DIT Student Union

2000-11

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DIT:Students Union

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Elections candidates disqualified

Maura Cunningham

DITSU General Manager said the size of the election within all the colleges in DIT for 25,000 students amounted to 38 nomination forms.

Simon Clarke who consequently won the sabbatical election in Aungier Street said that the whole disqualification affair took away from the election's bit. "Mags was gifted as she didn't know she was in breach of the rules. I do feel sorry for her... I don't know why they (the Election Committee) didn't realise sooner," he said.

Mags has been involved with the Student's Union for three years and went along to the November grant strike in Dublin with Aungier Street President Peter Durcan. Mags O'Flaherty was not the only candidate to be disqualified, Jenni Corbett who was campaigning for Clubs and Societies Officer in Kevin Street was disqualified on the day of counting the votes. Jenni Corbett, like Mags is doing external reports and under DI'T's rules and regulations she is not a registered student.

"I have not made any complaint... I should have made sure I was eligible for the nominations. It's not entirely their fault," Jenni said but added that the Election Committee should have checked the details on the nomination form. Jenni campaigned from nomination day until the election ballot box in Kevin Street was closed. She was told the next day that her campaign was invalid and she was disqualified.

"I get on very well with the person that was running with me for the position and we are now consulting with each other over the different clubs and societies, as I know a lot about the clubs in Kevin Street... I'll still involved with the Union but not on an official level," she said.

Asked about the people who voted for her she appeared not that troubled. "The people that voted for me know that myself and the other candidate would both be consulting each other whether I was elected or not... I see the two weeks as good experience and I know what to do better next year."

Dermot Quain of the DITSU Election Committee has admitted that this year's election was 'not the best one'..."There is a lot of tight-up and clarifications of our responsibilities that has to be addressed," he said adding, "I hold my hands up, we were at fault at the time."

Continued on page 3

Students march for grant increase

THOUSANDS of students marched through the streets of Dublin last week, calling for an increase in the D49 student maintenance grant to the equivalent of social welfare payment levels and the provision of rent allowance. They were also calling for an increase in the income limits to more students can avail of the grant.

USI President Julian de Spains told a rally outside the Department of Education that "education is a right, it is a passport to a better future. As yet, this Government has not taken the steps necessary to make education available to all.

"A maximum student grant of D49 per week costs college out of reach of many in our society. A maximum grant of D49 per week ensures that the marginalised will continue to be marginalised. Enough is not enough... It's time to stop the discrimination and give genuinely free access to education."

The protest is the fourth in a series of student demonstrations organised by the USI. Last month alone, over 3,000 students took to the streets in separate demonstrations to Athlone, Sligo and Letterkenny.

"Today is just the beginning," USI's Campaign Co-ordinator Clain O'Callaghan told the DIT Independent.

Spanish, President of USI, "we conducted a survey similar to this last year and we found that the cost of living away from home in college is between £4,500 and £5,000 and that would include money spent on cigarettes and alcohol. However, £49 a week is simply not good enough to live on, in Dublin it won't even cover the cost of rent. As a result, many students are forced to get part-time jobs, meaning they are effectively working 60-hour weeks."

The protest is in a series of student demonstrations organised by the USI. Last month alone, over 3,000 students took to the streets in separate demonstrations to Athlone, Sligo and Letterkenny.
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By Samantha Rowntree

CARL O'Brien, a fourth year journalism student in Aungier Street, Knocklyon, has won a top prize at the annual ESB National Media Awards. Carl, who also works as a staff reporter for the Irish Examiner, was named Young Journalist of the Year at a prize giving ceremony at Croke Park on November 1st.

The 22-year-old reporter from Glastonbury, Co. Cork, is currently working at the paper's Dublin office while he is completing his degree in journalism. Carl, who joined the Irish Examiner in July 1999, was honoured for two investigative articles: an exposé of the referendum constitution and the unnecessary death of cancer patients due to insufficient hospital funding.

The judging panel commented, "Carl O'Brien of the Irish Examiner, in highlighting these cancers in our society, has focused attention on them and hopefully will lead to attempts to alleviate them."

Irish Examiner Editor, Brian Looney, said, "It is a great honour to have one of the country's brightest young journalists on the staff of the paper's award winning newspaper."

Carl is understandably delighted with the award. "DIT was a great place to start off and in a class we learned a lot from each other," he said. "But I owe an awful lot of the staff, especially journalism lecturers such as David Rice and Boghan Corry who were inspirational."

Carl was presented with his award and a cheque for €1,000 by the Minister for Public Enterprise, M. O'Roocks and ESB chairmain, Eddy McCann.

Positive protest a push forward for material grants

By Lisa Deeney

STUDENTS from Mountjoy Square and Bolton Street DIT are involved in a nationwide campaign to introduce material grants for art and design students.

The campaign, supported by the Union of Students in Ireland (USI), involves art and design students across the country including the National College of Art and Design.

A recent USI study has established that students in art and design courses are spending an average of £8,000 on materials over the course of their studies.

Deputy President of Mountjoy Student Union, Kellie Dalton, claims that art and design students are always under financial stress.

"There is definitely a serious and consistent problem here regarding course materials," she said. "Every year is the same, the start of the year, being.

The Student DJ battle is back, and this year it's gone national-wide, with entries from Belfast, Cork and Limerick as well as from all over the capital.

The size of the competition has also grown, with more entrants this year than the combination of the past two years, and now that the college has merged, only 20 DJs have made it into the semi-finals.

Some well known names have made it this far, such as DJ Splyce, representing Ballyfermot and last year's winner Konzo, providing keen competition for our DIT hopefuls.

Kevin Street's Tony Smith and Stephen Densley from Mountjoy Square's Patrick Butler and Alan Burke representing Aungier Street are all keen with anticipation and confidence. So far the judges have been struggling to pick the best as the standard this year has been described as nothing less than exceptional.

