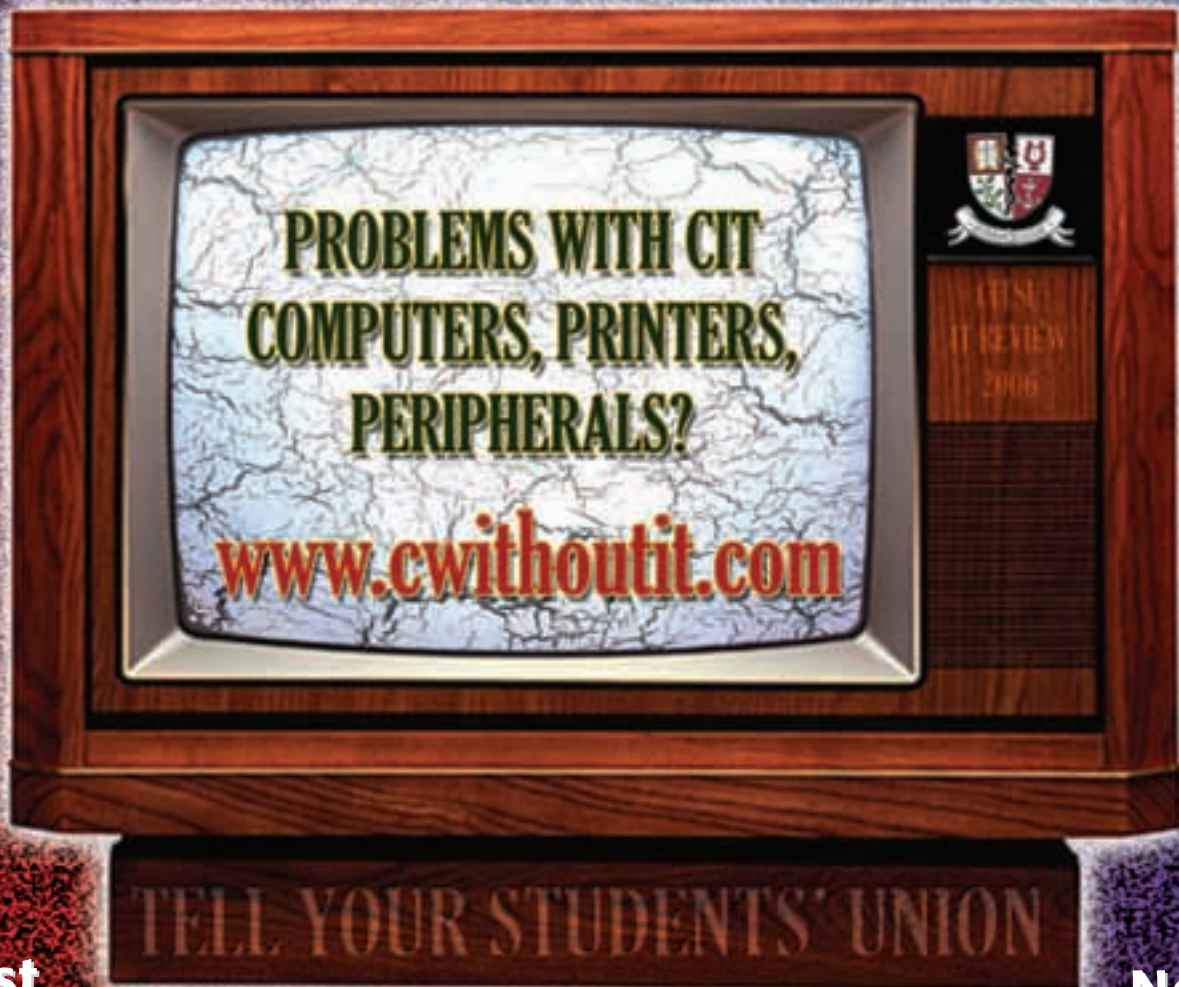


# explicit

CIT Students' Union Magazine  
Volume Seven - Issue Seven

Rag Week  
Photos

Student Centre  
Problems



Latest  
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## We Need You!

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



Hello boys and girls,

Yes, I know, we're all still recovering from the event of the year, Rag week. It was absolutely fantastic and a huge success thanks to Tranny Bingo (kudos to you, Mikey and Calvin), a fine selection of school uniforms and the odd marine in Blu Bambu, foam-tastic shenanigans in Redz and of course the highlight, the Tramps Ball in Cubins. Though it pains me to say it, Aslan rocked the house, as did Delorentos and American Idiot. Unfortunately I failed to convince my Aslan-mad friend to buy the very, um, "classy" Aslan thong which was on sale at the merchandise table. So thanks a million to everyone who helped out and collected money, sold tickets and took part in the crazy events in the Atrium.

Elections are coming up at the end of the month, so if you're thinking about running for any of the posts you still have plenty of time, just get yourself nominated and prepare for some completely shameless canvassing in desperation for votes (I personally had to buy several bags of Smarties and hand them out to willing students...although I'm sure that's not why I won...)

It's the second last issue of explicit for the year now and of course my second last issue as editor, so I'd like to thank everyone who's been contributing over the last few months, and to remind you that we'd like to make the very last issue in May our best one yet. Please send in any contributions you may have, you'll have loads of time to get them in before the final issue is distributed. I know everyone has got an opinion on something, be it sports, film, society news, college issues or just a general rant about something you hate, you guys really have no excuses for not sending in your contributions! Don't forget we also love to see artwork and poetry, as well as recipes, reviews and jokes.

Well, I'm going to sign off now, best of luck to everyone who runs for elections and I hope you all enjoy your Easter holidays next month! Before I go, here are my tips:

**Movies** – I know I mentioned it last month, but *Breakfast on Pluto* really is a sparkling film so do go to see it if you have a chance. *Walk the Line* is also a fantastic biopic of the late, great Johnny Cash, with a killer soundtrack to boot.

