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Rent Deposits**



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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: explicit@citsu.ie

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explicit Editorial



Election week has come and gone and a new budding Students' Union has been formed waiting in the wings, waiting to step up to the challenges that lie ahead next year for the students of this great Institution of ours, that is C.I.T. For a week the two atria were adorned with posters and banners of all shapes and sizes and campaign teams dishing out countless fliers to unsuspecting students with laser like precision. I would like to congratulate all who ran for positions (including myself), as it is a daunting task to accomplish. I wish my successor Stephaine Howard all the best next year as she takes up the monthly task of bringing you this fantastic magazine.

While both the Elections and Sports and Societies ball were held on the same day, and celebrations were running high, another event took place that day, I am referring to the horrific bombings that occurred in Madrid, Spain. These bombings occurred 911 days after September 11th (a point of information). They were the most horrific attacks Europe has seen in over 15 years and left more than 190 people dead and more than 1,400 people wounded. I offer my deepest condolences to the people of Spain for this tragic loss of life.

For all of you out there wondering what is happening about the mystery tour, fear not it is in its final stages of planning and will be coming to a mystery venue near you soon. Tickets will be limited so get them as soon as they become available demand will be high. Stay tuned to SU notices boards for more.

Finally for this month, Explicit magazine has been entered in to the Oxygen Student Media Awards, known as SMEDIAS, these awards are now entering their 4th year and this year's awards ceremony will be held in Spirit in Dublin on April 21st. . .wish us luck!!

Enjoy this month's issue and talk to you all soon.

Jamie



CITSU Executive Election Results 2004

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

By the end of the campaigning, six officers are voted in and landed with the dubious honour of making the decisions over the year and answering to you at each Union Council meeting; your chance to watch democracy at work and make a genuine difference. You have the ultimate say, so take an interest in what the following characters get up to, and never be afraid to question their decisions made on your behalf. The total poll had dropped considerably this year with under 700 people voting, but there was a very healthy number of competing candidates and this made the election quite exciting.

CITSU President, James Maher, stated "The election process is an important part of the working of the Students' Union. It maintains the equality that any student can become part of the executive and have a major influence over the policy of the Students' Union. I think the elections this year were held in a spirit of fair play and good will with all candidates treating each other with respect. Good luck to all those elected and commiserations to all other candidates. It takes courage to put your self up for election for the first time".

The following have been elected to serve as your representatives for one year starting June 2004:

President

James Maher

Vice President Education

Jamie Meaney

Vice President Welfare

Daniel Keane

Communications Officer

Stephanie Howard

Entertainments Officer

Mark McCarthy

Equality Officer

Ray O'Brien

For a full break down of election results please turn to page 7

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Niamh Thompson (centre) winner of Best Engineering Degree Project

On Thursday 4th March 2004, Niamh Thompson, a student of Cork Institute of Technology was declared the outright winner of the Queens Silver Jubilee Institution of Mechanical Engineers Prize for Best Engineering Degree project in Ireland and Britain.

CIT Mechanical Engineering student Niamh presented her Biomedical Engineering project on the "Influence Of Surgical Solutions on the Fatigue Properties of Total Hip Replacement Bone Cement" to a distinguished panel of judges at the Institution of Mechanical Engineers HQ in Birdcage Walk, London.

The final result was:

First Place	Niamh Thompson	Cork Institute of Technology
Second Place	Mathew Ward-Close	University of Nottingham
Joint Third Place	Chris Foster	Imperial College London
Joint Third Place	Nick Sendall	University of Bristol

Niamh's national and now international award-winning project is being carried out in conjunction with Orthopaedic Surgeons at Cork University Hospital and St. Mary's Orthopaedic Hospital, Cork and is being supervised by Dr. Keith Bryan of the Department of Mechanical and Manufacturing Engineering, CIT.

Recently, local orthopaedic surgeons have avoided the use of Hydrogen Peroxide (a surgical solution employed extensively worldwide) over concerns that its utilisation, during Total Hip Replacement surgery, may alter the material properties and performance of the bone cement (PMMA) and damage the bone. It is thought that this, in turn, may weaken the initial fixation and lead to loosening of the implant.

In the region of one million hip joints are replaced annually worldwide. According to International Medical surveys, approximately 80% of all failures, leading to revision surgery, are caused by aseptic loosening.

CIT Student Wins Best Engineering Degree Project in Ireland and Britain

It is of critical importance, therefore, to determine and analyse any factors, which may weaken the initial fixation of the prosthesis and consequentially lead to potentially numerous failed prosthetic joints. Initial tests, undertaken in the Department of Mechanical and Manufacturing Engineering of CIT, have shown that Hydrogen Peroxide contamination does influence the static properties of PMMA.

This study seeks to further investigate these concerns by performing tests to mimic in-vivo post-operative mechanical conditions of bone cement material, subjected to varying concentrations of Hydrogen Peroxide. The work undertaken includes the design of moulds and procedures for contamination of samples with H₂O₂ in order to produce PMMA specimens, followed by fatigue testing. Microscopic examination and analytical techniques are used to investigate fatigue crack initiation and propagation in the bone cement due to the influence of the Hydrogen Peroxide.

As part of her four year professional Mechanical Engineering Degree course, Niamh undertook work experience with Biomedical Engineering Trailblazers, Stryker Howmedica Osteonics of Carrigtohill, Co. Cork. The experience gained here at the cutting edge of design and manufacture of hip and knee implants was invaluable to Niamh in her final year mechanical engineering degree project.

Niamh is the daughter of Margaret and Sean Thompson of Coolyduff, Inniscarra, Co. Cork. Niamh does not excel only at Engineering matters, having achieved First Place for Solo Drama at Cork's Feis Maitiu. Niamh's major sporting activity is SCUBA Diving.

Sean F. O'Leary
Dept. of Mechanical and Manufacturing Engineering

Evidence Ruled Inadmissible in Trial of Vicious Attack on CIT Student Denis Franklin

Two men charged with an assault, which left a CIT chemistry student with severe and permanent brain damage, have been found not guilty, following evidence that statements given to Gardai were ruled by the trial judge to be inadmissible.

Denis Franklin, aged 22, of Pallasgreen, Co. Limerick was viciously attacked near the Grand Parade in the early hours of the 17th February 2002 and has since been confined to a nursing home.

