

# explicit

CIT Students' Union Magazine  
Volume Seven - Issue Two

**CIT Now Awarding  
Doctorates**



**Freshers Week  
Photos & Fun**



**CITSU HALLOWEEN BALL**



**FANCY DRESS NITE TO DIE FOR  
THURS 27TH OCT  
IN REDZ**

**Welfare Guide  
to Sexual Health**



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## We Need You!

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

# YIPPEE Halloween Party Time!



## D'editorial

Boo!

Yes, boys and girls, it's that time of year again. My favourite holiday, Halloween, is just around the corner. And you know what that means... parties and spooky costumes! Keep an eye out for info on all the cool college Halloween parties taking place around the city, although I know you're probably all still recovering from Freshers Week (I know I am!). This year's events were a great success overall, the crème de la crème of course being the Freshers Ball in Cubins on Thursday. The dance floors were jam-packed, the music was magnifico, and, as I know well myself, a great time was had by all. For those of you who didn't make it upstairs to the Rising Stage, you missed an excellent performance by up and coming rock band, Wallmark. As a very choosy music lover, I am officially giving them my seal of approval, so look out for gigs in the near future by logging on to their website, [www.wallmark.ie](http://www.wallmark.ie).

On a more serious note, we at the Students' Union want to give you, the students, a constant reminder that we are here to help you, whether it's a problem with a landlord, a subject you're having difficulty with or maybe you just need to know where to find the best watering holes in your area. No excuses people, you can find us anywhere: here at explicit, on the web, or in the prefab. Don't be scared of us, because we really don't bite...unless of course Jeremy decides to become a vampire for Halloween.

By the time you read this issue, Class Rep training will have taken place at the top-secret location, so you can read all about it next month, as well as all the gossip and ghost stories from All Hallow's Eve...and the morning after. For now, as always, I'll leave you with my tips for the month:

### Need some extra cash?

Lots of places in town and in the shopping centres are now recruiting temporary staff for the Christmas season, so start sprucing up your CV a.s.a.p.

### Some cool tunes...

David Gray's new album 'Life in Slow Motion' is home to some great songs. I know, I know, it'll never live up to 'White Ladder', but it's still well worth the money. For those of you who surf the net, try getting it on iTunes, it's a lot cheaper, but you'll need mammy's credit card.

### The Last Picture Show

My movie selection for this month is of course the very brilliant Sin City on DVD, and Crash and Cinderella Man in theatres.

Until next time boys and girls,  
Caitriona

P.S. Don't forget to send us your submissions!



The announcement by the Higher Education and Training Awards Council (HETAC) on the 19th September giving Cork Institute of Technology awarding authority up to Ph.D level has been warmly welcomed by Dr Brendan Murphy, Director of CIT. The delegation was done with the agreement of the National Qualifications Authority of Ireland (NQA) and applies to fields of learning where CIT, WIT and GMIT have been accredited to maintain a research register. These Institutes now have degree awarding powers that are comparable to the universities in Ireland.

He stated that the decision is an immense tribute to CIT and to the quality of its courses. It follows on a review of the Institute, and its operations, by a high calibre international group last April. The report of that group was fulsome in its endorsement of CIT. Dr Murphy said the announcement regarding Ph.D. awarding authority will contribute to the on-going development of leading edge research in Science and Engineering in CIT.

"The HETAC decision is the culmination of many years of development and endeavour and I wish to express my thanks to the staff, students and graduates of the Institute for this landmark decision", said Dr. Murphy. He also expressed his thanks to the many business and industry personnel in the southern region who had assisted CIT in achieving this greatly enhanced status.

The announcement is a major step forward in the continuing development of the three Institutes and gives them a high level of autonomy in respect of research degree programmes. HETAC is satisfied that this greater autonomy is warranted for the Institutes on the basis that each has an active, supportive research environment and produces graduates of a standard comparable with those attained in universities in Ireland and the UK.

As well as recognising the maturity of the research output in each of the three Institutes, this decision will bring significant advantages to their surrounding regions. An enhanced role for the three Institutes in broadening and deepening their research capacity will support workforce development and the innovation necessary for Ireland's knowledge-based economy. HETAC's analysis shows that research activity needs to be spatially distributed to support the regions.

# CIT Now Awarding Authority for up to Doctorate Level

*"...HETAC is satisfied that this greater autonomy is warranted for the Institutes on the basis that each has an active, supportive research environment and produces graduates of a standard comparable with those attained in universities..."*

HETAC is aware that its decision is at variance with the recommendation of the OECD Review (published in September 2004) that degree awarding powers at doctoral level be concentrated in the universities. HETAC disagrees with this recommendation, which, it believes, is not in keeping with the principles of subsidiarity and access to qualifications. HETAC also fundamentally disagrees with the OECD suggestion that doctoral level research in the Institutes of Technology can only be done under the supervision of a university and that any doctoral awarding powers granted to the Institutes by HETAC be rescinded.

HETAC's research accreditation policy establishes guidelines for good practice and offers Institutes considerably greater autonomy in the operation of research programmes in return for greater accountability. Accreditation is subject to renewal every five years and review at any time should the need arise. Accreditation applications are evaluated by a panel of independent, recognised experts and HETAC publishes reports on the outcomes of the process including assessors names.

Making the announcement, HETAC Chief Executive Séamus Puirseil said; "It is critical for our economic performance that we radically expand the number of doctoral students in Ireland. The OECD sought a doubling by 2010. As well as receiving a first-class academic education, doctoral students must also receive support in developing workplace and entrepreneurial skills. I am convinced that the Institutes of Technology, which already have strong relationships with industry, can play a major role in this expansion".

He added, "Delegating authority to award PhDs to these three Institutes is a formal recognition of their significant achievements to date but there are challenges ahead to be confronted by all those involved with the Irish higher education system. The OECD recommendation that doctoral awarding powers be removed from Institutes of Technology would de-motivate researchers working at this level in the sector and make it more difficult to attract research-active staff who could contribute to the quality of taught programmes at bachelor and masters levels".

For more information please



## Rochestown Park Hotel

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

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# CIT Launches Plan For Future Development

*“...the plan covers all aspects of CIT’s future aims and aspirations in relation to capital projects, academic planning, research, staff development and much more...”*



Cork Institute of Technology has just officially launched a new Strategic Plan for 2006 to 2010 which sets out the institute’s plan to make it one of the premier colleges in the country. The plan covers all aspects of CIT’s future aims and aspirations in relation to capital projects, academic planning, research, staff development and much more. This plan is the first formal document of its kind for the college and follows great change in CIT over the past three years.

