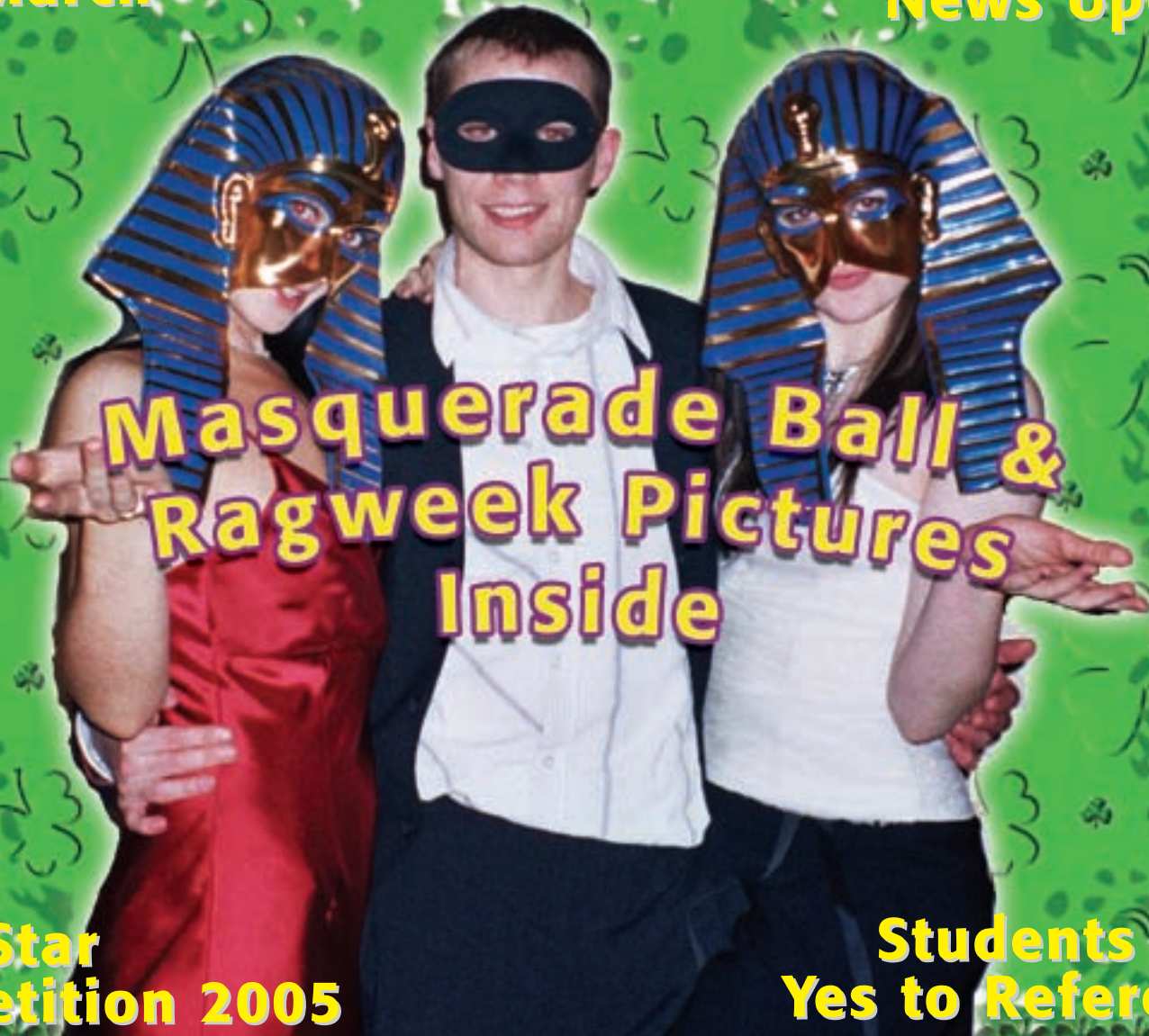


**CITSU Elections  
10th March**

**Sports & Socs  
News Update**



**Masquerade Ball &  
Ragweek Pictures  
Inside**

**€uro Star  
Competition 2005**

**Students Vote  
Yes to Referenda**



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Telephone 021 493 3120  
Fax 021 454 5343  
Email [info@explicit.ie](mailto:info@explicit.ie)

#### explicit Staff

Editor - Steph Howard  
Design & Advertising - Philip O'Reilly

#### Contributions

Sean F O'Leary	Emma Martin
Kim White	Keith Ricken
Jenny Scotson	Brian O'Sullivan
CIT Music Society	Donna Foley
Máiréad Maher	Ken Dermody
Barry O'Sullivan	Neil Danton

#### CIT Students' Union

President - James Maher  
([supres@cit.ie](mailto:supres@cit.ie))  
Vice President Education - Jamie Meaney  
([sueducation@cit.ie](mailto:sueducation@cit.ie))  
Vice President Welfare - Daniel Keane  
([suwelfare@cit.ie](mailto:suwelfare@cit.ie))  
Entertainments Officer - Mark McCarthy  
([suents@cit.ie](mailto:suents@cit.ie))  
Equality Officer - Ray O'Brien  
([suequality@cit.ie](mailto:suequality@cit.ie))  
Communications Officer - Steph Howard  
([sucomms@cit.ie](mailto:sucomms@cit.ie))

#### Print

Barnaville Print & Graphics LTD  
Freshford, Kilkenny.

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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](mailto:explicit@citsu.ie)



## explicit Editorial

### Silly Campaigns & Election Stunts



Yes, It's That time of the Year Again!  
CITSU Elections Thursday 10th March

Hey all

Hope you have all recovered from CITSU Rag Fest 2005, although I must admit I haven't even recovered from it yet. A brilliant week was had by all, or so it's been reported. Unfortunately now it's back to the grindstone for the next couple of weeks with way too many projects and exams coming up, I don't even know where to start.

A great outcome resulted from our recent Referenda, CIT is going to remain standing on its own two feet and out of the USI and also a new constitution has been adopted with a new non-sabbatical position of Projects Officer to replace the position of Equality Officer.

The Union General Elections will take place on the 10th March so don't forget to vote. Read the candidates' manifestos and informational posters and go to the hustings to help you make your choice. It is important to bring your college ID on polling day.

A Mystery tour is possibly on the cards in the upcoming weeks so it's not all going to be about study.

Until next month, take it handy and try to get a small bit of study done, we all know it's hard putting in those hours when you could think of a million better things to do but it will be all worth it in the end (I'm going cheesy in my old age).

Slán  
Steph



## CIT Students Vote Yes to remain out of USI and to endorse new CITSU Constitution

Students at Cork Institute of Technology voted on Thursday 3rd of February on two referenda motions. The first motion was to endorse a new constitution and the second motion was for CIT Students' Union to remain out of The Union of Students in Ireland (USI).

Both referenda were passed by an overwhelming majority of between eighty to ninety percent. The results mean that CIT Students' Union is no longer operating under the 1997 constitution and will remain out of USI. Additional information and copies of the new constitution are available online on [www.citsu.ie](http://www.citsu.ie) or in the SU office.

### Official Results of CIT Students' Union Referenda Held on 3rd February 2005

Union Membership Quorate: 720 Quota 50 % + 1

#### Referendum 1

THE PROPOSED NEW CONSTITUTION OF THE STUDENTS' UNION SHALL BE ADOPTED AND WILL REVOKE ALL PAST CONSTITUTIONS OF THE STUDENTS' UNION.

Total Poll	859
Spoiled Votes	-12
Total Valid Poll	847

Quota	424
Yes	730
No	117

Referenda carried having exceeded the quota

#### Referendum II

CORK INSTITUTE OF TECHNOLOGY STUDENTS' UNION SHOULD REMAIN UNAFFILIATED TO THE UNION OF STUDENTS IN IRELAND.

Total Poll	899
Spoiled Votes	-3
Total Valid Poll	896

Quota	449
Yes	787
No	109

Referenda carried having exceeded the quota



## CIT Catering & Tourism Student Wins Knorr Young Chef of the Year 2005

Congratulations to 2nd Year Professional cookery student, Anne-Marie Fitzgerald, who on the 2nd February became the outright winner of the Knorr young chef of the year competition for 2005. This is a fantastic achievement. Congratulations must also go to colleague Ciaran Scully, her Mentor and Lecturer who coached and encouraged her to this fine performance.

Pic from: Barry O'Sullivan

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## CIT Students Achieve Two of Three Top Engineering Awards at National Final

*"...Existing Infrared and Laser based Wargame Systems are also quite unrealistic in terms of operation and appearance. This project seeks to modify existing technologies to achieve a far more realistic system..."*

The Institution of Mechanical Engineers 2005 National Project Competition Finals took place in University College Dublin throughout Friday 4th February. The competition is open to Undergraduate and Postgraduate students of all Level 8 Honours Professionally Accredited Mechanical Engineering Degree courses in Ireland at Trinity College Dublin, University College Dublin, and University of Limerick, NUI Galway, Dublin Institute of Technology, Dublin City University and Cork Institute of Technology. In a highly competitive event, nine finalists presented their projects to a distinguished panel of Industrial and Academic judges.