**Music** – I recently got reacquainted with a great Irish band that was around in the early 90's, The Stunning. My sister was a big fan in her day, and if you like other Irish bands like The Frames and Horslips, you should check them out. I'm also starting to warm up to the Arctic Monkeys, wasn't sure about them at first but they're starting to grow on me.

See you all in May  
Caitriona



## CITSU Warns Institute to Follow Professional Recommendations to Keep Canteen Company Out of Student Centre

Competition lowers prices, encourages innovation and better service. Well that is what is taught here in the classrooms of CIT but unfortunately it seems likely that a small minority of Institute management will lobby for the Canteen Company to take control over some of the new retail units in the Student Centre. Should these members of management be returned to the classroom?

Cork Institute of Technology Students' Union has written a strongly worded letter to the college Director, Dr. Brendan Murphy, advising him that CITSU will have no option but to proceed with a series of organised high profile campaigns against any such move. These campaigns will highlight that the Students' Union, Student Body, Student Centre Management Board and professional consultant's reports are all opposed to any monopoly on campus.

CITSU President, Jeremy Ó Murchú, said "The ethos of the building is to provide additional facilities to the student body, to allow them to feel a sense of ownership about the building and to achieve excellent standards in provision of services".

He added, "We believe that none of the above will be achieved, should the running of the units be entrusted to the Student Services Co. Ltd. We are, therefore, planning to implement a series of actions, should this situation not be resolved with expediency".

(full letter printed below)

Tuesday 21st February 2006

Dear Dr Murphy, Director CIT.

It has come to our attention that there is a strong possibility that the Institute may, against the recommendations of the Students' Union, the Student Centre Management Board and consultant's reports, decided to allow the Students Services Co Ltd to control and/or operate the commercial units in the Student Centre.

The ethos of the building is to provide additional facilities to the student body, to allow them to feel a sense of ownership about the building and to achieve excellent standards in provision of services.

We believe that none of the above will be achieved, should the running of the units be entrusted to the Student Services Co. Ltd.

Alternative suggestions have been presented but unfortunately we have yet to come to a suitable compromise, in fact we have not come to any acceptable compromise whatsoever.

To this end we will revert to the wishes of the students we represent and will execute all mandates placed upon us to ensure their needs are met.

Given the urgency of this situation, in the light that the Student Centre will

soon open, we find we must be proactive now in order to ensure mistakes will not have to be undone at a later point. We refer here to the incessant demands students have placed on the Students' Union to taken action against Students' Services Co. over the past number of years.

We are, therefore, planning to implement a series of actions, should this situation not be resolved with expediency. Our campaign will be of a high profile nature and we intend to use the media to the fullest extent possible. A series of letter campaigns to the Department of Education will be implemented, followed by protest marches and boycotting. In the words of one student, "...why should we accept more of the same, the only input we appear to have in the operation of the building is the money we contribute through our fees and the taxes our parents pay? Why then, is it that our viewpoints are discarded and we are simply expected to put up with substandard services".

We look forward to your immediate response to our claims and it is our hope that an amicable settlement can be arrived at, but if not we will be forced to pursue the matter vehemently.

Yours sincerely

Jeremy Ó Murchú  
CITSU President

CC: Brendan Goggin, Fiona Kelly, Ed O'Riordan



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## Latest Grant Proposals Cannot Be Welcomed Without Detail

The Union of Students in Ireland (USI), while welcoming the overtures to reform, has challenged the Government to elaborate on its vague plans for overhauling the creaking student grants system.

Each year the current ramshackle system pushes hundreds of students – including those most in need – into a state of financial desperation, as they find themselves victims of delays to the processing of grant applications as unnecessary and predictable as they are long.

USI President Tony McDonnell said: “USI has been a relentless campaigner for a reformed grants payment system. Many students are forced to wait months for the receipt of their grant payment, which is a wholly unacceptable situation.

While USI would welcome the news that Minister Hanafin is due to reform the current grant payment system the haziness of the information disclosed makes it very difficult to see how well the reforms would remedy the gross inadequacies of the existing system.

It is the lack of detail in the Minister’s statement that will make students wary. USI is demanding a cast-iron guarantee that the

reformed system will see all grant applications processed – and monies dispatched – within one month of students beginning their courses. Part of that guarantee must include the Minister spelling out the details of how this will be accomplished.

The Minister seeks to reassure students that a single agency will administer one unified grants scheme from 2007/08. The question students are asking is whether this will be a new agency or simply a rehash of the current system. USI urges the Minister to recognise the logic of the Department of Social and Family Affairs managing the distribution of grant payments as they have the most experience in this type of process.

One of the main reasons why the current grants payment system is so inadequate is that not enough information has been made available to students wishing to apply for a grant. Many students say they find the current system confusing, bordering on incomprehensible.

The Government must act to provide training and development opportunities to school guidance counsellors at both second and third level to tackle this problem”.



## CITSU Hosts Baby Blue Training

On the weekend of the 24th and 25th of February over forty students from colleges all around Ireland came to CIT for Baby Blue Training. What is Baby Blue? Well it’s “a rainbow approach to LGBT issues training” and it was a huge success.

Those participating were the Welfare Officers from various colleges SUs and the committees and members of LGBT societies. The event was kick started with a quiz held in the Loft Bar, the questions were strange to say the least (who know that elephants can’t run down hills?) but the night was definitely enjoyed by all.

Workshops were held by local groups such as the Sexual Health Centre and Linc, and also by those experienced with LGBT societies.

The training was a huge success and it is hoped that this will become an annual event, but we’ll always remember that the first one was held here.

