

Students Advised  
Be ready to March

Christmas Day  
Photos

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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: [newspaper@cit.ie](mailto:newspaper@cit.ie)

# expliCIT Editorial

# Hey! Are You Loookin At me....



Hello all.

Well Christmas has come and gone, leaving us with a brand new year 2003. Fortunately it also took away 2002, a year that I for one am glad to see the back of.

It was a year that students learned more about shafting than a polish coal miner. It was a year that saw our great leader Bertie get re-elected. It was a year when my opinion that all was good (well mostly) in the world was challenged. It saw George "Dubya" Bush try to find any excuse to flex American muscle to get a better price for oil...sorry I mean to remove an oppressive dictator. We saw a row coming between two major sporting stars, sending shockwaves throughout the nation. People watched in horror as this great team was forever changed for the worse. Yes Eamon Dunphy and John Giles broke up.

But let us not dwell on the past. Lets look to the future. Lets hope that with 2003 comes a brighter happier world. A world with student grants for all. A world with no war or hunger. A world where corruption in politics will be a thing of the past. A world where people can walk the streets at night without fear. A world where a man (or woman) can go out for a night, have a few drinks, stumble into a take-away at half two, order a burger and not have a bad case of food poisoning the next day. A world where girlfriends suddenly decide not to go shopping anymore but rather take an interest in more rewarding pursuits like computer games. Yes I have a dream.

The year did get off to a flying start with the new CITSU forum being launched. I would urge everyone to log on to [www.citsu.com/boards](http://www.citsu.com/boards) and check it out. Philip "The Boss" O'Reilly should be extremely proud of his achievement.

People saw that George Bush is my pet hate. Well yes he is. I showed some of his quotes before but I stumbled upon this beauty last week. Just to prove that the man is more of a gangster than Al capone crossed with Coolio.

"We got the other guy the other day who thought he was going to be -- wanted to be the 20th hijacker. He popped his head up, and now he's in detention. He's no longer a threat to America and our friends and allies. He's no longer around."

What is he doing George? sleeping with the fishes.

Well that's about it from me. Enjoy the issue and take care of yourselves.

Colin "What do you mean I looked stressed? GET OUT!" Noonan



## CITSU Urges Students to Get Ready to Make their Voices Heard

This month the Students' Union will lead a march in a demonstration against the proposed re-introduction of third level fees. The success of this march and its effectiveness in forcing the erasing of plans by the Government for the fees depends on you, the students. When news emerged in September that Minister Noel Dempsey proposed to charge students full blown fees it was met by anger on the part of Cork IT Students' Union. During the summer a delegation from Cork IT Students' Union traveled to Dublin to voice their resentment towards these Government actions to bring back the fees.

When CIT students returned in September and class representatives were elected in October a Three Step Approach drawn up and adopted by Cork IT Students' Union. This Three Step Approach consisted of:

**Step 1:** No to Fees petition in October/ November. This was signed by over 5,000 students on campus Also an online No to Fees petition was launched on Cork IT Students' Union website.

**Step 2:** Christmas letter to be sent to Minister Noel Dempsey. On December 27th over 2,500 students sent a Christmas letter airing their grievances with the Minister's actions and to also let the Government know that students are not sitting ducks!!

**Step 3:** Demonstration to be held at the end of January. This will be the loudening of Step1 and 2 put in the form of a march on Cork City.

Gearóid Hogan, President CITSU said "The march is the latest in a string of student protests that began in July and have showed the country that the student movement is still alive in Ireland and that the public can still stand up to the Government spin doctors through lobbying and direct action".

Minister Dempsey came into office pledging the best to the education world, but all he has succeeded in doing is to put in at jeopardy the academic future of thousands of young people whose families have been crippled by the increase in the college registration fee and the constant hint to the re-introduction of tuition fees. I would hate to see a two tier society of those who can pay for the right to education and those who cannot.

While the Government deliberate on the issue of tuition fees, all evidence points to the fact that many students cannot afford to attend college at the moment, even with free fees. While the march is the biggest demonstration yet of the academic year, it is certainly not the last. We will resist the plague of fees through direct action and lobbying.



## Over 2,000 Student Letters sent to Dempsey for Christmas Day Protest

Cork Institute of Technology Students' Union held their annual Christmas day on November 27th, a fun filled day of festivities was had by students before the start of their Christmas exams but sadly at the back of their minds this Christmas day was the 69% increase in the Examination, Registration and Student Services Fee announced by the Minister for Education, Noel Dempsey last July. To voice their anger CIT students sent over 2,000 letters to Mr. Dempsey looking for an immediate retraction of this decision. CIT students feel very uneasy with this increase in the registration fee and believe it is the first step to bringing back fees full stop.

The Students' Union intend to take additional action on this issue in order to uphold the educational opportunities of not only CIT students but of all students in third level colleges.

CITSU President, Gearóid Hogan, stated that "A three step approach against the fees was started in October with a petition to the government which was signed by over 5,000 students. The sending of 2,000 letters to Minister Dempsey is only step two in our campaign against the hike in the registration fee. Step three is a march which will be held this month. The total lack of consultation with students by the Department of Education regarding this massive increase is appalling. The increased charge in the student services fee to €670 represents over 250% since the introduction of the charge in 1996. Mr. Dempsey is covertly opening the infamous "back door" to the old college fees system and also slipping the news out in the middle of last summer when many of the CIT students it effects are unavailable to respond. This is a sickening insult to them and their families. The students voice is continuously being ignored by our government but our voice will not go unnoticed."

## CAO Closing Dates Approaching

The closing date for applications for the Central Applications Office (CAO) course, the 1st of February is fast approaching. If you are considering changing course now is the time to review your options. The late closing date is the 1st of May and with the exams and associated study it isn't far away. If you are applying for a new course make sure to fill out the form properly and follow the checklist on the back of the envelope. If you need any assistance filling out the form call into the the education vice president in the students union or the careers and counselling office. Forms are available from the students union.



# CIT Society Ball Season 2003 Kicks Off

Over the coming weeks the Society annual balls are going to take place. The price for all the following balls will be €20 for the full and €8 for the afters.

The Balls are **Schemers Ball** 22nd January 2003 in the Rochestown Park Hotel. This ball is for all students of Marine and Nautical Studies, Social Studies, Recreation and Leisure and all Sciences. **Mechanical Engineering Ball** is also on 22nd January 2003 in the Rochestown Park Hotel. Both floors will open up after the full meal where there will be two bands playing The Untouchables and J-90 and two DJ s after.

The **Business Studies, Accounting and Catering & Tourism Ball** is on Thursday 23rd January in the Rochestown Park Hotel. The band is The Untouchables .

The **Computers and Chemical Engineering Ball** is on Thursday 30th January in the Rochestown Park Hotel. The band is Big Generator .

The **Pick n Mix Ball** (Virgin Designer) is on Wednesday 5th February 2003 in the Rochestown Park Hotel. This

is for students of Civil and Structural Engineering, Construction Studies, Architectural Technology, Interior Architectural Design, Auto mobile Engineering, Media Communications.