At Cork Circuit Criminal Court on Monday 15th March, 20-year old William St Ledger, 21-year old Robert Carlisle, both from Douglas, and 21-year old Alan Harte, from Togher were on trial charged with violent disorder and with assault causing serious harm to Denis Franklin. All men had denied causing serious harm and a second charge of engaging in violent disorder.

Judge Patrick J Moran ruled that statements given by Alan Harte and William St Ledger alleged to have made while in garda custody were inadmissible.

Judge Moran said that these statements made to Gardai by the two were inducements and he had doubt as to whether they were exercising their free will when they made the statements. These inducements included warnings that they could go to jail, that they were caught on security cameras and that their own friends had ratted on them.

Alan Harte was cleared of all charges, while William St Ledger has now pleaded guilty to a charge of violent disorder and will be sentenced by Judge Moran on the 30th April. No evidence was offered against Robert Carlisle of Douglas in Cork, while a fourth man Ian Cronin, 20, from Douglas, pleaded guilty to assault causing serious harm when he was arraigned last October.



SAYIT Launches Ireland's First Gay Friendly Travel Department

On March 8th 2004 Sayit Travel launched Ireland's first Gay Friendly Travel Department. A representative from Sayit stated "We feel the Lesbian Bi-Sexual and Gay (LGB) Community has been greatly ignored and we will strive to specialise in the area.

SAYIT Travels Gay & Lesbian Travel section was launch in conjunction with Gay Community News Magazine (GCN) with a special introductory offer. With offices in Dublin & Cork, we're delighted to be Ireland's first for a market that just loves to travel. On our site we've put together a number of options based around major gay tourist events. However, we can source flights, accommodation and tours to anywhere in this small

world of ours, regardless of age. Despite our reputation as being a Student & Under 26 Specialist, we have all the tools to act as a full service travel agency"

Recently, a Union of Students in Ireland (USI) survey (Feb 17th 2004) found that 1 in 10 students surveyed identify themselves as Lesbian, Gay or Bi-sexual. In broader society, Ireland's LGB society is in general highly social, culturally astute and enjoy travel, and is aged between 17-45.

Sayit believe that given it's status as a young peoples travel agency, it's location and portfolio, it is fully equipped to provide for the LGB market. www.sayit.ie

New International Maritime Education Project Launched

The Minister for Trade and Commerce, Mr Michael Ahern, T.D. launched the CIMET Project on Monday 23 February 2004 at a ceremony in the Boardroom of the Port of Cork. The Centre for International Maritime Education and Training project is a EU-Canada Cooperation Programme focussed on third-level education and training in Nautical Science and Marine Engineering. Cork Institute of Technology, in conjunction with the Irish Naval Service, is the lead European Partner and the Marine Institute in Newfoundland is the lead Canadian Partner. Minister Ahern is also Chair of the Ireland Newfoundland Partnership.

The CIMET project involves a three-year programme and during this period a Centre for International Maritime Education and Training (CIMET) will be established involving six

partner institutions – three in the EU and three in Canada. There will be multilateral cooperation in the development of curricula as well as student and staff exchanges between the partner institutions in this highly focused area of vocational education. This will aid the institutions as they develop their courses and programmes to comply with requirements set down by the International Maritime Organisation (IMO). The development of computer and web-based course materials will also be an important output of this collaboration.

The other participating European institutions are the Willem Barentsz Maritime Institute in the Netherlands and Kalmar Marine Academy, in Sweden. Joining the Marine Institute in Newfoundland on the Canadian side of the venture are British Columbia Institute of Technology's Pacific Marine Training Campus and New Brunswick Community College.

Students Lobby TDs for Support in Fight Against Third-Level Cutbacks

The Union of Students in Ireland held a lobby of the Oireachtas in the Earl of Kildare on Wednesday 3 March. The event was attended by USI Officers and Students' Union officers from college campuses throughout the country, to discuss both National and local issues with their TDs. Now in its second year the lobby was attended by up to 150 TDs last year and the turnout was expected to be just as high this year.

USI President, Will Priestley said: "With the local and European elections coming up this year, this is a ideal opportunity for local student representatives to talk informally with their TDs about issues relating to Irish students. Last year the turnout was quite phenomenal with all parties well represented and early indications should mean that as many will attend this year. This is far from just another talking shop. Although the Department of Education backtracked last year on their intent to re-introduce tuition fees the threat of its implementation continues to hang over the student population like the sword of Damocles. By focusing our attention on a lobbying strategy the USI will continue to right for all students

to enjoy a third-level education as a right and not a privilege".

USI Deputy President, Campaigns Officer, Gareth Keogh: "We have marched on the Dáil, we continue to meet with representatives from the Department of Education and now USI put their case directly to every TD in Ireland. This three-pronged approach will be maintained until guarantees are made that ensure the current policy of cutbacks are reversed and that instead significant investment is made in an area which has huge economic benefits for the future of this country. As these cutbacks start to take affect students ability to obtain the best qualification they can is severely curtailed with many forced to drop out. Though the cutbacks in college funding will form the main thread of our discussions with TDs there are a number of other issues on which student leaders intend to lobby them on. One such issue is the denial of Irish as one of the proposed working languages within in the EU. As an organization with strong bi-lingual policy this is an subject that USI will press TDs on to ensure that our language gains the recognition it merits".

USI LBG Research Finds 70% of Students Think Ireland is Homophobic

The Union of Students in Ireland (USI) launched the preliminary findings of its research programme on attitudes towards lesbian, gay and bisexual (LGB) students. The quantitative part of this research is now complete, and was conducted in 15 colleges across the island of Ireland. The survey offers a number of fascinating insights into the behaviour and attitudes of the general student population in Ireland towards sexuality.

USI Lesbian, Gay and Bisexual Rights Officer, Tadhg O'Brien said: "Though attitudes have changed towards LGB people in recent years, it is saddening to discover that homophobia is still rife in the education system. Half of all male students have had homophobic language directed at them, and a staggering three-quarters of gay and bisexual men have been subjected to verbal homophobic abuse. Though 79% of students indicated they would react positively to their best friend telling them that they are gay, surprisingly this trend is reversed when students were asked how they would respond to the discovery

that one of their siblings was LGB with 6 out of 10 reacting negatively. 70% of students said they think society is homophobic. Clearly much work remains to be done to combat bigotry in society as a whole".