The physical appearance of the Bishopstown campus has also undergone radical change, with several new multi-million euro developments that were completed recently such as the Student Centre, Administration Building and Catering and Hospitality School.

The facilitator of the plan, Mr. Tadgh Leane, said “we started compiling the plan in October last year, so there was a quick turnaround. The most significant thing about this plan is that it is the first of its kind. Plans existed before but they were never formally written down in this manner”.

Director of CIT, Dr. Brendan Murphy, has greatly welcomed the plan saying, “these changes we make will allow Cork Institute of Technology to become more flexible and innovative in course design and deliver, place us in the vanguard of using new technologies and in anticipating and meeting the challenges of a diverse student body and society while maintaining the quality and career focus of our graduates”.

He added, “our aim is to make Cork Institute of Technology one of the premier higher-education providers regionally and nationally. The strategic plan maps the way into shared vision and future”.

Chairman of CIT Governing Body, Cllr. Donal O’Rourke, acknowledged all who contributed to the present stature and reputation of the institution on which the plan for the future will build. He stated that “it also provides us with a plan of action to get there and we look forward to a period of further considerable development, growth and progress from 2006 to 2010”.

## Extracts from Cork Institute of Technology Strategic Plan 2006 - 2010

### Introduction

The strategic goals and objectives constitute the core of the Strategic Plan. They chart a route for the Institute towards achieving its strategic vision. Successful achievement of the goals and objectives will result in an Institute which is positioned as a leading provider of career-focused education and which is inclusive, enterprising and responsive to the needs of its students.

The goals are broad aims for the Institute, while the objectives refer to specific items that will be achieved during the lifetime of the plan. The objectives are essentially steps towards achieving the goals. A single strategic objective may contribute to the achievement of many goals.

### Strategic Goals

The strategic goals articulate in broad terms what CIT will achieve as it moves towards achieving its strategic vision. The strategic goals, which were introduced in Section 1 of the booklet, are described below.

#### Goal 1

TO DEVELOP AND ENHANCE CIT’S ACADEMIC PROGRAMMES WHILE ENSURING: INCLUSIVE ACCESS TO LEARNING OPPORTUNITIES, THAT DEVELOPMENT IS IN LINE WITH REGIONAL AND NATIONAL NEEDS, AND THAT THE UNIQUE RANGE OF PROGRAMMES AND DISCIPLINES WITHIN CIT WILL BE MAINTAINED

#### Goal 2

TO FURTHER DEVELOP AND ENHANCE THE ROLE OF CIT IN THE ECONOMIC, SOCIAL AND CULTURAL LIFE REGIONALLY, NATIONALLY AND INTERNATIONALLY

#### Goal 3

TO BUILD PRODUCTIVE PARTNERSHIPS AND STRATEGIC ALLIANCES BASED ON MUTUAL UNDERSTANDING AND COOPERATION WITH SELECTED LOCAL, NATIONAL AND INTERNATIONAL PARTNERS

#### Goal 4

TO FOSTER AND DEVELOP EXCELLENCE IN TEACHING AND LEARNING WHICH

WILL UNDERPIN CIT’S LEADERSHIP IN THE PROVISION OF STUDENT-CENTRED, CAREER-FOCUSED EDUCATION

#### Goal 5

TO FURTHER DEVELOP THE RESEARCH, INNOVATION AND TECHNOLOGY TRANSFER ACTIVITIES OF CIT THROUGH THE CREATION OF A CAREFULLY FOCUSED RESEARCH AND DEVELOPMENT STRATEGY. THIS STRATEGY MUST ENSURE THAT THESE ACTIVITIES ARE SUSTAINABLE, PRODUCTIVE AND IMPACT POSITIVELY ON THE TEACHING AND LEARNING ACTIVITIES OF THE INSTITUTE AND ITS STAFF

#### Goal 6

TO INCREASE AWARENESS OF CIT, ITS PROGRAMMES AND ITS OTHER ACTIVITIES THROUGH EFFECTIVE PROMOTION AND ADVOCACY OF CIT. TO ENHANCE THE SERVICE PROVIDED TO STAFF, STUDENTS, AND OTHERS, SUPPORTED BY EFFECTIVE COMMUNICATION AND CONSULTATION

#### Goal 7

TO FOSTER A CULTURE OF QUALITY THROUGH EFFECTIVE INITIATIVES AND SYSTEMS

### Student and Graduate Development

The responsibilities of CIT towards its students go far beyond the delivery of academic programmes. To encourage their development as effective members of society, it is important that the Institute satisfy not just their academic needs but also their social, cultural and personal needs. As a student-centred institution CIT will develop the talents of its students in a supportive environment. The Institute will strive for an enhanced student experience in an environment which promotes learning and personal development. Furthermore, the Institute will forge closer links with its alumni. The provision of services and development opportunities to alumni is an important aspect of a student-centred institute.

#### OBJECTIVES:

- Review and revise, where necessary, the formal student complaints system
- A student charter and handbook, which will outline the responsibilities,

## explicit news in brief

- duties and rights of the Institute's students, will be produced
- Develop a structured feedback mechanism on all aspects of the student experience and a system to actively deal with issues identified
- Further develop the programme to promote health and safety issues among students
- Continue to develop and expand the student counselling service
- Develop student retention initiatives, which are proactive, specific and tailored, throughout the Institute across all courses and departments
- Develop programmes to encourage students to develop their non-academic talents and to encourage student participation in cultural, social and sporting events associated with CIT
- Further develop the student induction system
- Further develop systems to provide students with career, personal and life skills
- Continue to develop facilities to identify and support students with learning difficulties
- Further develop the student/graduate careers advice and placement service
- Further develop the Alumni Association

## Academic Support Services

CIT is committed to developing academic support, library and ICT and other facilities to support learning, teaching and research. CIT recognises the central importance of excellent quality academic support, library, and information services provision and will ensure that staff and students have opportunities to access up-to-date and well-equipped services in all its major locations. As learning becomes a substantially proactive activity, and access to learning resources becomes ever more important, academic support staff take on the role of learning facilitators.

### OBJECTIVES:

- Design and deliver information services to meet changing information needs for a diverse Institute community in support of learning, teaching, research and creativity
- Build where appropriate in-house collections in all formats to ensure access to the most critical resources for learning and research
- Ensure access to information resources worldwide, both electronic and print, through enhanced connectivity
- Integrate appropriate technology into all aspects of library services, collections and operations, so as to provide users with the best possible service
- Develop appropriate virtual learning environments
- Further develop learning resource centres to assist student learning

## Development of the Physical Environment

The physical environment of the Institute impacts on every aspect of its activities. It has implications for quality, promotion of courses, staff and student satisfaction, and health and safety. The development of a physical environment which is pleasant and is appropriate for the activities it houses is essential to the Institute's future success.