The **Electronics and Electrical Ball** is on Thursday 20th February in the Imperial Hotel.

Buses will leave for full and afters from the pre-ball bash venues and will be free. Limited amount of buses so leave to get bus early. Buses will cost €2 to take you home after the Ball from the Rochestown Park Hotel.

All balls are Formal i.e (Tux/Suit) for the full and semi-formal i.e. shirt and tie for the afters.

Apologies If I got the name of your course incorrect or left out a course, please e-mail me at omahonym@cit.ie if any questions.

Regards Mervyn  
(CIT Societies Officer)

## CITSU Advise Dempsey to do More Research on College Loans System



Cork IT Students Union believes that the introduction of an Australian style loans system for third level students would be devastating for the economy and would only act as a further deterrent to those considering the viability of attending college. While the Government deliberate on the issue of tuition fees, the fact is many students cannot afford to attend college at the moment, even with free fees. CITSU believes that in a time of cutbacks, the introduction of full fees would create a two-tier Irish society.

A current Australian study found that people with loan debts were less prone to buy houses, take out loans and have children because they were not eager to take on more debt, so a move here would cause substantial social problems. Loan systems have proven to be very dear, at present in Australia there is a national student debt of \$8.7 billion (set to rise to \$11.4 billion in 2004). The idea of a debt for life, the uncertainty of a better life after a Cert, Diploma or Degree, will mean that the most poorer people either choose to forgo or simply cannot afford the debt hence creating a two tier society of those who can afford the right to education and those who cannot.

Gearóid Hogan CITSU President stated " 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. The statistics show that one in three Australian women will still be in debt at the age of sixty five, with 15-25% of people never finishing paying off their debt. This arrangement has been used to reduce higher education expenditure. The managerial cost of loans, including the costs arising from non-payment on repayment, will in the long term enormously reduce the savings that were meant to be made. 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.

The fees march in January is a very important one not only for the students in CIT today but also for the CIT students of the future. I would hate to have students leave CIT with a loan to pay back, students make enough sacrifices to attend college. A loan system is a blatant discrimination tool which will lead to a two tier Irish society .



# CITSU Advise Students to Login & Check Out New Online Forums

[www.citsu.com/boards](http://www.citsu.com/boards)

This month sees the launch of the brand new [citsu.com](http://www.citsu.com) forums. Simply log on to [www.citsu.com/boards](http://www.citsu.com/boards) and register to open up a new world of possibilities for online student information exchange. Partake in one of the many polls for example, who is your favourite super hero? Who really was the greatest cinema gangster? Create your own poll on any subject you see fit.

Post your opinions on the boards for all the world to read. Start your own message board on whatever topic your wild imagination can think off. If you have an opinion about the political climate of the world at the moment or the banana you bought in the local shop was a bit greener than you like. Post it on the boards.

If you want to send a message to another user you can send web mail instantly to them. There is a board devoted to people buying and selling books.

This service is an amazing addition to the website and I would urge anyone who is browsing on the web to stop by, register and donate your two cents to the pool of knowledge that is the CITSU Forum.

Create an alter ego and add a picture to go along with your posts. Currently joined up we have McBain and Al Bundy.

Come on people let your voices be heard. It is so easy your granny could use it. It is cheaper than texting and much more fun.

Speaking about the new online Forum CITSU President Gearóid Hogan said "this online forum is another way for students to air their views on issues within the college, it allows yet another channel of communication to be opened. These forums are intended to stimulate dis-

ussion about research and ideas of interest to our students. You're welcome (not to mention encouraged!) to comment on anything, or introduce a topic you find compelling. I hope these forums will soon become a valuable addition to our website and a resource for your work".

**Top Polls Now Online  
for You to Vote On!**

**Do you feel guilty buying condoms?**

**Best Radio Chat Show  
(as featured on Charlie Wolf, Red FM)**

**Favourite Nightclub in Cork City**

**Roy Keane: Hero or Villain?**

## Crawford Students let out in the cold



On Monday December 2nd 2002 the students of Crawford College of Art & Design decided to strike. This strike was called due to the ever-worsening conditions in the college and managements failure to address these problems.

The students of Crawford have expressed over the past few years their dissatisfaction with the way the building is operated and the ongoing problems it faces. They feel that Cork Institute of Technology is forgetting about them and truly believe 'out of sight, out of mind' applies to them. We have a situation where these issues have not been addressed, students have been very patient up to now, but this patience is fast disappearing.

Some of the problems in Crawford include: Students working in temperatures as low as nine degrees in studios.

Lack of adequate ventilation in all areas has been a problem for a number of years, most notably in the sculpture department where work practices dictate the use of various hazardous materials.

The seriously inadequate drainage system has led to studios and workshops flooding on several occasions resulting in damage to student work and personal property. Fungal growth has gone unchecked for years in many areas of the college as a consequence of damp conditions.

A number of essential items of equipment throughout the college are broken and are in dire need of repair or replacement.

Students in the stone carving area are being subjected to unsafe working conditions due to the lack of lifting equipment and suitable power points.

There are currently only three open access computers between 270 students in a college that is part of an Institute of Technology.

Crawford site President, Patrick Foskin stated that "both Crawford and CIT management have been made aware of these problems many times over the past number of years and yet the college has continued, at a pace, in its steady physical decline. Students can no longer afford management's complacency in these matters and so have decided to publicly highlight the conditions suffered by all at the college. The following direct action was taken by the students on Monday 2nd December. Students voiced their anger on the main CIT campus between 11.00am-2.00pm".

CITSU President Gearóid Hogan stated "It is vital that the conditions in the Crawford building are conducive to the successful "achievements" of our students. I have toured the building with site President Patrick Foskin and I was very taken aback at what I saw. There are clearly problems with this old building and these problems cannot be allowed to fester any longer. I believe this strike action will let the college know that students will not sit back and let conditions worsen when these conditions can be in most cases, be easily addressed. "

## Young Drivers & Excessive Speed



Car crashes are the number one killers of young men (16 - 25) in Ireland and driving at excess speed is the primary cause of these crashes.

The profile of the young driver most likely to be killed/injured in car crash is:

**Male, 17 - 25 age group, Licence holder for less than two years.**

Young men of this age are, to a large extent, responsible in over half of the road accidents in which they are involved.

According to provisional figures more than 154 young people were killed on our roads last year, at least 74 of these were drivers. Many died in single vehicle accidents where speeding was the principal factor. Bravado, peer pressure and a sense of invincibility often leads young men to take risks while driving, without realising the dangers of

these risks.

The relative proportion of speeding-related crashes to all crashes decreases with increased driver age i.e. older drivers have fewer speed related crashes. Research conducted in the UK indicates that an 18 year-old driver is three times as likely to be involved in an accident as a 48-year-old. For every mile driven, a 17 year-old male is seven times more likely to be involved in an accident as a middle aged man. It is for this reason that we say excessive speed and the young driver is literally a deadly combination.

