advice, my office and the careers and counselling service. We will do our best to help you with any problems you have. If you have personal problems which you think may interfere with your exams, call in and we can advise you in relation to what to do about your exams. There are rules and regulations to help people who suffer setbacks close to exam times. If something does come up, out of the blue, at the very least tell your course co-ordinator or Head of Department. They can make allowances for problems that occur. If you feel you can't tell them then again myself or Career's and counselling may be able to help. Just make sure to come talk to someone that can help.

Views on meeting with the minister.

It was a tough meeting in which we did our best to get the views of C.I.T. student's across. The minister was doing his best not to get drawn into certain issues including whether he is bringing back the fee's. Overall I feel with the limited time and circumstances we did the best we could. It certainly wasn't the easiest of meetings he's ever had.

Well what can I say only I'm delighted that the students of C.I.T. have put their faith in me to represent them for the coming year. I'd like to thank all those who voted for me, who put their trust in me to do a good job next year. I'd also like to thank my opponents for a tough race and wish them luck in the future. I also look forward to working with the other elected officers over the next year. I have to say this wouldn't have been possible without my campaign team. Thanks for all your help guys. I hope in my term and with the backing of the Students of this Institute I can do what needs to be done to improve the institute for the betterment of all.

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VICE PRESIDENT WELFARE

Well... elections are over, posters have been taken down, sorrows have been drowned and celebrations have been, well, celebrated. Now as the new officers have been announced I realise that my end is drawing near and it's with a smile that I wish my successor all the best. I know that she will do a fantastic job and will do you, the students of CIT, proud.

But I'm not gone just yet. In the coming weeks I hope to run an awareness campaign to highlight the symptoms of meningitis, an all too common illness recently, by issuing cards displaying the various symptoms in the atria. By now most people know what meningitis is and probably knows someone who has suffered with it or has had a scare with suspected meningitis. Please keep a look out for these cards and keep them in your wallet or bag. If any one would like further information please call into the office to me or call over to the nurse in the medical centre. Further information can be found online at www.irishhealth.com <<http://www.irishhealth.com/>> .

As I write this address the sun is beaming through my window and all I want to do is sit outside and relax with a book and maybe try to get a bit of colour. Sounds like something you would like to do? Stop! Are you wearing sunscreen? Have you even bought sunscreen since you came back from your sun holiday last summer? Don't believe that just because you're in Ireland you don't need to protect your skin. Please read the article further on in ExpliCIt about sun safety and skin protection before you whip out your shorts and sleeveless tops.

As always... I'm here if you need me. Call in sometime.

Margaret.

EQUALITY OFFICER



A chairde

Ta an bliain beagnach thart agam is oth liom a ra go bhfuil ar scrudaithe orainn aris. Lean leis an obair , nil fada le dul. Ta na togachan criochnaithe agus ta suil agam go bainigi taitneamh as bhfuil postanna sa tochai.

Well the year is almost over and I hate saying it but exams are nearly on top of us a once again. Keep up the work, there isn't long to go. The elections are over and I hope everyone enjoys their position.

Slan go fhoil
Jenny

ENTERTAINMENTS OFFICER



Hi All

Well this is my second last union address and I would like to congratulate everyone who succeeded in getting elected this year, especially Mikey who will be taken over from me next year.

I will still be available as your Entertainments Officer until the end of May, so please feel free to call into the SU prefab to organise your end of year and before exams parties.

Finally, I wish everyone the best of luck with the studying in the coming weeks and I hope that you have a good easter.