**The results announced on Friday 4th February were:**

**First Place: Colm McLaughlin, Cork Institute of Technology,**  
"Infrared based Engagement System for Wargaming & Military Training "

**Second Place: Cillian White, Trinity College Dublin,**  
"The Effects of Post-Mortem Time and Storage on the Mechanical Properties of Musculo-Skeletal Tissue"

**Third Place: Brendan Quirke, Cork Institute of Technology,**  
"Hurley Helmet Impact Testing "

During the course of his studies, Colm McLaughlin, a final year Mechanical Engineering Degree student at CIT, identified a great need for a realistic Wargaming & Military Training System, which was not based on the use of projectiles. Colm has been declared the February Institution of Engineers of Ireland Engineer of the Month.

Paintball and airsoft (pellet guns) currently dominate the field of Wargaming; both games being popular with professionally run gaming sites and individuals alike. For example, over seven million people play paintball in the United States annually and it is reputed to be the fastest growing sport worldwide.

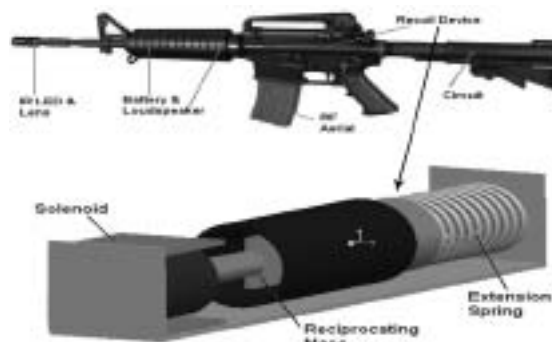
However, neither of these systems offer a truly realistic experience to the players involved, and, since both systems employ the firing of projectiles, a significant safety risk ensues. Many players also report extensive bruising due to short range shooting. Both systems also require the wearing of protective face shields and clothing. This project aims to remove these major safety risks through the use of Infrared based Emitters and Receivers.

Existing Infrared and Laser based Wargame Systems are also quite unrealistic in terms of operation and appearance. Many use long range IR transmission to simulate modern weapons, but none currently utilise any form of recoil device or a provision for missed shots. The project seeks to modify existing technologies to achieve a far more

realistic system; using PIC microcontroller based electronic circuits with replica weapons and long-range IR transmission. The project further seeks to develop a recoil device and an RF based missed shots feature. Extensive research and design is undertaken in all of these disparate areas, with the targeted outcome being a working Emitter-Receiver pair.

Further development of the system for military and law enforcement training purposes is envisaged. Significant risks are of course associated with live bullet training. The use of blanks is inadequate and tends to significantly reduce the lifetime of firearms, thereby introducing a financial imperative to reduce the quantity and quality of realistic training. The developed system is being designed with particular emphasis on the enhanced safety for personnel in training. The running costs of the new system will also be minimal, encouraging more extensive and high quality training in a realistic battlefield environment.

A significant feature of Colm's award-winning project is the requirement for the application of many diverse aspects of engineering analysis to achieve a total design solution. The multi-disciplinary nature of this innovative approach is exemplified by the fact that this final year Mechanical Engineering Degree project is being supervised by Dr. Brian Donovan of the Dept. of Electronic Engineering, CIT.



The chairman of the distinguished judging panel, Mr. Denis McGrath, Registrar, Institution of Engineers of Ireland while commenting on the very high standard of all the finalists, nevertheless declared that Colm McLaughlin was the unanimous choice of all six industrial and academic adjudicators as overall winner

Colm is the son of Bob and Ulla McLaughlin of Monkstown, Co. Cork and a past pupil of Christian Brothers College Cork. Colm's achievements are not just limited to the engineering field, his other great passion being Catamaran sailing. Colm has competed at and achieved considerable success representing Monkstown Sailing Club at the highest national levels. There is also a long history of Engineering achievement

in the wider McLaughlin clan. Colm's father, Bob, is a highly regarded Engineer acting for many years as Managing Director of internationally renowned Cork Based Engineering Company BMD.

The second Placed Student is Cillian White, Department of Mechanical & Manufacturing Engineering, Trinity College Dublin The title of Cillian's project is "The Effects of Post-Mortem Time and Storage on the Mechanical Properties of Musculo-Skeletal Tissue" carried out under the supervision of Dr. Kevin Kelly

The post-mortem (PM) temporal and thermal effects on ovine skeletal muscle were studied. Extirpated shoulder and humerus bone of sheep thoracic limbs were



**Engineer of the Month - Institution of Engineers of Ireland**  
**PIC: Mr. Denis McGrath, Registrar, IEI, and Colm McLaughlin, CIT**

employed, with the supraspinus muscle, deep pectoral muscle and biceps brachii muscle (the medial part as well as the long head of the triceps brachii muscle) being excised from the bony parts. Samples of the muscle tissue were cut into cubes, frozen to -20 and 80 degrees and stored for a period PM. Four samples were thawed daily during this period, two being prepared for histological study and evaluated by microscope and electronic image analyser. Samples were also tested each day PM under uniaxial unconfined compression, performed parallel and perpendicular to the fibre direction on a uniaxial test machine, Zwick Z005 (Zwick GmbH & Co. Ulm, Germany).

Results showed severe physiological changes when flash freezing (-80oC) was employed, with exudation of extracellular fluid and longitudinal shrinkage of muscle fibres. Freezing to 20oC demonstrated a more effective method of storage, preserving mechanical properties of the tissue, and maintaining reasonable structure. In conclusion, the viability of freezing as a method of tissue storage depends largely on temperature of freezing, with cold freezing (-20oC) providing the more viable solution.

The Third Placed Student is Brendan Quirke, Department of Mechanical Engineering, Cork Institute of Technology. The title of Brendan's project is: "Hurling Helmet Impact Testing", carried out under the supervision of Dr. Keith Bryan and in conjunction with Mycosports Ltd., Ballincollig, Cork. Prior to 2005, no Irish safety standards existed regarding hurling helmets. A recent survey at the Eye Casualty Department in the Waterford Regional Hospital, determined that, over a twelve-month period, 98 individual sports-related eye injuries were treated. Of these eye injuries, 30% resulted from hurling matches. Under new legislation, Mycosports Ltd (a hurling helmet design and manufacturing company), are obliged to forward samples of all new hurling helmet designs to a testing centre in Canada for impact testing.

The aim of this project is to design and build at CIT, a test rig capable of projecting a sliotar against a helmet at 100 km/hr to allow assessment of the helmet protection capabilities. This rig comprises a sliotar accelerator, sliotar velocity measurement system, head form, high-speed camera attachment and caging to contain the sliotar during high-speed rebound. Further to the capabilities of testing to specified standards agreed by the GAA and NSAI, the test rig will facilitate measurement of helmet deflection, calculation of coefficients of restitution between the sliotar and helmet, as well as analysis of specific helmet components such as the face-guard, chin strap and their attachment mechanisms. This will contribute to the design of a safer helmet while still optimising important characteristics such as, field of vision, helmet mass and aesthetics. Finite element analysis is to be undertaken to assess and optimise the design of the face-guard component of the helmet.

**Sean F O'Leary**  
 Department of Mechanical & Manufacturing Engineering



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# Welfare Guide to: Diabetes

*“...If untreated, diabetes can cause blindness, heart disease, strokes, kidney failure, nerve damage and birth defects in babies born to women with diabetes. There are two major forms of diabetes — type 1 diabetes and type 2 diabetes. Both types of diabetes tends to run in families, although only 10% of type 1 patients will have a family history of diabetes; in type 2 diabetes, this figure rises to 30%...”*

Diabetes is a disorder caused by insufficient or lack of production of insulin (a hormone) by the pancreas (a gland in the abdomen). Insulin is responsible for absorbing glucose (a simple sugar) into the bloodstream, where it is available for body cells to use for growth and energy.

When most people eat, the pancreas automatically produces the correct amount of insulin to absorb the glucose. In people with diabetes the pancreas either produces little or no insulin, or the body's cells do not respond to the insulin that is produced. Glucose builds up in the blood, overflows into the urine and passes out of the body, with the result that the body loses its main source of fuel.

If untreated, diabetes can cause blindness, heart disease, strokes, kidney failure, nerve damage and birth defects in babies born to women with diabetes. There are two major forms of diabetes — type 1 diabetes and type 2 diabetes. Both types of diabetes tends to run in families, although only 10% of type 1 patients will have a family history of diabetes; in type 2 diabetes, this figure rises to 30%.