## USI may advocate mass non-payment of fees



The Union of Students in Ireland (USI) has asked Minister Dempsey to clarify a Sunday newspaper report which claims that his Department is planning to double the student registration fee to €1,200. The fee was controversially raised to €670 for this academic year. USI has warned that non-payment of the charge would be considered as a counter measure were it to be raised substantially.

Colm Jordan, President, USI said: "Minister Dempsey needs to step out from the shadows and inform the public of the validity of this rumour, as it would have huge repercussions for Irish society if a charge that already deters many poorer families from sending their children to college is effectively doubled."

"Countless distressed students and parents have contacted our headquarters in despair today regarding this development. Increases in the student maintenance grant have barely been kept in line with inflation, while a further hike in the registration fee would represent an increase of over 200% in the space of two years. We have also had many complaints from students who should not have had to pay the €670 and who have not been refunded. The Minister vowed that students eligible for means tested student supports would have the

money paid on their behalf by local authorities and VECs. If students did not have proof that they were receiving a grant, they still had to pay because the Department failed to send VECs this year's application forms in time so students were not registered as receiving a grant."

"If there is truth in this report, then mass non-payment of the charge by students would be one of the options we would consider advocating."

"Minister Dempsey assured us at our last meeting with him that there would be no substantial increases in the fee during the lifetime of the current Government. This is clearly unacceptable and would obviously deter even more of the poorest families in our society from progressing past secondary level education. Most galling of all is the fact that the last increase in the charge was only to secure savings to the Exchequer and did not actually benefit students or their families. Now is not a time for spin or deceit, Minister Dempsey needs to clarify this situation immediately, especially when CAO forms have to be submitted by February 1st. Families need to know how much a free education is to cost next year.

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

# Rampage

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## CIT Students' Union PRESIDENT



Welcome back to CIT for another term of study and fun, I hope you all enjoyed your Christmas break and that you are refreshed and ready for term 2. Just to remind you that this year we have a mid-term break from Monday 24 - 28 February inclusive, so you might bear that in mind for your study plans etc also this term ends on 11 April. Rag week begins on 11 February and like always your entertainment will be top class and free of charge. Look out for the next edition of explicit for a full rundown on what will be going on. If you have any ideas for this years rag week why not contact Donnacha or Tim in the SU prefab.

**CIT Christmas Day 27 November 2002**  
On the day itself I had a good time BUT the mystery tour that night was in one word eventful . It saddens me that a few students and I stress few students take it

upon themselves to cause as much hassle as possible, for some strange reason they think it s cool, you would think being in third level education would bring with it a sense of maturity and dignity but sadly for a few people this is not the case. It annoys me so

much that a few bad apples have the potential to spoil it for the many. The Students Union had to work hard to get bus companies to take us and the behaviour on the night has jeopardized relations with these companies. A lot of hard work goes into organizing such an event and the behaviour that night of those few students brought disrepute to all CIT students and I hope future events will not be as eventful .

### Marching Season: Get ready!!!

A March will be held on the 28 January as part of the campaign against student fees. The students voice is continuously being ignored by our government but the voice of CIT students will not go unnoticed. I would encourage all to take part in the march, I don t want to see a situation next year where students have to pay up to €3,000 to attend CIT or have to pay back a loan at the end of their time in CIT. Other colleges have marched and had turnouts of over 3,000 students, I believe we can beat that number and really demonstrate our outrage towards these policies.

To finish I would just like to remind you all that we are here for you so make use of us. If you have anything you would like to say good or bad, please call in or if you wish, tell your class rep. Welcome back and I wish you all a happy 2003.

Get ready to march,  
Gearóid Hogan

## EQUALITY OFFICE



A Chairde

Tá an bhliain nua isteach orainn arís agus gan doubt ar bith beidh 2003 fíor-gnóthach ar fhad .Beidh Seachtaine Sabhala áth tosnu ar an 20ú lá de Eanáir. Seard is aidhim an feachtas seo na chun eolas a chuir timpeal mar eabhail ar Sabhaltachas.

Tá athas an domhaim orm cuir I gcuinne go cach go bhfuil Leithris na gCailíní san B block I bhfeidhim anois { faoi deireadh} The New year is upon us again and without doubt 2003 will be very busy. Safety Week will begin on 20th of Januray. The aim of this is to create awareness of all safety issues.

I am delighted to let everyone know that the ladies Toilets in the B Block are now working { At Last}

Is Mise Le Meas



## ENTS OFFICER

Hi All

How's it going. First of all happy new year, I hope in 2003 everything will go your way. Have you still kept all your new year resolutions or have you fallen to ill repute already? It is going to a busy few weeks with society Balls, protest march, road safety week and not to forget that special time of the year where heaven and hell meet for a week, yes its Ragweek, the plans are coming into fruition.

Could you please send me funny emails, jokes or pics for the rag mag to [suents@cit.ie](mailto:suents@cit.ie)

A rag week committee is currently being put together so if you have any ideas or want to get involved contact me by email or call in to the su prefab.

Don't forget CLUB RAMPAGE on Thursday nights watch out for the theme nights coming up.

Later  
Agh it bloody rag already!!

# Rampage

Club Renaissance, Careys Lane

## Official Student Union Nightclub 2003

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**Weekly Student Promotions**

**Special Class Party Deals  
available in All Bar 1**





## VICE PRESIDENT EDUCATION

Welcome back to C.I.T. for 2003. I hope you all enjoyed your Christmas break. It looks like it's going to be a busy New Year. Governmental policies have hit students a fiscal blow right over this academic year, we must continue to take an active stance against the hoisting of fees and the blatant slighting of our opinions and our needs by politicians.

C.I.T. is looking to the future in regard to its range of qualifications and what it offers. Plans are being revised in line with the financial squeeze by the government. Changing times are upon us within the institute and sadly they may be changing for the worse. That's why we need your help to point out the problems and changes, which affect you. Through communication with you we learn to effectively respond to those areas where you are adversely affected. We'll do our best to solve whatever problems come to our attention and

advise to the best of our ability. It's your Union, make use of it. If you have a problem point it out. Don't suffer in silence. And may 2003 be an improvement over 2002 in everyway.

Regards  
James

## VICE PRESIDENT WELFARE



Wow, 2003 already,

Where does the time go?

I hope you all got over the holidays well, though I'm sure some of you fell over them. Thankfully this year I found a job behind the bar and not at it. As we all know us Irish have a reputation for getting a little excessive during the festivities. I just hope the wildness, and alcohol, is now out of your systems for another while. If you ever feel yourself getting a little out of control please call into me and I can put you in touch with someone who can help, or if you just want to talk there is always a space on the sofa in the welfare office in the Students Union pre-fab located outside the main door.

In the meantime if any of you have any brilliant ideas for fund raising schemes or charity events for RAG week please let any of the officers know by sending a text or an e-mail or just dropping into any of the Union offices.

Hope to see you all soon,

Margaret.

## Advice on Oral Piercings



### What is oral piercing?

Oral piercing is the insertion of metal jewellery into the lips, cheek or tongue. It has become increasingly popular in recent years.