## Report Reveals Two Tier System for College Access

The Union of Students in Ireland (USI) has seized on alarming new evidence from the Higher Education Authority (HEA), suggesting it is mainly the middle class who are reaping the benefits of Ireland’s expanded higher education system. The report from the HEA’s National Office for Equity of Access to Higher Education reveals that while fifty percent of young people in Ireland now enter college annually only ten percent of school-leavers from lower socio-economic backgrounds do so.

USI President Tony McDonnell said: “Evidently, the Government and schools are guilty of not giving young people from lower socio-economic backgrounds the levels of financial backing, support and basic information they need to take advantage of higher education. Successive Education Ministers have pledged to tackle access from such groups but as the report proves this is another example of broken promises.

“What we have witnessed in this country over the past twenty years is essentially the heightening and consolidation of a trend toward ‘Two Irelands’, divided between those who reap the benefits of higher education, and those who are left far, far behind.

“It is brave but astonishing and shocking for the report’s authors to admit that the Government: “[does] not know how many students from under-represented groups enter higher education each year”, because of “the lack of essential data on student participation”.

“The report also admits that the current financial support structure for students is “maze-like”. The process of choosing a course and institution as well as applying for a grant is overly-complicated. This is particularly an issue for school-leavers in working-class communities, who may not always have the luxury of parents who have any knowledge about higher education and ‘the system’ to be able to offer comprehensive guidance. USI urges the Government to urgently address the ways it is failing to deliver information about college funding to Leaving Cert pupils in less advantaged communities, and to make the applications process more transparent and straightforward.

“If the Government does not raise its game to deliver this information effectively to all students, USI will continue to see a situation where young people in middle-class areas are at a distinct advantage over young people from working-class areas, and the frightening educational divide will continue to widen.”



Would you like to get involved with explicit?

info@explicit.ie

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





The Union of Students in Ireland (USI) has intensified its call on the Government to slash the exorbitant sales tax applied to condoms. The demand comes during USI's SHAG (Sexual Health Awareness and Guidance) campaign which is running on college campuses across the country this week.

Currently the Irish government charges VAT on condoms at the standard full rate of 21 percent. For many students and young people struggling under tight financial circumstances, this means that condoms are beyond their financial means or are seen as an infrequent 'luxury' purchase. EU Law does not allow for tax exemption on condoms but does provide the option for member states to charge the minimum rate of five percent.

USI Welfare Officer Tom Lowth said: "USI is putting across the message that condoms are an essential component of daily preventative healthcare during SHAG Week. Condoms cannot be viewed as a luxury for occasional purchase, but as a potential lifesaver. "The category of persons who are statistically most at risk from STIs are young people aged 20-29 – many of whom are students – so they need to be informed about and encouraged to buy, carry and use condoms.

"So why is the Irish Government compromising USI's vital safe-sex message, by treating condoms under the tax system as though they were a 'luxury item' rather than a basic healthcare essential which save lives and prevent infections each year?

USI President Tony McDonnell said: "The 21 percent rate of VAT is the highest

# Union of Students in Ireland Attacks Exorbitant Level of VAT on Condoms

rate of VAT provided for by Irish law yet the Government applies the Reduced Rate on a wide range of other items such as electricity, domestic fuels and non-exempt categories of food.

"USI is calling on the Government to reduce the VAT on condoms to the minimum five percent immediately, since it is no exaggeration to say that making contraceptives affordable is, for some students and young people, potentially a matter of life or death."

"The Government is worried that if it agreed to cut VAT on condoms to five percent, then opportunists representing niche or self-serving special interest groups might come to see VAT reduction as a potential 'bandwagon cause' that they could jump onto – opening the floodgates to a veritable deluge of unreasonable demands for VAT reduction on countless other consumer goods.

"We urge the Government to ditch this deeply flawed thinking. The 250,000 students and young people who make up USI could hardly be said to represent a 'minor' interest, and the figure of 10,695 fatalities from STIs in 2004 is anything but small. It is colossal and represents a national crisis.

"The public understands that condoms are a medical item that prevents death and terminal infection and for this reason are in no way comparable to other products that lack a serious medical purpose. Therefore the Government must show respect for the public's intelligence, and slash VAT on condoms to save lives and prevent misery."

## All we want for Christmas is our Grant Payment

According to a recent press release on the HEA (Higher Education Authority) website, students will be guaranteed to get their grant cheques early under new legislation being brought to Cabinet shortly by Minister for Education and Science, Mary Hanafin TD.

Under the new grants payment system, students will get a decision on their application within three weeks of the closing date and will receive their grant cheque within a month of the start of the college term, provided they submitted a complete application by 31 May. There will also be an appeals process for the first time for those who have been turned down for a grant and feel that their application should be looked at again.

Announcing her plans, Minister Hanafin said "these reforms are part of the Government's strategy to ensure that students get the support they need when they need it, so that money problems don't stop them from achieving their full potential at college."

The college grants system is the Government's main financial aid package for students, with over 56,000 people benefiting from grants worth over €200 million last year. "In recent years, the focus has been on increasing grant payment levels and targeting extra support at students from the poorest families through new top-up grants. Indeed, the highest level of grant available is now

nearly €5,400, compared to just over €2,000 in 1997," the Minister said. "Now we are overhauling the payments system to ensure that all students get their grants as quickly as possible".

Legislation will be brought to Cabinet within weeks and Minister Hanafin intends to have it passed by the Oireachtas by the end of the year so that the new system can be in place for the 2007/08 academic year.

The new Student Support Bill will provide for a single agency to administer one grant scheme, in place of the four different schemes that operate at present, and will require that the agency meet the new deadlines set by the Minister.