Best of luck,
Donnacha

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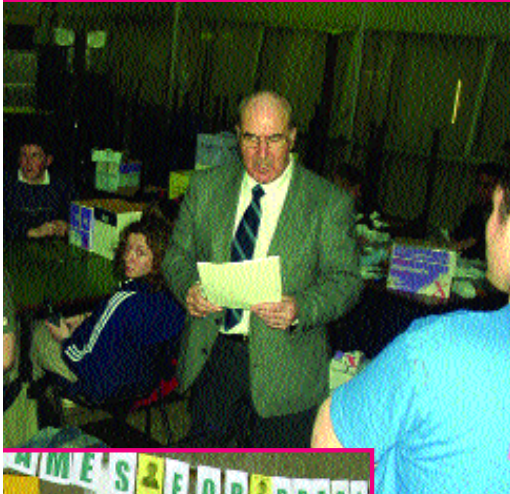
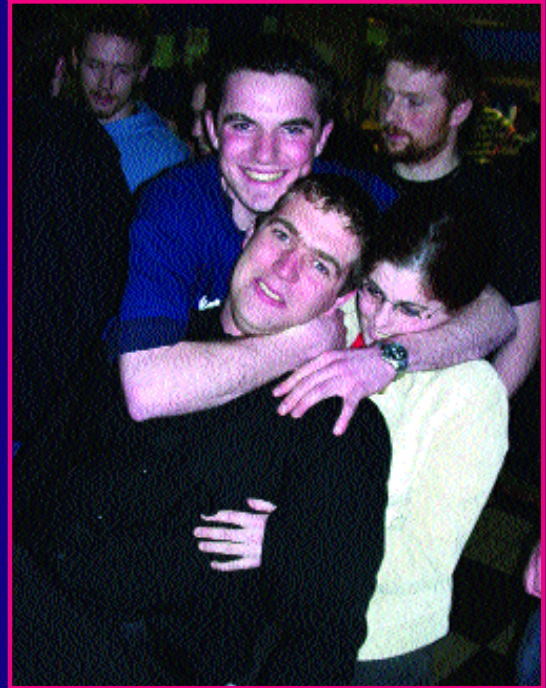
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CIT ELECTIONS 2003

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The Facts about.... **ACNE**

What is acne?

Acne is a skin condition that occurs when the oil-secreting glands in the skin are clogged and become inflamed or infected. These glands occur mainly on the face, back and chest, so these areas are the main sites for acne.

Acne is associated with increased grease production, therefore people with acne often notice and complain of the greasiness of their skin.

How common is acne?

Many young people will have a few acne spots at some time but around 15% will have more troublesome spots called acne.

Acne usually starts in the early teens and, if not treated, peaks between the ages of 17 and 21 years. Most people are acne-free by the time they are 25, although, in a few people, acne may persist to the age of 40 or older.

Acne is also common just before a woman's monthly period.

What causes acne?

Grease glands:

These are controlled by the sex hormones and this is why acne starts at puberty. However acne is seldom due to an excess of these hormones but is usually due to an excessive response of the grease glands to normal hormone levels.

It is not clear why and how blackheads and whiteheads develop, but the grease secreted by the sebaceous glands (any of the simple or branched glands in the skin that secrete an oily substance) probably plays a part in their formation.

Skin bacteria:

After puberty, the skin of the face and upper trunk, with or without acne, contains bacteria. These bacteria get into the ducts of the grease glands where they make chemicals that eventually penetrate the deeper parts of the skin. This does not mean acne is infectious. It is due to the action of normal skin bacteria on the abnormal quantity and quality of grease produced by acne sufferers.

What are the symptoms of acne?

Blackheads.
Whiteheads.
Pimples (some filled with pus).

These skin eruptions can be painful and, in some cases, spots may become large and tender. These are called nodules and may lead to scarring — scars may be raised from the skin surface (keloid scars) or depressed (atrophic scars).

How is acne treated?

Acne spots can usually be kept under control but continuous treatment may be necessary for many years.

Treatment is aimed at cleaning out the pores, keeping oil and dirt out of the pores, and reducing inflammation.

Your doctor or nurse will discuss your skin care and assess which products, such as soaps, you should continue using and which you should stop using. They will also discuss the various options for treatment.

Possible treatments for acne are:

Topical treatment: This is treatment that is applied to the skin. Some topical treatments are also available from your chemist — the most effective topical treatments

that can be bought over the counter contain benzoyl peroxide. Topical treatment must be applied to the entire affected area and not just to the spots and it should be continued to keep the spots under control.

Oral antibiotics: These are the most frequent oral treatments. They reduce the number of skin bacteria and also reduce inflammation.

Hormonal treatment: Ordinary contraceptive pills have little or no effect on acne, but there are other hormonal treatments that can reduce excessive grease production.

There are other strong treatments related to vitamin A. These are only likely to be prescribed by a specialist after your doctor has referred you for assessment in the more serious cases where other treatments have failed.

What can I do?

Follow the full treatment prescribed by your doctor and keep your follow-up appointments.

Change your washcloth every day, as bacteria can grow on damp cloth.

Wash your hands more frequently and avoid putting your fingers and hands to your face unnecessarily.

Don't squeeze, pick, scratch or rub your skin as scars may form if you squeeze pimples.