## **Type 1 diabetes**

Also known as insulin-dependent diabetes (IDDM), this type is most often seen in children or young adults, although the disorder can appear at any age. Type 1 diabetes occurs when the body produces little or no insulin. Usually the cause of this type of diabetes is not known, but it can sometimes be due to a viral infection, injury of the pancreas or an immune system disorder.

## **Type 2 diabetes**

Also known as non insulin-dependent diabetes (NIDDM), this is the most common type of diabetes — 90%–95% of people with diabetes have type 2 diabetes. In type 2 diabetes the pancreas usually continues to produce some insulin, but for some reason, the body cannot use the insulin effectively. It is most common in adults over the age of 40 and in people who are overweight or have high blood pressure. It has been linked with the Western lifestyle, since it is most common among overweight people and those who do not get enough exercise.

## **Other types of diabetes**

Gestational diabetes — also known as pregnancy diabetes - usually develops or is discovered during pregnancy. The diabetes generally disappears after the birth, although women who have had gestational diabetes are at increased risk of developing type 2 diabetes later in life.

## **What are the symptoms of diabetes?**

- People with type 1 diabetes usually develop symptoms over a relatively short period. Symptoms in people with type 2 diabetes are not as noticeable as in type 1.
- Type 2 symptoms are often diagnosed by chance through routine medical check-ups. Symptoms vary from person to person, but common symptoms include:
  - Increased urination.
  - Increased appetite or loss of appetite.
  - Excessive thirst.
  - Visible weight loss.
  - Blurred vision.
  - Recurrent skin infections.
  - Fatigue.

- Vaginal infections or infections of the foreskin in uncircumcised men.
- Slowly healing sores.

## **How is diabetes diagnosed?**

### **Diabetes is diagnosed by examining glucose levels in blood samples using one or more of the following tests:**

Random glucose test — a glucose level above 11.1mmol/L taken at a random time on two occasions is a diagnosis of diabetes.

Fasting glucose test — a glucose level above 7.8mmol/L measured without anything to eat and on two different days is a diagnosis of diabetes.

Glucose tolerance test — a blood glucose test is taken two hours after a glucose drink is given to the patient. A level above 11.1mmol/L is a diagnosis of diabetes, while a level below 7.8 is normal.

## **How is diabetes treated?**

While dietary control and an organised exercise programme are important for both types of diabetes, the medications used are different. Type 1 diabetes will require insulin treatment. Type 2 diabetes may be sufficiently controlled by diet and exercise alone. If medications are required, it is usually treated with oral glucose-lowering tablets (oral hypoglycaemics). Occasionally, those with type 2 diabetes will need insulin treatment.

## **Insulin therapy**

Insulin therapy is the main treatment for type 1 diabetes. It may also be required by some people with type 2 diabetes.

The aim of insulin therapy is to control the amount of insulin in the bloodstream so that glucose levels are normal or near normal. You will be put on insulin and begin to regulate your diet as soon as the diagnosis is confirmed.

As well as self-injections of insulin every day, you should also check your blood sugar level every day to ensure you get the right dosage of insulin — if you have too much or too little sugar in your blood, you will need to change your diet or the amount of insulin you are taking to keep your blood sugar at a healthy level.

## **Diet**

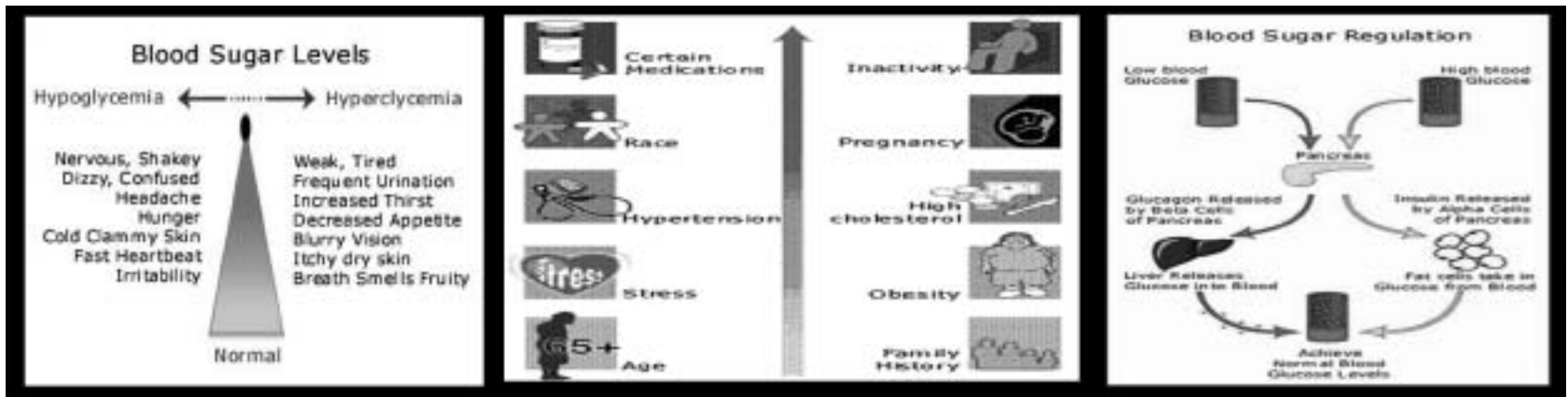
Diet is important in both type 1 and type 2 diabetes, but in type 2 diabetes effective dietary management may be sufficient to control the disorder. The main aim is to maintain a normal blood sugar level.

Your doctor will advise you about which foods you should eat and how to space your meals to avoid going too long without food. The number of calories you are allowed is determined by whether you need to maintain, lose or gain weight.

Your doctor may refer you to a dietician to help you plan a diet that includes a lot of carbohydrates and high-fibre food, and minimises the intake of sugar-rich foods. If you are overweight, you will be advised to lose weight — losing as little as a few pounds can reduce your need to take medication.

## **Exercise**

Exercise is very important both type 1 and type 2 diabetes. A good exercise programme



can help to control your blood sugar level. However, you may need to adjust your insulin dose according to the amount of exercise you take, as too much insulin and exercise may lower your blood sugar level.

**Oral medications**

Oral medications lower the blood sugar by increasing the amount of insulin secreted by the pancreas or by increasing the action of insulin in the body or by delaying the absorption of glucose. These drugs are called hypoglycaemic tablets. They will not be effective unless they are combined with dietary restrictions.

**Routine check-ups**

The aims of routine check-ups are to check that treatment is progressing satisfactorily and to optimise your treatment to help to prevent complications. If any complications are present, they will be monitored and treated.

Your doctor may want to see you every three to six months to check the amount of HbA1c (long-term glucose) in your blood and take your blood pressure, evaluate your home glucose readings, and discuss your diet and exercise.

You will also have other regular checks including the lipid (fat) levels in your blood, urine tests for protein (albuminuria), blood tests for kidney function, eye examinations and regular examinations of your feet.

**What are the complications of diabetes?**

- Complications are more likely if the diabetes has not been well controlled – studies have shown that good glucose control can significantly reduce the likelihood of complications occurring. Late-stage complications do not usually develop for ten to fifteen years in type 1 diabetic patients. In type 2 diabetes symptoms can appear close to the time of the diagnosis because the disease may have been undetected for a long time.

**Complications can include:**

- Low blood sugar levels leading to weakness, confusion and sometimes seizures and loss of consciousness.
- Susceptibility to infections.
- Ulcers and infections of the feet.
- Arteriosclerosis (hardening of the arteries), particularly in smokers and those with high blood pressure.
- Diabetic nephropathy (kidney disease).
- Diabetic retinopathy (diabetes-related eye disease).
- Diabetic neuropathy (nerve damage).

**What can I do to maintain good health?**

**If you have type 1 diabetes:**

Learn how to use your home blood glucose testing kit and use it regularly – this will enable you to measure your blood glucose levels and control your insulin dose. Learn how to give yourself insulin injections – you are going to need them for the rest of your life.

If you smoke, quit.

Follow the diet advised by your doctor and eat at regular times.

Exercise regularly and eat more or decrease the insulin you are taking to prevent low blood sugar levels.

Carry some form of sugar so that you can treat low blood sugar quickly and a protein snack to make sure you eat as often as you should.

Visit your doctor regularly so that your blood glucose levels can be checked and your eyes, kidneys and feet examined for signs of any late stage diabetic symptoms.

Tell your doctor if you feel ill or if you have been diagnosed with another disease.

Carry identification (such as a card or bracelet) that says you have diabetes, in case of an emergency.

**If you have type 2 diabetes:**

If you're overweight, lose weight – losing as little as a few pounds can reduce your need to take medication.

Follow the diet advised by your doctor.

If you smoke, quit.

Learn how to use your home glucose testing kit (either blood or urine) and use it regularly – this will enable you to measure your glucose levels.

If you need insulin, learn how to give yourself insulin injections.

Visit your doctor regularly so that your blood pressure, blood glucose levels and amount of lipids (fat) in the blood can be checked, and your eyes, heart, kidneys and feet examined.