Michael O'Connor, Vice President of Education stated, "We here in CITSU are overjoyed to hear about the much needed reform in this area, however, we do have concerns over how they intend to implement these drastic changes in little over a year. The current system has many disbursed offices of different accrediting bodies; the new legislation would see these being amalgamated into one central body. All we can say for definite at the moment is the Grant Payment System needs to be improved and I don't care what the governments' motivation for doing it is, as long as it gets done".

Adapted from [www.heai.ie](http://www.heai.ie)



## CIT Mechanical Engineering Student Receives Highest National Education Honour in CAD from Minister

James Lucey, National Computer Aided Design Competition Winner, receives his Award from Minister Mary Hanafin, T.D., Minister for Education and Science at the silver medal presentation, which was held in the Clock Tower Conference Room in the Department of Education and Science, Marlborough Street, Dublin 1 on 30th January 2006.

The National Computer Aided Design Competition is an extensive test of CAD expertise, undertaken over a week long period. Design finalists are assessed in Component Dimension Measurement, Solid Model Creation, Design Working Drawing Generation and Final Design Assembly.

James, delighted with his first place in the National Competition, is especially keen to thank CIT CAD Lecturer, Derry Sheehan, for his enthusiastic guidance in preparation for the National Design finals.

A native of Doire na Sagart, Baile Mhuirne, Co. Cork, James is the son of Marian and Jimmy Lucey and is a past pupil of Colaiste Ghobnatan, Baile Mhuirne.

Apart from his Mechanical Engineering studies at Cork Institute of Technology, James has a deep interest in the design and build of single seater racing cars for autocross. James was also crowned the Outright Winner of the 2005 Munster Autocross Racing Championship.

### news bites

#### Irish Hospitality Institute All Ireland Business Management Challenge

Congratulations to the Team members from The Bachelor of Business: Hotel and Catering Management on their magnificent win at the IHI annual business game. Competing against teams from all other Hospitality Management Programmes in the thirty two counties, the team attained a magnificent success. The competition took place in Belfast in February. Over a gruelling thirty hour period, the team were presented with a case study on a property in need of development, for which they were required to prepare and implement a full scale strategic plan, model the business performance on an interactive computer simulation and present their proposals and outcomes publicly to a panel of industry judges .

The team included; Áine Carey, Captain; Danny O Sullivan, Eoin Moynihan, Caithriona Delaney and Brian Ellis

Their prize was a four day trip to the Tattinger Champagne Vineyards in Reims France, staying at the magnificent Febevre Chateau. A special word of appreciation to the team mentors Graine Daly and Philip Murray for their superb input into the teams development. Major Congratulation to all involved.

#### Silver Medal Win at Vintra Exhibition

Mr Yuen Tan a first year student on the BBS in Bar Management at the Department of Tourism and Hospitality Studies, won a Silver medal at the Bloes All Ireland Open Cocktail Competition held at the Vintra Exhibition in Dublin on Tuesday 7th February 2006. Yuen competed against the cream of Irish Cocktail Barmen representing the Finest Establishments in the Country. Congratulations to Yuen, and of course to Mr John Pearson for his irrepressible enthusiasm for the professionalism of his students.

Adrian Gregan  
Department of Tourism and Hospitality Studies

## Millennium Fund 'Project Connect' – Connecting Students to CIT's Student Support Services...

CIT is in its fourth year in receipt of Millennium Partnership Funding. The main aim of the Millennium Fund is to support targeted students from disadvantaged areas in Cork City and County in completing their education.

CIT is part of a consortium led by Cork City Partnership that includes UCC, PLC colleges and five community groups from County Cork. In CIT the fund is delivered and managed by staff in the Educational Opportunities Department. Targeted students are supported through the provision of financial and personal supports as outlined below.

#### Personal Support

'Project Connect' is a major initiative co-ordinated by a qualified counsellor who meets with all students who apply for Millennium Partnership Funding. This support meeting assists students in determining their needs as students, as well as informing them of the Student Support Services in the Institute and referring where appropriate.

Class visits to first years in all departments are carried out by the 'Project Connect' Co-ordinator, to provide updates on the Student Support Services and answer questions. Anecdotal reports show an increase in the number of visits by students to some services as a result of the class visit.

Food for thought lunchtime information workshops are held at intervals providing opportunities for academic staff to meet the staff of the Student Support Services and receive up-dated information on the function of these services. Academic staff can often be an important link in referring students and these workshops facilitate this process.

An email helpline is also in operation to direct students who are seeking support to the appropriate Student Support Service in CIT.

Of major benefit to CIT is the fact that the Millennium Fund 'Project Connect' initiative not only benefits targeted students but develops awareness of the type of support available amongst a large body of students within the Institute.

#### Financial Support

To- date CIT and its students have benefited to the tune of 200,000 euro from the Millennium Partnership Fund.

#### Financial assistance is given to students through two schemes :

- The Cost of Education Allowance Scheme provides one-off payments of 500 euro (2005/2006 ) to students who meet the Fund criteria, usually in December/January.
- The Repeat Exam Support Scheme provides one -off payments of 200 euro (approx) to eligible students who are sitting autumn exams.

#### For more information contact :

Sharon Burke,  
'Project Connect' Co-ordinator,  
Educational Opportunities Department.

Tel: 021 4326434  
email: sburke@cit.ie



# Laser Eye Surgery

## ...Worth the risk?

*"...the first thing I noticed was that I could read a poster on my wall, that before I would've needed my glasses for..."*

Dear explicIT

I recently had laser eye surgery, and I felt that I'd let everyone who ever considered it, but is too scared or concerned to get it, about my experience.