Although diet probably has no role in acne, it might be useful to keep a record of the foods you eat and try to figure out if any foods make your acne worse.

Sunshine may help acne but it is obviously important for everyone to avoid sunburn. Sun beds have little benefit.

Try to avoid extreme stress as this may aggravate acne. Stress reduction strategies such as exercise or meditation may help to alleviate stress.

Don't give up — there are many alternatives for you and your doctor to try.

What is the long-term outlook?

Acne is usually one of the most straightforward of the persistent skin conditions to treat, but it must be treated sooner rather than later. Do not be embarrassed to go to your doctor about this condition. Help is available.

Early treatment minimises the risk of scarring.

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Men's responsibility in preventing pregnancy

by J.F. Byrne



"...While men are working with an advanced hormonal prescription to increase sexual pleasure, women have at best Trojans that are ribbed for her pleasure..."

IT'S AN oxymoron. And frankly, it could easily be 20 more years before it reaches drug-store shelves. And when and if it does arrive, it could remain there. The mere concept is unfathomable: a birth control pill for men.

Birth control always has been mainly the burden of women, the capacity for pregnancy being, of course, one of the significant things that differentiate men from women. The fact that only women bear children historically has limited them in many ways. Pregnancy is professionally limiting, socially disruptive and physically inconvenient. And, there's literally nothing we can do to correct this gender imbalance. Despite the clever innovations scientists have come up with, it's likely that very few babies will be born in the gender-neutral ground of a laboratory, and child-birth will still be left up to the women. So although the pill was a positive advancement for women, its creation is demonstrative of a more modern sexism. Scientists have barely begun working on the male birth control pill. More time and money need to go toward research.

The existence of dozens of types of oral contraceptives taken by millions of women and no current medications for men screams what society has been suggesting for centuries: Birth control is the responsibility of women. Considering that it takes two to make a baby, that one gender should be designated as safety monitor is inequitable.

Pregnancy also has limited women sexually. In the past, women could not experience sexual intercourse without consequences. The arrival of the birth control pill 40 years ago moved the feminist cause forward immeasurable leaps and bounds. Along with the automobile and the Internet, it was one of the greatest inventions of the 20th century and essential to bringing women to a more balanced plane with men. However, the question remains: Why was it made for women, and not for men?

Birth control for Irish women is an enormous market. The options available for women's use include the pill, Depo Provera, Norplant, the female condom, the diaphragm, tubal ligation and the cervical cap. Any sexually active female could expound on the virtues and shortcomings of each of these methods, while most sexually active males are probably wondering what a cervix is and how you would possibly get a cap on it. The birth control methods that scientists have refined for men are limited to two options: condoms or vasectomy. The former is neither extremely dependable nor wildly popular in terms of stimulation; the latter, besides being useful only as a permanent procedure, is otherwise not attractive to most males.

Economically and socially, Ireland has taken advantage of the fact that women are biologically more responsible for babies than men. Despite the indirect effects on the sperm contributor, the egg owner will be the one carrying around a fetus for nine months. Biology has necessitated that women care more, and society has responded by only creating a pill for women to take that prevents pregnancy.

Taking the pill can be described as an inconvenience at best. It's expensive. It's tedious, as missing a day is not a desirable option. Also, physicians believe that taking the pill for longer than a few years could have damaging long-term effects. Birth control is, in short, a burden, and it is a burden for women. That a drug that will inhibit male conception is barely on the radar screen demonstrates the current imbalance of sexual politics.

While the male birth control pill is probably still years from making its debut in pharmacies, consider what scientists have achieved in the sexual health realm. Medical research for women has been concentrated in the realm of contraceptives, and men's in that of Viagra. While men are working with an advanced hormonal prescription to increase sexual pleasure, women have at best Trojans that are "ribbed for her pleasure." Sexual health issues for men have remained under the category of performance. While pregnancy no longer holds women back, preventing pregnancy of it still is an obligation for women.

Even if scientists could produce the pill for men, the question still remains if men would be willing to take it. If there were a female version of Viagra, you can bet that women would be popping it left and right.

In order to equalize the sexual playing field, scientific research needs to move forcibly in a new direction. Instead of researching yet another means of female birth control and trying to increase the male libido, research groups should prioritize the creation of an effective oral contraceptive for men.

It certainly takes two to make a baby. But only one partner's effort is needed to prevent its conception. Perhaps one day men will be biologically and socially capable of bearing children. But until pregnancy can be an equally shared burden, at least birth control should.