### What are the possible side effects?

There is an increased risk of infection within the mouth, so ensure a professional with excellent hygiene standards does your piercing. Oral piercing can also cause tooth trauma, hypersensitivity to metals and an interference with speaking and chewing. Breathing problems may arise if the jewellery is accidentally swallowed.

I had my tongue pierced two days ago and it is still swollen. Should I be worried?

No. Swelling of the area is normal and can last three-to-five days. Sucking on clean ice can reduce this swelling. The piercing may also bleed on and off for a few days, and the area can become discoloured. This too is completely normal. However, if there is a lot of bleeding or it is continuous, visit your doctor. It is also not unusual to see a yellow secretion coming from the piercing. This is not pus, however. It is blood plasma, lymph and dead cells, and it indicates that the piercing is healing. If any of these signs persist, seek medical advice.

### What about oral hygiene?

It is important to keep the inserted jewellery clean, as plaque can form on it. Brush the jewellery with a firm toothbrush. Be careful during the healing period however as the area will be quite sensitive. Replace your

toothbrush with a new one for the healing period. Ensure that your hands are completely clean if you need to touch your mouth for any reason. Do not use mouthwashes that contain alcohol during the healing period, as they will irritate the area.

### Any other tips?

During the initial healing period, sleep with your head propped up on pillows. By keeping your head above your heart, you will avoid some overnight swelling. Drink plenty of liquids. Cold drinks will help with any swelling. Eat slowly and take small bites. Try to avoid caffeine, alcohol and aspirin for the first few days, as these can all cause additional discomfort, such as bleeding.

Have no oral sexual contact whatsoever during the healing period. (This includes kissing.)

Avoid playing with the jewellery during the healing period. Even after healing, do not go overboard, as this can cause damage to teeth and gums.

I took my piercing out for a few minutes and the hole started to close. Is this normal?

Yes. The jewellery should be left in at all times. Even healed piercings that you may have had for years can close after a few minutes if the jewellery is removed.

If you want to take the jewellery out to wash it, immediately replace it with a spare one so that the hole doesn't begin to close.

**New to CITSU Online**  
**www.citsu.com/boards**  
**Your Online Discussion Forum**





**"Christmas Stuffing"**



# CIT Christmas Day 2002

27 November 2002 >> Check out [www.citsu.com](http://www.citsu.com) for more photos .

Get your photo in expliCIT & CITSU Online at Official CITSU Weekly Nightclub

Every Tuesday, and Thursday **"RAMPAGE"** @ Club Renaissance .

## CITSU URGES STUDENTS TO TAKE CARE ON DANGEROUS ROADS



### The guiding principles for pedestrians include:

- Always use a footpath. If there is no footpath walk on the right hand side facing oncoming traffic
- Choose a safe place to cross
- Be Seen by wearing reflective gear
- Stay sober - drunk pedestrians can cause accidents

Pedestrians have emerged as a highly vulnerable group on our roads - accounting for approximately 20% of fatalities annually. Every time a pedestrian crosses the road they're treading on dangerous ground. One wrong step and they're exposed to lethal attack from cars, buses or bikes. Ireland has the third highest pedestrian death rate in the EU and the highest level of child pedestrian deaths in Western Europe & the EU.

Eighty pedestrians were killed last year, a decrease of eight on the previous year. The number of pedestrian injuries in 1999 was 1,306. Higher risk is associated with children and pensioners.

In winter, fatality rates for pedestrians are double those of summer. Research conducted by the NRA in 1997 and 1998 shows a strong relationship between pedestrian accidents and the hours of daylight between 4 p.m. and 10 p.m. It is estimated that 75% fewer pedestrians are killed in the months of June and July, which have the highest levels of daylight compared with January and December which have virtually no daylight hours during this time. Pedestrians killed between 11 p.m. and 5 a.m. also form a sizeable subgroup of accidents accounting for approximately 27% of pedestrians killed in those years.

A car has no mercy for a pedestrian. If a pedestrian unexpectedly steps onto the road its not always possible for the driver to stop in time. At 40 mph on a dry road, the average driver will take 40 yards to stop - 59 yds on a wet road. At these lengths, the pedestrian doesn't stand a chance. However, it's not just the responsibility of pedestrians to cross carefully. Motorists must recognise the danger too and look out for pedestrians at risk.

CITSU advise you to keep an eye out during 21 January and 24 as there will be a National Safety Campaign run in the college.

## CIT STUDENTS' UNION ROAD SAFETY AWARENESS WEEK 20-22 January 2003

### Hazards of winter driving

Driving in bad weather cannot be avoided at times. The advise 'slow down', 'leave yourself more time to complete the journey' and "keep your distance" takes on vital importance during this season.



### When Driving In Foggy Conditions:

Most importantly - use your dipped headlights. Remember to reduce your speed and to drive a safe distance from the car in front of you (seeing the tail-lights of the car in front is clearly a sign of being too close). Also give yourself plenty of extra time for your journey - you don't want to be rushing when visibility isn't the best.

### If The Road Is Flooded:

Keep your engine revs high and speed low if you choose to travel through the flood spot and go slow enough to avoid drowning the electrics or losing grip. After passing through particularly deep water, test your brakes to make sure no damage has occurred.

### Avoiding Skids:

First and foremost, look out for potential skid traps, namely, wet leaves, shady spots, black ice and frost (particularly on bridges). Black ice is most rampant on very cold days on wet roads, especially at night, on exposed bends, underneath trees and bridges and also on higher ground. Reduce speed as soon as you see a potential skid spot.

### What to do if you do find yourself skidding - there are three options:

- 1) Don't brake fast under any circumstance - if it's too late and you have already braked, release them immediately, then reapply, quicker but gently.
- 2) Reduce acceleration but don't take your foot off the accelerator completely.
- 3) Use the highest gears possible under the conditions, and as you gently brake, move down in your gears to come to a gradual halt.

### Keep your eye on and carry out frequent tests on the following:

**Lights** - See And Be Seen - Keep your indicators and headlights clean and working.

**Fuel** - Make a conscious effort to stay out of the red - even a long traffic jam can be enough to drain an almost empty tank.

**Water** - Make sure the water reservoir is up to the maximum mark and correctly mixed with anti-freeze - usually one-third anti-freeze and two thirds water, but check with your car owner's manual to be sure.

**Oil** - With the car level, check the oil on the dipstick, topping up if necessary. Also look for signs of leakages on the ground underneath the car.

**Electrics** - Check your dashboard before and after starting the engine, listen for a weak battery and carry spare fuses.

**Windscreen And Wipers** - Wipers should be cleaned regularly and replaced every 12 months. You can add a smear proof additive to your screen wash solution to, as it suggests, prevent smearing. Make sure you don't add anti-freeze as it will corrode paint work.

**Rubber** - Make sure to check tyre treads and walls for excessive wear and damage. If you come across any stones or treads in the flint, remove them. Check tyre pressure regularly, this includes checking the spare.