I had decided a long time ago that I would go through with the surgery as my passion in life is to be a pilot. Generally pilots need 20/20 vision! Like most people, it's not really how worried I was about someone poking at my eyes; it's more the extreme lack of cash for the surgery. I had my surgery in Eye Laser Ireland, in Bishopstown. I got it done there for a few reasons, one was that I live in Parchment Square and it's literally across the road from the clinic. Another is that this clinic uses Intalase technology. There is one major difference between Intralase technology and the Laser technology in regular clinics, the Femto-Second Laser.

To perform the actual operation, a flap has to be created on the cornea. This flap is then folded back and then the laser smoothes out any irregularities in the eye that cause poor vision. In regular clinics they use a mechanical device to cut this flap, although, this method, many surgeons believe, is the cause of most eye laser complications. The Femto-Second Laser, cuts the flap with fine laser light, everybody's cut is different, as no two eyes are exactly the same.

The day I got it done, it went as follows. I went into the clinic early that morning, sat there patiently waiting for the surgeon to arrive. When he did, he checked my eyes, as he has the final say as to whether or not I could go ahead

with the surgery. Previous to this, I had been in the clinic, getting my eyes mapped for the laser itself. I was then taken into a room where anaesthetic drops were put into my eyes and I was given a small pill to relax me. My eyes started feeling heavy and numb. I then went into the theatre, laid down on a bed and the surgeon began the procedure. He then placed a circular suction ring into my eye, I could then feel a bit of pressure and then the scary part happened. My vision in that eye went from colour to black and white and then to just black, I was blind! He then cut the flap and removed the suction ring. And yes then my vision came back, although blurred. He did the same on the other eye, and then I was wheeled over to the second laser. The two flaps were folded back and I was told to stare at this light, and so I did and the laser was finished in about 30 seconds an eye. He then put back the flap and that was it. I got up, everything was a bit blurry, but I knew it would get better. I was sent home, a bit woozy to say the least, but grand. Up to now I had felt no pain whatsoever, but now my eyes were sore. "For the first three hours your eyes will be sore" I was told. When I got home, I went to bed. I got up in the morning and the first thing I noticed was that I could read a poster on my wall, that before I would've needed my glasses for.

I was delighted. I went in for my check up that morning and they told me I had BETTER than 20/20 vision. My eyes feel perfect now. There was a bit of glare at nighttime for a few weeks, but that's it. So was it worth it? TOTALLY, although it did cost 75000!

Wesley Kiely

Dear explicIT

*The student restaurant is something of a rare gem; something that is there for the purpose of education yet also manages to delight. I had the pleasure of eating there on the first night this year. The restaurant is laid out quite simply however with more space and atmosphere than most in town. The waiting staff were excellent from the start, we never wanted for anything (and we did go through the bread rather fast).*

*There was a good choice on the menu, something which I wasn't expecting (but was definitely a good thing as the ball season was just over and if I never saw turkey and ham again it would have been too soon).*

*I went for the crab cakes for starters, I won't say that I'm an expert on seafood but definitely on crabs and these were excellent, the Cajun spices weren't overpowering and the portion just enough for a starter without impeding on the main course.*

*And for that main course I opted for the venison, something which is a favourite of mine. It was beautiful, something echoed by my companions. Venison is often given in very small portions but not in this case, again the portion size was just enough to leave room for desert. But here we come to a problem, although it was a good one. The cheesecake was far too big, and I suppose if you have to have any complaint about a restaurant it might as well be that you got too much desert!*

Sinead O'Connell

# Tasty Students at Large in CIT

Dear explicIT

*At the moment Hotel and Catering year 2nd years are hosting dinners for a very reasonable €24 per person in the college each Thursday night. A few friends and I decided to pop in to sample the food.*

*We were greeted by our maitre de who seated us and we were given menus just like in a real restaurant - and that it is. The second year students are assessed each night and do everything to the best of their ability.*

*The four course menu had starters of minestrone soup and crab cakes. The Crab Cakes were beautiful and a very decent sized portion. For main course I enjoyed an Italian Chicken dish but I missed out on the beautifully prepared and beautiful looking venison steak, which was superb. For desert we all enjoyed the Lemon and Lime Cheeses Cake, which was very nice. Followed by tea and coffee everyone was satisfied with the meal.*

*Overall it was a great meal, which everyone enjoyed, the quality of food and service for a great price made a great combination that we would highly recommend.*

John Grant and Wesley Kiely



## CIT Students' Union President

This week the Students' Union IT campaign has reached a milestone with the launch of our new website. From now on if you are at a computer be it in the open access or in a departmental lab and have a problem be it with a PC or a printer, you can log in to the website and tell us what the problem is so we can act on it with haste.

The computer facilities have gone from bad to worse not just here in Bishopstown but in all campuses. We will continue to lobby the Institute to ensure that the computer facilities are improved all over the college and to improve the operations of Open Access.

In recent weeks the Minister for Education made a landmark decision when she announced her plans to improve the grant system. It only took five years, two major marches and countless protests to convince her to take action, but that's not mentioning the thousands of students that were left impoverished during their time in college. When I hear the promise of a cheque within a month of a college term, I become cynical as nothing was mentioned of how the current system is to evolve into a new system. CIT Students' Union believe what students need is of a centralised system where students can apply to one organisation who will then distribute all grant payments to students around the

country whilst providing the necessary information needed to all students.

What a Rag Week, it was some experience and a first for the Students' Union. I have to say in all the years I have been here this was by far the most active and diverse Rag Week. The highlight the week had to have been the Rag Ball, what I found particularly amusing was a certain union officer's rendition of I will survive in the Karaoke room, but that person will remain nameless for the time being..