Television Addiction Is No Mere Metaphor

By Robert Kubey

Perhaps the most ironic aspect of the struggle for survival is how easily organisms can be harmed by that which they desire. The trout is caught by the fisherman's lure, the mouse by cheese. But at least those creatures have the excuse that bait and cheese look like sustenance. Humans seldom have that consolation. The temptations that can disrupt their lives are often pure indulgences. No one has to drink alcohol, for example. Realizing when a diversion has gotten out of control is one of the great challenges of life.

Excessive cravings do not necessarily involve physical substances. Gambling can become compulsive; sex can become obsessive. One activity, however, stands out for its prominence and ubiquity--the world's most popular leisure pastime, television. Most people admit to having a love-hate relationship with it. They complain about the "boob tube" and "couch potatoes," then they settle into their sofas and grab the remote control. Parents commonly fret about their children's viewing (if not their own). Even researchers who study TV for a living marvel at the medium's hold on them personally. Many have written: "Among life's more embarrassing moments have been countless occasions when I am engaged in conversation in a room while a TV set is on, and I cannot for the life of me stop from periodically glancing over to the screen. This occurs not only during dull conversations but during reasonably interesting ones just as well."

Scientists have been studying the effects of television for decades, generally focusing on whether watching violence on TV correlates with being violent in real life. Less attention has been paid to the basic allure of the small screen--the medium, as opposed to the message.

The term "TV addiction" is imprecise and laden with value judgments, but it captures the essence of a very real phenomenon. Psychologists and psychiatrists formally define substance dependence as a disorder characterized by criteria that include spending a great deal of time using the substance; using it more often than one intends; thinking about reducing use or making repeated unsuccessful efforts to reduce use; giving up important social, family or occupational activities to use it; and reporting withdrawal symptoms when one stops using it.

All these criteria can apply to people who watch a lot of television. That does not mean that watching television, per se, is problematic. Television can teach and amuse; it can reach aesthetic heights; it can provide much needed distraction and escape. The difficulty arises when people strongly sense that they ought not to watch as much as they do and yet find themselves strangely unable to reduce their viewing. Some knowledge of how the medium exerts its pull may help heavy viewers gain better control over their lives.

A Body at Rest Tends to Stay at Rest

The amount of time people spend watching television is astonishing. On average, individuals in the industrialized world devote three hours a day to the pursuit--fully half of their leisure time, and more than on any single activity save work and sleep. At this rate, someone who lives to 75 would spend nine years in front of the tube. To some commentators, this devotion means simply that people enjoy TV and make a conscious decision to watch it. But if that is the whole story, why do so many people experience misgivings about how much they view? In Gallup polls in 1992 and 1999, two out of five adult respondents and seven out of 10 teenagers said they spent too much time watching TV. Other surveys have consistently shown that roughly 10 percent of adults call themselves TV addicts.

The irony of TV: people watch a great deal longer than they plan to, even though prolonged viewing is less rewarding. In studies the longer people sat in front of the set, the less satisfaction they said they derived from it. When signalled, heavy viewers (those who consistently watch more than four hours a day) tended to report that they enjoy TV less than light viewers did (less than two hours a day). For some, a twinge of unease or guilt that they aren't doing something more productive may also accompany and depreciate the enjoyment of prolonged viewing. Researchers in Japan, the U.K. and the U.S. have found that this guilt occurs much more among middle-class viewers than among less affluent ones.

The natural attraction to television's sound and light starts very early in life. Dafna Lemish of Tel Aviv University has described babies at six to eight weeks attending to

television. We have observed slightly older infants who, when lying on their backs on the floor, crane their necks around 180 degrees to catch what light through yonder window breaks. This inclination suggests how deeply rooted the orienting response is.

"TV Is Part of Them"

That being said, we need to be careful about overreacting. Little evidence suggests that adults or children should stop watching TV altogether. The problems come from heavy or prolonged viewing.

The Experience Sampling Method permitted us to look closely at most every domain of everyday life: working, eating, reading, talking to friends, playing a sport, and so on. We wondered whether heavy viewers might experience life differently than light viewers do. Do they dislike being with people more? Are they more alienated from work? What we found nearly leaped off the page at us. Heavy viewers report feeling significantly more anxious and less happy than light viewers do in unstructured situations, such as doing nothing, daydreaming or waiting in line. The difference widens when the viewer is alone.