The outcome of the Dublin semi-finals is expected to be fascinating to say the least, with UCD up against Trinity on the 29th of November. DIT looking for victory against rivals DCU on December the 6th and the PLC colleges battle it out on December the 13th. All the semi-finals will take place on Wednesday nights in Isaac Butts, and their respective winners have the Christmas to prepare for the Grand Finale against the nation's finest. So, if one of DIT's student is victorious what will they receive? Apart from the glory of it all, competition sponsors, Technics, Hot Press and Sabatoge have got prizes up for grabs. The overall winner will not be short of equipment for their new career as a DJ, with €1,000 worth of Technics gear as part of the overall prize.

The importance of publicity will not be ignored either as the situation and support will involve making sculpures out of art and design waste materials.

"We hope to have a stunt in place outside Dail Eireann on Monday, November 27th," she explained.

"We will be putting up posters and we will have petitions in place so students who want a material grant can sign up and campaign to get it."

"It's a very positive move and it gives us a push forward."
FOR the past four years, European Student Services have reclaimed tax for students from USA, UK, Germany, Canada and Holland. This year they are also adding Australia, New Zealand and Japan to this list.

In total, ESS has helped 20,000 students reclaim tax back from foreign lands. According to Michelle Sipil from the ESS “our attitude towards tax refunds is that we’ll do our utmost to get money back for anyone who’s worked anywhere, because if you paid tax in your job, you’re almost always due a refund”.

In fact if you have worked in a country, which is not in the list above, ESS will still look into getting your money back for you.

ESS along with Bank of Ireland also offers their refund up front and without interest.

This can be great if you come home broke after a great summer.

The Bank of Ireland are given a certificate from ESS once they know the refund value and then they give you the money in advance.

The processing fee for tax refunds for the US, UK, Canada, Japan and New Zealand is 12.5% and for Holland and Germany it is 16.5%.

ESS expands its services

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So if you’re interested of availing of the services provided by the ESS, you can contact them on their free phone number 1900 66 88 66, e-mail: info@ess.ie, website: www.ess.ie or call into 20 Eden Quay, Dublin 1.

By Aoife Dunne

The Freedom of Information Act was due to be introduced to third level institutions this year but has now been delayed until July 2001.

When introduced, the Act will not only give students access to their exam papers, but also records showing how third level investment is being spent.

They will also have the right to correct or update personal information and hear reasons why decisions are made which affect them.

The Information Commissioner blamed the “training requirement” for causing the delay.

“If the Freedom of Information Act is to extend its tentacles around the country, it’s going to take a huge amount of time and preparation, he said.

According to the Commissioner, each application for the Act takes six months to process and the delay was inevitable due to the increase in applications.

It will also take time to ‘train the thousands of members of staff in third level institutions’ to deal with the Act.

Julian de Spaff, President of the Union of Students in Ireland (USI), is not happy with the situation.

He feels that “it is the right of the students and the taxpayer to see where half a billion spent on third level education every year is going”.

Education Officer with USI, Colm Jordan, is disappointed with the delay.

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They are now the only broadcasters with the act in operation.

Peter Feeney from the RTE Press Office said that the company is in a highly competitive market and felt that the act would set them apart.

The act has made ‘much less impact’ than expected with only a ‘small volume of requests’.

However Mr Feeney still calls it a “worthy piece of legislation,” as it has “changed the culture in which public bodies operate”.

He believes the delay in response to requests to be the biggest flaw.

If a piece of private information is required, it may take up to a year to access it.

You may have to go through several bodies to get it, particularly if a company is obstructionist.

Undoubtedly, the act has short-term benefits.

Companies now have to be accountable for almost everything they do and journalists can expose important information that was once unobtainable.

However, less information is being privately recorded, and this is bad news for historians of the future.

Students around Ireland will have to wait until July 2001 before they can access private information, but hopefully the Freedom of Information Act will provide the facts necessary to tackle issues that affect us all.

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By Dermot Keyes

DIT has stolen a lead on several of Dublin's third level institutes through its 'twinning' programme with secondary and primary schools, according to the institute's Director of Academic Affairs.

This follows Labour TD Dr Mary Upton's demand for the city's third level institutions to 'twin' with disadvantaged schools from around Dublin to boost the number of students going to university and college 'from inner city areas.'

DIT lecturer Dr Thomas Cooke, who is also Director of the Dublin Inner City Schools Project, told the DIT Independent that 'four of the six colleges are linked with disadvantaged inner city schools'. Supervised study programmes, along with other study modules, are conducted by college supervisors at the Aungier Street, Bolton Street, Cathal Brugha Street and Kevin Street sites. Dr Cooke said the study programmes form an integral part in the success of the twinning project, which involves 20 schools.

"The students from these schools come into DIT and coming into a college atmosphere helps develop a familiarity between the students and the Institute and it also helps to break down a number of barriers," he said.

Inner city Dublin is a recognised unemployment black spot and was one of the first areas in which an Area Based Partnership was formed. According to the Directorate's documentation on the Partnership, 80 per cent unemployment exists amongst pockets of the inner city.

Over half of those over 15 living in the Dublin Inner City Partnership area have left school by the age of 15, which had led to a steady decline in the numbers of skilled manual and semiskilled workers.

DIT is an active member of the Partnership and has put in place "a number of strategies that attempt to address these problems as per the White Paper on Education, Charting our Education Future and Partnership 2000, 'Action for Social Inclusion'. This says "The scale and concentration of disadvantage in certain areas of Dublin requires a strategic and targeted response. This must be multidimensional and must be targeted in a way as to support the individuals and communities directly affected."

Dr Upton's constituency of Dublin-South Central, in which several DIT colleges are located, is one such area where the Labour Deputy claims "you can count on one hand the number of students who carry on to university". As a former chairperson of the National Council for Education Awards, Dr Upton believes third level institutes "should play their part in attracting young people from all backgrounds into their classrooms."

Thomas Cooke said DIT "has lead the way in establishing links with both primary and secondary schools and that's something we're very proud of."
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**Bank of Ireland launches new website**

THE Bank of Ireland have launched a new interactive website for third level students at www.autonom.ie.