**Some Added Tips!** - Try timing the annual check before the winter. - Terminals and connectors should be clean and smeared regularly with petroleum jelly, not grease, to prevent corrosion.

### Be Prepared For Anything:

Help reduce risks by simple things like:

- Planning your journey in advance and carrying a map
- Not driving if you feel too tired - never drive for more than 3 hours without a break
- Sit comfortably in the car
- Never drink and drive
- Remember that frequent short stops are better than one long one

# THE ORAL CONTRACEPTIVE PILL

## HOW DOES THE PILL WORK?

By mimicking the state of pregnancy the pill prevents ovulation. By changing the state of the mucus in the cervix and thus preventing sperm from crossing this barrier. It renders the lining of the uterus less suitable for implantation.

## WHEN TO START THE PILL?

Ideally on the first day of your period (if you do so you are contraceptively safe from day one of your pack). If not any day from day 1 to 5 of your period. However, if you don't start on day 1 you must use alternative contraception i.e. condoms, for seven days.

After a pregnancy, if not breast-feeding, start taking the pill 21 days after delivery.

After a termination of pregnancy or miscarriage that has been treated by a D & C, start the pill the day after the procedure.

## HOW TO TAKE THE PILL

There are 21 pills in your packet. Start as already explained. Take one tablet daily at the same time each day until the pack is finished. You then allow 7 days of no tablet taking and restart on a new packet on the eight-day. You will find that you start on the same day each month.

**Note:** It is important to take the pill at the same time (approximately) each day. Pick a time that you do something routinely each day i.e. eat your lunch/brush your teeth in the morning etc. you are allowed some leeway with this but try to be as vigilant as possible.

## FORGOTTEN PILLS

If you remember to take your forgotten pill within 12 hours of the time you normally take it, take the pill when you remember and continue on as normal.

If however, it is over 12 hours when you remember the pill, take it as soon as possible. Take the following days tablet as usual and use condoms for the next 7 days. If any of these 7 days run into the tablet free days i.e. if you have missed a tablet between day 15 and day 21 then start your next pack immediately after finishing your previous pack i.e. NO TABLET FREE DAYS.

If you are confused about this please contact Dr. Hilda O' Shea in the Medical Centre, Block G. 021 4326551/021 4326356.

**Note:** The most important tablets in your pack are the

first and last pills in the pack. Therefore, be sure not to forget these tablets in particular.

**Other causes of a decrease in efficacy of the pill:**

### Vomiting and Diarrhoea

If you vomit within 3 hours of taking the pill, when you feel better take another pill, preferably from a spare packet. If you take this within 12 hours of the first tablet then all is well. If it is more than 12 hours then follow the directions for forgotten pills as above. Diarrhoea alone has to be very severe i.e. watery stools every few minutes, follow instructions as per vomiting. Again please contact the college doctor if you are anxious or confused.

### Taking other medications with the pill

Drugs that treat epilepsy, some antibiotics, some anti fungal agents affect the pill. Please inform your doctor that you are on the pill prior to getting a prescription. Remember most tablets don't affect the pill's action.

### CHANGING FROM ONE BRAND TO ANOTHER

If your pill doesn't suit you your doctor may change you to a new pill. The procedure is simple. Just finish off your old pill and start your new pill the following day i.e. no pill free interval.

### SIDE EFFECTS

**Breakthrough bleeding i.e. bleeding while taking tablets:**

- This is very common and has usually settled by the 3rd pack.
- If it continues longer than that please contact your doctor.
- You will need to use condoms during breakthrough bleeding.
- Continue to take your tablets as normal

### Missed period:

- This often happens.
- If you have not missed any tablets or had vomiting and diarrhoea etc. continue as normal
- However, if you suspect pregnancy please make an appointment for a test as soon as possible.



### Minor side effects:

Nausea, headaches, breast tenderness, weight gain (approx. 4 lbs usually), vaginal discharge, leg aches and cramps, mood disturbance, loss of interest in sex.

### MAJOR SIDE EFFECTS

If any of the listed below occurs contact your doctor immediately:

- Severe pain and/or swelling in calves of one leg
- Severe chest pain increased by breathing
- Unexplained breathlessness
- SEVERE ABDOMINAL PAIN
- SEVERE HEADACHE ESPECIALLY IF ONE SIDED AND/OR PINS AND NEEDLES DOWN ONE SIDE
- A bad fainting attack or a 1st epileptic fit
- Sudden weakness or marked tingling or pins and needles down one side
- Sudden loss of vision
- Sudden inability to talk correctly
- Jaundice

## Smokers unaware that NRT is free

Over 70% of Irish smokers who hold a medical card are unaware that they can receive nicotine replacement therapy (NRT) free of charge, a new study has revealed.

NRT, which can be provided in the form of patches, gum and nasal sprays, has been available on the medical card scheme since April 2001. This means it is available to any medical card holder who wishes to quit smoking, on prescription from a GP.

The results of the study have been described as 'extremely disappointing' by Fenton Howell, chairman of anti-smoking group ASH.

"Putting NRT on the medical card scheme is a major coup in the battle against smoking, but for the initiative to work, it is vitally important for medical card holders to know it is available", Mr Howell said.

Over 16,000 prescriptions for nicotine replacement therapy (NRT) were written in the first four months after the treatment was made available free of charge to medical card holders, new figures from the Department of Health show.

Altogether, between April and July, over 16,000 prescriptions for NRT were written at a cost of £404,700.

The largest number of prescriptions were written in May - 4,566 were written at a cost of £111,900.

In Ireland, cigarettes kill around 7,000 smokers a year.

The study was conducted over the summer by Behaviours and Attitudes and is a nationally representative study of Irish smokers.

[www.irishhealth.com](http://www.irishhealth.com)



## Curriculum Vitae Advice & Tips

by CIT Careers and  
Counselling Service

Now that Christmas has passed and we are into a new year, thoughts turn to full time and part employment as well as the summer ahead and the prospect of looking for a job. Your first approach to an employer is likely to be an Application Form or Curriculum Vitae. The word Curriculum Vitae comes from Latin and literally means Life history. It is a concise chronological history of your education, experience, achievements, skills and interests. You might think of it as an application form on which you pose the questions and supply the answers. A CV introduced by a Covering letter is the most common means of application to potential employers.