Subsequently, Robert D. McIlwraith of the University of Manitoba extensively studied those who called themselves TV addicts on surveys. On a measure called the Short Imaginal Processes Inventory (SIPI), he found that the self-described addicts are more easily bored and distracted and have poorer attentional control than the non-addicts. The addicts said they used TV to distract themselves from unpleasant thoughts and to fill time. Other studies over the years have shown that heavy viewers are less likely to participate in community activities and sports and are more likely to be obese than moderate viewers or non-viewers.

The question that naturally arises is: In which direction does the correlation go? Do people turn to TV because of boredom and loneliness, or does TV viewing make people more susceptible to boredom and loneliness? We and most other people argue that the former is generally the case, but it is not a simple case of either/or. Jerome L. and Dorothy Singer of Yale University, among others, have suggested that more viewing may contribute to a shorter attention span, diminished self-restraint and less patience with the normal delays of daily life. More than 25 years ago a psychologist studied a mountain community that had no television until cable finally arrived. Over time, both adults and children in the town became less creative in problem solving, less able to persevere at tasks, and less tolerant of unstructured time.

To some researchers, the most convincing parallel between TV and addictive drugs is that people experience withdrawal symptoms when they cut back on viewing. Nearly 40 years ago Gary A. Steiner of the University of Chicago collected fascinating individual accounts of families whose set had broken--this back in the days when households generally had only one set: "The family walked around like a chicken without a head." "It was terrible. We did nothing--my husband and I talked." "Screamed constantly. Children bothered me, and my nerves were on edge. Tried to interest them in games, but impossible. TV is part of them."

In experiments, families have volunteered or been paid to stop viewing, typically for a week or a month. Many could not complete the period of abstinence. Some fought, verbally and physically. Anecdotal reports from some families that have tried the annual "TV turn-off" week in the U.S. tell a similar story. If a family has been spending the lion's share of its free time watching television, reconfiguring itself around a new set of activities is no easy task. Of course, that does not mean it cannot be done or that all families implode when deprived of their set. In a review of these cold-turkey studies, the first three or four days for most persons were the worst, even in many homes where viewing was minimal and where there were other ongoing activities. In over half of all the households, during these first few days of loss, the regular routines were disrupted, family members had difficulties in dealing with the newly available time, anxiety and aggressions were expressed.... People living alone tended to be bored and irritated.... By the second week, a move toward adaptation to the situation was common. Even though TV does seem to meet the criteria for substance dependence, not all people would go so far as to call TV addictive. Nevertheless, whether or not we formally diagnose someone as TV-dependent, millions of people sense that they cannot readily control the amount of television they watch.

The Life of David Gale

Reviewed by: Emma Cogan

Starring: Kevin Spacey, Kate Winslet, Gabriel Mann. Directed by: Alan Parker



The combination of a great director and a two time Academy award winning actor is not one to be sneered at, though perhaps they could have found a stronger script more worthy of them both. Despite this, first time scriptwriter Charles Randolph has done a good job.

Alan Parker directs Kevin Spacey as David Gale, a former philosophy lecturer and anti-death penalty crusader, 4 days away from his own execution for the brutal rape and murder of fellow crusader and friend, Constance Harraway. He allows journalist Elizabeth "Bitsey" Bloom to visit him on death row for just 6 hours spread over three days to hear his story and ultimately discover the truth about what happened. This approach results in much of the film being done through flashbacks, thus providing Kevin Spacey with plenty of opportunities to give those renowned looks that he's famous for, the kind that makes you feel like he knows a lot more than you could ever know.

The role of Bloom is a long way from where Kate Winslet began back in 1994 when she starred in Peter Jackson's *Heavenly Creatures*. But she has tried her hand at many a different type of character and succeeded, and this is no exception. And we must not forget about Laura Linney, who plays the part of Constance with passion.

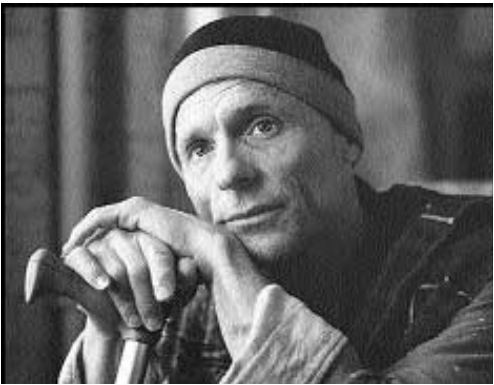
The story could perhaps do with a bit of tightening up at the start and the twists could be slightly less obvious. But on the good side, with two male characters, Gale and Blooms' intern Zack, there is no sign of a clichéd romantic tryst, for which we are all grateful.