Tell your doctor if you feel ill or if you have been diagnosed with another disease.

Carry identification (such as a card or bracelet) that says you have diabetes, in case of an emergency.

What is the outlook?

**If you have type 1 diabetes:**

Type 1 diabetes is a lifelong condition, but, if treated effectively, you will reduce the risk of developing late-stage diabetic complications.

**If you have type 2 diabetes:**

Type 2 diabetes is also a lifelong condition, but it can usually be controlled with a combination of diet and medication, although as the disease progresses, you may find that you also need insulin injections to minimise the risk of further complications.

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The Institute Theatre was the scene of an impressive array of musical talent on Wednesday 9th February 2005. The final of EuroStar was well supported by students, staff, parents and friends. Every seat was filled and some attendees had to be seated in the aisle. There were seven finalists in the "Original Song" section and seven in the "Cover Section".

The judges had a very difficult task when it came to the final selection process and they seemed to spend an eternity debating the merits of the various performers but eventually did return to announce the winners. The Emeritus Director of the Institute, Dr Patrick Kelleher and competition judge, Vicky O'Sullivan, presented the prizes.

Aoife Kelliher won the sought-after Dr Patrick Kelleher Perpetual Trophy and €350 for writing and performing her own song "Away With You". Aoife, who celebrated her 21st birthday just two days before the competition, hails from Beaufort, Kerry and is a Multi Media Student. First prize in the cover section went to Eoin O'Connor from Cork, a Computer Applications student, for his performance of "The Contender".

Aoife and Eoin will now go on to represent CIT in the national song contest, IT factor, where entrants from most of the Institutes of Technology will participate. The IT Factor forms part of CIT's contribution to Cork City of Culture and has been spearheaded by CIT Chaplain, Fr Kieron O'Driscoll. Micky Joe Harte will host the competition and the judges will be Jean Elliot, John Spillane and Paul Lenihan (Frank & Waters). The competition will take place on 9th March 2005 in Rochestown Park Hotel. For more information see [www.itfactor2005.com](http://www.itfactor2005.com).

Second place in the original section was taken by Niall Moynihan from Killarney, a Recreation and Leisure student with his song "Be Strong". Niall also achieved success

# CIT Euro Star 2005 Leads Way for National Success for Students

*"...Winners Aoife and Eoin will now go on to represent CIT in the national song contest, IT factor, where entrants from most of the Institutes of Technology will participate..."*

## National IT Factor Final: 9th March - Rochestown Park Hotel

in EuroStar 2004. Caroline Wilkins achieved second place in the Cover Section with her own rendition of "Angels". Caroline is a Recreation and Leisure student from Cork.

The contest, now in its second year, was the brainchild of Chaplain, Fr Kieron O'Driscoll, whose vision it was to showcase some of the musical talent that exists within CIT. Fr Kieron stated, "The motivation behind EuroStar was to celebrate the musical gifts of our students at CIT students were invited to perform on stage a cover song and/or a song they had written themselves, in the Institute Theatre. 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 to make EuroStar such a success, particularly to those on the organising committee". He further added "I am looking forward to the IT Factor, in March where CIT will have an opportunity to show off its musical talents on a national level".

High praise must go to the very capable MC of the night, Jeremy Murphy, who once more delighted the audience with a musical number of his very own. Patrick Fitzgibbon and Jimmy Gornell generously provided technical support and also kept the audience entertained during the interval, along with last year's "Original Song" winner, Alan Tobin.

The success of the competition was the result of pooling resources from the Student Support Team, Students' Union, Societies Office, Sports Office and many other staff and students. Special mention must go to Edel Dullea and Daniel Keane for their dazzling stage design. Congratulations to all the winners and performers of the competition.

**Vicky O'Sullivan**



Pics from Barry O'Sullivan: Dr. Patrick Kelleher with Aoife Kelliher (Top) / Niall Moynihan 2nd Original / Eoin O'Connor 1st Cover & Caroline Wilkins 2nd Cover with Vicky O'Sullivan



# Valentines Verdict

*"...Over the years, I've built up an immunity to being single and have even begun to think that being single has its advantages. On the build up to Valentines Day, instead of tearing my hair out thinking what to buy my other half, I strolled leisurely around the shops looking for things to buy myself..."*

Yes I know it's sad and pathetic, but I'm still wallowing in self-pity at the realisation that I spent the most romantic night of the year, Valentines Night, at home with my mum. Don't get me wrong mum, you were great company, but I can't say I wasn't hoping that somehow my prince charming would come rescue me and whisk me off to some fancy restaurant, on a last minute whim. Ah who am I kidding? I would have agreed to a drive through McDonalds with the local milk man if it meant I didn't have to spend yet another Valentines night scanning the TV page looking for something to watch on the Box. Even then, the TV line up was as s\*\*t as the day itself. The films that were aired began at midnight and were 15years old. I couldn't even head down to xtra-tv as that'd mean getting out of my pyjamas.

My only light at the end of the tunnel was knowing that I wasn't the only one in this predicament. My friend in UCD had told me in December, when the cards first appeared on the shelves, that she planned to stay in bed all day. In fact, only a handful of my friends actually had someone to share this beautiful day with.

Some of you out there, no doubt, are thinking "How bitter is this girl?" but you'd be surprised to hear that in fact, I'm fine. Over the years, I've built up an immunity to being single and have even begun to think that being single has its advantages. On the build up to Valentines Day, instead of tearing my hair out thinking what to buy my other half,

I strolled leisurely around the shops looking for things to buy myself. My logic behind this selfish deed was, "I Love Me", so why not splash out on myself. Also, my face had a few too many blemishes, but I didn't worry. Who'd see them? Only my mum and she sees my ugly mug every morning after the night before.

I firmly believe that Valentine's Day is not only a ploy to make money but also acts as a cruel device to make single people feel like crap. I suppose it's a way for couples to get back at singles for all those nights on the pull where the unavailables sit on a stool texting their loved ones while watching their single friends try it on with every person of the opposite sex in the club. Valentine's Day is a kick in the sack to a single person-but a small price to pay for the fun we have on the other 364 days of the year.

Over the years, I always stayed positive and hoped that the following year's Valentine's Day would be a little bit better than the one before, but I have been assured that that will never happen. I'm beginning to think that I'm going to die a lonely spinster with a 100 cats.

Yours sincerely,  
**Jenny Scotson**

## Our First Rag Week at the National Marine College in Ringaskiddy

As you all know it was CIT Rag Week not so long ago and we, at the National Maritime College, in isolated Ringaskiddy were not to forget this infamous week. As participation in events running within the Bishopstown campus and the surrounding bars would prove very difficult and costly, we decided to run our own rag week in conjunction with CITSU.

After an intense battle with the head of department, a day off college was secured and we decided to have a large fundraising day to purchase a fishing boat for Sri Lankan Tsunami victims. Indeed everything was done that day to hound money from the 300 or so students within the college. We had a 5-a-side soccer tournament, tug-o-war and life raft racing which took place in our multi million euro, state of the art environment pool. Following this we had a monster barbeque in the local bar proceeded by a fantastic night of karaoke and prize giving. "Interesting" parties followed but events such as face painting and leg shaving on happily sleeping victims are presumably prohibited from being discussed in this article! Altogether a total of €1060 was raised and this will go a long way towards the €3000 price tag of the fishing vessel.

On the Wednesday a bus was sponsored by the societies office to transport all those interested in getting a taste of the main campus activities. With a "few" sore heads visible around the student accommodation within the village, a departure time of 10:30am proved too early for most and only 25 people made it onto the bus. However, the speed dating and Billy Connolly tribute went down well with all those who journeyed.

On Thursday night a bus sponsored by the Students' Union transported a large number of students to the tramps ball in town. A great night was enjoyed by all as it was one of our infrequent chances to party with the real world in Cork City.

Many thanks to all who supported and sponsored our successful week and hopefully this is the ground mark for future Rag Weeks in the years to come in the NMCI.

Yours sincerely  
Brian O'Sullivan

**Do you want your letter here?**

**letters@explicit.ie**

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



## CIT Students' Union President

A lot of things have happened in the last month. Two referenda, which were well over the quorum, Rag Week, Crawford Students rejoining CITSU and many other things. This week the Students' Union elections will take place and I would encourage everyone to vote, even if it's only to re-open nominations. This is your Union. The people in the positions on the executive will be representing you from next May 31st for twelve months. Have your say regarding whom you want in the job.

The right to exercise a vote is a privilege that people have had to fight for over and over throughout history and indeed in some instance this fight is still ongoing in many countries. I know many may look at the Students' Union elections and say, 'that it's not the same thing', but students before us had to fight to form a Union. Make sacrifices, take chances and by voting and getting involved your Union will only become stronger. Your Union is as important today as it ever was. Your Union is your voice in the College and consistently represents you and your rights. All we ask is that you play your part.