### What your CV should contain?

The format is flexible, but the convention is that it usually contains:

#### Personal Details:

- Name
- Address, (Home and term address if appropriate)
- Contact telephone number
- E mail address
- Date of birth

#### Education:

For Third Level Education include:

- Most recent/pending qualification first
- Full title of the Degree, Diploma or Certificate e.g. Bachelor of Business Studies
- Dates - Show the time frame and structure of the course
- Institution(s) attended) e.g. Cork Institute of Technology
- Subjects / courses undertaken
- Mention any relevant project work you have completed, particularly your final year project
- Give your overall results or expected results as appropriate

For Second Level include:

- Short synopsis with school(s) attended, dates, and Leaving Certificate results. (Junior Certificate results are irrelevant)

#### Work Experience/Employment History:

- Include all your previous work experience, including work placements, summer jobs, voluntary work, any permanent or part time work (most recent work first)
- Give name of employer, dates, job title and duties involved
- Emphasise skills / knowledge used or gained in the job and compatible with the needs of your would-be employer
- Include positions held in societies if relevant and a brief description
- Use action verbs to describe how you did the job e.g. managed, planned, designed, analysed etc.
- Remember that even if your previous work experience is totally unconnected to the job you are applying for, you can use it to demonstrate your skills, qualities and motivations

#### Interests and Achievements:

- Achievements may include attainment of personal goals, awards, certificates etc.
- Avoid a straight listing of your interests/hobbies
- Include membership of teams/clubs/ societies/ voluntary organisations, professional associations and any positions of responsibility held. Emphasise any skills that you have gained e.g. team work, leadership, organisational. Use active words such as achieved, developed, implemented, generated, contributed, completed.
- Mention only activities you have participated in, in recent years.

- Avoid references to specific political or religious affiliation

#### Skills Profile and / or Additional Information

- Your skills profile is an opportunity to show how your overall experience matches the requirements of the job. Use it to draw together different experiences under one core skill e.g. teamwork could include your final year project, games and work experience.

- Use for items such as computer literacy (be specific on applications and / or languages you can use, key board skills)
- Include skills that you have acquired which you haven't mentioned already but which increase your worth to the prospective employer e.g.
  - Foreign languages (be clear about your level of proficiency - spoken / written)
  - Driving licence
  - Other awards, attributes, or competencies not mentioned

#### Referees:

Include the names, addresses, phone numbers, email addresses of two referees, one academic and one from your work experience.

- Choose someone who will support applications affectively.
- Always ask their permission first. Educate the Referees - e.g. send them a CV and inform them on position applied for, your career plans.

If you decide not to include your referees on your CV state under the heading referees available on request

(Extract from a CIT Careers and Counselling Service Publication entitled Making a Job Application edited by Sephine Hallihan)

The Careers and Counselling Service is situated at PF33 (Next to F Block) and is open Monday to Thursday from 8.30am 5.30pm and on a Friday from 8.30am 4.00pm) Ph: 021 4326688 E-mail: dcollins@cit.ie

Dan Collins  
Acting Head of Service

# "MMMMM... BEEER"

by Paul Delaney.



**Fact:** This does not work. To sober up, your body needs to metabolise the alcohol. This is a slow process and nothing you do will speed up the metabolism of alcohol.

**Fiction:** Taking a headache tablet before going out will prevent a hangover.  
**Fact:** Wrong, wrong, wrong. Never do this. The effects of this can be lethal. Do not even attempt to mix alcohol with any sort of medication. It can cause adverse or potentially fatal reactions.

**Fiction:** Alcoholics are middle-aged or older.  
**Fact:** Research has found that the highest proportion of drinking problems is among men in their early 20's.

**Fiction:** Drinking large amounts of beer causes a beer belly.  
**Fact:** Eating too many fatty foods causes bellies. No alcohol is necessary.

**Fiction:** Alcohol destroys brain cells.  
**Fact:** No, thankfully alcohol does not destroy brain cells.

**Morbid, but important facts:**  
Someone dies in an alcohol-related car crash every 31 minutes.  
More than 43% of teenagers who begin drinking before age 14 later become alcoholics.  
Alcohol abuse by adults contributes to as much as 70% of child abuse cases.  
Alcohol related car crashes are the leading cause of death among teenagers of 15-24.

In the words of the great Homer Simpson, "mmm-mm... Beeeer," or as Fr. Jack used to simply put it, "Drink!" Alcohol is loved by the whole world. Even here in Ireland we are known to enjoy an occasional drop of port on a festive occasion! In Ireland alcohol is almost treated as a right of passage, young people say they feel grown up when they drink. Well, if telling your innermost secrets to the window of Virgin Megastores, thanking it for all the happy memories and wishing the shop all the best in losing its virginity (as I have done, while in an intoxicated state!) is a sign of maturity then my mother is Kylie, and my dad is Spiderman... People, as I said this is not an anti-drinking campaign. I know a small article will not change the minds of any person of any age that wish to drink, but I do want you all to be careful. Pay attention to the untruthful statements regarding alcohol that I have listed for your own good, and if you do feel you have a problem with alcohol there are many people out there who will be more than willing to help you overcome your problem. To all college students, enjoy RAG week, have a f\*\*king blast, and I'll see you all out.

You feel invincible. You feel strong, independent, and tough... as you stagger toward the streetlamp to pick a fight with it because the damn thing is wearing the same shirt as you. You feel popular, sexy, and charming... as you hover at the take-away counter at 2 o'clock in the morning and order a bicken churger and a chall smips...Pissed, langers, polluted, battered, scuttered- I'm willing to bet there is not one Irish person who doesn't have at least 5 different terms for drunkenness. (Go on-give it a go) We have all seen and felt the havoc alcohol wreaks-either internally, or to our social status. This is by no means an article condemning those who drink, urging and pleading with them to quit- I am not that hypocritical. There are many silly myths out there, regarding the whole area of alcohol and drunkenness, and all I intend to do here is to sort the facts from the fiction.

So exactly what is this substance that drags stampedes of people to pubs every night? Well, the active ingredient in all alcoholic beverages (beer, wine, and liqueur) is ethyl alcohol (ethanol), which is produced by yeast cells acting on carbohydrates in fruit and grains. Alcohol is a nervous system depressant which can affect virtually every organ in the body, as it goes directly to the bloodstream. It lowers inhibitions, impairs judgement, alters your perception, dulls the senses, hinders co-ordination, and blocks memory functions. (Why do I get the feeling people are smiling as they read this!) Apart from this, Alcohol can be responsible for stomach ailments, sexual impotence, heart and central nervous system damage, and blackouts.



Here are the most popular false statements regarding alcohol:

**Fiction:** Alcohol is a stimulant.  
**Fact:** Alcohol is not a stimulant. As previously stated, it is primarily a depressant. It is the low inhibitions, poor judgement, and lack of self-control that causes "stimulated behaviour."

**Fiction:** Having two or three drinks will not affect you.  
**Fact:** Alcohol starts affecting behaviour with your very first drink, but the amount of drinks it takes for the eventual noticeable behaviour changes (nice phrase isn't it!) varies and depends on body weight, health, gender, and the social setting.

**Fiction:** If you are drunk, drinking black coffee, or taking a cold shower will sober you up





# MY REVELATE

## “all hail the frames”

by Paul Delaney.

I believe they have been sent by God- a message to music lovers that there is still hope for Irish music, even though all that manufactured tripe is still being distributed. This band is a sign that Irish music can still send shivers through your whole body, and leave you buzzing in a state of musical ecstasy. During their soon to be thirteen years as a band, they have released incredible albums, toured America, Europe, and the East, and now have a loyal, committed fan-base who adore and worship them. (And all without that feicin' eegit Louis Walsh!) If anyone reading this was in the Opera House in the first few hours of 2003, you will of course know I am talking about “The Frames.”