This is a film with subtly built and therefore more effective suspense, a brilliant cast, and a slightly serious undertone. Would I recommend it? With Kevin Spacey and Alan Parker working together, I think the answer is obvious...

The Hours

Reviewed by: Emma Cogan

Starring: Meryl Streep, Julianne Moore, Nicole Kidman, Ed Harris. Directed by: Curtis Hanson



A day in the life of a woman is the key line in this film, though it is actually the day in the life of three women. First of all, Nicole Kidman plays the role of Virginia Woolf, the tormented author trying to write her novel, *Mrs. Dalloway*. Then there is Julianne Moore as 1950's housewife Laura Brown, a role not dissimilar from her role in Todd Hayne's *Far From Heaven*. Meryl Streep plays an editor in modern day New York, who nurses a friend dying of AIDS. The beginning of the film, in between the opening credits, jumps through time, from 1941 to 1951, then to 2001 and then back to 1923, and from England to California to New York and back to England, all in a matter of moments. This may sound confusing, but Stephen Daldry the director has managed to retain control, and the opening credits set the style and pace for the film to follow. Nicole Kidman won the only Academy Award given to *The Hours* for best actress, and she was certainly

worthy of it. Decked out in very drab shapeless costumes, and with a prosthetic nose, there was very little sign of the glamorous actress we have grown accustomed to seeing. The fact that her appearance was as understated as her acting is what makes the film as strong as it is.

The Hours is a very refreshing change from the teen comedies and the action packed thrillers that seem to be released with abundance lately. We are inundated with films that require very little thinking. *The Hours* is not a complex film, nor does it let you just sit back and remain uninvolved. If you wish to be merely entertained, go and see *The Core*. If you like something more mature, take a chance on *The Hours*.

The Good Thief

Reviewed by: Emma Cogan

Starring: Nick Nolte, Ralph Fiennes, Ryan Phillippe. Directed by: Neil Jordan



Neil Jordan directs this remake of Jean-Pierre Melville's *Bob Le Flambeur*. Nick Nolte plays the lead role as Bob, a thief/drug addict/gambler who has hit rock bottom and decides to quit drugs cold turkey and then pull off one last heist. Simple as a concept, but unfortunately, the film is anything but.

The plot is messy and often very confusing. The basic idea is that Bob and his cohorts attempt to rob a casino. Oceans 11 anyone? But this time, its set in Monte Carlo on the night before the Grand Prix, and Bob doesn't mean to steal cash, but instead priceless paintings.

Nick Nolte puts in a truly fantastic performance as

Bob, the gentleman and thief. His appearance befits a man who has been to hell and back, but it is his guttural tone that makes the character for us. He looks and sounds like he's been fighting a losing battle for years with a strong opponent. And what can be stronger opponents than gambling and heroin. But as great as Nolte is, it isn't enough to make this a truly brilliant movie, which is a pity. The heist raises more questions than it answers, and the actors tend to talk with heavy accents, which sometimes makes them difficult to understand.

The film had potential, but didn't quite succeed. Though Nick Nolte almost makes it worth going to see. Almost...



THERE ARE NO CLUES IN THIS CROSSWORD, JUST ANSWERS. OF THE THREE ANSWER WORDS LISTED FOR EACH SPACE IN THE GRID, YOU MUST DECIDE WHICH ONE WILL FIT.

ACROSS

- 7 TRAINEE, ADJUNCT, EXTRACT
- 8 MAR, OAR, ERA
- 9 ANNEX, EXCEL, ANKLE
- 10 TOMMY, HOOCH, CHEER
- 11 ASS, TOY, RAJ
- 12 DUD, GOD, AIR
- 14 FAR, BAY, OIL
- 15 TILED, TRICE, NEDDY
- 18 LOBBY, RIFLE, DRIED
- 20 TOO, EEL, NAG
- 21 DUSTIER, DRAWING, EARLOBE

DOWN

- 1 FAZE, ACHE, OVAL
- 2 FLEXES, EJECTS, GENERA
- 3 ADDLED, ICICLE, ANGLED
- 4 ETCH, INCH, DADO
- 5 MEMO, RASH, ARCH
- 6 APLOMB, ERRATA, RASHLY
- 11 ANTLER, SUCKER, SPILLS
- 13 UNFAIR, UNITED, DORSAL
- 14 BORING, AFRAID, BOFFIN
- 16 REEK, COLD, IDLY
- 17 RAGE, EDDY, IOWA
- 19 EDGY, LUGE, RIDE