Rag week has been a great success from many stand points this year. As usual, lots of money was raised for various charities (a list of donations will be published in the next issues of explicit) and we hope that most people had fun. The day time entertainments were

well attended, Adrian Knight, in particular stealing the show on Thursday. The night-time events were rocking from all accounts. The extra buses put on by the Students' Union worked well.

Also this was the first time that Cork School of Music and the National Marine College of Ireland participated with their own Rag days. Both groups punched well above their weight with contributions of €900 and €1060 respectively. Considering the number of students on both campuses this is fantastic. All monies from the NMCI will be going to the fishing boat project which forms parts of the Tsunami relief effort and all monies from the School of music will be going to Marymount Hospital.

Currently we estimate that the money raised during CIT Rag Week exceeds €10,000 which will be spread among charities. This is a fantastic feat and to all who enjoyed it and donated or bought a ticket congratulations and well done. Well done to all those CIT Societies who got involved, your contributions form an integral part of the whole week. I would also like to thank our sponsors without whom it would not be possible to put on such exceptional entertainment whilst raising plenty of cash for charity.

James

Please remember to cast your vote in the Students' Union Elections on Thursday 10th March.



## CIT Students' Union Vice President Welfare

Another few hectic weeks have gone by in the welfare office and with a successful Rag Week (really enjoyed that one) and the success with the two referenda (yippee). The weeks have started to fly by and the summer seems to be getting closer and closer. Too early to start thinking about study really cause there's still too much fun to be had.

Rag week was a fantastic success and many thanks to all those who helped out and supported the week by either donating money or attending the events. Well done to the boys and girls from the NMCI who raised over €1,000 during their inaugural "Rag Day".

On Wednesday February 2nd, we will be having our first S.H.A.G.

Day (Sexual Health Awareness Guide Day) to highlight sexual health and surrounding services. S.H.A.G. packs will be available on the day. The odd surprise is also guaranteed. Be healthy, happy & wise!

I would just like to take this opportunity to wish all the candidates in the upcoming elections the very best of luck and I would like to encourage all students to get out there and vote next Thursday. Have your say as to who your officers will be for 2005/2006.

So enjoy Paddy's Day and the Easter break,

Daniel

# Would you like to get involved with our magazine explicit?

We are always looking for students to submit articles and photos for our magazine. If you are interested in submitting news, reviews, feature articles, photos, sport or societies info then please get in contact with us now!



Email: [info@explicit.ie](mailto:info@explicit.ie)  
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# CIT Masquerade Ball 2005 - Computer Ba



**Kate Darmody, Carrigaline and James Motherway, Douglas.**



**Stephanie Kerns, Youghal, Claire Balfe, Macroom, Zara Lehane, Macroom, Claire Flaherty, Galway.**



**Laura McCabe, Erica Gringer, Philippa Ryan, Carol O'Donovan and Mary Corcoran**



**Donal Murnane, Olivia O'Driscoll, Owen Buckley and Ciara Murphy.**



**Jenny Duffy, Togher and Patrick Buckley, Glasheen.**



**Sandra Wall, Tanya Kingston, James Langan, Nicholas McSweeney and Owen Courtney.**

# II / Pic n Mix Ball / Elec Trix & Tronix Ball



**Stephen Heffernan, Co Wexford, Orla Foudy, Co Clare, Catriona Sheehan, Co Limerick and Shane Curtin, Co Kerry.**



**Tara Collins, Rathmore, Julie Collins, Waterford, David Owen, Co Waterford and Andrea McMahon, Co Limerick.**



**John Russell and Liz Cotter, Cobh.**



**Tess Purcell, Thurles, Karyn Moynihan, Co Waterford, John Foley and Eimear Malone, Co Kilkenny.**



**Kathleen McGrath and Evin Foley, Waterford.**



**Lily Lenihan, Anne McCloskey, Audrey Downey and Sinead Cronin.**

Pictures: Donna Mc Bride & Nigel Walsh

# RagWeek 2005

Monday 7th - Thursday 10th February



Pictures from:  
Anthony Flemming  
& Wez

# Tourism & Catering Conferring Pictures 2005



Pictures from:  
Barry O'Sullivan  
CIT Audio Visual Services

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## CAREERS & COUNSELLING SERVICE

### Guidelines on: Improving Study Skills

**Think of a time when you learned something well in school, at home or during leisure time.....**

**Take 5 minutes to write down some bullet points**

- What?
- Where?
- Who?
- How?

**Do you learn well when....**

- You discuss things in a small / large group?
- You draw diagrams, bubbles and arrows?
- You talk to yourself out loud?
- You talk into a cassette recorder?
- Jot things down in a notebook?
- Use a method with headings, underlines, summaries

**Learning is easier when....**

- When you are in a physical state to learn (food, water, stress levels)
- When you believe you can learn
- When information is organised
- When you enjoy what you learn – fun!
- When you work with others (study groups)

**What does 3rd level expect from you as a learner?**

- Independence – know where to get help when needed
- Self-motivation – able to work on your own
- Openness to working with others
- Ability to organise your time
- Ability to work things out for yourself
- Ability to work out when, how and where you learn best

**Organising your time**

- Be aware of how much time it takes to you to complete each type of study task
- Be aware that many aspects of study take longer than expected
- Schedule time for unforeseen events
- Schedule time for relaxation and leisure
- Be very specific in your time planning

**Designing the timetable**

- Decide how many hours you can study each week – space the hours over the week
- Decide the time of the day you will study
- Decide how you will divide your time over the various subjects
- Tackle more difficult subjects first
- Decide the length of each study session
- Begin each study session with a 5-minute review of the previous nights work
- Finish with a 5-minute review of the work you have done in the session

**The less you have to remember...**

- The less you will forget – make it easy for yourself and put in the effort sooner rather than later
- Studying is all about editing – cut to the chase!

**Common Distractions To Study**

- Too much to do – Don't know where to start
- Not having a specific goal or question when studying
- Not working to a plan or timetable
- Too tired to concentrate
- Constant interruptions
- Personal problems
- Thinking too far ahead



- Regretting what happened in the past
- Thinking of unrelated matters
- Finding it hard to motivate yourself to task

**Place of Study**

- Where to Study
- Lighting & Heating
- Ventilation
- Posture & Furniture
- Distractions

**Taking notes from lectures**

- You must buy a folder, an A4 pad and a set of dividers
- Each subject must have a specific division in the folder
- If you are missing for a lecture/day you must get notes from a friend
- Try to develop your own short hand to quicken your note taking

**Why make notes on your lecture notes?**

- Required level of detail – more is not always better
- Only show what matters
- Clear & logical – identify main points, e.g. definitions
- Ideas are properly connected
- Most important items highlighted
- Notes are not a copy of the original

Remember it is only by trial and error that you will find the best way of studying, which will suit your learning style and your lifestyle. However you need to put the time into discovering what suits you. There are several very helpful books in the careers section of the library (next to the main check –in desk).

**Reminder:**

To check the closing dates for Graduate Development Programmes and Graduate jobs log onto [www.gradireland.com](http://www.gradireland.com)

For postgraduate courses throughout Ireland log onto [www.postgradireland.com](http://www.postgradireland.com)

To find a list of courses in the UK undergraduate, postgraduate and distance learning log onto [www.educationuk.org](http://www.educationuk.org)

**Note:**

**External transfer forms to other IT colleges for next year usually have a deadline of 1st April.**

**To transfer to a University next year, please contact that college as deadlines vary from Universities.**

**There is a lot of information available to take away from the Careers and Counselling Service (near F Block)**



## CIT's 5th Annual Post-Graduate Forum Call for Abstracts

*"...this annual event provides an excellent opportunity to bring together post-graduate research students, supervisors and researchers to discuss research and innovation within the Institute. Such beneficial meetings can only encourage the cross-pollination of ideas and concepts between different individuals and groups..."*

The post-graduate community within the Institute is in the process of organising the 5th Post-Graduate Research Forum. Since the initial conception of the Post-Graduate Research Forum, it has increased in size and stature every year. The previous Forum involved forty-three presenters representing ten departments within the Institute. This year's Forum is expected to build on the success of previous years and continue in the development and growth of the Forum. The Forum will take place on the 4th of May in the IT Building. A number of parallel sessions will be held showcasing a sample of the research taking place within the Institute. Post-graduates, from all departments involved in research, will be presenting at this years Forum.

The Post-Graduate Research Forum provides an excellent opportunity for post-graduate students to develop their presentations skills in a non-threatening academic environment. For many post-graduate students, the Forum provides their first experience of presenting research outside of their departments. In addition, the multi-disciplinary nature of the Forum encourages students from associated departments, to learn and offer alternative ideas and approaches, in developing and challenging one another's

research. This is fundamental in creating a healthy and thriving academic environment. Also, this annual event provides an excellent opportunity to bring together post-graduate research students, supervisors and researchers to discuss research and innovation within the Institute. Such beneficial meetings can only encourage the cross-pollination of ideas and concepts between different individuals and groups.