"It has been training Environmental Health professionals for the last two decades. It has been at the forefront of research in this important area and contributed greatly to advancement of the profession," said Commissioner Byrne.

He outlined the European Commission's strategy as set out in the White Paper on Food Safety that he published in January. Byrne also announced plans for a European Food Authority (EFA) to oversee all aspects of food safety in the EU.

"I am pleased to announce this afternoon that I am bringing my legislative proposals for a general food law and for the establishment of a European Food Authority for the approval of my colleagues at this week's College of Commissioners meeting on Wednesday," he said. "So this timeliness of this occasion here in Cathal Brugha Street could not be better."

The new proposals form the centrepiece of Byrne's strategy to restore public confidence following successive food safety scandals throughout the EU. Byrne hopes that the approach of the Commission towards GMO's is a pragmatic and inclusive one. "As one of the Commissioners responsible for the authorising of GMO's, I am concerned to ensure that decisions reached are sound, and based on the best scientific analysis. I also want to see that consumers are presented with the information they need to make informed choices. Clearly I want safety first and foremost."

Ms Marlene Proctor, Head of the School of Food Science and Environmental Health for DIT on November 6th, said, "I hope that the new student website is a unique opportunity for the students to benefit from the expertise of the College of Commissioners and the European Food Authority." The new site is designed to be as easy to use, as well as interesting to access, and there are many useful as well as interesting features on the site. There are sources for local accommodation, career advice tips and of course what a bank do best, money and budget advice. You can even access your account online with Bank of Ireland's Free online banking facilities so you don't even have to move from your seat to pay your bills.

On the fun side there are up to date listings to what's on entertainment wise and even a game to keep you amused. There are articles for local students interested in entertainment wise and even a game to keep you amused. There are articles for local students interested in entertainment wise and even a game to keep you amused.

EU commissioner visits Cathal Brugha Street

By Samantha Rowntree

EU Commissioner Byrne visited 2000/11/06

Commissioner Byrne made his address at the invitation of the School of Food Science and Environmental Health, entitled, 'Food Safety: the key ingredient.'

"I am pleased to announce this afternoon that I am bringing my legislative proposals for a general food law and for the establishment of a European Food Authority for the approval of my colleagues at this week's College of Commissioners meeting on Wednesday," he said. "So this timeliness of this occasion here in Cathal Brugha Street could not be better."

"My position is not ideological and I have been struck by how polarised the debate has become, how it creates even greater confusion for citizens."

Commissioner Byrne applauded the initiative of the School of Food Science and Environmental Health for inaugurating this series of lectures. He concluded, "I also welcome your initiative in establishing a new course leading to a Masters in Food Safety Management. I certainly expect that my endeavours at the European level will give your students food for thought."

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Arriving in Bangkok, the first thing that hits you is the stench. A combination of intense heat, a range of different foods being prepared on every street corner, a sanitation system that leaves a lot to be desired and the countless number of stray dogs creates an odour that can only be appreciated first-hand.

The city itself is full of contrast. On one hand, there are beautiful, ornate religious temples, many of which are decorated with tonnes of gold. On the other hand, there is overwhelming poverty.

Half-built structures dominate the smoky skyline, incomplete skeletons that symbolise the recession that has hit Thailand. Take a trip on Bangkok's Chao Phraya river and you'll witness the slum town lining the banks. Here people bathe, swim and fish in the brown waters.

Something else that will hit you straight away about Bangkok is the huge volume of people, a large number of whom are Westerners. More significant, perhaps, is that many of these are middle-aged men accompanied by young Thai women.

It is no secret that Bangkok has numerous marriage agencies specifically for Western men to meet young Thai women with a view to marriage.

Finding accommodation in Bangkok isn't a problem. The Khao San road is a popular place for backpackers to stay as it offers a huge range of low-cost hotels and guesthouses. A tip for travellers on a budget: if you visit Thailand during the low season (April to June or September or October), it is acceptable to request a discount.

If the hustle and smog of Bangkok is all a bit much for you, relief is not far away. For just £2.00, a government bus will take you the three-hour journey to the port of Ko Pha-Ngan.

From here you can take a fishing boat to the island of Ko Samui. This tiny island boasts long golden beaches and, unlike Bangkok, the weather is usually good. Ko Samet was once quiet, but now it is teeming with tourists all year round.

Chiang Mai, the northern capital of Thailand, is another busy city, but it has a certain charm that Bangkok lacks. The air here is less pungent - although there are as many cockroaches! This ancient city is rich in ruins and temples, a legacy from earlier Thai kingdoms.

For the die-hard shoppers, Chiang Mai has many markets, where everything from handicrafts to clothing can be bought. It is necessary to bargain for just about everything, but this can be a lot of fun.

Transport is also quite cheap. It costs just

Images of Thailand: Above: dancers in Bangkok, below: one of the many beautiful beaches; traffic and pollution in Bangkok, Thai women at a food market; elephants

One of the most popular activities from Chiang Mai is to take a trek through the tribal areas in the hills to the North or visit the Golden Triangle, where the borders of Thailand, Laos and Myanmar meet (and much of the world's opium originates!).

To the south lies Thailand's largest island, Phuket, linked to the mainland by a bridge. The island has an international airport and attracts a huge number of tourists to its beautiful beaches and offshore islands.

The main strip, Patong, full of busy pubs and nightclubs, is not unlike resorts in Spain or Portugal.

The beaches here are very crowded and it is almost impossible to sit on any of the main beaches without renting a sunbed for the day. Traders walk along the beaches loudly hawking their wares.

Only four hours away from the chaos of

If the hustle and smog of Bangkok is all a bit much for you, relief is not far away. Thailand has many beautiful islands

£2.00 a day to rent a moped in Chiang Mai - useful for visiting some of the less central sites.

One such attraction is the ornate Doi Suthep temple, 16 km west of Chiang Mai. Set 1676 metres above the city, on a clear day the temple has superb views of the northern capital.

Chiang Mai is to take a trek through the tribal areas in the hills to the North or visit the Golden Triangle, where the borders of Thailand, Laos and Myanmar meet (and much of the world's opium originates!).