USI President, Will Priestley said: "Though one in ten students identify as lesbian, gay or bisexual, LGB issues are important for the wider population as well. Sexual health awareness in relation to same-sex relationships are not just an issue for LGB students. 18% of all students have had a sexual experience with a person of the same sex, half of whom identify as heterosexual. USI has been at the forefront of inclusive sexual health awareness campaigns. It's unacceptable that LGB issues are not addressed in the education system prior to third level. The fact that this is the first major investigation into the attitudes towards LGB people in Ireland clearly shows that more research needs to be done in the context of society as a whole".



CIT Students' Union President

Another St Patrick's Day over and people are already looking towards the summer holidays. Congratulations to all those who were successful and commiserations to those who lost out in the Students' Union elections. I look forward to working with the new team and I would like to thank all those who helped me with my campaign and for you the students of C.I.T. for having such faith in me and allowing me the honor of continuing to represent you. Nonetheless, there is still a lot of work to be done by the current S.U.

Things have been put into perspective by the recent events in Madrid. To see an act of such indifference to human life and suffering really makes you wonder how there can be that much hate in the world. I know I speak for all of the students of C.I.T. when I offer our sympathies and prayers for all those killed and injured by the bombings and their families and friends.

James



CIT Students' Union Vice President Education

Well that's it for another year of elections and now that the dust has settled we are left with your Union for next year. Congratulations to all nominees as it takes a lot of courage to stand up and put yourself out there as a candidate. It was certainly one of the most nerve wrecking but rewarding experiences of my life.

The week was not without its disappointment as a terrible tragedy struck our European neighbours. I am sure our thoughts and prayers are with the victims. The three-minute silence in the college was observed in a very solemn fashion and the book of condolences is being signed by many students as well.

the current certs are changing to higher certs, diplomas changing to ordinary degrees and degrees changing to higher degrees. We need to concentrate on making sure that our current and past students are not disadvantaged in any way by it. If you have any questions about the topic please visit the website and send me a message or call into the office.

If anyone has any questions about exam regulations or has any problems with their coursework or studying coming up to exams please call into the office. Until next month I will say goodbye and good luck with the study.

Colin "Fan Club" Noonan

If you are having any problems with exams or need grinds call to the SU prefab.

Onto more local issues, with the impending change in qualifications, that is



CIT Students' Union Entertainments Officer

Lets start on a good note. I'm finished college, yes fair well CIT hello world, the next six months are mine. Then of course I'll be back to do fourth year . . . ouch . . . (if I pass my exams this year).

The news will only get better because next week it's "The Mystery Tour", and for those of you who are interested it's not going to the Btown or the Outpost. Tickets will be on sale between the atriums and they will be priced €8, only 350 places available so no dilly dallying - get them now. Most of ye had mid-terms and I hope they went well.

Even though you are all busy with projects and the like at the moment, don't forget to relax, call into us here in the office to organise your class parties and/or excursions.

Congrats to Mark McCarthy who was elected Ents officer for next year, I wish Mark all the best.

Later everyone
Mikey

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www.citsu.ie**



CIT Students' Union Communications Officer

Well, what can I say but only a big thank you to all who voted for me in the recent Students' Union elections I look forward to representing you as Vice President Education for 2004/2005. A big thank you to all who helped most notably, Conor Forde, my campaign manager. Anyway back to business, people pointed out to me recently that not enough photos are been shown in the magazine,

I aim to do my best to rectify this situation. However, I need all of you out there to help. I am all but one man and can't be everywhere at once. If you

have photographs of anything to do with C.I.T. from nights out with the class to societies or sports events please email them to explicit@citsu.ie, sucomms@cit.ie, or hand them into Philip in the Students' Union main office. Also my continuing and endless search for articles goes on, here is a topic one of you budding young journalists out there could work on and submit for the next issue "Exam Pressure" I look forward to reading your Submissions Regards

Jamie

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CIT Students' Union Vice President Welfare

I would firstly like to congratulate James, Jamie and Daniel who were elected as next year's sabbatical officers for CITSU. Next year will be a challenge for them but I know that it will be a time in their lives that they will never forget or learn so much.

I know that as the year flies past and exams are constantly drawing nearer that most of you will now find yourselves waking up in the morning with butterflies in your stomach. The sooner you get the heads in the books the better and easier it will be in the end. If you need any help with drawing out study timetables or if any of you find that you're getting overly anxious please call over to the SU prefab and let us help you out.

This is also near the time when students living away from home will be giving their notice to their landlords and looking for their deposits back. Make sure to give written notice a month beforehand and clean the house before the final inspection. There is more information on this in the welfare section and if you think you are being treated unfairly please call to me and I will help you.

I hope you all have a lovely Easter break.

Donna Foley



CIT Students' Union Communications Officer Elect

Hey everybody, my name is Stephanie Howard from Ballydesmond in Co Cork, I'm in first year Office Information Systems, and thanks to all the people that voted for me, the future communications officer of C.I.T.

Firstly I would like to say thank you to everyone who helped me in the campaign, especially Fiona Kruis – my campaign manager who worked tirelessly all the week and to all the girls in my class for hanging up and designing my posters and giving out the flyers. I would also like to say thank you to all the members of the present Union for their endless help and advice. Last but not least, thank you to all of you who voted for me.

For the up coming college year I hope to start a page dedicated to sport fixtures and results and also I hope to add more of those embarrassing photos that everybody loves so much.

I'm looking forward to working next year with Phil on the magazine and also with; James, Daniel, Jamie, Mark and Ray, blessed am I amongst men!

Stephanie

CITSU Election Results 2004



James Maher - President



Jamie Meaney - VP Education



Daniel Keane - VP Welfare



Stephanie Howard - Comms Officer



Mark McCarthy - Ents Officer



Ray O'Brien - Equality Officer

President

Total Poll	683
Spoiled Votes	-7
Total Valid Poll	676
Quota	339

Derry Delaney	300
James Maher	343
Ron	33

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

Vice-President Education

Total Poll	648
Spoiled Votes	-15
Total Valid Poll	633
Quota	367

Jamie Meaney	488
Ron	145

Jamie Meaney was elected on the first count having exceeded the quota.

Vice-President Welfare

Total Poll	661
Spoiled Votes	-12
Total Valid Poll	649
Quota	325

	1st	2nd	3rd
Padriag Foley	185	188	
Daniel Keane	239	241	290
Arabella O'Flynn	210	211	269
Ron	15		

Daniel Keane was elected on the third count following the distribution of the Ron and Padriag Foley's votes.