For all those post-graduates who are interested in presenting their work at the Forum, the deadline for submitting their abstracts is the 1st of April 2005. To register for the Forum, just email: [postgradforum@cit.ie](mailto:postgradforum@cit.ie)

Further details regarding the Forum, including the timetable of events, will be announced in the next issue of explicit.

Martin O'Riordan  
[martinoriordan@cit.ie](mailto:martinoriordan@cit.ie)

## Paddy's Week Madness @ The Outpost

### CIT Pre Paddys Bash Tuesday 15th March

Proud to Be Irish Party All Day

Christy Moore Tribute Show  
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Check out our NEW website - [www.theoutpostbar.com](http://www.theoutpostbar.com)  
for all the latest news about gigs and promotions in Bishopstown's Best & Original Student Bar

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## Bula!

'Paradise', we know the word gets used pretty loosely but if it is appropriate for anywhere, it's Fiji. There are over 300 islands set in crystal clear waters with palm fringed white sandy beaches, lagoons, coral reefs and idyllic places to stay.

'Bula', you'll hear it all the time, it epitomizes the warm, friendly, outgoing nature of the Fijian people, both native and Indo-Fijian. Fiji offers a diverse cultural experience, from remote island villages to the capital Suva, providing an endless string of wondrous activities. Relaxation is big in Fiji but if you are in the mood then there are an incredible number of activities including; white water rafting, trekking in rainforests, amazing snorkeling and diving, local villages to visit, surfing and even swimming with Manta Rays.

All International flights arrive at Nadi International Airport on the west coast of the main island, Viti Levu. The plane door opens to extreme heat and high humidity, there will be no mistaking that you are in Fiji. Expect thunder storms and heavy rain most days after lunch, there's no avoiding it. From Nadi you have a great choice of islands to start your non-stop island hopping party. The Mamanuccas and Yasawa islands are a big favorite with backpackers from all over the world. It's best here to remind you that Fiji is paradise and each island in Fiji is more divine than the last, the remote smaller islands are by far one of Fiji's best assets, if you happen to find yourself in the area don't miss out on the chance to visit them. Island hopping is a tad on the expensive side but all food and most activities are included in the cost. Be warned though, from the moment you arrive on an island you pay for nothing, everything is kept on tab, including drink, so you could be landed with a nasty bill when you're checking out, and there's no running away without paying because the islands are too small to hide (approx. 5 min walk around the entire island) and you'll be miles away from neighboring islands. Such islands include Nanuya Lailai where Brooke Shields famously starred in the 80's remake of 'Blue Lagoon'. Nanuya Lailai features beautiful beaches, island walks, underwater caverns and access to one of Fiji's best quality dive operators, unfortunately a stay on this island costs approx. €1300 per night. The more common islands for backpackers include Beachcomber, South Sea Island, and Robinson Crusoe Island, all of which are gorgeous, filled with activities and alcohol, and are more realistically priced at approx. €30 a night (food and entertainment included). However transfer costs (ferry fares) between islands can be expensive, averaging at €20 for a one way ticket, transfer costs will quickly add up if you are visiting more than one island, efficient planning is crucial.

The heart of Fiji is contained within the main island of Viti Levu. The outer islands are great tourist spots but if you are a traveler seeking to experience the 'real Fiji' then a journey around the main island is essential in discovering the true Fijian way of life. Buses are very scary but are probably your best option to travel in Fiji. Think twice about hiring a car, they seem to come in the form of an expensive tin can and the

# CIT Students Around the World in 365 days (or so) part 3

*"...Fiji offers a diverse cultural experience, from remote island villages to the capital Suva, providing an endless string of wondrous activities. Relaxation is big in Fiji but if you are in the mood then there are an incredible number of activities..."*

Fijians tend to be a little distracted when it comes to driving, honestly you think driving in Ireland is bad, in Fiji anything goes, 200 year old buses drag racing on dirt tracks with the odd cow or chicken fleeing for their lives, I kid you not! Speaking of animals, stray animals are everywhere in Fiji and they will walk really slowly in front of fast moving tin cans, poor Ken hasn't been the same since the 'dog incident'.

One of the best experiences to be had in Fiji is definitely a trip through the rain forests. The choice of rain forests trips are endless, we opted for the poor backpackers day trip, which turned out to be very good value for money. We took a canoe down the Navua river, the river itself was amazing, we were surrounded on both sides by cliffs with waterfalls gushing down them, every inch of the cliff faces were covered in trees, it really was incredible. After about thirty minutes we arrived at a village right in the heart of the rain forest, poverty is overwhelming but everyone seems very happy and content, so I guess money is relative to the situation. After a quick tour of the village we headed for the meeting room, which basically was a big bamboo hut. The Chief and town elders were inside, there was not a stick of furniture and we all sat around the perimeter waiting to be welcomed. The welcoming ceremony consisted of the Kava ritual, Kava I might add is a traditional Fijian drink made from the root of the Kava plant, it tastes of dirty sock water, it truly is disgusting but nevertheless we couldn't refuse as it would insult the tribe. Kava does not contain alcohol but it is a narcotic which acts as an anti-depressant and may have viagra type side-effects, no wonder Fijians are always happy. Just before heading back down the river there was a massive thunderstorm, Fiji style, there we all were sitting in a little wooden canoe, rain pouring down, thunder and lightening, and we were floating down a river in the middle of a rainforest, it beats getting soaked by a puddle while waiting for the number five.

### Things to know before you head to Fiji:

- The Fijian currency is the Fijian dollar. You will find ATM's in all the cities and bigger towns, so you will never need to carry too much cash.
- You can book your accommodation in Fiji from the arrivals lounge in the airport, all resorts provide a free phone number, so ring around to get the best price, the resorts will also collect you from the airport free of charge, which is great after a twelve hour flight.
- Most resorts in Fiji have their own travel desk, but make sure you ask about credit card charges before you book anything.
- The words 'bula', meaning hello/goodbye and 'vinaka' meaning thank you will get you a long way.
- Don't rent a car if you are anyway nervous about driving, although they drive on the same side of the road to us, Fijians are mental drivers.
- Don't turn your nose up at Kava even though it might taste like water drained from your washing machine and make your tongue numb for an hour. It's their traditional drink, it's non-alcoholic and won't kill you.
- Two words of advice: Air Conditioning!

**Donna, Mairead, and Ken.**

# CIT Sports Round-up

## by Emma Martin



### CIT Ladies Soccer

2005 has been a year of mixed fortunes for CIT Ladies Soccer. CIT welcomed Maynooth for the WSCAI Challenge Cup Quarter Final. With a semi final place at stake, CIT attacked positively right from the first whistle, showing great hunger and desire for the game. Mairead Kelly opened the scoring for CIT; she pulled the keeper wide of the goal before slotting the ball home. Dee Delaney began and finished the move that led to the second goal minutes later.

With 20 minutes on the clock Kariena Richards made it 3-0 from the penalty spot. Goal number four saw Kelly delicately chipped the ball over the Maynooth keeper, for arguably the goal of the game. Just before half time Captain Dee Calnan ventured forward from her defensive duties. Winning the ball 30yards out from goal, she burst forward turning the defender the wrong way before shooting low into the bottom left corner. The second half paled in comparison, although CIT continued to be a threat going forward, the tempo and urgency wasn't the same. Maynooth attempted a comeback in the second half, creating some half chances. However, CIT keeper Aoife Kelliher was always quick off her line to stop Maynooth having any real decent effort on goal. CIT controlled the game from start to finish without too much effort.

Having secured a place in the semi final of the WSCAI Challenge Cup with a 5-0 win over Maynooth, the girls travelled to Limerick at the end of January for the WSCAI Indoor Intervarsities. Anyone who was there to witness this event will surely agree that CIT were truly unstoppable. I've been involved in the Indoor Intervarsities in the past and I don't think I've ever witnessed such a performance. They proved that there's no 1 in team.

The Indoor Intervarsities consist of 16 of the top teams in college's soccer in Ireland. CIT were drawn in the group stage with their local rivals UCC-B, DIT a bit of an unknown and UL-A, definitely the team to watch. CIT began the day with a convincing 4-1 win over UCC-B, with Kariena Richards scoring a hat-trick, and Dee Delaney wrapped up the first victory of the day with a great individual effort. DIT was next up and CIT were once again quick off the mark. Delaney opened the scoring, only for DIT to equalise almost within minutes. Richards and Mairead Kelly both got on the score sheet to give CIT the deserved 3-1 win. Going into the 3rd and final game of the group stages, both CIT and UL were level on points and equal goal difference, so should the sides finish level at the end of time, a penalty shoot out would have decided the team's fate. Patience was the name of the game for CIT. They passed the ball around as if they'd been playing together all their lives. Constantly encouraging and communicating with each other. They began to frustrate UL and as a result began to create openings in the UL defence. With less than a minute left Captain Dee Calnan struck a cracking shot which gave the keeper no chance to seal victory for CIT and send them into the Cup semi final.