### OBJECTIVES:

- Develop to completion the Business and Innovation Centre, the Cork School of Music, the Apprentice Building and the Crawford College of Art and Design in the lifetime of the plan
- Develop a building and environment master plan for the Institute to include future development, utilities planning, emergency planning and maintenance and service planning
- Remove temporary classroom and office accommodation and provide permanent alternative
- Develop minimum specification for various teaching areas and plan to provide this in all areas
- Develop a minimum acceptable office specification and plan to provide this for all staff
- Review, revise and implement the commuter plan
- Develop an Eco Campus plan to promote sustainable policies in relation to the environment within which CIT operates
- Appoint health and safety officer and review health and safety plan and policy
- Upgrade the appearance of the campus and its buildings including front facade, public areas and campus walk ways
- Ensure that development of new and existing buildings is carried out in consultation and cooperation with staff and local residents who will be impacted
- Provide proper access, security and services for Summer, apprentice/craft and night time students and staff
- Provide crèche facilities for students and staff
- Upgrade the provision of catering facilities for staff and students
- Further develop the Institute's facilities for access by staff, students and visitors with special needs

FULL VERSION OF DOCUMENT AVAILABLE ONLINE - [www.citsu.ie](http://www.citsu.ie) or [www.cit.ie](http://www.cit.ie)



## Bigger & Better Arts Fest to Mark Cork Capital of Culture 2005

Arts Fest is coming your way November 6th – 13th. In 2005 Arts Fest is going back to its roots and CIT campus will be a hive of activity for this week. This year the festival will celebrate and show work of past, present and emerging artists with Cork connections.

Every lunch time there will be performances in the atrium and theatre. Staff will also be entertained with a choice selection of arts activities to please the senses. In your face, bold and edgy is the aspiration for this year so we encourage everyone to get involved. An event will take place in the theatre every evening. Events will also be taking place off campus.

For further details and a full programme of activities for Arts Fest you can check out the Arts Fest website or for phone bookings call 4326445. SEE explicit PAGE 16 FOR MORE!

## UCC & WIT named University / IT of The Year for 2005

University College Cork (UCC) has been named as the country's top university for its positive student experience, growing level of research and high academic status. Although second to Trinity College Dublin (TCD) in the Sunday Times University Guide 2005, UCC was named Irish University of the Year. Waterford Institute of Technology is named Institute of Technology of the Year.

It is the second time in three years UCC has won the accolade. It secured €55 million of research funding last year, an annual increase of 20%. This is an average of 791,060 in research income per academic, higher than all 20 other higher education institutions assessed. Other criteria determining the award included student services, access programmes, campus accommodation, research collaboration and relations with local industry.

The league table is based on graduate employment levels, drop-out rates, degree results, staffing levels, research funding but with most emphasis on the Leaving Certificate points needed for entry. It is the third year TCD has come first, and it continues to have the highest average entry points requirement, at 493. University College Dublin was third, with NUI Galway and University of Limerick taking fourth and fifth places respectively.

WIT rose four places in the league table to 11th, although Dublin Institute of Technology was the highest placed IT in eighth place. The fact WIT attracts more than double the research funding per staff member than all other ITs apart from DIT was a major factor. Full graduate employment and a drop-out rate of just 8% were instrumental in winning the IT of the Year Award.



## CIT Students' Union President

Hope you all have settled back into college now and you have the heads down studying away. What a Fresher Week.... everyone's highlight seems to have been the Freshers Ball in Cubins, so if you enjoyed that just wait and see what is in store for you for the rest of year.

I hope most the classes have elected their class reps at this stage, if not call into the Students' Union prefab and we'll sign you up. A lot of campaigns will be coming up soon so we'll need all the support we can get.

I'm sure most of you have had a look at this stage at the lovely new admin and catering buildings. I'm sure the majority of you particularly enjoyed the most recent addition to the admin building, the queues for the admissions.office. So now students have a fantastic option of either queuing in the IT building for a

computer or in the admin building to get a form stamped.

Everyone is talking about the Student Centre and wondering what the status is with the building. Well I'm delighted to say that a lot of progress has been made with the Students Centre recently so you won't have that much longer to wait.

There has been a revelation in the Students' Union this month in relation to the Crawford College of Art and Design. The department or Art Therapy seems to have miraculously appeared in Shanakiel Road fully equipped with a leaking ceiling, boarded up windows and a typically useless heating system and we were all thinking it was located in the Crawford campus. So it seems to be CIT's policy at the moment to have students working in the cold. Well if that's the case we better watch out over the forth coming cold months.

Jeremy

## Millenium Partnership Fund Offers Students Cost of Education Allowance

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

APPLICATION FORMS ARE AVAILABLE NOW FROM THE EDUCATIONAL OPPORTUNITES DEPARTMENT (EOD), F1.9, F BLOCK.

For enquiries please contact Sharon Burke in the EOD at 021 4326434

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## CIT Students' Union Vice President Education

I think its official the weather in Ireland is gone to the birds, one minute it's raining cats and dogs, the next minute you feel like you should be sun bathing on the roof, but then an icy wind picks up and you'd swear a tornado was coming. As someone once said "Ireland is a lovely spot, pity you couldn't roof it!"

By now we should all be settled in nicely, found our favourite spot on the couch and of course in class. You should make an effort now to organise your notes so they are kept together for easy study around exam time. If you need any tips or suggestions for studying call in to the Union to get a study guide or just have a chat.

Fresher's week was a brilliant success, compliments to Mick and Charlie for all their hard work. Blu Bamboo didn't know just how much it could bam boogie until we filled it with 1200 C.I.T. students. The shorts and shades night was a laugh, considering it rained constantly, yet people still showed up in Speedos, sombreros, shorts and shades.

The Fresher's Ball goes down as one of the best, with four venues to cater to everyone's needs, we could rest easy and enjoy the night and that is exactly what we did. Fresher's week can be referred to as only the entertainment appe-tiser for the year ahead.

Part of my responsibility here is the maintenance of the grinds database; I'm currently trying to expand it so anyone who wants to be added please get in contact with me. Any of you who are finding the going tough and think you could benefit from some extra tutelage feel free to call into my office. Don't forget to tell your lecturer if you find a subject difficult, they can often recommend extra reading which can make a subject all the clearer.