Speaking of amusement, gunging the UCC Students' Union President was the highlight of the day time events. A big thanks to the four daredevils who ventured in to UCC to escort him out to our fabulous campus. Oh don't worry that's not the end of our entertainment for the year. Various daytime gigs will continue in the college and there's a special night coming up, and an absolutely huge event in April for CIT students with The Republic of Loose headlining. We owe a big thanks to Mick, John and all the crew who helped in the organising and running of Rag Week this year. Well done lads!!!

I know some of you have assessments at the moment so if you need anything over the exams please call in.

Talk to you soon.

Jeremy



## CIT Students' Union Vice President Education

I hope I find you in good form and spirits alike. I know you all enjoyed Rag Week, it was a resounding success raising in excess of €16000 for charity. Thursday was one of the most chaotic days I've experienced in some time. Aslan rocked the house as did all the bands into the early hours of Friday morning. Credit must be given to all those who donated there time to helping us prepare for the night. A special thank you must go to John and Mick for all their hard work.

The HEA have announced that new legislation is being implemented which could see the grant system being totally overhauled and streamlined so students will now receive grants within the first month back to college see related news article for more details.

Exams are still a black topic for most students but face it guys they are an inevitable part of college life. Instead of constantly worrying about them I would suggest that you put some effort into preparation. You have just over six weeks of lectures left so make your best efforts to attend and get up to date

with all projects. Anyone who feels they need help with a topic, now is the time to get it, call into the office here for grinds and don't forget the Learning Support Centre.

At this stage in the year I'm coming to the end of term in office as vice-president, I would like to wish all candidates running in the upcoming elections the best of luck. I would like to urge all students to vote, it's your chance to have your voice heard. Over my years here I've heard all manner of complaints from students over their Union representatives; what's surprising is usually the biggest critics of the Union who don't even vote or put themselves forward for election. It's easy to criticise the Union, it's a lot harder to actually work in bettering it. Remember, to have respect for people who are putting themselves forward to represent you, if they ask for a moment of your time give it to them and actually voice your concerns to them, highlight problems in your department, inform them of what you expect from them in return for your vote.

Well I guess that's about it for another month, see you all on the flip side.

Mikey



## CIT Students' Union Projects Officer

February definitely was an interesting month wouldn't ya say? Rag week in my opinion was a huge success, congratulations to Mick, John and the rest of the Ents team, for pulling it off. I hope ye all enjoyed it and that your wallet isn't too light after it. A lot of money was raised for charity guys, so give yourself a big pat on the back. Good job!

So March, what's happening this month? Elections...Yup, it's that time of the year again, where we at CITSU ask you, the people of CIT to vote for your preferred candidates for the various positions on the Union Executive. Ok I know there are a lot of ye out there that couldn't give a toss about the elections, but you should lads. These elections decide who will be representing you within the Institute and across Cork and Ireland. Read the candidates' manifestos, pick the person who you think will do the best job, and then go into the polling booths and vote for them. Your vote does count. But ok, so you don't like any of the candidates. There is another option. On the ballot forms

there is always an extra candidate called "RON". RON stands for Re-Open Nominations. Essentially if RON gets the majority vote, then none of the candidates get the position and the election of this officer will be postponed to a further date. So get out there, do it for your college. And to those of you going for positions this year, good luck, it's one though week...believes me!

Before I sign off, I'd just like to remind ye all that we do run a bus service in conjunction with UCC to bring all of ye home after a night on the tiles. The bus leaves outside Four Star Pizza on Washington Street, on Tuesdays and Thursdays at 2.00 am, 2.30 am and 3.00 am. It's normally John, Calvin or I supervising it, so at least you'll know it's the right bus if we're there.

Ok so lads that's it, Get the heads down and study. (But not too much!. See ye soon,

Wez

Need / Offering Grinds?

[www.citsu.ie/education](http://www.citsu.ie/education)



## CIT Students' Union Vice President Welfare

Rag week is well and truly behind us and between Paddy's Day and Easter the exams will be upon us before anyone realises it. This can be a stressful time of year but remember that there is help here for anyone that needs it so feel free to drop into my office for a chat if you need to escape the chaos that the library will become.

Over the last month Baby Blue training was held in CIT, this Rainbow approach to LGBT issues training was a great success, for a full report check out the news article.

There's been a lot of talk recently about the canteen, ever since the article published here two months ago, the best advice that I can give to people that are unhappy is to follow the National Consumer Agency's advice and always ask for a receipt and don't accept it if it doesn't reflect what you've actually bought.

Until next month, and my final address,

Sinéad.



## CIT Students' Union Entertainments Officer

Well I hope everyone enjoyed Rag Week, it was the result of a lot of hard work from a lot of people. So I'd just like to thank everyone who helped out. It's back to the grindstone now with exams and work placements coming up. I wish everyone the best of luck.

I hope mid term was fun; I think everyone needed a week off after Rag week. Coming up on the 5th of April is Celebration Day. We shall be having the craic in The Savoy with The Republic of Loose, special guests and DJ's, all tickets are free for CIT Students with CIT I.D. at the Students' Union Stand in the main hall. (Tickets limited, first Come, first Served).

Well folks, elections are coming up as well. The voting of next year's Students' Union Executive is important as we want a strong group of people to represent us. I wish everyone who goes forward the best of luck and if your lucky you'll have the pleasure of working with the great Mick O'Mahony next year too.

All the Best,

John

# NOTICE OF ELECTIONS

## Cork Institute of Technology Students' Union

The Elections for the Following Students' Union Positions will take place on Thursday 30th March 2006

### Sabbatical

- President
- Vice-President of Education
- Vice-President of Welfare

### Non-Sabbatical

- Communications Officer
- Entertainments Officer
- Projects Officer

Nominations will open on 1st March 2006 (forms available from the Students' Union Office) For offsite campuses please email Vicky O'Sullivan at [suadmin@cit.ie](mailto:suadmin@cit.ie), or telephone 021-4933122

**Nominations will close at  
5:00 pm Friday 24th March 2006**



# Great Success for First Annual Careers Fair

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

*"...The Careers Fair at Cork Institute of Technology took place in the Student Centre on Wednesday February 1st..."*



The Head of Careers and Counselling Service at the Cork Institute of Technology have called on women who are currently considering a career in third level to include studying an Engineering discipline in their deliberations. Mr Dan Collins indicated that it is widely acknowledged by the engineering profession that women are under-represented at all levels and disciplines of engineering.