Communications

Total Poll	657
Spoiled Votes	-13
Total Valid Poll	644
Quota	323

Brian Connolly	223
Stephanie Howard	384
RON	37

Stephanie Howard was elected on the first count having exceeded the quota.

Entertainments

Total Poll	662
Spoiled Votes	-12
Total Valid Poll	650
Quota	326

John Grant	287
Mark McCarthy	334
RON	34

Mark McCarthy was elected on the first count having exceeded the quota.

Equality

Total Poll	620
Spoiled Votes	-17
Total Valid Poll	603
Quota	303

Ray O'Brien	310
David O'Leary	231
RON	62

Ray O'Brien was elected on the first count having exceeded the quota.

For more information please visit www.citsu.ie or contact the SU office.

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Welfare Guide to: Rent Deposits



Please pick up a free copy of our Accommodation Guide or visit www.citsu.ie/welfare for more information on tenants' rights. Copies of the booklet are also available online in Adobe Acrobat PDF format.

Some students may experience difficulty getting their deposits back at the end of the college year. This may be of some help to you but if you find that the landlord is not co-operating then please call to the Students' Union.

Most landlords will require a deposit (usually a months rent). The amount and purpose of the deposit as well as the conditions under which it will be returned must be recorded in your rent book. Generally the landlord holds the deposit as security against the breaking of the tenancy agreement.

Forfeiture of some or all of the deposit may occur if:

- Adequate notice is not given or leaving before the end of your lease or tenancy agreement.
- Damage to the landlord's property over and above the normal wear and tear is caused.
- To cover unpaid bills or rent owed.

If the deposit is retained to cover repairs or replacement, ask to see the relevant receipts.

If a tenant considers that the landlord on the termination

of the tenancy has unjustly withheld his/her deposit, the tenant may apply to the small claims court (which is attached to the district court) for the return of his/her deposit.

Tips for retaining your Deposit:

- Use a cleaning rota so that the premises are well maintained.
- If an item of property is damaged or broken report it immediately to the landlord.
- Encourage others to be responsible. Damage caused by one tenant may result in all occupants losing their deposit.

Please contact one of the following if you have problems getting your deposit back:

- Cork Institute of Technology Students' Union (021) 4933120
- Students' Union Welfare Officer (021) 4933123
- Cork Institute Of Technology Accommodation Office (021) 4326453
- Threshold, Housing Advice and Information Service (021) 4271250 - 8 Fr Mathew Quay, Cork



Welfare Guide to: Hay Fever

As we are now half way through spring and coming in the warmer months, the pollen count will be high again, therefore, the allergy season begins. Those who suffer will endure a summer of watery eyes, runny noses and general discomfort. This could affect those doing exams so make sure to take an oral antihistamine, combined with nasal drops and perhaps eye drops if you think you may be affected during study or exam time. Most of these can be got over the counter at your local pharmacy.

What is hay fever?

Hay fever is the name given to an unpleasant condition in which there is an allergic reaction to airborne substances which attack the nose, sinus, throat and eyes. It is also known as allergic perennial rhinitis or pollen allergy.

Hay fever tends to begin in childhood and gradually eases with age. It is the most common of all the allergic diseases affecting up to 20% of the population at any given time.

What causes it?

Hay fever is due to an allergy to pollen and its peak incidence occurs when pollen levels are high. This typically happens in May and June. Various forms of plant life produce pollen including grasses, trees, flowering shrubs and heathers.

How is it diagnosed?

A diagnosis of hay fever can be made on the basis of physical symptoms alone. However, if you suffer from repeated bouts of severe hay fever, your GP may decide to take skin and blood tests in an effort to ascertain exactly what you are allergic to.

What are the symptoms?

Some, or all of the following symptoms may be present in a patient who is suffering

from hay fever:

- frequent sneezing and a stuffy or runny nose
- eye irritation - the eyes may be very itchy and inflamed. This may be the main complaint for some sufferers and is also called allergic conjunctivitis coughing
- in some cases, a burning or wheezing sensation may be felt in the throat

What is the treatment?

Most people who suffer from hay fever on a perennial basis are able to bring their symptoms under control by taking an over-the-counter oral antihistamine, combined with nasal drops and perhaps eye drops.

For more severe cases, it may be necessary to ascertain exactly what the patient is allergic to and special injections of small amounts of the allergy-inducing agent may be recommended to build up a tolerance in the body. Some people may need to be prescribed oral or inhaled steroids for severe attacks.

Can I help myself?

People who suffer from hay fever every year generally have a good idea of what causes it. If you fall into that category, take all the necessary steps to avoid the particular substance which triggers off your symptoms. If that means getting someone else to mow the lawn while you sit indoors, then do exactly that!

If you are planning a day trip on a fine June day it might be better to go to the sea-side where pollen levels may be lower due to the effect of sea breezes.