To the south lies Thailand's largest island, Phuket, linked to the mainland by a bridge. The island has an international airport and attracts a huge number of tourists to its beautiful beaches and offshore islands.

The main strip, Patong, full of busy pubs and nightclubs, is not unlike resorts in Spain or Portugal.

The beaches here are very crowded and it is almost impossible to sit on any of the main beaches without renting a sunbed for the day. Traders walk along the beaches loudly hawking their wares.

Only four hours away from the chaos of

Phuket is Ko Phi Phi. Ko Phi Phi consists of two islands, Phi Phi Don and the smaller and unspoilt Phi Phi Le, where the Beach was filmed.

Phi Phi Don is a small but beautiful island with sparkling golden beaches and a neat, clean little town. The island is still unspoilt and surprisingly quiet.

There are a number of snorkelling and diving trips on offer and it is worth trying one of these to explore the rich marine life in the clear waters of the Andaman Sea.

Off the eastern coast of Thailand are a number of islands including Ko Pha-Ngan and Ko Tao. Although often described as quiet, Ko Pha-Ngan and Ko Tao are home to the famous full moon party.

This happens once a month and attracts people from all over the world for a night of dance and techno music on the main beach of Laem Had Rin.

Like Ko Phi Phi, Ko Pha-Ngan and Ko Tao both offer diving and snorkelling courses.

Ko Tao is much smaller and quieter than Ko Pha-Ngan but because it lies even further away from the mainland it is considerably more expensive.

This diverse country has a lot to offer. So what are you waiting for? Haul out your back-pack and get going!
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SAYIT, FREEPOST, 13, Crown Alley, Temple Bar, Dublin 2
Worthwhile work yields unmatchable experiences

By Colin McGann

A winter arrives again, many students will now be getting itchy feet. Each year thousands of students receive J1 visas and head across the pond to work in the United States. The incentive is money, travel and possibly a break from our incessant bad weather. Set up eight years ago, Camp Counselors USA offers all these, but with a difference.

The programme was founded with the main aim of providing cultural exchange for 18 to 30 year olds worldwide. It was set up internationally and has provided placements for over 65,000 participants from 60 countries.

The group also run two work experience programmes, Work experience USA and Work experience Downunder.

The basic idea is that people aged between 18 and 30, not necessarily students, travel to America and work in summer camps for a 10-week period. Placement is based on the applicant's skills, which are asked to list on a very detailed form.

On receipt of this form, an interview will be set up in order to ensure that both the camp and the applicant will be satisfied with their allocation. A long list of qualifications isn't necessary, but an interest in working with kids is essential.

The package costs a total of £245, divided into an initial deposit of £75 with the application form and £170 when you have been accepted.

The deposit is refundable if you are not accepted for the programme. This fee includes pre-departure party and orientation, return flight to New York and overnight accommodation in Columbia University, and transport to your designated camp.

"Candidates don't work for free but if you want to make money you are taking the wrong option," says Emma Mernock, Director of Work Experience USA. Your bed and all meals are included in the £245 fee. You will receive pocket money of between £400 and £750 depending on age, experience and position at camp.

The counsellors act as a sister/brother figure to the children, so applicants must be prepared to work hard in getting along with the children.

"The most important factor to consider is that you will be living with children aged between 6-16 for the ten weeks," explains Mernock.

"People have come back to us and told us how hard they have worked but they have emphasised how enjoyable an experience it was."

She recommends this option for people pursuing courses in social studies or PE. The certificate awarded at the end of the programme is very valuable and this is the main incentive for most when choosing this option over normal J1 employment.

Annette Ball (22) took part in the programme three years ago. Sent to a camp in North Carolina, she found herself working as a canoe instructor and has nothing but praise for the programme.

"It was organised really well," she said. "They meet you at your departing airport and when you arrive. They bring you straight to your accommodation where you meet the other counsellors."

"You don't go over for the money, you go for the experience."

It is then you get told where you are going. "You could be sent anywhere, from a private camp to a special needs camp."

It seems the only downpoint of the trip was almost getting sunstroke after spending all day in the sun! "You don't go over for the money," said Annette. "You go for the experience."

Only 150 Irish people took part in the programme this year, but with agents employed in all of our university cities this year, Camp Counsellors USA hope to have a much larger group.

The opportunity to meet and work with people from Russia, South Africa, Australia and America combined with a month after your camp work to make money under normal 11 conditions could make this a very beneficial summer for those who take part.

*Camp Counsellors USA can be contacted at 41 Wellington Quay, Dublin 2. Tel: (01) 6793253, or email them at ireland@campcounsellors.com*
Many people have a stereotypical vision of poor students rifling through Oxfam's bargains to pick up some of last year's cast-offs. But this survey has blown this perception out of the water.

The most popular street in Dublin for students' shopping trips is Grafton Street. The red-bricked street, located just off Trinity College, is four out of ten students' top choice when they want to put Daddy's credit card limit to the test. And, boy, that's exactly what they do.

Wallets turn anorexic as students tear themselves away from the exclusive shopping area.

Students spend, on average, £230 on clothes and shoes when they pick up clothes and shoes there. Some students say they leave Henry Street £100 richer after each shopping trip. If they shop, as they claim, on a monthly basis, that's £2,000 a year on clothes, just for their greedy selves - more than what many people would earn.

Grafton Street shoppers say they are "casual" and "trendy". Next up is the Northside's Henry Street. It comes in a close second to Grafton Street. 35 per cent of students go there to buy clothes and shoes.

It is more of a people's street than Grafton Street, having, as it does, much of the same items, but less of the frenzy. It is especially popular with students who love shopping, but don't have criminal amounts of money to spend.

Mind you, shopping trips in Henry Street still punish the pocket. An average student shopping trip costs £120. So anyone who thinks the street is a skinflint's paradise, is sadly, mistaken.

Many students who shop on Henry Street say they mix expensive designer labels with cheaper department store wear to give an overall expensive look. When describing their look, the most common answers are "posh" or "casual", but "sporty".