DCU were the challenge for CIT, in the Cup Semi final. Once again, CIT passed the ball around pulling DCU out of position, creating plenty of scoring opportunities.

Richards, Delaney and Kelly were all on target for CIT. A 3-0 victory saw CIT into the Cup final against none other than local rivals UCC-A. The early exchanges saw CIT control the final from the first whistle but when Richards missed two penalties, you'd have been forgiven to think maybe it was going to be one of those days. CIT didn't think this and Richards made up for her misses when she opened the scoring after neat build up play by Calnan and Kelly. Calnan saw her initial effort well saved but Richards was on hand to hammer home the opening goal. Straight from the re-start of second half UCC showed they wouldn't give up easily, a lapse in concentration from CIT allowed UCC to score an equaliser. This gave CIT all the encouragement they needed to spring into action again. A build up which started with CIT keeper Aoife Kelliher, saw the ball being passed with one touch between all 5 players on the pitch, with Kelly on the end of it to score a brilliant goal. A goal which summed up CIT's game plan for the day – pass and move. Once again patience was the name of the game in the final few minutes as CIT, not for the first time in the day, CIT frustrated the opposition. Onlookers were impressed with CIT's composure and control of all their games. It was definitely one of the most completely controlled performances I've ever witnessed in the Indoor Intervarsities. From the very first game to the final CIT never looked like they were going to lose. Captain Dee Calnan was delighted with the team's performance that day. "We've come so close in the past to success in the Indoors so to win today and they way in which we did was very special. It was a joy to watch them play as well as they did". And of course the fact that success started and finished with UCC added further spice to the next league fixture on the following Wednesday.

The CIT v UCC league fixture lived up to all its expectations on a glorious day in The Farm. It certainly didn't disappoint with plenty of entertaining football and end to end action. Both team's tried to controlled the first half and both created plenty of goal mouth activity.

UCC soaked up the CIT pressure and caught CIT on the break. The pace of UCC's Jill Horan, breaking from midfield caught CIT napping. CIT Keeper Aoife Kelliher did well to save Horan's initial shot but it fell kindly for the incoming UCC forward. This goal sparked CIT into action again, Hanley and Kelly were both involved again as Hanley broke into the box, crossing for Kelly but was well intercepted by Tadla. CIT's pressure paid off as they neatly passed the ball around before Kariena Richards played Kelly into space. Kelly was through one on one and Tadla could do little to stop Kelly's strike on goal. 1-1 the half time score a fair reflection on the game.

The second half saw more of the same with end to end action. CIT created several chances throughout the half. UCC's best chance of the day fell to Horan midway through the half. As she ran forward with pace unmarked, one on one with Kelliher, you'd have thought 2-1 to UCC. Nine times out of ten Horan will put away a chance like this, but Kelliher had other ideas as she closed down the angle and made the save of the game to keep CIT in it. This sparked CIT into life and they began to create some clear chances. Captain Dee Calnan was a tower of strength at the back and as too was Kariena Richards in midfield. Kelly and Lisa Brick both had great chances to give CIT the advantage but were denied by the quick reactions of the UCC defence and

keeper Tadla. In the closing minutes CIT piled on the pressure and came close when Richards headed over from Calnan's free kick. At the final whistle both teams were disappointed not to have taken all 3 points.

A draw was probably the fairest result on the day but the chase for 2nd place is still very much on. With both teams still level on points and little or nothing between them in goal difference; it'll be a case of who scores the most goals on the final day of the season. CIT were bitterly disappointed to come away with only a point, the girls felt they had the chances to seal a win but it just wasn't to be on the day.

## CIT RUGBY CLUB

### CIT Seconds 29 - C.S.N. 18

After losing heavily to C.S.N. in early December, it was a game that the seconds have focused on over the past couple of weeks in training. The game kicked off and as predicted C.S.N. came out of the traps quickly and attacked at every opportunity, however this time CIT had their defence well organised and threw themselves into every tackle, knowing that one missed tackle could be crucial. After 15 minutes of backs to the wall and very little position, the pack pounced on a mistake by the C.S.N. backs, quickly the ball was fed to Colin Corkery and he thumped the ball into the opposition 22.

The backs chased and were rewarded with a penalty, when the C.S.N. fullback held on the ground. Sensing the chance and growing in confidence Colin kicked to the corner; Willy McCarthy found his man with the throw and then got on the back of the maul to finish an inspiring drive by the forwards, 5-0. C.S.N. kicked off and won the restart and decided to spread the ball wide, Tadgh Hawes came up quick with a fantastic tackle on their centre causing the ball to spill into the hands of Richard Nolan, who sprinted three quarters the length of the field to score under the posts, Colin converted 12-0. Five minutes later after more great work from the forwards, Colin kicked a penalty 15-0. C.S.N. then rallied and were rewarded with a penalty on the twenty-two, 15-3. CIT were to have the final say in the half, when a kick through by Colin was pounced on by Ed Reynolds, who sprinted in from the half way, again converted by Colin 22-3.

The second half began with CIT making wholesale changes, this allowed C.S.N. to have their best spell in the game in which they touched down two unconverted tries to leave the score 22-13. After twenty minutes CIT began to settle again and attacked constantly for the next ten minutes, deriving just reward for their efforts when Colin kicked a long cross field ball which James Kenny plucked from the air at full pelt to run in under the posts, again Colin converted leaving it 29-13. CIT then took their foot off the pedal and were caught out in the dying seconds when C.S.N. got in for a consolation try, 29-18

## Tag Rugby

### CIT/N.M.C.I. Senior Thirds 19 - CIT Senior Seconds 36

Tag rugby is fast becoming the new buzz in CIT, the last few weeks has seen the sport grow and generate tremendous reaction all over the college. It is being seen as a great way to keep fit or just as a means of getting out for some much needed fresh air. The increase in numbers has led to the notion of having it held on two days during the week and this situation is being currently looked into. Anyone who has any interested or even a niggling curiosity should venture out, it takes place every Thursday between 12 and 2 - come out anytime within this slot and you will be accommodated. I will keep you posted as to other time slot during the week as news comes my way

The National Maritime Centre proudly took to the field in a team-sporting event for the first time ever yesterday. The game took place in Crosshaven RFC, on a perfect day for running rugby. Both teams battled it out in the opening phases, with neither able to get a grip on the game. Then on twenty minutes CIT's pack began to pick and rumble on the twenty two, although the Maritimers tackled well the number of phases proved too much for them and Willy McCarthy dived over the line, Colin Corkery missed the conversion leaving it 5-0. Gaining confidence from this CIT began to move the ball around and were rewarded for doing so by a try from winger James Kenny on twenty five minutes, Corkery converted to leave it 12-0. The Maritimers rallied through some

driving runs by their pack, which released Richard Nolan for a try in the corner on thirty two minutes, Stuart Donaldson kicked a sweet conversion to leave the score 12-7. This would have been a fair reflection of how the first half had gone, but James Kenny seized on a last minute error by the Maritimers backs and raced away for a try under the posts, Corkery again converted to leave it 19-7

The second half saw CIT kick off into the Maritimers who were anxious to get the early score that would bring them back into the contest, a quick take and set up from the kick-off allowed the Maritime backs to attack out wide, resulting in their highly influential full back Stuart Donaldson running from half way to score under the posts, leaving the score 19-14. Stuart Donaldson had to be taken off ten minutes later, which really hurt the Maritimers. CIT sensed the weakness and attacked again through some fine individual skill from Colin Corkery allowing him to score himself under the posts on sixty three minutes; he converted it himself leaving it 26-14. From the kick off the ball was again moved wide, however this time the move broke down 5 metres from the opposition line, the pack took it up and Kieran Hegarty was rewarded for his days endeavour with a try in the corner, Corkery with his last kick of the game failed to convert leaving it 31-14. From the kick off Cork attacked and attacked through great link up play from the new out-half resulting in another try from James Kenny on the wing, which he failed to convert, leaving it 36-14. To their credit the Maritimers were to have the final word when Tom Mee the team captain went crashing over the line in the final minute, leaving it 36-19 to CIT Seconds.

In the clubhouse afterwards the Head of the Maritime Centre, Mr. Donal Burke, had high praise for the hard work put in by all involved in the organising of the team in the N.M.C.I. and that He was very proud to witness the event. He paid special tribute to Mark Hickey (Rugby Development Officer), Bill Cavanagh (N.M.C.I.) and to N.M.C.I. players Stuart Donaldson and Tom Mee who played an integral part in bringing about this fantastic occasion. He also expressed his delight with the way both teams were treated by the Crosshaven RFC personnel who pulled out all the stops to make it an occasion to remember

Congratulations Denis Leamy. We would like to draw your attention to Denis Leamy, former student, who made his Six Nations debut for Ireland on Sunday versus Italy.