Mr Collins was speaking at the launch of the first Cork Institute of Technology Careers Fair which took place on February 1st and included a number of leading engineering companies interested in recruiting first class graduates.

While acknowledging that there has been some increase in the interest among female students, Mr Collins noted that when women do embark on engineering courses they are still very much in the minority.

Mr Collins stated that when women do choose to study engineering they can and do excel. He cited, in particular, the example of Ms. Niamh Thompson, who is a First Class Mechanical Engineering Honours Graduate of Cork Institute of Technology. Her "Total Hip Replacement" Final Year Project was the Outright Winner of the Queen's Silver Jubilee Award for Best Engineering Degree Project

in Ireland and Britain in 2004. He noted that Niamh had previously won the National I. Mech.E. award in Dublin in January 2004 and subsequently, in June 2004, Niamh achieved first place in the Siemens IEI 2004 Cross-Discipline National Competition.

Mr Collins called on Parents, Guardians and Career Guidance Counsellors to encourage women to consider Engineering as a viable option in their future career choice.

The Careers Fair at the Cork Institute of Technology took place in the Student Centre on Wednesday February 1st and ran from 11.00am – 2.30pm. It included companies such as: ACCA Ireland, AIB BNY, Analog Devices, Boston Scientific, Bowen Construction, Citco Data Processing Services, Citco Fund Services, CIMA, Deantus Projects Ltd, Dairygold, Dell Computers Defense Forces, Enterprise Rent a Car, EOP, FAS, i - to - I, Intel, Interaction, International Fund Services Ltd, CPA, Institute of Chartered Accountants, Irish Taxation Institute, John A Woods, Jurys Doyle Group, Kostal, Parsons, Pros Con, Kildare Chilling Company, Lidl Ireland, Millipore, PJ Hegarty & Sons, Siemens, Tyndall, Engineers Ireland and Moog Ltd.



## 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)  
Tel: 021 4933124  
Meet: SU Shop - C143



Welfare Guide on:

# Binge Drinking



With the exams fast approaching and the bar opening next year the issue of over indulging in alcohol is one that is being talked about more than ever. Binge drinking is defined as follows: A man consuming five or more drinks on one occasion and a woman consuming four or more drinks on one occasion. This may seem like a small amount, however, the accepted clinical definition of binge drinking is "a period of continuing intoxication lasting for at least two days during which time the drinker neglects usual responsibilities" and when you're in full time education these effects can be highly detrimental to your future. Exams can be affected and classes missed on a regular occasion. Here we're going to look at the causes of binge drinking in Irish society and in colleges in general.

Irish society is built around a bar, for every occasion there is a drink toasted and nobody bats an eyelid at this. Even more so in our "booming economy" people have more reason to celebrate and more money to do it with. However, if it was only the occasional celebratory drink that was the problem in college then the local bars would be empty at all times except for the time straight after exams. Students are going out more, they are balancing their college work with part time work and some are using their part time job specifically as a means to fund them going out.

## The statistics in relation to college drinking are astounding...

- Three out of four drinking occasions were binge drinking occasions for male students and three out of five were binge drinking occasions for female students.
- Students spent about €80 million on alcohol during the college year.
- Regular binge drinkers were twice as likely to have missed class, felt the effects of alcohol while at class, reported their studies were harmed in comparison to other student drinkers.
- Three times more likely to have had money problems, got in fights, had unprotected sex and accidents.
- Twice as likely to have been smokers and cannabis users
- Three times more likely to have taken drugs and got drunk to cope with anxiety and depression
- Less likely to consider positive coping strategies to cope with anxiety and depression
- Regular binge drinkers spent fewer hours in study and more hours in paid employment.

The one that stands out the most here is the amount of money being spent specifically on drink. Most students find the "boozy waster student" label insulting however when you see that €80 is spent on alcohol by students, that's more than on food and clothes put together, you can see where that stereotype comes from.

There are a lot of myths out there about recovering from a night out, one of the most popular is to drink lots of tea or coffee. Your liver only works at one speed, the only cure for drunkenness, even the day after is time. Drinking lots of coffee will make you wide awake but no less drunk, similarly a cold shower will make you cold and wet but you'll still be drunk.

There is a nightlife without alcohol! Go bowling and be astounded as the ball hits the pins, go to the cinema as the main part of the night out, not just as the lead up. Try going to a pub and not drinking, you'll be able to drive home and being sober in that environment might wake you up to your own drinking. *(Statistics from the Health Promotion Unit)*

## LEARNINGSUPPORT

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Subject	Day	Room	Time	Lecturer
Maths	Thur	B289	12.30-13.30	Dr Aine Ni Shea
Maths(for Mature Students)	Tue	E6	12.30-13.30	Ms Julie O'Donovan
Maths(for First Years)	Wed	B289	16.00-17.00	Ms Julie O'Donovan
Maths	Mon	B289	18.00-19.00	Ms C Brawn
Maths	Wed	B289	18.00-19.00	Ms C Brawn
Programming	Mon	B289	12.30-13.30	Ms Mary Davin
Physics	Tue	B289	12.30-13.30	Ms Meenakshi Uppal
Physics	Thur	B289	13.00-14.00	Ms Eleanor Baldwin
Electronics	Wed	B289	12.30-13.30	Mr Paddy Collins
Statistics	Thur	B229	13.00-14.00	Mr Declan O'Connor