Although the Temple Bar area is loved by students for its hip pubs, clubs and restaurants, it is not as popular for clothes shopping as many people might have expected.

The most surprising element of this part of the survey, for me, was how much money students say they spend on clothes. Is everyone loaded? Lying?

Or are they just carrying loaded weapons into banks, and robbing them??

Enda Murphy takes a look at students' fashion favourites and asks - why?

Barrymore: "individualistic"; Natalie Imbruglia: "smart, vivacious"; and Kie Wilmott: "stylish even though she's not a typical stick-insect figure".

Male students were more coy about naming their favourite than the girls. Some avoided the question seriously (or if they were, I'd be worried, because Bob Monkhouse rated for being "so damn shiny"; DJ Carey, for being a "sex god"; and Daily Mail, because he's naked!).

Others tried not to take the question seriously (or if they were, I'd be worried, because Bob Monkhouse was rated for being "so damn shiny"; DJ Carey, for being a "sex god"; and Daily Mail, because he's naked!).

Some answered the question honestly. Brad Pitt emerges the most popular. He's admired for being "scruffy but stylish", "clean" and wearing "cool clothes".

The girls' top five:
1. Victoria Beckham
2. Jennifer Aniston
3. Liz Hurley
4. Brandy
5. Nicole Appleton

The boys' top five:
1. Brad Pitt
2. Gary David
3. Eddie Irvine
4. David Ginola
5. Gaspard Ulliel

Above: Victoria Beckham - who don't wish Posh Spice would come first in the girls' list. She'd be 'scruffy but stylish' and 'clean'.

Right: Brad Pitt - he's admired for being "scruffy but stylish", "clean" and wearing "cool clothes".

Grafton Street is a popular place for DIT students to spend

Grafton Street's tops for student shops

Student Style File

Psychologists and top fashion gurus claim the colours you wear are an accurate reflection of your personality. This is, bad news for DIT students. The survey's results suggest we're a boring bunch!

Only 15 per cent of students say their favourite colour to wear is red, pink or orange. Bright, bubbly outfits were worn by only a few. Personality claims, experts claim. What does this say about the rest of us?...
Fit for (college) life

As the excesses of college life take their toll, there are some things we may have taken for granted. But if the idea of working out in a gym leaves you cold, or aerobics conjures up images of by gone eras, then perhaps something a little more interesting is called for.

Of course, there are many other ways to get in shape, but we've picked out a few that just might appeal to your sense of fun.

Yoga

A student's life can be rather stressful, but not to forget hectic social lives.

Yoga is a good way to forget about all of that for a while and relax your mind and body, while improving your flexibility and increasing your fitness and energy levels.

What more can you ask for? I took up Yoga not really knowing what I was getting into, but thought it was for me. However, I'd paid my money and being a stingy student, I was determined to get my money's worth. By the end of the six weeks I was hooked.

Yoga originated in East India. There are many different types, but essentially, they all teach pretty much the same thing. The main part of Yoga is the postures, or asanas. In general, these postures are actually quite easy after a bit of practice, despite preconceptions that Yoga involves physically turning yourself inside out.

The idea behind these postures is to do them in a sequence to focus on the bodies different energy centres or Chakras. Combined with the asanas are breathing and concentration exercises to calm the mind and increase concentration.

While I'm not a Yoga fanatic, I have found it to be easy to incorporate some aspects of it into my everyday life.

Without a doubt, Yoga is a beneficial way to increase your fitness and energy levels without too much effort. Definitely the lazy man's healthy lifestyle!

Kickboxing

Watching Jean Claude Van Damme in one of the (many) movies where he beats people up, you can't help but be impressed by the ease at which the man fights his way out of yet another tricky situation.

Switch over the channel and marvel at Sarah Michelle Geller as she beats the snot out of the demons before sending them right back where they came from. And still manages to look pretty.

In reality, it can be a little different. Those spinning kicks that look effortless on TV take more than five minutes to master. In fact, some of us might even admit to having trouble touching our toes! It's amazing what havoc college life can wreak on your body...

One of the youngest martial arts systems, kickboxing has been around since the 1960s. If you want to increase your strength, flexibility and all-round fitness, this could be just what you're looking for. Kickboxing, if practiced regularly, will provide a cardio-vascular workout and develop muscle tone. The physical aspect of the beginning of each class can be tough, especially if the closest you've come to a sit up recently is reaching for the remote control. Just remember: it's for your own good, not to punish you. But just to be on the safe side, don't piss your instructor off, because you might find they develop a sadistic streak.

And since they are more than likely a black belt and can probably kick higher than you, you're newly-acquired Buffy-esque skills won't intimidate them. But there are opportunities to test your skills. Open competitions can provide you with the chance to see just how good you are, or just how much you have to learn.

But rest assured, all competitors are decked out in safety equipment, including a gum shield, for those who value their teeth.

If the idea of Yoga seems too relaxing and you are looking for a fun way to get fit, give it a shot. You never know when it might come in handy!

Salsa Dancing

Every fancied yourself as a Latin lover? Well if you don't have the looks, why not try out the moves?

Salsa dancing is a very sociable way of improving your fitness and body, while improving your energy levels without too much effort. Definitely the lazy man's healthy lifestyle!

A balanced diet is important

The heat of the pastas will cook the eggs. Add the bacon and parmesan. Serve with grated Parmesan and pepper.

Crispy Potato Wedges

3 potatoes (with thick skins)
1 tbsp vegetable oil
salt and pepper
1/2 tbsp dried thyme
Sausage potatoes. Preheat oven to 200 degrees. Cut each potato into sixlengthways. Cut out the centre of each wedge, leaving a little potato attached to the curved skin. Put the wedges into a polythene bag. Add the oil, salt and the thyme. Hold the bag closed and shake gently, coating the wedges with the mixture. Arrange the wedges on a baking tray, skin side down. Bake until crisp and serve with a dip of your choice.

If your attempts at cooking are less than successful, don't throw in the towel straight away. Give it another chance – and in the meantime always remember: pot noodles are a quick and easy snack, and beans on toast will keep you going for a couple of hours at least. Good luck!