cit sport & societies ball 2004



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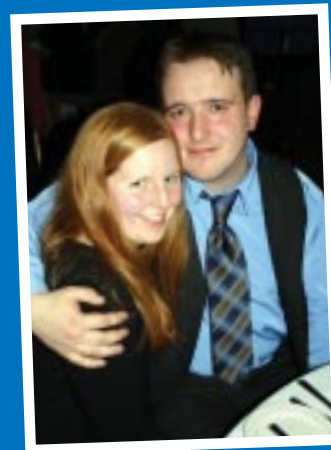
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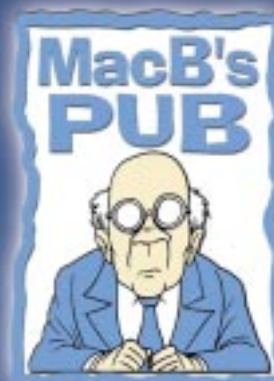
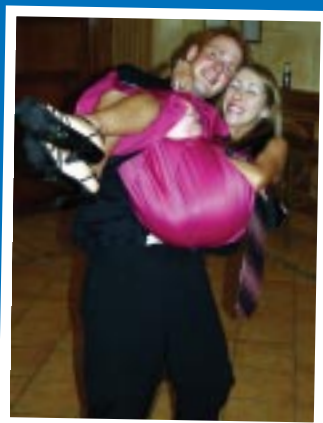
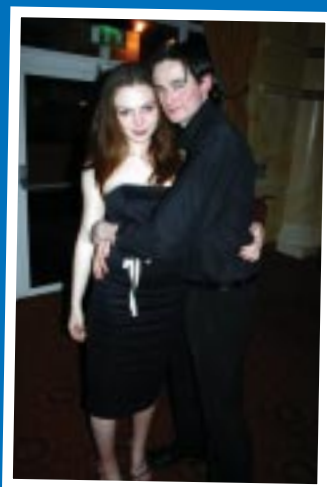
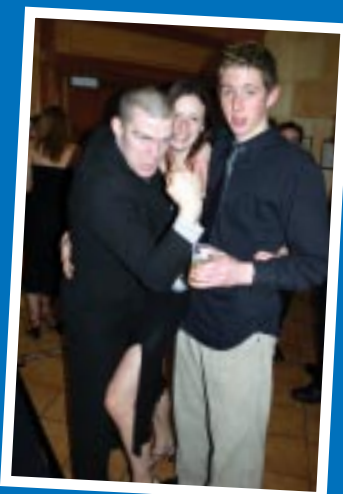
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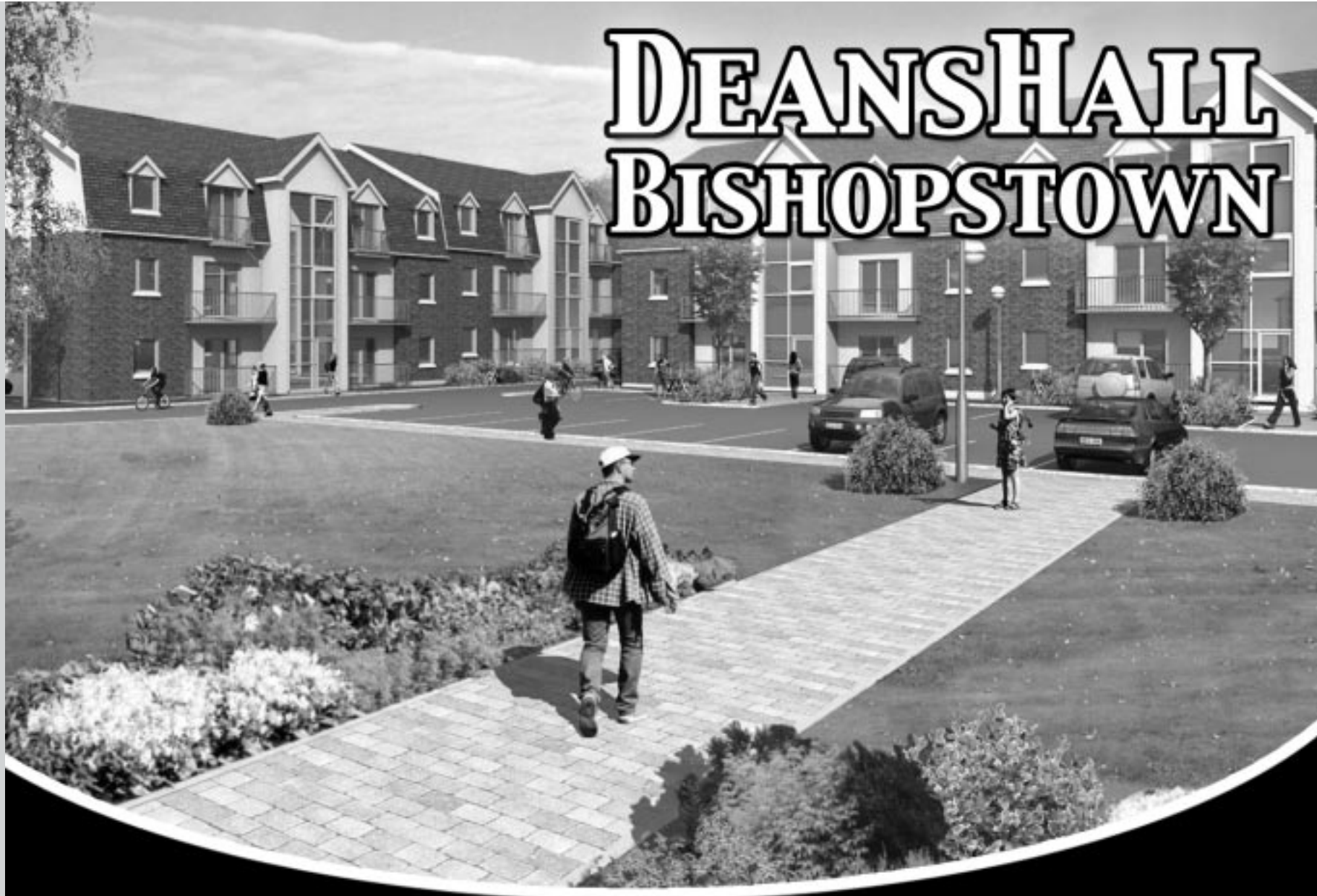


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Alan Tobin wins CIT EuroStar Competition

“...Congratulations to all the winners, performers and also to Fr Louis for his talent spotting ability and his role as catalyst to the success of this event....”

The Institute Theatre was the scene of an extravaganza of musical talent on Thursday 4 Mach 2004. The final of Euro Star attracted students, staff, parents and friends and what a treat they had in store. There were five finalists in the “Original Songs” section and seven in the “Cover Section”.

The saying may be clichéd but is certainly applicable, all contestants were winners on the night and the judges had a very difficult task in selecting the winners. Prizes were presented by the Director of the Institute, Dr Patrick Kelleher, who expressed his pride and delight with the evening’s offerings.

Alan Tobin won the coveted Dr Patrick Kelleher Perpetual Trophy and €350 for writing and performing an astounding rendition of “The Moon Shines Out”. Alan is 24 years old and hails from Ardfield, Clonakilty. He has been playing and writing songs since the age of 15 and has played with artists such as John Spillane, Mark Geary, Woodstar, Steve Wall (The Walls), Martin Finke and Gavin Moore.

Second place in the original section was taken by Niall Moynihan from Killarney, a Recreation and Leisure student with his song “A new Day”. Niall is a talent to watch out for in the future.

First prize in the cover section went to Siobhain Forde from Millstreet, a School of Music student, for her performance of “Natural Woman”. A captivating performance where Siobhan’s prowess both as a singer and piano player delighted the audience.

Mairead Rea, achieved second place in the Cover Section with her own breathtaking version of Al Green’s “Lets stay together”. Mairead is a Recreation and Leisure student from Mitchelstown.