This month we will be organising surveys on the library and the educational environment of students, so watch out for them and please, please, please fill out a survey. The information we glean from these is crucial, as it gives our arguments for change much more validity and strength.

There is now a scanner available in the Students' Union prefab; we hope to have one in place within the college over the year. If you want to avail of this service, just call into my office. Don't forget to read this month's educational section which outlines the Index Card study system and some beneficial diet tips for getting the brain juices flowing.

As always the Union's door is open to you no matter how big or small the problem, if we can help we will. If you have any suggestions as to what you would like your Union to do for you just let us know.

Until next time,  
Mikey



## CIT Students' Union Vice President Welfare

I hope you're all well recovered after Freshers Week.

Things have been really busy here in the Welfare Office, plenty of students stopping in not just for the free condoms and refuse waiver forms but also with problems with landlords. It shocks me that some landlords don't respect the tenants' basic rights but at the same time I'm delighted to see so many students standing up for themselves, becoming aware of their rights and acting on this.

Also thanks to the Crisis Pregnancy agency, we have some great silver boxes with some info and condoms inside, the boxes are a great idea as most people still keep their condoms in their wallets, this is a bad idea as the moisture and heat will shorten the life of the condom and they may rip even though they're well within their use by date.

These little silver boxes will be given out during Welfare Week so look out!

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

Coming up next on the 24th of this month we have Welfare Week, this is where many services both on and off campus will be here to talk to you, give you information and hopefully point you in the right direction if you have any problems.

In the mean time my office and my couch are always here.

Sinead



## CIT Students' Union Projects Officer

What's the story everyone?

Was I the only one who had a brilliant Fresher's Week? The week was a complete success, the Uniform Party at Blu Bambu was packed out! The shorts and shades party at Redz was brilliant too, but the highlight of the week was the Fresher's Ball at Cubins! 1400 tickets sold!!! How bad?? The great thing about Cubins was the freedom to move around venues, unlike previous years in Carey's Lane! Bring on Christmas Day!!!!

noticed the posters around quoting the slogan "Mammy Free Zone". Lads, we need ye to clean up after yourselves, pick up your tray, when finished eating and simply put it in the tray slots in the canteen. That simple guys! And the Canteen staff are even going to give free lunch vouchers to random people they see cleaning up after themselves! It's for your own health too, so ya may aswell do it!!

Anyway, that's my lot for the month; I'll talk to ye all next month!

Wez

PS. My birthday on the 10th!!!!

Do you need ys to organise a campaign or event for you. Call to the SU prefab or email suprojects@cit.ie

As you probably know, my job involves organising campaigns. The first job that I with the rest of the union, have taken up is to start a campaign to motivate students to clean up after themselves in the Canteen/Atrium Area. You have probably



**Would you like to get involved with explicit?**

info@explicit.ie

or you can drop in directly into the SU office in C143



Welfare Guide to:

# Sexual Health



*“...If you think you may have an STI you should visit your local GUM clinic for a full screening...”*

Sexual health is something that should be on everyone's agenda and here I hope to outline some of the STIs that you need to be aware of. STI stands for a Sexually Transmitted Infection. STIs have also been referred to as STDs (Sexually Transmitted Diseases) or VD's (Venereal Diseases) but these terms are used less often nowadays.

An STI is any infection, which is passed from one person to another person during sexual activity. Sexual activity can include oral, vaginal sex, anal sex, and mutual masturbation. You can have an STI and not know it. Even if you don't notice any symptoms it can still cause damage to your health and you can pass the infection onto other people.

If you think you may have an STI you should visit your local GUM clinic for a full screening. Below I have outlined details regarding six STIs, there are many more but I chose these due to their possibly devastating effects and due to recent outbreaks in Cork.

## HIV

HIV (Human Immunodeficiency Virus) is the virus that can lead to AIDS

- HIV is passed from one person to another through the exchange of blood, semen, vaginal fluids, and breast milk.
- HIV is not transmitted by day-to-day contact in the workplace, schools, or social settings. HIV is not transmitted through shaking hands, hugging, or a casual kiss. You cannot become infected from a toilet seat, a drinking fountain, a doorknob, dishes, drinking glasses, food, or pets. HIV is not an airborne or food-borne virus, and it does not live long outside the body.

You may be HIV positive and not know it; you may look and feel healthy. Your sex or drug partner may be HIV positive and not know it. The only way to know for sure whether you are infected is to be tested for HIV infection. You cannot rely on symptoms to know whether or not you are infected with HIV.

There is no cure available for HIV. Drugs keep the virus under control and these drugs are improving all the time.

## Chlamydia

Chlamydia is a very common sexually transmitted bacterial infection. It can infect the penis, vagina, cervix, anus, urethra, or eye. If left untreated Chlamydia can cause infertility. It is spread by oral, anal, and vaginal sexual contact. Chlamydia can also be spread from a mother to her infant at birth. In some cases, an infected person can spread the bacteria to their eyes from secretions on their genitals. Chlamydia has no symptoms. It is often called the silent infection. Up to 85 percent of women and 40 percent of men with Chlamydia have no symptoms.

### When women have symptoms, they may experience:

- Bleeding between menstrual periods.
- Vaginal bleeding after intercourse.
- Stomach Pain.
- Painful Intercourse.
- Fever.
- Painful urination.
- The urge to urinate more than usual.
- Abnormal vaginal discharge

### When men have symptoms, they may experience:

- Pus or milky discharge from the penis.
  - Pain or a burning feeling while urinating.
- Swollen or tender testicles.

The infection is curable. It is treated with antibiotics. It is best that Chlamydia is treated early so that it doesn't get a chance to damage fertility.

## Genital Herpes

Herpes is an infection caused by two different but closely related viruses - herpes simplex virus type 1 (HSV-1) and herpes simplex virus type 2 (HSV-2).

Both types are very infectious. Both have similar symptoms. When the infection is on the mouth, it is called oral herpes, if it is on or near the sex organs it is called genital herpes. Touching, kissing, and sexual contact, including vaginal,



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anal, and oral intercourse can spread herpes. It can be passed from one partner to another or from one part of the body to another.

The most common symptom of oral herpes is cluster of blistery sores around the mouth. The most common symptom of genital herpes is a cluster of blistery sores on the sex organs or rectum (back passage). Symptoms may last several weeks, go away, and then return - weeks, months, or years later. There may be some early warning signs before and outbreak occurs. These warning signs can include itching tingling and burning where the sores were before. The warning signs may start a few hours or a day before the sores flare up. You should stop having sexual contact and consult your doctor if you feel one of these warning signs. There is no cure for Herpes. Treatments are available to ease discomfort during an outbreak and to speed up the healing process.