Yoga, kickboxing and salsa dancing, three ways to get in shape that might appeal to your sense of fun.

Picture the scene: it's 6.30 p.m., you've just arrived in college from a hard day's studying (albeit and you're stomach is rumbling.

Do you a) poke around the kitchen in the vain hope that your flatmate may have taken pity on you and left some of his/her dinner. b) reach for your Cornflakes (after all, they're not just what you're looking for. c) Or Chakras. Combined with the bodies different energy centres or Chakras. They all teach pretty much the same thing. The main part of Yoga is the postures, or asanas. In general, these postures are actually quite easy after a bit of practice, despite preconceptions that Yoga involves physically turning yourself inside out.

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A balanced diet is important
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Gladiator
The General that became a slave, the slave that became a gladiator... The General that cut a bloody swathe through the weedy likes of M.1-2, Gone in 60 Seconds and those other, so-called summer blockbusters.

Gladiator becomes a lot of things to a lot of people - Russell Crowe's house-service break into the big time, Ridley Scott's long-awaited comeback and, of course, Oliver Reed's final swan-song.

The opening battle scene in Germany still manages to get the blood pumping (the panoramic view of the forest engaged by hundreds of flaming arrows will be hard to beat) but in being reduced to the small screen, does it go the way of Saving Private Ryan, limping its way to a dump Inside?

Thankfully, the answer is a resounding NO. The massive scope and unbridled energy of Gladiator help overcome the few shortcomings that become all the more apparent on video (Joel's Phoenix's Emperor Commodus veers close to pantomime at times, and Hans Zimmer's sometimes brilliant score occasionally threatens to go out of control Enya territory).

On the basis of this triumphant return to form, one can't help but look forward to director Ridley Scott's treatment of the Silence of the Lambs-sequel Hannibal, due out next year.

Mission To Mars
"Oh God Almighty this is dreadful" is not how you should open an unbiased, critical review, but with Mission To Mars I came damn close. Veteran director Brian de Palma has had his fair share of disasters, but his films have had some redeeming grace - if not astonishing - set-pieces; the Langley vault robbery in Mission Impossible, the train-station shoot-out in The Untouchables, Al Pacino chalking the murderous gangsters the end of Carlito's Way.

Hell, even Snake Eyes had moments where you sat up in your seat and quietly muttered, "Well I don't know about the whole thing, but that is hell-cool..."

Sadly, that isn't the case here. Firstly, the "twist" is given away on the front cover. Secondly, that "twist" is lame - lamer than a bag full of lame monkeys who've become too lame for lame monkey school and are retiring on a shabby retirement package to the small town of Lame Deer, Wyoming (look it up if you don't believe me).

Thirdly, almost everything of merit (and all of these, I'm afraid to say, are special FX-related) is in the trailer.

Actually, the giant-earth-tornado- worm thing that wipes out a load of astronauts in the first fifteen minutes is relatively amusing, but from such sources, great things do not grow.

One can only hope that De Palma has used up all his Bad-Film quota with Mission to Mars, and his next work will be a piece of genius of such power and beauty it will strike us dumb.

Well, one can hope.

Jerry O'Connell and Connie Nielsen in Mission to Mars

Way of the Gun
(Cert 15, Released November 10th)

The number of people with a penchant for these Ravenous-Monster-in-the-Dark films is probably far higher than many of you would like to let on. It's been 14 years since Aliens graced the big screen and few - if any - films have come close to challenging it.

And Pitch Black is no exception. It does, however, knock the living hell out of almost everything that comes before, notably, the dire Alien: Resurrection. And in all honesty, Pitch Black should have been released state-side.

Based on the short story "Nightfall" by classic SF author Isaac Asimov, the set-up is simple - a ship transporting homesteaders to a new life is forced to crash-land on a desolate planet. The disparate group of survivors discover that they were not the first humans to visit this planet, something very nasty happened to the original settlers, something that only comes out at night.

And naturally enough, the same planet is about to go up in massive solar collapse.

An old concept, but one that's been tweaked and tightened, David Twohy into something dark, gritty and highly enjoyable. Pitch Black is a coal on the verge of becoming a diamond. ***/2

Van Diesel in Pitch Black

Still showing:

... anyone with smug American relatives who can't see everything before it gets a release here has to go see the Coen brothers' O Brother Where Art Thou, which still hasn't been released state-side. Come to think of it, never mind the smug American relatives - everyone should see this on the big screen while they still can.

the same is true of Christopher Nolan's stylish noir-Thriller Memento, which finds Guy Pearce (L.A. Confidential, Ravenous) as a man with severe short-term memory loss trying to track down his wife's killer... those of you who don't harbour a personal hatred of Tom Green (MTV) may be able to endure Road Trip, which has done surprisingly well here and in the States...

more in the teeny-core vein from Clueless-director Amy Heckerling in the shape of Lora which sees Jason Biggs best known for doing strange things to an American Pie-pyle, of all things, a loser... the decorations might be down, the pumpkin might be bring the compost and the cat might still be in shock, but any one who wants to revive Halloween scares would do worse than check out What Lies Beneath in which Harrison Ford's past indiscretions come back to haunt him and Michelle Pfeiffer...

Book Of Shadows: Blair Witch 2 on the other hand, is terrifying for all the wrong reasons, and should be avoided like a camping trip to the Maryland woods...
In the shadow of 'Big Brother'

I must make a confession: yours truly must have been the only person in the developed world not to have watched the summer's television phenomenon, Big Brother. While the rest of the country enthused over a lesbian ex-nun, I was doing whatever it was that that no one else did while the programme was on.

Despite this, I still felt like I knew everything about what had gone on in that house as though the papers, magazines and radios made the show impossible to avoid.

Spin-offs are inevitable, but the Irish website Oxygen claims it isn't one of them. It launched its own reality life show recently in the guise of No 54, but the site is quick to point out that it is not the Irish Big Brother. This is a completely web-based transmission which charts the daily goings-on in the lives of five young folk.