## GAA Club

The CIT GAA Club has now entered the Championship Season. The Four Senior teams are busily preparing for their outings in early February, but it's not all however about the senior teams. Early January saw our Junior Hurlers easily over come Marino of Dublin in the All Ireland Junior Hurling  $\pi$  finals while our Fresher Hurlers & Footballers are also preparing well for their championships. The Ladies too are not to be out done and both the Camogie team and Ladies Footballers have played some quality games over the last few weeks. Finally the handball club are all set for their intersivity games the weekend after next in Galway and look promising for some silverware.

### Hurling

On Thursday our Senior Hurlers travel the short journey to the Mardyke, where a large crowd witness a hard fought game against UCC in the All Ireland Hurling League Final. It was a case of close but no cigar, as CIT lost out by the narrowest of margins in their efforts to recapture the trophy they last won in 1998. On reflection we are very disappointed to have left this one slip from our grasp but the focus now is firmly on their Fitzgibbon Cup game against the star studded LIT side. This game has been fixed for Saturday 19th Feb at 2pm in Limerick. Defensively the team is on a sound footing, so it's just a matter of getting it right up front and we will be sure of giving this Fitzgibbon tie a right lash.

### All Ireland Junior Hurling Semi Final UCD (3) 1-09 - CIT (3) 1-12

"Revenge is a dish best served cold" and it was cold in Belfield on the Tuesday when CIT extracted revenge on the home side in a repeat of the 2004 final. In that game we lost out by the narrowest of margins. With most of the current CIT team involved again

this year however, this feeling was still fresh in their minds when both teams were drawn against each other in the National Division 3 Hurling semi-final. While it was another hard fought game, CIT looked the better balanced team throughout and with solid performances from full back Gearoid O'Rourke, Frank Flannery, player manager Aidan O'Sullivan and corner forward Hugh Curran who scored two inspirational points at vital times in the game, the Cork outfit kept their noses in front from start to finish and they now face NUI Galway in the final which will be played Monday week in Limerick.

#### Football

We had two tough days out this week. On Sunday the Senior Footballers lost to Limerick in the final of the McGrath Cup. Although it was a great achievement to get there and it was, with out doubt, a great piece of publicity for CIT, losing is never easy. We like to thanks all those of you who travelled to Limerick to give their support to the students. But while they were disappointed, we hope that the four games stood them well in their preparation for their Sigerson Cup game on Wednesday against a much fancied DIT team. This game is to be played in Grangegorman, Dublin at 2pm.

#### Datapac Sigerson Cup

**Round 2 @ Grange Gorman Dublin Wednesday 9th Feb 2005.**

**CIT 1-15 - DIT 0-09**

A polished second half performance saw CIT eventually kill off the challenge of their Dublin counterparts in Grange Gorman Sports grounds on Wednesday. Leading at half time by a single point, 0-06 to 0-05 CIT looked to be put to the pin of their collars by a well drilled Dublin outfit. After the break DIT pointed two frees in as many minutes to go back into a lead they held briefly when they opened with the games first score. But like the first half the CIT team were far superior in most sections of the pitch and soon were on level terms with a Vincent Hurley point. After this CIT hit a purple patch scoring a further five unanswered points and with 15 minutes to go were well on top. When Alan Morgan found the net with a long delivery the game ended as a contest. To their credit DIT never gave up and did manage to score two good points but it was the Cork Colleges day when they finished scoring the last two unanswered points to run out deserved winners in the end.

#### Ashbourne Cup Round 1 Qualifier

**Sat 5th Feb 2005 @ Belfield**

**UCD 2-08 - CIT 2-04**

Played in next to ideal conditions in Belfield last Saturday, favourites UCD had to battle very hard to win this Ashbourne cup qualifier. In fact it was the Cork girls who started the liveliest with a great individual goal from full forward Brenda Hannigan. They would have been even further in front had in not been for some "strange decisions" from the Dublin Ref which had an unsettling affect on the CIT team. From then on it was UCD who took over on the scoring, six of which came from "frees". Cork IT's first score came in the 19th Minute, despite having more than their share of legitimate claims. Then disaster fell when two goals before half time saw CIT trailing 2-7 to 1-1.

Strangely however, CIT never dropped their heads and on the resumption had signalled their intentions with another Hannigan point. In fact for the rest of the game they dominated in every position on the pitch and UCD look rattled. But the Goal that was needed by CIT fail to come soon enough, despite hitting the bar and side netting. With five minutes to go the score read 1-4 to 2-7 and when Cork goaled a minute later it looked like a dramatic result might be on the cards, but UCD held out and with the last puck of the game scored their first point of the second half and it was enough to secure their way into the CUP. CIT now play UUJ in the semi-final of the plate in Waterford on the weekend after next with the winners playing MICL or NUIG.



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# On a Musical Note by CIT Music Society

*“...Although the crowd did vote for the first act, My Remorse, the judges ruled in favour for Lunar symphony to go through to the final with three other bands...”*

It has begun, The Battle Of The Bands finally got into full swing on the 10th February in a re-located venue, Nancy Spains. The first heat contestants were My Remorse, Johnny Ambition and the Wasters and Lunar Symphony. Although the crowd did vote for the first act, My Remorse the judges ruled in favour of Lunar Symphony to go through to the final with three other bands. Remember the final of this battle on the 15th March in Nancy Spains with free admission. The prizes for the competition are; first place - a support slot for Kerbdog on the 8th April plus €500, second place - €250 and there will be a small prize for the second runner-up.

For those of you that have never been graced with the sounds of Kerdog, here is a small run down on who they are. They hail from Kilkenny a three-piece band that embellishes original hard rock sound and feeling. Although with a strong following and playing support to the likes of Rage Against the Machine, they split seven years ago. With two amazing albums to their name, 'Kerbdog' have now reformed and have not been forgotten. They recently played two (sold out) shows in Dublin, which I saw attended and I sincerely hope they are in it for the long run. Kerbdog will play two

dates in Nancy Spains on the 8th and 9th of April - don't miss this. Tickets are available from [www.tickets.ie](http://www.tickets.ie), Fred Zeplins and Plugd records from €17.50.

Finally, it's here, after months of work and preparation. The C.I.T. Music Society compilation C.D. is officially on sale. The C.D. features bands that have played at our showcases and passed through our college doors including Alan Tobin, Ten past Seven, Flatline, Rest, Isinglas and many more. Seventeen bands in total feature on this compilation with a full colour eight page inlay card. It is available at all our events, from the Students' Union and in between the atria at lunchtime for a mere €5. Also after all costs are met for the duplication all profit will go to charity in aid of autism.

Well that's it for the moment, see you at battle of the bands and Kerbdog and enjoy the C.D.

Cheerz  
Shane

C.I.T. Music Society Presents

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# Battle of the Bands

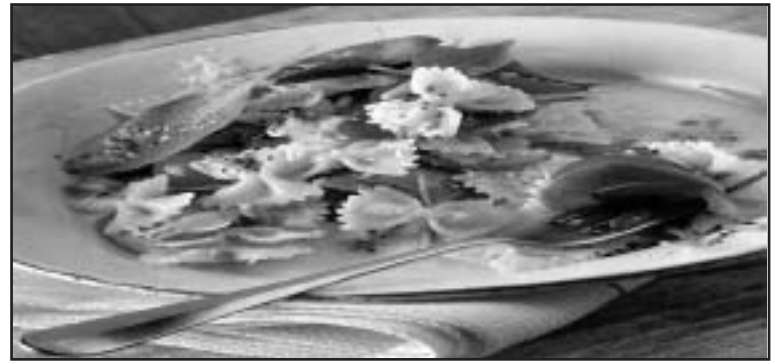
<b>3rd HEAT</b> <b>3rd MARCH 2005</b> TREES WITH CHAINSAWS FLATLINE RACING FOR PINKS THE VITAL SPARK	<b>4th HEAT</b> <b>10th MARCH 2005</b> KUDOS 7.10 Mrs. CAT SERUM
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**FINAL 15th MARCH**  
ALL EVENTS 8.30pm ADMISSION FREE  
CIT COMPILATION CD ON SALE AT ALL EVENTS

# Kim's Cookery Corner

*"...the pursuit of thinness often leads to the fad diet approach - usually ineffective and dangerous..."*



## This month's recipe - Pasta with bacon and peanuts

### Serves 2

- |                                |  |
|--------------------------------|--|
| 1/2 -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.

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.

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COMPETITION CLOSSES 5PM MONDAY 14th March 2005.  
 PLEASE RETURN TO STUDENTS' UNION MAIN OFFICE (C143)  
 ALL ENTRANTS MUST BE CIT STUDENTS  
 & ENTRIES MUST BE ON OFFICIAL FORM.  
**GOOD LUCK!**

**LAST MONTH'S WINNER:**  
 Tracy Hayde - CT3 - €30



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