The contest was the brainchild of Fr Louis (aka Chaplain, Kieron O’Driscoll), who’s vision it was to showcase some of the musical talent that exists within CIT. Fr Louis stated, “The motivation behind EuroStar was to celebrate the musical gifts of our students at C.I.T. Students were invited to perform on stage a cover song and/or a song they had written themselves, in the Institute Theatre. The response was excellent with over thirty entries. Heats were held over three days culminating in the evening’s final. Well done, to all the students who participated in the heats. A special word of thanks to everyone who has given so generously of their time and gifts to make EuroStar such a success. As a result of the fantastic response of the students to EuroStar 2004, we look forward to an even bigger event in 2005”.

High praise must go the very capable MC of the night, Jeremy Murphy, who even deigned to entertain the audience with a song of his own (specially dedicated to his mother who was sitting in the audience). Patrick Fitzgibbon and Jimmy Gornell not only facilitated the technical aspect of the competition but displayed their own musical talent during the interval.

The success of the competition was the result of pooling resources from the Student Support Team, Students’ Union, Societies Office, Student Services Office, Sports Office and many other staff and students. Special mention must go to Linda Bary, who coordinated the contest and doubled as a caterer providing refreshments during the interval. Congratulations to all the winners, performers and also to Fr Louis for his talent spotting ability and his role as catalyst to the success of this event.

Vicky O’Sullivan



Alan Tobin



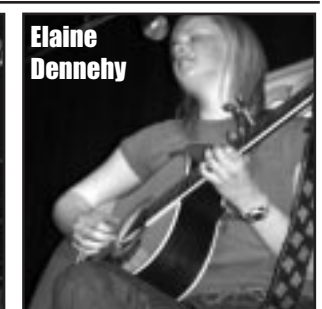
Siobhain Forde



Niall Moynihan



Mairead Rea



Elaine Dennehy



Crawford Currach Society Construct Ancient Craft

“...many hands making light work of the six oared design. The boat was ready for launch for the Cork City St. Patrick’s Day Parade...”

At the beginning of November 2003, a group of students from Crawford College of Art and Design began the construction of a Currach that has not been on this island for at least one hundred years. The original boat was employed by Sheephaven fisherman, living at Dunfanaghy in Donegal. The plans for the boat were recorded by James Hornell in 1936. These drawings are the source for the twenty-foot, three hand design built by Crawford Currach Society. The boat was funded by CIT Societies and built at Meitheal Mara in Crosses Green. Meitheal Mara is a harbour for ancient Irish Maritime tradition, located in Cork City. All makes of Currach may be seen there and at various stages of assemblage in the workshop. The Dunfanaghy Currach could be bought, at the turn of the twentieth century for a mere €5. It's components are frugal and freely obtainable. Hazel rods, called

withies, cut from local coppices are used to form the U-Shape of the boat. These are overlapped by laths or stringers. Each length of Stringer is tied to the frames by a continuous cord, back in the day this was made from horse hair. There are over five hundred knots and few nails in the making of the boat. The cover of the boat is stretched canvas that is sealed with tar, which gives rise to the distinctive black hull.

The Crawford Currach Society began work in November, meeting only one evening a week. Many hands making light work of the six oared design. The boat was ready for launch for the Cork City St. Patrick’s Day Parade, where it was borne to water by twelve Crawford monks.

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CIT success in the Colleges Hockey Association Cup Final Program

“...the Final started in terrible conditions with snow falling for the first twenty minutes, however this didn’t seem to upset CIT too much as they raced into a 3-0 lead...”

The Colleges Hockey Association Cup, which was run in Cork Institute of Technology, on the 25 and 26 February, ran smoothly and efficiently over the two-day program, with the eventual winners being CIT (A), who had to work extremely hard to retain their title. CIT (A) were without a number of their regular players due to exams and also the Senior Inter-Provincials which were to be held in Belfast on Friday 27 through Sunday 29 February. However, since the IHA postponed the tournament due to terrible weather conditions, this made the Munster senior players available for Thursday’s program. CIT were able to add experienced players like Munster Captain, Nigel Buttimer, and defenders Sean Nicholson and John Hobbs to the team. Philip Smith would also have been added but was unable to play due to a back injury, picked up in training.

The draw for the Semi-Finals was made after the last Quarter final was played and CIT (A) were paired with DIT Kevin St and Waterford (B) were paired with Tallaght. CIT with their inter-provincial players back, played Kevin St in the first game of the day and ran out 3-0 winners in the end, with two late goals from Philip O’Driscoll. Kevin St played some great hockey in the first half having gone down 1-0 early to a John Hobbs reverse stick goal in the fifth minute, and were unlucky not to score when Andrew Whittaker in the CIT goal made a treble save from first Gareth Davis then Louise Sheil and lastly Emma Smyth. CIT although pressing the ball well in the opposition half, were constantly outdone by the overhead from Byron Dunne, making them come from deep in their own half again and allowing Kevin St to hit them on the break. However, the two late goals put the contest beyond Kevin Street’s brave effort and sent the CIT into the Final.

The other Semi-Final was also a very close affair, with Tallaght losing out by the narrowest of margins to Waterford (B) on a score line of 2-1. Roselyn Moloney and Christopher Neville put Waterford into a 2-0 lead before Johnny Keohe got one back for Tallaght, leading to a nail biting finish, with Waterford eventually hanging on to progress into the final.

The Final started in terrible conditions with snow falling for the first twenty minutes, however this didn’t seem to upset CIT too much as they raced into a 3-0 lead catching Waterford cold. Claire Hickey got the first from play after good work from Nigel Buttimer down the right, Philip O’Driscoll added a second when he slipped it to Lucy O’Riordan, who gave it back to him, before he slotted home into the bottom corner of the goal. John Hobbs added a third with a strike that was deflected into the roof of the net by the Waterford Captain, Barry, and over the dive of the onrushing goalkeeper. Waterford fought back, however, with John Dunphy doing well in midfield, even though he was held back by a shoulder injury picked up earlier on, and pulled one back before half time through Vicky Smith. Into the second half and Waterford again struck to cut CIT’s lead to a single goal. Neville’s strike from a short corner proving too good for Whittaker in the CIT goal. With Waterford then pushing for the equaliser, it was a cruel blow when they were all caught up field and Hobbs threw the over head into the path of Nigel Buttimer’s run behind the Waterford defence. Buttimer went on to round the keeper and score and put pay to Waterford’s spirited challenge, and retain the cup again for CIT.