### Pubic Lice

These lice are wingless insects with six legs and a square body. They look like sea crabs, which is why they are often referred to as "crabs." The lice cling to pubic hair and feed on blood. The female of the species lays about 50 eggs, called nits, and attaches them to the base of a hair strand. The average life-span is 25 to 30 days. It's easier to get lice than any other STI. From just one sexual encounter with an infested person, you have a 95 percent chance of picking them up.

Lice are transmitted through body contact with a person who has them. The lice can live away from their host for 24 to 48 hours, so there are other possible modes of transmission such as sheets and towels (but not toilet seats).

You will know if you have contracted pubic lice because you can see them. You may also see little bluish marks in the pubic area or thighs where they've bitten you. The lice often cause itching, which is thought to be from an allergic reaction to their bites. Although crabs are found most often in the pubic area, they can be found on any other hairy part of the body, such as the chest, armpits, beard, and eyelashes. They normally leave the hair on the head to their cousins, head lice. You can get over the counter preparations from the chemist to treat this or you can see your doctor.

### Syphilis

Syphilis is a sexually transmitted disease caused by bacteria. It can be spread through kissing, oral, vaginal, and anal sex. Syphilis can be passed to other sexual partners during the first two years after the disease is contracted. After two years, the disease is unlikely to be transmissible to sex partners but can be passed from a woman to her unborn child.

The first sign of syphilis infection is usually a small painless sore on the sexual organs. This sore, called a chancre, appears two to thirteen weeks after infection. This sore can last for up to five weeks and then disappears. Following this a rash may appear on the palms of the hands and the soles of the feet. Syphilis may show no symptoms for many years after this but if it is left untreated it can cause very serious damage to your health. Heart disease, blindness, deafness, skin lesions, and paralysis may develop. Syphilis is curable. It is treated with a course of Antibiotics.

### Hepatitis B

Hepatitis B is a serious viral disease that attacks the liver and is often sexually transmitted. The virus is 100 times more infectious than AIDS and is found in blood, semen and vaginal fluids. It can be spread through sexual contact with an infected person or through an exchange of body fluids such as blood, saliva, or urine. It is perfectly safe to visit someone with Hepatitis - the virus is not transmitted through casual contact. It is OK to shake hands, hug or kiss someone who is infected with viral hepatitis.

There may be flu like symptoms e.g. tiredness, and pain in the joints. There may also be a noticeable yellowing of the skin and darkening of the urine. Like other STIs it is also possible that there will be no symptoms. There is no specific medical treatment for Hepatitis B. A healthy diet and rest can help with recovery. A person who is not clear of the virus in six months is chronically infected. A vaccine is available to prevent Hepatitis B.

## Education Advice on:

# The Index Card Method

This is a method to help assist you to commit material to memory. This method is especially useful when revising for an exam.

- Review your notes and readings frequently, so the material is "fresh", as you're reading your text or reviewing your notes, generate and write down questions about the material.
- Write each question on the back of an index card and on the front write an answer for the question.
- Shuffle the index cards (so you can't figure out any answers based on their location in the deck).
- Look at the card on the top of the deck and try to answer the question. If you know it, great! Put it on the bottom of the deck. If you don't know it, look at the answer, and put it a few cards down in the deck (so you'll come back to it soon).
- Proceed through the deck of cards until you know all of the questions

### Some Tips:

- Carry your cards with you everywhere. Take advantage of little pockets of time. Test yourself while you're taking the bus, sitting on the couch etc.
- If you think you know an answer, but can't put it into words, you probably don't know it well enough. Having the ability to explain the information is the only way to be sure that you know it. It's also the best way to prevent test anxiety
- Consider testing yourself someplace where nobody can see you (and think you're crazy), and reciting the answers out loud. That's the best way to be sure that you can explain them
- Study with a friend from your class. You can share ideas and help each other to understand and develop concepts. Also, you can use each other to make sure that you're explaining your answers adequately

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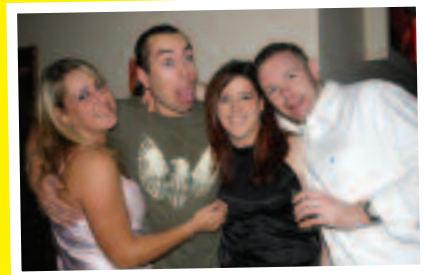
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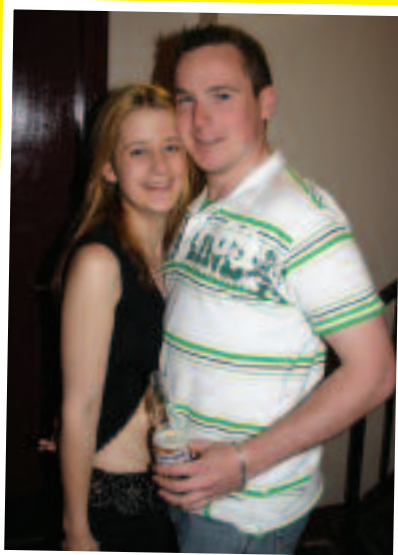
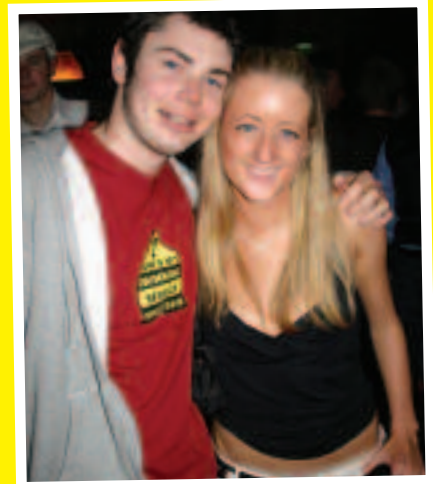
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# CIT Societies Day 2005

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# Good Brain Food Bad Brain Food

By Michael O' Connor

*"...Sugar is another food to avoid. Eating too much sugar can lead to insulin resistance which upsets the glucose level in the blood. This may lead to permanent damage to brain cells. Simple carbohydrates turn instantly to sugar within the body. Some scientists feel that eating white potatoes or white bread is just like eating sweets..."*

Seemingly Popeye didn't only get stronger after his habitual can of spinach but he also got smarter. Spinach is an antioxidant powerhouse, bursting with beta-carotene, vitamin C and folic acid, i.e. it will help improve brain activity. But don't worry if your not spinaches biggest fan, many other foods can help to improve brain performance as well.