"Five students, 24 hour surveillance, anything can happen," boasts the home page of the website, which has undertaken a major publicity drive to provide maximum coverage for their interactive venture.

Our motley crew share a flat in Dublin city centre called No 54 (surprise, surprise) and welcome in guests for a song and a chat. The outside world can find out what's going on in the gaff by text messaging the gang on a mobile phone or by email. Siobhan O'Dowd, Frieda Greaney, Ross O'Mullane, Ewan Kelly and Liam Doyle were the five students selected for the challenge after the event's organisers had sifted through mountains of applications prior to the launch.

The launch party on November 3 was followed by an appearance by the five incumbents on the Late Late Show, where Pat Kenny hummed and hawed his way through the questions. (No change there, then!)

The national press devoted several column inches to the web-soap in its first days of life, leaving the moguls of Oxygen presumably well pleased with so much publicity.

So what exactly happens in No 54? Well, apart from the normal run-of-the-mill rigmarole of student life, which actually involves going to college (these folk are not indoors at every passing moment unlike Big Brother), bands such as the Walls have dropped in, along with more publicity creators in the guise of In Dublin magazine.

Apart from that, the whole thing plopped along like the average student's daily rituals, i.e. not that eventful, folks.

Despite being allowed to leave the flat, the rules of No 54 state that one of the gang must be present within its walls at all times.

With 20 cameras promising to track every move made by our wee cyber guinea pigs, little can be missed. Well, little would be missed if loggers-owners were allowed to select the camera of their choice.

As for the 20 cameras, well there's only four currently installed, but the owners of the flat will eventually get around to installing them all, at some stage.

Oh, and no one gets evicted, unlike Big Brother. No 54 just might become a hit. It might...

Dermot Keyes checks out the latest reality challenge to hit our screens (computers, that is). Big Brother it ain't, No 54 has arrived and our intrepid reporter isn't getting too excited.

Good times ahead for badminton club

By Ciaran McKeon (Treasurer and PRO, OIT Badminton Club)

The 5 participants in Room 54: Ewan, Liam, Siobhan, Freda, Ross

Limerick next March. The team's first game in the League was away to UL on November 16, when this paper went to press. Hopefully, next month's edition will report a good start for our side.

An Inter-DIT competition is currently being organised and the committee hopes to raise student numbers participating in this event.

On the social front, our good friends at Badweiser are our sponsors this year and, no doubt, this deal will assist in our various waterhole expeditions!

Training.

To cater for all those who want to play, our four training sessions are designed with the abilities of all players. On Mondays (12.30 - 2.00p.m.) training for experienced players takes place at the YMCA on Aungier Street. Tuesday sessions (6.00 - 8.00 p.m.) at Belvedere College is an overall session with coaching.

Wednesday nights from 6.30 to 7.30p.m. sees our team train at Glasnevin Lawn Tennis Club with Friday's session at Kevin Street Gym (12.00 - 2.00 p.m.) devoted to beginners.

The Committee were elected at the Club's AGM, which took place on October 17 at Mountjoy Square.

The following were selected for members by the available positions.

Chairperson: Jane MacEoin; Secretary: Jennifer Breen; Treasurer and PRO: Ciaran McKeon; Committee Member: Kevin Grace.

* For further information on the club, check out the club's website, which can be located when you log on to the DIT site at www.dit.ie/admin/sport, under the 'A to H' club section.

Ciaran can be contacted at 087 6101441.

Aungier St Hockey team reaches final

SPORT

AUNGIER Street's hockey club got their year off to a superb start by qualifying for the final of the opening college hockey event of the season at Crumlin recently, writes Dermot Keyes.

In their opening group match, Aungier Street beat close rivals Kevin Streets 3-1, thanks to two goals from Keith Benson and one from Andrew Whitaker, the club's co-captain.

The second game against Carlrow IT also ended in victory, as Whitaker hit another goal to add to a Colm Brady brace.

Defeat to Inchicore (3-1) was incidental, as qualification to the finals on November 25 had already been secured thanks to the earlier wins. Susan Waters noted Aungier Street's solitary reply to the opposition's treble.

After Whitaker's stated ambition to "win everything" at last month's meeting at Aungier Street, the new-look team have made a fine opening of what could be a highly successful season, both on and off the pitch.
Relay team claims third spot in Maynooth meeting

By Dermot Keyes

DIT's Athletic club got their new season off to a flying start with an impressive place finish at the Inter-Varsity relay at Maynooth on Saturday, November 11.

Club PRO Paul Campbell was happy with proceedings when he spoke to the DIT Independent that evening. "It looks like we'll be in good shape for the season ahead," said Campbell. "We were very happy with how it went."

This annual event consists of a five-man effort over nine miles of road, which involves the first runner pounding the tarmac for a mile, the second runner for two miles, the third for three, with the remaining two members running two miles and a single mile respectively.

Leinster Under-18 champion Dunilan Bateman was the opening participant for the DIT outfit and his strong run left his team third after the first mile.

The second runner, Campbell himself, had work to do to get back in touch with the leading athletes, from UCC and the University of Ulster.

Campbell, who is the Scottish Senior Indoor champion over 800 metres, was impressive over the first mile, reeling in the UCC runner ahead.

Running the fastest two-mile leg of the relay, Campbell handed over to Irish international Eugene O'Neill, who looks to have regained his competitive streak after an indifferent twelve months.

His powerful run, the fastest three miles on the day brought DIT into the lead, handing over to American club member Aidan Doyle for the penultimate leg around the Kildare roads.

A strong run by Doyle wasn't enough to hold onto the lead over the second two-mile leg.

A recent competitor in the Dublin City Marathon which he completed in just over three hours, Declan Keegan took over for the penultimate leg in the DIT relay.

DIT Independent.

A revisit to the Open Handball Club

The game where it's okay to handle the ball

OLYMPIC handball is not a game that would figure highly on the list of favourite sports with many of the collegiate sporting brethren.