A special mention must go to the umpires, David Hobbs and David Edgner, as well as to all the teams who stayed to the end to watch the final in such poor and freezing weather conditions.

With the standard of hockey in the Colleges on the rise all the time the Irish College coaches who attended the tournament are relishing the opportunity of taking on the Universities side in their yearly challenge match on the 24 of March in The Rock Rovers. Leonard Ryan coach of the men’s colleges’ side was very impressed with the standard of hockey at the tournament and was glad that all the players came through the tournament unscathed and hopefully will stay fit for the fixture in March. He was also very impressed with a number of the players despite their unavailability for selection for the colleges recent training camp in Antwerp Belgium. Leonard may add the likes of CIT’s Nigel Buttimer and Bryan McMahon to the squad, as well as CIT’s Robert Hobbs and Simon Blake Knox (Portobello) who missed the camp due to injury.

CIT captain John Hobbs, who was presented with the Cup and winners medals on the pitch after the tournament, thanked the umpires for their excellent tournament, PJ Hegarty and Sons for their sponsorship of the CIT team, also the continued support of the CIT Sports office, and finally the CIT for the provision of their great facilities for the tournament. “I’d like to also thank Waterford for a great final and all the other teams who travelled to Cork to make this tournament such a success, and a great advert for colleges hockey - hockey really was the winner today”

The Results from the Colleges Hockey Association Cup Final Program,

Preliminary Qualifying Fixtures: Wednesday 25th Feb

CIT (B)	0	V’s	Tallaght	3
NCI	1	V’s	IT Tralee	0
IT Athlone	3	V’s	IT Limerick	0
IT Carlow	0	V’s	IT Waterford (B)	3

Quarter Finals: Wednesday 25th Feb

CIT (A)	3	V’s	IT Waterford (A)	0
DIT Bolton St.	0	V’s	DIT Kevin St	0
(DIT Kevin St, won 3-1 on Penalty Strokes)				
DIT Aungier St.	0	V’s	IT Waterford (B)	2
Tallaght	3	V’s	IT Athlone	0
NCI	1	V’s	DIT Kevin St	3

Semi Finals: Thursday 26th Feb

CIT (A)	3	V’s	DIT Kevin St	0
Tallaght	1	V’s	IT Waterford (B)	2

Final: Thursday 26th Feb

CIT (A)	4	V’s	IT Waterford (B)	2
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CIT Young Greens with Cllr. Chris O'Leary

"Why can't we eradicate poverty?" is one of the many questions put to us by Cllr. Chris O' Leary at our poverty talk during Political Awareness Week last January. As a community worker, youth worker, Outreach lecturer and indeed Green Party City Councillor, Cllr. Chris shared his many experiences and views.

A recent report from The Centre for European Reform (CER) claims "more than one in five of the Irish population is at risk of poverty and categorises Ireland as a "villain" when it comes to social reform. While the report says the best way to deal with poverty is to create better employment opportunities, it notes that there appears to be clear correlation between high levels of employment and low poverty rates". [Irish Independent Tuesday 9th March 2004].

Poverty in Cork: Reality

by CIT Green Party
Political Society

From his work Cllr. Chris has seen that whether or not education is valued has a strong bearing on poverty. Problems seem to perpetuate through the generations. Parents who fell out of the education system are left with a bitter aftertaste and pass on this negative view to their children. Did you know that one quarter of the population is illiterate?

Government Reports show that in 2001 child poverty in Ireland was the highest among EU countries. Today, we see the depopulation of rural areas and the "ghettorization" of parts of our city. A long-term plan is needed to wipe out poverty, then and only then can it truly be said that Ireland (or any other country) is a first world country.

If you have any queries, suggestions and/or comments please e-main us: citygreens@hotmail.com. Weekly meetings are held on Thursdays at 1.30 p.m. in PF45. All are welcome.



International Students Society Photos

Here is a selection of pictures from the International Student Society. The group picture (left) was taken on a trip to Belfast last October. The other pictures are from a more recent trip to Galway in February. Pictures were taken in a bar in Galway, around the Kylemore Abbey, and the Cliffs of Moher.

Ina Baumann
International Student Society



Kims Cookery Corner



This month's recipe: Pasta with bacon and peanuts

Re-charge your batteries after a long day in college and before the nightlife begins by enjoying a healthy dinner. A meal is always more enjoyable when eaten with friends so invite a few over.

This month's recipe - Pasta with bacon and peanuts - Serves 2

1lb bacon, chopped
[Tesco Pale collar of bacon €3.48 per 1lb]

1tbsp. Oil

4 sticks of celery
[€1.29 per pack]

Salted peanuts
[€0.50 per 100g pack]

1 tin of chopped tomatoes
[shamrock chopped tomatoes €0.67]

Mixed herbs (optional)

Grated rind of one lemon
[loose lemons €0.32]

350g pasta, cooked & kept warm
[Roma pasta twists 500g €1.35]

100g of soured cream
[Avonmore soured cream 170ml €0.98]

- Heat oil in a large pan and sauté the bacon for 2-3 minutes
- Add the celery and peanuts and cook for a further 2-3 minutes
- Stir in the tomatoes and lemon rind. Heat and season with lots of pepper
- Add the pasta to the pan and toss with the sauce.
- Serve, topping each portion soured cream.

What NOT to do during "The Return of the King":