## Good Brain Foods

Foods high in antioxidants (healthy chemicals that clean the brain from free radicals that cause cell deterioration) can dramatically reverse memory loss, restore motor coordination and balance. These foods are tomatoes, raisins, apples, grapes, cherries, prunes, raspberries and strawberries. Blackberries and blueberries are the best for brain sharpening because they are exceptionally rich in antioxidants.

Antioxidants like vitamins C and E protect cells from damage. Researchers at the University of Sydney tested 117 people in a retirement Village by putting them through a series of mental tests.

Those who regularly took vitamin C scored higher than others. The tests included (a) remembering a series of words, (b) listing words that begin with a certain letter of the alphabet, (c) and mental addition and subtraction.

Another healthy group of foods contain Omega-3 fatty acids. Omega-3s help improve general brain functioning and restore memory. Foods high in Omega-3 include: salmon, mackerel, sardines, herring, flax oil, and walnuts.

## Bad Brain Foods

Polyunsaturated fats are harmful to blood vessels and ultimately blood circulation. Foods with high polyunsaturated fats include: safflower, sunflower and corn oils. These oils are usually included in processed foods such as salad dressings, chips, doughnuts and most margarines. Even worse are hydrogenated vegetable oils. These oils are used in process foods such as microwave popcorn, boxed cakes, TV dinners, etc.

Sugar is another food to avoid. Eating too much sugar can lead to insulin resistance which upsets the glucose level in the blood. This may lead to permanent damage to brain cells.

Simple carbohydrates turn instantly to sugar within the body. Some scientists feel that eating white potatoes or white bread is just like eating sweets. There is a delicate balance of the right kind of carbohydrates. Eating complex carbohydrates and avoiding simple carbohydrates insures that the body's in balance.

So the moral of the story is to try and limit the bad brain foods and maximise on the good. While the suggestions above won't put you on a par with Stephen Hawkins they can certainly help put your brain in fighting form for the academic year.

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## Hands-on Technology

by Philip O'Reilly

# Backup Backup BACKUP!

*"...It is amazing how each year many students and staff will place the faith of an entire year's work in one place of storage, such as USB key or the dreaded floppy. No data storage device can be guaranteed 100% failsafe so PLEASE ensure that you backup regularly using several reliable sources..."*

It is amazing how each year many students and staff will place the faith of an entire year's work in one place of storage, such as a hard disk, zip, USB key or the dreaded floppy. People are accustomed to hearing constant warnings about many things, such as slow down, stop drinking, stop smoking and still choose to ignore these messages, while issues such as data storage may not be perceived to be a major issue until you loose what you have worked on for so long.

The best advice I can offer you is to make as many backups as possible, while also keeping a system to easily identify the latest file. No data storage device can be guaranteed 100% failsafe so PLEASE ensure that you backup regularly using several reliable sources. Many students call into our office each year wondering why they can't get the only copy of their final year project off a floppy that was stored in the bottom of some bag between the heavy books and bottles of coke. Below I list various ways that you can easily backup your files and the risks that go with them.

### Online storage – Email / Servers / Data Lockers

#### Gmail – Googles Email

This has to be one of my favourite ways to easily and reliably backup important files online. Google's email service, Gmail, allows users to store up to 2.6GB of data at present, and it continues to grow. This is more than adequate for any office documents from medium to large sized files. Gmail is the most advanced webmail system at present and it utilizes Google's search engine to find the exact file you need at anytime from thousands of files within one or two seconds. Google enhances their service regularly and recently added an autosave backup feature for web mail.

PC users can also download third party plugins to allow virtual drives on machines using the free space on their Gmail account. Creating a separate Gmail account for backups in addition to your regular email account may allow more storage and easier sorting of your files. Accounts can only be setup through recommendations from other users and these invitations may be obtained from the CITSU forums should you not be able to obtain one.

Although Gmail keeps backups of their servers and risks of data loss are minimal compared to portable storage media, there is a very low possibility of google ceasing its service, closure of accounts, or hacking attempts. Accidental deletion from the account user or someone with access would pose the greatest risk with any online account.

#### Other Email Accounts

Above I recommended Gmail as a fantastic way to secure your data. Of course there are other email service providers such as hotmail, yahoo, and college accounts but limits may apply to the amount of data you can store and they do not have the same organization and search tools as Gmail. Also some service providers, such as Hotmail, have restrictions on accounts and may automatically delete all files in your account if you do not login within a time limitation.

#### Data Storage Lockers

Other companies, such as campus.ie, offer students data storage lockers to save up to 25Mb of data and email. Their service is easy to use and many students have been using it without any major problems for the past few years. They use a system from a company called Outblaze, which stores all data on their dedi-

cated servers while keeping backups. Other companies around the world offer similar services using this system.

#### .Mac Accounts

Apple .mac accounts are a very easy and reliable way to backup your files. This service caters for Apple Mac users and in addition to storing your valuable documents, photos and files, it will also synchronise and copy valuable system files in case of a system failure. It allows up to 2Gb of online storage and web space and users must pay an annual fee. Trial accounts are available for free for 60 days from their website.

#### Server Folders

Many students within the college have access to server folders and accounts. The benefit of these accounts are that you can have easy access to your files and programs from anywhere in the college. Although throughout the year there may be a minority of network or server issues reported by students, this service has been reliable. I would recommend that every student should have access to some form of storage account while at college. Until then you may be able to find someone who is able to offer you free server space.

As with all of the online storage methods listed above, risks of data loss are minimal compared to portable storage media, depending on the company you use. Accidental deletion from the account user or someone with access would pose the greatest risk with any online account.

### Fixed Storage Devices

#### Hard Drives

Hard drives are either a reliable way to store your data or possibly one of the worst ways depending on what type of computer user you are. Although the sizes of drives are getting increasingly bigger each year, this makes it harder to sort and find files. Desktop search engines such as Apple's integrated Spotlight are an invaluable tool for trawling through thousands of files. PC's will have to wait for the next version of Windows, Vista, out late next year to see the full benefits of an integrated file system storage and search. Tools like Google's Desktop Search and Microsoft's Desktop Search are a must until then and are very reliable for finding documents.

The greatest risk associated with hard drives is that of data corruption caused by a system problem or computer virus. It is extremely important that you keep regular maintenance of your disks, in addition to backups, ensuring that your system updates and anti-virus software are up to date. If you are on a budget you can download a free version of AVG's popular anti-virus program online.