A game that honed the ball-blocking skills of one Peter Schmeichel, it is certainly a fascinating and worthwhile sport to watch on the rare occasions it is screened on our televisions.

For the top man in DIT's own Olympic Handball Club, Colin Brosnan, 2000/2001 is a year that the club is seeking to secure its grounding after its foundation last year.

"The Olympic Handball Club was set up with the intention of getting students involved in this up and coming sport at every level," Brosnan told the DIT Independent.

"The club welcomes not only the experienced player but the beginner too. So whether you just want to learn the game, or are good enough to teach us, there is something at the club for everyone."

Fun might be part of the game, but there is also the more serious, competitive side of Olympic Handball to contend with.

"We are entered in the national league and we will play six home matches and six away matches in this event," said Brosnan.

"Our first match is on December the 3rd away to UCD. There are a number of friendly matches planned, and also a number of blitzes. A number of the other teams in the league are from other colleges."

"Other games and club events will be made known to members during the year," Brosnan added.

Brosnan was realistic about DIT's prospects for the forthcoming league campaign. With an average chance of success, he explained much depends on how many participate in training.

"We had good turnouts in the first few weeks and need to keep this up to have any chance this year."

"The potential is there, just over fifty students signed up during the various club anddios days in the college during Fresher's Week."

"As with anything to do with a healthy and happy approach to life in DIT, see each other outside of the Belvedere Gym is a regular and integral part of the club's proceedings. "Of course a college club would be nothing without its social aspect," he explained.

"To this end we hope to organise some excellent nights out during the year. We are even considering some joint social nights with some of the other clubs."

Enjoying oneself outside of the sport is an important part of club membership, in Brosnan's view.

"Hopefully at the end of the year our members will feel that the club served them well at more than just the sporting aspect."

The seven-a-side game, a hybrid of soccer and basketball, is a physical game, but one well worth catching a glimpse of.

Brosnan concluded that anyone interested in joining the club or wanting to learn about the game should "come along to training and we'll give you a proper welcome to the club."

The plan for the immediate future of the club is to develop OIT Rugby and ensure early participation from all potential players each year. "DIT Rugby has never had the formal appointment of a coach and indeed the AGM of the DIT Rugby club indicated that the student players are favouring an internal competition (the Glesner Cup) to be used as a means of providing games for everyone rather than just select potential players for the DIT first fifteen."

"The internal event appears to have made the oval game more popular amongst students. But O'Daly remains steadfast in making the game more accessible to the interested and the committed players."

"I would like to raise the profile of the DIT Rugby set-up. The team has at best only ever made the semi-finals."

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The plan for the immediate future is to nominate a captain for the first team as well as the appointment of representatives in each of the college sites to put up posters and to contact players for training and games.

A slow start for DIT rugby year

By Dermot Keyes

DIT Rugby head Ross O'Daly has admitted that this year's campaign has got off to a rather sluggish beginning. "It's been a slow start to the year so far but to our advantage, Causeway, who are strong opposition, postponed the game till the new year."

With the fixtures confirmed for the year, O'Daly spoke about the structure of the club.

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Ollie Campbell and Colin Patterson in jubilant mood following Ireland's sensational first test victory over Australia in 1979

**Campbell's kicking life**

Former Ruthinian student and leg-kicker outside-half Ollie Campbell spoke to Brian Healy about his career and the game he loves.

One was about me replacing Ward and the other was about the Pope coming to Ireland. So I got top billing with the Pope.

Whatever the reason for Campbell's selection he more than justified it. He scored 19 points in the first test against Australia and helped Ireland win the second test game to clinch the series. "We were the first Northern Hemisphere side to win a test series in the Southern Hemisphere. And as it turned out the second test on that tour, when we won 9-3, was the last time Ireland beat Australia."

The tour of Australia was the springboard he needed to launch his now famous career. In Irish colours, Campbell got a new cap against France in the Five Nations Championship in 1980; selection for the Lions against South Africa in 1982 and the Lions' American tour in 1983.

The professional era has had a profound effect this particular student. My mind was certainly much more occupied on my rugby activities than it was when I was playing for the Triple Crown. "No one was thinking about the Triple Crown or Championships. We had lost seven games previous to the victory over Wales. We were just delighted to have beaten such a strong Welsh side. Then we had England away which we won by a point, a fortnight later. So suddenly, within one month we were in a situation where we were playing for the Triple Crown."

Campbell had grown up among the tales of the 1949 Triple Crown winning team and in 1982, he had the chance to inherit the grand achievement, against Scotland.

"Everything went right for me on the day. The crowd on the East Stand was unbelievably. The whole atmosphere made the hairs on the back of my neck stand up. Victory was due in no small part to the laser-guided kicking of Campbell."

After a successful Lions tour in 1983, Ollie was tricked by a number of hamstring injuries. He fought hard to maintain his place in the side, but it soon became apparent that his playing days were nearing a conclusion. A simple hamstring pull to swallow, "I miss rugby a lot. It was my whole life."

Ollie, one of the most successful Lions tours, has become a traditionalist but also a realist and I don’t think it was possible for him not to go professional. I think the game is much better now than it was when I was playing. I think the ball is in play a lot more and it’s a lot faster. Earning a living for what you enjoy doing is much more people’s idea of paradise and I wish the current bunch of lads well.”

Despite that, he is adamant that he wouldn’t swap the era he played in for anything. He also worries that kids could be lured into rugby at too young an age and have nothing to fall back on if their career fails. It was only after Campbell’s career ended that he truly appreciated the value of his education and set up his own menswear business.

Ollie’s business keeps him extremely busy. He is, however, keen to admit that for the first time, his business life has taken precedence over his rugby, but his passion for the sport has served him well and is difficult to quash. He is determined to get back into the coaching side of the game and is adamant that he is on a "temporary sabbatical." The loss of such a talent to the game would be inexcusable. Not that Ollie Campbell, the gentleman that he is, would ever admit to such a thing.

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**Five of the all-time great out-halfs:**

Jack Kyle, Eugene Davy, Cliff Morgan, Mike Gibson and Ollie Campbell