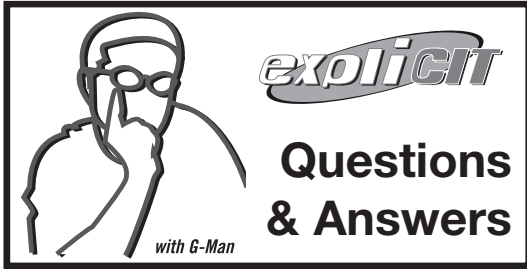
1. Stand up halfway through the movie and yell loudly, "Wait... where the hell is Harry Potter?"
2. Block the entrance to the theater while screaming: "YOU SHALL NOT PASS!"
3. Play a drinking game where you have to take a sip every time someone says: "The Ring."
4. Point and laugh whenever someone dies.
5. Ask everyone around you if they think Gandalf went to Hogwarts.
6. Finish off every one of Elrond's lines with "Mr. Anderson."
7. When Aragorn is crowned king, stand up and at the top of your lungs sing, "And I did it.... MY way...!"
8. Talk like Gollum all through the movie. At the end, bite off someone's finger and fall down the stairs.
9. Dress up as old ladies and reenact "The Battle of Helms Deep" Monty Python style.
10. When Denethor lights the fire, shout "Barbecue!"
11. In TTT when the Ents decide to march to war, stand up and shout "RUN FOREST, RUN!"
12. Every time someone kills an Orc, yell: "That's what I'm Tolkien about!" See how long it takes before you get kicked out of the theatre.
13. During a wide shot of a battle, inquire, "Where's Wally?"
14. Talk loudly about how you heard that there is a single frame of a nude Elf hidden somewhere in the movie.
15. Start an Orc sing-a-long.
16. Come to the premiere dressed as Frankenfurter and wander around looking terribly confused.
17. When they go in the paths of the dead, wait for tense moment and shout, "I see dead people!"
18. Imitate what you think a conversation between Gollum, Dobby and Yoda would be like.
19. Release a jar of daddy-long-legs into the theater during the Shelob scene.
20. Wonder out loud if Aragorn is going to run for governor of California.
21. When Shelob comes on, exclaim, "Man! Charlotte's really let herself go!"
22. After the movie, say "Lucas could have done it better."

explicit Poetry Corner by Sam Lees

*Lying by the candle-light,
Thinking and writing about you,
With nothing to say and not knowing how to say it,
The sea fills me, the tides can go but they always return,
You are like this burning candle, get to close and I'll get hurt,
you won't change,
But the closer I get, the closer I want to get, drawn in,
You're an addiction,
If love were an illness I would have died long ago,
But for now, I move closer,
Whether or not I get burned is up to you.
I hope my heart can get past your flame.*

*Father
I can't talk, I'm not allowed,
I don't,
You said so yourself,
Just because I disagree,
I'm not playing along anymore,
My mind is my own,
I'll achieve more,
Can you take that?
The problem is yours alone,
With your closed mind,*

*Hypocrite,
The years have left me numb,
We can't speak,
Because I'm like you,
But you will never know,
I'm a stranger to you,
It's your loss,
I still have my life,
You have your closed quarters
Where you'll stay.*



G-man why do women after having babies lose interest in sex?

Women, as you may know, bear children, while men do not. Pregnancy lasts nine months, and during its course, sex is useless in terms of reproduction, if still just as fun. After pregnancy, it is inadvisable for a woman to become pregnant again too quickly, and furthermore, it is in the interest of the species for her to take good care of her child. Hence the love for babies and low interest in sex. My biology teacher would be proud of me for answering that one.

G-man what makes nursery rhymes worth examining?

I remember those rhymes all those years ago. Thank you for the question you have me reliving my youth! I was surprised when I received this question as I had just read in the Irish Independent (known locally in Dublin as the Indo) that Jack and Jill got up to more than fetching a pail of water and Jack's crown was not the crown we would usually associate with! This is actually a point of much debate among the various critics who have the time to look into such things. There are two major stances on the issue. The one side says that nursery rhymes, much like myths in history, contain some sort of complex coding system that once someone make sense of, will reveal a deep and meaningful connection between these fictional rhymes and our own currently undiscovered, hidden natures. The other side says this isn't so. Get a copy of the Irish Independent (Indo) published during the first week (not sure what day) of March 2004 for more on nursery rhymes. Good question reader, well done and remember age is only a number; we are all children at heart.

G-man I think I have a computer virus. At least all my friends say I do, and none want to open my e-mails any more. What is it and what should I do?

Anyone who owns a PC today or at least uses someone else's (you cheap feckers) needs a copy of anti-virus software. I use Norton. If you buy it, it includes step-by-step instructions on how to get rid of your virus. And don't buy a copy from the spammers who are e-mailing you a "great price" on Symantec products. It's counterfeit.

G-man facts:

- A cockroach will live nine days without its head, before it starves to death.
- Electricity doesn't move through a wire but through a field around the wire.
- The word "listen" contains the same letters as the word "silent".

Remember my loyal readers you can e-mail me at askgman@yahoo.com

Some memorable quotes about alcohol:

"Sometimes when I reflect back on all the beer I drink I feel ashamed. Then I look into the glass and think about the workers in the brewery and all of their hopes and dreams. If I didn't drink this beer, they might be out of work and their dreams would be shattered. Then I say to myself, "It is better that I drink this beer and let their dreams come true than be selfish and worry about my liver."
~ **Jack Handy**

"I feel sorry for people who don't drink. When they wake up in the morning, that's as good as they're going to feel all day."
~ **Frank Sinatra**

"An intelligent man is sometimes forced to be drunk in order to spend time with his friends."
~ **Ernest Hemingway**

"When I read about the evils of drinking, I gave up reading."
~ **Henny Youngman**

"24 hours in a day, 24 beers in a case. Coincidence? I think not." ~ **Stephen Wright**

"When we drink, we get drunk. When we get drunk, we fall asleep. When we fall asleep, we commit no sin. When we commit no sin, we go to heaven. Sooooo, let's all get drunk and go to heaven!" ~ **Brian O'Rourke**

"Beer is proof that God loves us and wants us to be happy." ~ **Benjamin Franklin**

Beer: Helping ugly people have sex since B.C.!!! ~ **"Genesis"**

Remember "I" before "E", except in Budweiser.

And, saving the best for last, as explained by Cliff Clavin, of Cheers. One afternoon at Cheers, Cliff Clavin was explaining the Buffalo Theory to his buddy Norm. Here's how it went: "Well ya see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. "In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers."



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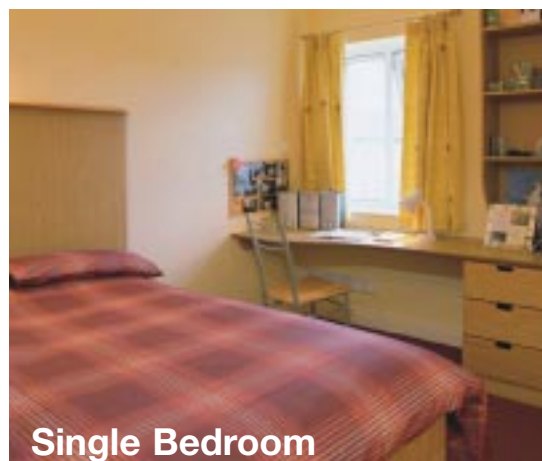
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