This month's prize for some lucky winner is €50 Travel Vouchers
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Kim's Cookery Corner

All meals under €5

Beanburgers (serves 4)

Preparation time: 1 hour chilling, 10 min cooking

Shopping list:

450g/1lb of lean minced beef or lamb	€1.84	Tesco value minced beef
1 clove of garlic crushed optional	€0.44	
2 x 415g cans baked beans	€0.44	Tesco value baked beans
4 burger baps, halved and toasted	€0.85	Tesco burger buns 6 pack
Ketchup	€0.99	Heinz tomato ketchup

Method:

Mix minced meat and seasoning such as salt, pepper or parsley together in a bowl. Add garlic. Mash one can of beans with a potato masher, add to meat and fold in second can of beans.

Shape into 8 burgers with floured hands and chill for 1 hour until firm. Brush burgers with oil and grill for 5 min on each side turning carefully.

Serve cooked burgers in toasted buns with salad and ketchup.

As Good as Fresh! – Did you know that canned foods count towards your recommended intake of five pieces of fruit and veg a day? Half a can of baked beans or spaghetti is equivalent to a glass of fruit juice, or a piece of fruit or portion of veg.



Q&A



In 1790 this poem was written about the confusion of the origin of April

Fool's Day:

The first of April, some do say,
Is set apart for All Fools' Day.
But why the people call it so,
Nor I, nor they themselves do know.
But on this day are people sent
On purpose for pure merriment.

-Poor Robin's Almanac (1790)

The other explanation commonly accepted involves the calendar we use today, which changed about 400 years ago (it is called a Gregorian calendar now). When the king at the time, Charles IX, decreed that New Year's Day must be celebrated on January 1, it was slow to catch on. Some people just didn't want to change from celebrating the new year at the spring equinox. Those who adapted to the change began taunting the "fools" who continued to celebrate April 1. They became the target for annual practical jokes, and over the years everybody got in on the All Fools Day act. Here's a warning: every year people are coming up with trickier April Fool's pranks, so be wary of everything you read (a lot of newspapers run bogus stories), listen to and watch. But the old standards still work, too. So, if someone tells you to watch out for the elephant coming up behind you, you can be sure that you'll be called an "April Fool!" if you look. Where I live in Canada, the tradition is that all tricks must be finished by noon, but in Scotland, the tricks can go on for 48 hours! So wherever you live, keep your sense of humour and watch out for that elephant coming up behind you!

"The first of April is the day we remember what we are the other 364 days of the year."
Mark Twain

Who invented April Fools Day and when and why?

Evan in Calgary, Alberta

April 1 is an annual excuse for practical jokers to try out their best tricks on potential April Fools. This jesting goes on throughout North America, Great Britain, France and Germany. India has a similar tradition where the last day of their March feast "Holi" is heralded with jokes and general mischief. In ancient Rome, March 25 was the festival Hilaria. So what's so hilarious about this time of the year? No one is exactly sure, but it probably has something to do with the equinox and the coming of spring (March 21). Nature has a tendency to "fool" us with great weather and then retreat back into foul days. And it might have something to do with the cuckoo bird (the fool's symbol) arriving in April, too.

B	Q	V	V	Y	F	M	V	C	N	O	P	M	J	D
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R	G	C	H	Y	U	A	F	A	C	Q	G	T	X	I
B	E	G	H	I	Q	H	U	I	S	N	K	I	J	P
C	S	T	S	N	J	E	E	X	D	V	V	T	Y	Q
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Parchment Square is a purpose built block of apartments offering accommodation to 300 students within 95 apartments. The accommodation is nearing completion and bookings are now being received for occupancy in September 2003.

The apartments are mainly 3 bedded units but there are a few 4 and 5 bedded units offering twin rooms. The prices per week range from €62 for a twin to €95 for a single en-suite with a double bed. The apartments are fully furnished and include a colour television in each lounge and internet access to all bedrooms.

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

Students and staff are invited to Parchment Square on Wednesday 30th April between 10.00am and 3.00pm to view some of the apartments.

The entrance to the campus is next to the planning office on the model farm road directly opposite the clay pot restaurant.

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