### Portable Data Media (oh no)

The Students' Union offers the most competitive prices on campus for various types of portable data media, including 3.5" Floppy, 100Mb Zip, 700Mb CD+Rs / RWs and 4.7Gb DVD+RWs. Although these are an easy way to save your files, they are fragile and easily lost on campus. The Open Access lab in the IT Building has a large collection of disks containing projects and files from unknown students over the past few years. If you recently lost a disk, we hope that you have your files backed up, if not pray that it's in this graveyard of lost grades.

## Floppy Disks

These are a dying breed for many years now and the cause of many keyboards being smashed with anger for as long as they have existed. They are extremely cheap and extremely unreliable. The name floppy alone doesn't portray a lot of confidence. They can only store 1.44Mb of data, which is fine for documents but low in today's standards of file sizes. Whatever, you decide to do this year, only use these as a short-term means of transferring data and use a few backups on various disks if possible. There are a few computers in the college, which have been known to eat floppies for breakfast and Zips for tea! Many computer manufactures, such as Dell, have removed floppy drives off their standard machine specifications.

## Zip Disks

Mainly used by graphic / computer students in the past, these disks are also suffering due to increased sales of optical data media. CDRs and DVDRs are a more inexpensive way to store large amounts of transferable data. Where Dual Layer DVDs can store almost 9Gb at present, Zip Disks are limited to 100Mb, 250Mb and 750Mb. Unfortunately these disks are not universal, thus meaning you cannot write files to a 750Mb disk in a 100Mb drive or even write to a 100Mb Disk in a newer 750Mb drive. This greed from the manufacturer, forcing users to buy new and more expensive disk, has led in some part to the demise of the format. Zip disks are more robust than floppies but they are still prone to damage and getting misplaced.

## Optical Media – CDs / DVDs

Optical storage media are an extremely inexpensive way to transfer large amounts of transferable data. They vary in so many formats from CDs to DVDs and Rs to RWs. Then you have to start worrying about the + and -'s! Why so many formats you say? Well it all came down to various competing companies not being able to reach agreement on one standard. Years of bickering and the lessons still have not been learned, as the same issues are now arising with the next generation of DVDs which may store over 50Gb using blue lasers.

The Students' Union has in stock the most requested optical media on campus at very low prices. CD+Rs and CD+RWs can typically store up to 700Mb of data. DVD+Rs and DVD+RWs hold on average up to 4.7Gb of data (1Gb = 1000Mb) or over 3,200 floppies on one DVD. With so much data on one disk, it is important that you verify all recorded disks to ensure all data was saved correctly. These disks have a life of less than 10 years in some cases and are prone to scratches, which can damage them beyond repair.

## Portable Storage Devices

### Flash Memory USB Keys / Data cards

The flash memory industry has expanded greatly in the past few years. Demands for large amounts of cheap, reliable, quick memory have increased exponentially. Their uses range from USB Flash Memory Drives to iPod MP3 Players to storage cards for digital cameras, games consoles, telephones and hand held computers. Overall this memory format is reliable, depending on

manufacturer, and should be used only to transfer data. Mechanical failures have been known to happen on rare occasions and the main risk is, with all portable media, that the device is lost or damaged.

## Portable Hard Drives

Overall per Mb, this is one of the most inexpensive ways of transferring and backing up files. It is possible to purchase an external case and place the latest drives into it to store over 500Gb of data. Data may be transferred using many means such as USB2, Firewire or SCSI depending on your drive. In addition to the risks posed by normal hard drives, there is an increased danger of loss or damage during transport.

## Quick Do's and Do Not Do's

- No data storage device can be guaranteed 100% failsafe so PLEASE ensure that you backup regularly using several reliable sources.
- Ensure that you keep a system that will allow you to sort and find the latest drafts of your backup – Desktop Search / Filenames with dates
- Autosave is a feature, which is in a majority of programs to protect you from minor system crashes. Make sure it's turned on and Use it!
- Do not use a portable media device, such as floppies, USB Keys or optical media as your only means of data storage. They are easily lost and may be fragile.
- Get yourself a Gmail account to email backups of files to yourself and easily sort them afterwards.
- Always ensure that you have the latest system updates, anti-virus and anti-spyware software. Free versions can be downloaded online for those of you on a budget.
- Never give your passwords to your online accounts or computer to anyone you do not trust. Ensure that you use passwords that contain alphanumeric characters and change them regularly.

Ironically, at the end of the two hours I spent writing this article, there appeared the Window's blue screen of death and the computer crashed while I was downstairs getting tea. Thank god for autosave!

**NEXT MONTH: On a Budget - Free Alternatives to Must have Applications**

## WIN A 256Mb USB MEMORY KEY!

CIT Students' Union shop offers the most competitive prices on campus for stationary, call credit, photocopying and computer disks. To be in with a chance to win a 256MB USB Memory Key from CIT Students' Union, answer the following questions.

- HOW MUCH DOES A 256MB USB KEY COST IN CITSU SHOP (see door)
- WHEN IS THE NEXT DEADLINE FOR ARTICLES FOR expliCIT ([www.explicit.ie](http://www.explicit.ie))

One entry per student and deadline for competition is 25th Oct 2005. Please write answers on a piece of paper with name and contact details.



# Passing Through: An Exhibition of Work by Crawford Students 1975 to 2005



The Crawford College of Art & Design, a constituent school of Cork Institute of Technology, in association with the Lewis Glucksman Gallery, University College Cork, presents a major exhibition of the work of invited and selected artists who attended the Crawford College of Art & Design during the period 1975-2005. The exhibition is curated by Patrick T. Murphy, Director of the RHA Gallery, Dublin.

Murphy commented: "Talk about being spoiled for choice, in the past three decades the Crawford College of Art and Design has contributed greatly to the quality of visual culture in Ireland. Because of the space available in the award winning Glucksman Gallery it has been necessary to take a real razor to the selection. I decided to significantly limit the number of artists I choose to 20 and to address the many more I left out by creating a reading room within the exhibition that offers some acknowledgement of the breath and quality of the Crawford's graduate pool."

Passing Through includes work by Gemma Browne, Maud Cotter, Claire Curneen, Simon English, Megan Eustace, Billy Foley, Marie Foley, Joy Gerrard, Martin Healy, Alice Maher, Ailbhe Ni Bhriain, Eilis O'Connell, Michael Quane, Linda Quinlan, and Vivienne Roche.