The Frames consist of Glen Hansard, (21st April 1970-vocals and guitar), David Odlum, (14th January 1970-guitar), Colm MacConlomaire, (18th May 1971-violin and electronics), Joe Doyle, (8th May 1977-bass guitar), and Dave Hingerty, (4th March 1968-drums). From the anthemic sounding “Revelate” to the beautiful “Santa Maria,” to the Kaleidoscopic “God Bless Mom,” this band has an amazing repertoire of songs, and plays them with an air of confidence that prove just how far they have come in the cut-throat life that is the music industry.

Hansard left school at the tender age of 13, to follow his dream of becoming a singer. (What a guy!) Like many other great musicians, he had grown up in a music-loving family. He spent the next few years of his life busking on the streets of Dublin until he decided it was time to record a demo. His mother borrowed money from the bank, saying it was for something else. (God Bless Mom!) 50 copies of a demo of 4 songs was made and scattered around Dublin. It was only a matter of days when Glen Hansard received a call from Danny Cordell, working with Island Records, the man responsible for discovering Tom Petty, plus many more. Hansard was 17 years old. Cordell said he wanted to sign the singer, so Hansard went back to form a band.

“Another Love Song” was made and released, but no sooner was it released than Hansard was dropped from the label. In wanting to achieve instant fame he had made an album that strayed from the raw music that had caused the initial interest in him, the album was just not him.

Hansard's famous trip to New York followed. He was very depressed after the failure of the band's first attempt and he wanted inspiration. During his time there he met a

tramp, the only person Hansard properly conversed with during his stay. A strange, exchange of gifts between the two inspired the now adored singer to keep going. The tramp received a chestnut from Hansard, while the Irish man received half a billiard from the tramp. “Revelate” and “Say It Now” were results of this newfound inspiration.

Glen Hansard returned to Ireland with new ambition. The band somehow got money together to make their own record, and The Frames' first masterpiece was created. “Fitzcarraldo” was a passionate collection of songs, at times gentle, at times ferocious and completely out on its own. People were starting to take notice. The video for revelate cost 4 Dollars to make, it was recorded on a Post-Office security camera, and was nominated for an MTV Europe award. Trevor Horn and his company ZTT noticed the hype surrounding them, and signed the band.

Hansard also made his acting debut around the time his band was being formed. He was one of the leads in Alan Parker's adaptation of Roddy Doyle's, “The Commitments.” This resulted in media criticism and Hansard suffered bouts of depression, but Hansard carried on...

In the years that followed, “Fitzcarraldo,” two outstanding albums were released. (“Dance the Devil” was voted the best album of 1999, by the Hotpress reader's pole. “For The Birds” soared the Irish charts, and went platinum). With these albums plus their heart stopping live performances, The Frames have reached the dizzying heights of greatness, and it is there they will stay. They are loved all over the world, but what I love is that they are still a well kept secret from those stupid teenybopper charts.

To those who don't know who I am talking about. People, a whole new experience awaits you...

To all those who love and support one of Ireland's greatest bands, you have obviously, at some point, screamed the lyrics of “Revelate” with your arms around the shoulders of your best friends, or closed your eyes and listened to every single word of “Star Star” as you swayed from side to side, or simply stared, just...stared as they did their thing on stage, and I hope you enjoy every minute of their new album.

# Colin McRae Rally 3 Reviewed

Console Format: PS2



Colin McRae was probably the most popular rally game to grace the PSone, twice. For a third installment, Codemasters have taken the PS2 to the max to make Collin McRae 3 the most realistic rally experience ever. With stiff competition arriving soon from WRC 2, can the Scotsman retain his gaming glory?

Well that really depends on what a PS2 makeover can do for the series. Thankfully, the result is stunning. CMR3 features much more effects, better handling, sharper graphics and an excellent atmosphere that makes it a must for rally and general racing fans alike. Again, you get to take Colin around the world, this time in his new Ford Focus rally car, which handles like a dream. You'll get to see the sandy mountains of Greece, the muddy fields of the UK and the red-soiled Australian outback, all in resplendent glory.



Which brings me to how the game looks. Well, Codemasters had a visual gem with the first two games and so, sometimes, it would seem that all the game could really need is a bit of polish here and there, with some added fine-tuning. But you're going to be surprised to see how much better CMR looks on your PS2.

Yes, it can get much better. The cars, ranging from Ford Focus to the MG ZR, look brilliant. The detail is astounding, down to every last reflection. Another graphical grace is the damage effect, which is the best I've seen yet. The cars muddy up real easily and the glass shatters so simply. You'll scratch and scrape every inch of the metal that surrounds you, the result of which will be all too clear for you to see.

The tracks look just as good. The glorious and dazzling sunshine bounces off your car as you speed through the lush vegetations and dirt tracks of Australia. The Greek sands blow wisply in front of you as you leave your own cloud of dirt and gravel behind you. One effect that really made me smile was the rain effects. These are really good, especially when racing from the drivers perspective inside the car. The rain crashes to your windscreen as the wipers frantically try to clear your field of vision.

There are 3 stages raced per day, which means you'll spend two days per country. Now there is a catch here, because you can only repair your car at the end of each day. That means that whatever damage you incur during your first race will be carried over to the next two, so drive carefully; there's nothing as bad as trying to complete a course on three wheels!

Two-player action can be played out either in split-screen or by taking alternate turns. Both ways work quite effectively, though I do find that the alternate mode makes the competition drag out a bit too much. Either way, you'll have to remember that your completion times are what counts, you don't actually battle it out together at the same time, so you can't run each other off the track.

With WRC2 looking quite strong, CMR3 will have some fierce competition, but I'd say that CMR3 is by far the better. CMR3 looks excellent and handles so beautifully. There's plenty to do, even in just two modes and this definitely makes the wait well worth it. [www.irishgamer.ie](http://www.irishgamer.ie)



# Star Trek Nemesis

Quick review by Colin Noonan

THERE has always been a didactic seriousness about "Star Trek," and it has a vigorous presence in "Star Trek: Nemesis," the latest movie in the series. In Greek mythology, Nemesis was the goddess of retribution, but the term has been used to mean both the reward for arrogance, and an opponent that can't be overcome. It would be giving away too much of the plot to reveal whose arrogance is rewarded or who encounters an unbeatable enemy in this adventure featuring the cast of television's "Star Trek: The Next Generation."

One of the clever, interesting things about this film is the geometric way it is filled with parallels: Both Captain Picard (Patrick Stewart) and his relentlessly curious android Lt. Commander Data (Brent Spiner) encounter their doubles and perhaps their matches in outer space. The film's point is admirable - that the essence of being human is being able to transcend both the biologically and socially given. In other words, we can escape paths that seem determined by our pasts or our DNA.

The movie gets there by means of a plot that sends the USS Enterprise on a diplomatic mission to the home world of the hostile Romulan empire, where a sinister new leader, Shinzon (the excellent Tom Hardy) has taken power and claims to want peace with the Federation. It soon becomes clear that Shinzon, a native of Romulus' lightless sister planet Remus, has a very personal interest in Picard.

But while "Star Trek: Nemesis" isn't nearly as good as the best Nicholas Meyer-written movies like "The Undiscovered Country," it is far from the worst, thanks to the topical issues it raises, the performances of Stewart and Hardy, and that essential feature - a decent full-on space battle.



If you are interested in writing an article or a review of a band, movie, or game, please email it to [newspaper@cit.ie](mailto:newspaper@cit.ie)

or contact Philip or Colin in the SU Prefab

## Book Reviews by Paul Barry



### Good Omens - Terry Pratchett & Neil Gaiman

Good Omens is a hilarious vision of the end of the world. The Antichrist has come to earth and the end of the world is near but everything is not as it seems. Bringing different characters like demons and angels, aliens and people from Atlantis popping up to say hello! Borrow, steal, kill your friends whatever you do get this book and read it.

### Atomised - Michel Houellebecq

A story about two brothers, society and the un-political correctness it breathes. Stories of how different two people can be. How their surrounding can shape them in one way and have no effect in another. Strange with a lot of self-pleasuring on part of one character.

### Running With The Demon - Terry Brooks

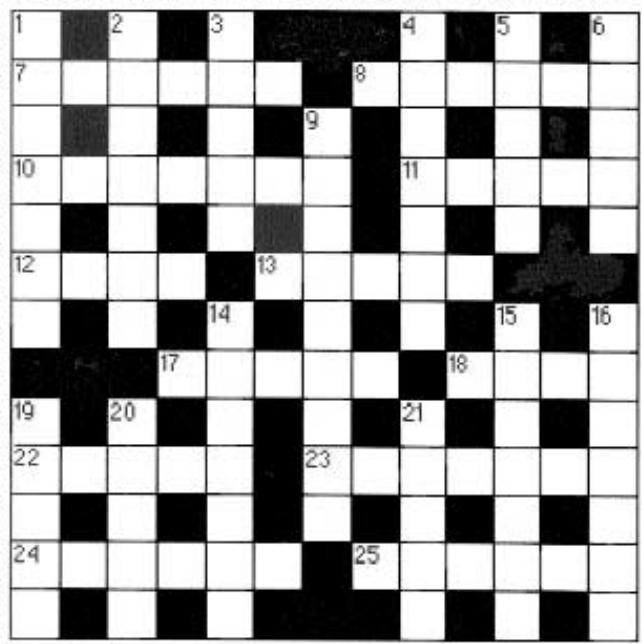
Good versus evil as the balance between the Word and the Void keeps changing. To men are connected to a 14 year old girl. One of them is a Demon on the side of the void. The other is a man named John Ross. He is a Knight of the Word who can see the future through his dreams, but can he change what these dreams foretell.

### Roses Are Red - James Patterson

Detective novel I got into it after about 120 pages. Where is the Mastermind going to strike next what is his plan? Detective Alex Cross and agent Cavaliere of the FBI try to catch this criminal mastermind but he seems to be ahead of them at each step and does unpredictable things. This has many twists and turns leaving you shocked and surprised.

# explicit Crossword

sponsored by CIT Students' Union



### Across

- 7 Fairish (hair) (6)
- 8 Taste organ (6)
- 10 Agreeing (7)
- 11 By oneself (5)
- 13 Magistrates (5)
- 17 Ascend (5)
- 18 Staunch (4)
- 22 Safe Place (5)
- 23 Recount (7)
- 25 Quiet (6)

### Down

- 1 Council Facility (7)
- 2 Commonplace (7)
- 3 Lukewarm (5)
- 4 Tale of chivalry (7)
- 5 Innuity dwelling (5)
- 6 At no time (5)
- 9 Accord (9)
- 14 Thin (7)
- 15 Liner (7)
- 16 Pardon (7)
- 19 Form (5)
- 20 Turn aside (5)
- 21 Retinue (5)

This month's prize for some lucky winner is €50 Travel Vouchers  
Please return Crossword in envelope with name & contact details to Philip in SU Prefab before 3 Feb 2003

## Kim's Cookery Corner

All meals under €5

### Tuna Pasta (serves 1-2)

Preparation time: 15-20 mins

#### Shopping list:

1 Onion	€0.15 each
Small tin of tomatoes	€0.33 Lustre whole tomatoes
Chopped garlic	€0.44 each
Ground black pepper	€1.10 Goodalls ground black pepper 50g
Small tin of tuna in brine	€1.12 John West Tuna Chunks in Brine 185g
Pasta shapes	€0.79 Tesco Lumache pasta 500g

**Total** €3.93

#### Method:

Sauté a chopped onion in a little oil for 3-4 minutes.  
Add small tin of tomatoes and 1-2 cloves of chopped garlic.  
Season with pinch of black pepper  
Flake a small tin of tuna in brine, drained into tomato mix. Heat through for 5-7 minutes.  
Serve over 112g/4oz of cooked pasta.



Q&A



Saratoga Springs, New York, a wealthy diner sent back his French fries, claiming they were too thick. The chef, an American Indian named George Crum tried to make a thinner fry but the picky patron sent those back too. So then Crum, fed up, sliced a potato so finely you couldn't even pick them up with a fork. Surprise, the guy liked them. So did everyone else, and they soon became known as Saratoga Chips. Crum went on to open his own restaurant but chips didn't become a widely available snack food until 1925 when a mechanical potato slicer was invented that could cut potatoes to 55/1000 of an inch. Waxed bags came along right about then, too. So next time you get to the bottom of a delicious bag of chips, and see Crum's crumbs, remember this story.

**Gman why do old people shrink?**

Shrink sounds like a strong term, but it is true. Old people lose height and muscle and fat, so they get smaller. Their spines begin to degenerate and compress, making them shorter. That's partially gravity taking hold. We all get shorter in the course of a day because of the compression of the water in the discs of the spine. However, it is permanent in older people because there is less water in the discs to start with. Younger people have more water to begin with, and spring back to height at night. Add to this the fact that the vertebrae can crush as you get older, a condition called osteoporosis. People with osteoporosis have bones that aren't dense enough to hold their weight. Some older people also can't stand up straight: they stoop because of the crushed vertebrae. Everything to do with shrinkage relates to diet and exercise. So get lots of exercise, fresh air and good food with plenty of calcium. That way you will have done your part to stay a big and strong as possible. The amount you will shrink totally depends on how much you stay in shape. Generally, a man might lose three centimeters, and a woman five centimeters, from age thirty to seventy.

**Gman how long ago were potato chips eaten?**

Not too long ago at all, just about 150 years. That may seem like a long time, but when you consider that folks have been growing potatoes for around 4500 years in Peru, it took the world a while to figure out how to deep fry them and sell billions of chips. French fries came first. They had been popular in France since the 1700s and came to America with Thomas Jefferson after his stint as an ambassador in France. The story goes that one night in 1853 at a fancy resort in

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Hosted by Michael Shanley, Manager, *USIT* New York

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