The exhibition opens in the Glucksman on Tuesday, 25th October 2005 and will run until 29th January 2006, as part of the visual arts programme of Cork2005, and will be accompanied by a joint CIT-UCC programme of lectures and seminars. Passing Through is supported by the Cork Institute of Technology, with the assistance of the Lewis Glucksman Gallery, UCC.

For further information, please contact [passing.through@cit.ie](mailto:passing.through@cit.ie)

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Album Review:

# Takk... by Sigur Rós

Reviewed by: James Holland



When Sigur Rós released their first international album "Agaetis Byrjun" in 1999 the music press were collectively stunned. The band was lumped under labels of "post-rock" and "art-rock" and critics, struggling to illustrate the dreamlike, otherworldly atmosphere that the music created, resorted instead to comparing its haunting beauty to the windswept, glacial landscape of the band's native Iceland. Defying conventional A to B style songwriting, songs veered from soft, subtle and relaxing melodies to thunderous, crashing crescendos. The reality is that the music transcends all genre barriers and listening to any Sigur Rós album will take you on an epic journey of highs and lows, from ecstasy to agony and back again, via every emotion in between.

The fragile, opening title-track "Takk..." immerses the listener gently into a simple echo that seems light years away as airy, haunting electronics clear the mind of all thought before this breathtaking album unfolds. "Glósóli" follows eerily as Jónsi Birgisson's choirboy falsetto undoubtedly pricks up the hairs on the back of your neck. While gorgeous, delicate xylophone melodies relax the listener, a looped background effect becomes gradually louder before the song ultimately bursts into a cacophonous crash of percussion and mashed, distorted guitars.

While I accept that Sigur Rós will never be a mainstream success "Takk..." is instantly more accessible than previous albums and should make them more appealing to the masses. "Hoppipolla" – with its simple piano intro followed by glorious orchestral strings – is the closest thing to a pop song that Sigur Rós will ever record. "Meo Blóðnasir" is just over two minutes long and its impressive, almost African drum sounds serve as an introduction to the most impressive section of the album.

"Sé Lest" boasts light and breezy vocals that tiptoe gently over the soft piano but closes oddly with a brass band. "Saeglopur" catches you off guard as what sounds like a lullaby suddenly breaks into a dark, chilling array of drumbeats and guitars just shy of the two-minute mark. This pounding lasts for nearly three minutes before a stunning string section eventually

melts to silence. "Milanó" clocks in at over ten minutes long. The song is based on a subdued, fragile piano hook but the two choruses at just shy of four minutes and again at the seven-minute mark boast a remarkable combination of aggressive drumming and stunning strings, amplified by some of Jónsi's most beautiful vocal work yet – until "Gong" that is.

Weeping strings open the initially bleak affair before a catchy, almost dance-like drumbeat kicks in. As is the case with the entirety of "Takk..." lyrics are sung in Icelandic so (unless you speak Icelandic) you will have to take meaning purely from the emotional tenor of Jónsi's vocals. In doing so, it isn't difficult to feel the lonely, sombre mood here, for a while at least. The music gets progressively louder with a tinkling piano hook while the urgency of the vocals builds steadily. Suddenly, you are struck with the most intense eruption of emotions – exploding with a furor of strings, energetic drums, layered pianos and a heavenly soar from Jónsi's angelic voice. This is one of the most uplifting moments I have ever experienced in music.

After the previous four works of genius, rounded off with the emotional peak of the album, the peaceful and tranquil "Andvari" then returns the atmosphere to the sleepy, dreamy feel of its introduction. The melancholy of "Svo Hljótt" is quite moving and the finale "Heysátan" is the closing lullaby in this wondrous collection of musical majesty. This lullaby is not out of place, "Takk..." is so intense and so stimulating that it will leave you feeling absolutely drained – both physically and emotionally.

Anybody who isn't deeply touched by this album should question whether or not he or she has a heart and soul. Boasting what is probably the most spiritually uplifting, emotionally engaging and aesthetically pleasing music I have ever listened to, "Takk..." is more than just an extraordinary album, it is an artistic masterpiece.

10/10

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## Join up with the CIT Fine Gael Society

A new college year has begun and that also means a new year for the Political Society and its parties. The first meeting of the Young Fine Gael took place on Tuesday 27th of September. A large group of people attended the meeting following a positive reaction at the YFG stand on Society Day.

The main points raised were:

- The need for a bus shelter for the Number 5 bus outside CIT
- The screening of the "Michael Collins" film in the college theatre
- The need for more general interest books in the library, particularly historical
- To get speakers on local politics to address future meetings, and discuss issues with members of YFG

New members are always welcome, all meetings are informal, and all issues raised will be listened to.

Watch out for details of upcoming meetings on posters and in 'What's On'.

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**CALIFORNIA CHICKEN**

**DELUXE**

**EXTRA FROM REGULAR, THICK CRUST**

**explicit** Sudoku

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

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

**WIN €8,000 WITH THE IRISH TIMES**



**PLUS IPODS TO BE WON IN THE IRISH TIMES 'STUDENT CASH' COMPETITION**

If you're a full time 3rd level student and think that the year ahead would be a whole lot better with €8,000 then enter The Irish Times Student Cash Competition by following these steps:

- Buy a copy of The Irish Times on any publishing day from Monday 17th October through to Friday 20th October, 2005
- Cut out the bar code on Page 1
- Look for the daily question

- Get an entry form from your Campus Shop
- Fill in the entry form with your personal details and the correct answer to the question and attach the bar code
- Post the entry form in the Competition Box
- Entry forms, terms and conditions and competition boxes will be in every campus shop nationwide.

Competition open to full time 3rd level Students only.

**THE IRISH TIMES** Student Cash Competition

**Sudoku Competition - Win €30 courtesy of CIT Students' Union Shop - Cheapest Prices - Greatest Service**  
To enter simply return completed puzzle in envelope with your name, class and contact details to the SU shop in c143 by 24th Oct 2005



**Word Search Competition**

This Month's Prize:

Limited Edition explicit Rugby Jersey

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

- CITSU
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- MAGAZINE
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- STUDENTS
- UNION
- OCTOBER
- NEW
- BUILDINGS
- OPENING
- SOON
- SOCIETIES

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Class: \_\_\_\_\_

Competition Closes 5pm Monday 24th October 2005  
Last Months Winner: Pdraig Griffin - METS 2A1

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

**Kindly sponsored by CIT Societies - www.citsocs.com**

# OCTOBER/NOVEMBER STUDENT MADNESS!!

€30

PER PERSON

200

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