For extra help and advice contact:  
 The Learning Support Centre  
 Room B289  
 Tel: (021) 4326378  
 mailto:learning.support@cit.ie

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# Rag Week 2006

# CIT Students having a Ball....

During the month of January and early February over 3500 students attended the various Society balls on offer. Over 1250 students sat down to the full of the balls while the remaining joined them for the afters. On January 19th the annual 'Schemers and Mechanical Engineering Ball' took place (for students of Mechanical Engineering, Manufacturing, Biomedical & facilities Engineering, Social & General Studies, Marine & Nautical Studies, Applied Physics & Instrumentation, Biological Sciences, Chemistry), on Thursday 26th January the annual ' Business Studies & Accounting, Catering & Tourism Ball' took place and on the 1st February 2006 the

'007 Ball took place (for students of Civil, Structural & Environmental Engineering, Construction & Architecture, Chemical & Process Engineering, Transport & Auto Engineering, Electrical Engineering, Electronic Engineering, Media Communications, Computing & Mathematics). All three balls took over the two floors of the Rochestown Park Hotel. Tickets were subsidised at a price of €22 for the full and €9 for the afters, these prices included a free bus to and from the event. The students were entertained during the meals by the Bravura String Quartet and the bands included Bluemoose and J-90, Dj's included Wes Darcy of 2Fm.



Pictures by: Neil Danton

# €urostar Heats 2006

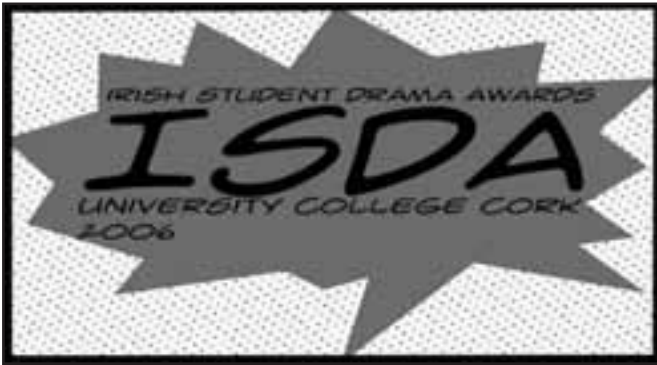
Pictures by: Philip O'Reilly



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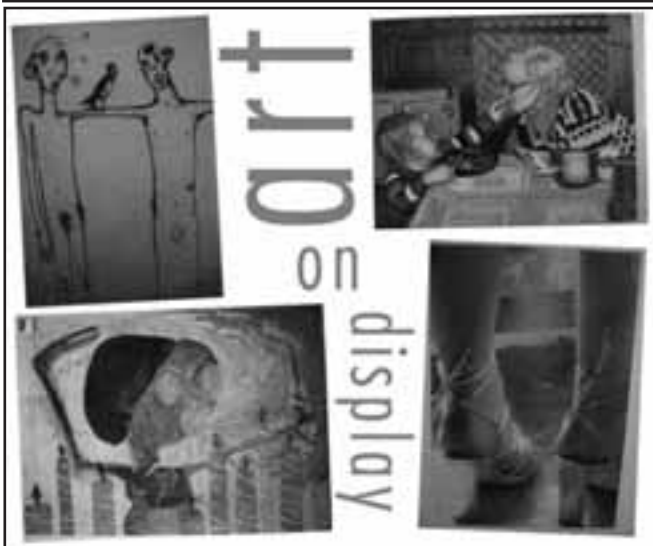


## ISDA IS COMING TO CIT THEATRE MARCH 20TH – MARCH 26TH

ISDA is the largest student festival held in Ireland every year. Over twenty productions from every Irish university and many Institutes of Technology on both sides of the border take part in this prestigious competition. Over the seven days there will be three productions showing in three different venues throughout the city every day. The event will culminate in the awards ceremony held on the last night of the festival. The host venues for the 2006 festival include CIT Theatre Bishopstown, Granary Theatre, UCC and the Half Moon Theatre.

### The ISDA Festival – Cork 2006

Due to the rotation of the festival between colleges this will be the first time in ten years that Cork has hosted it. Our Fringe Festival will take place in the pubs, clubs and public spaces across Cork city and UCC itself throughout the day, every day during the festival. The festival will culminate with the ISDA awards ceremony held on the final night of the competition in the Clarion Hotel on Lapps Quay.



# CIT Gig Guide

## EXHIBITION CENTRE

### March 6th - CIT Collection

March 20th - 'Life in CIT'  
an exhibition of photographs by  
Brendan Healy depicting life in CIT

## THEATRE

### March 15th Fashion Show

Silver Springs Hotel. Self-Help for Africa  
fundraising event - tickets €15

### March 18th Shanghai Huju Troupe

this Shanghai opera group will stage a  
performance on Saturday evening as  
part of their visit to Cork City.

### March 18th – 25th ISDA

a prestigious Festival of productions by  
drama societies from several Irish uni-  
versities and IT's. Programme of plays  
will be publicised nearer the event.

### April 3rd – 6th One-Act Play Season

Students from all corners of CIT will per-  
form a series of short plays – directed by  
Bryan Desmond and Lynn McCarthy. The  
students will be performing a hilarious  
comedy by the well renowned Frank  
O'Connor and also presenting the work  
of Samuel Beckett. Lunchtime 13- 14.00  
hours. Adm €2

For further information on any of these  
events, contact the Arts Office. 021-  
4326445

## CORK SCHOOL OF MUSIC

### Thursday 9 March, 8.00 p.m., St Mary's Church, Mallow, Co. Cork

Olivier Charlier (violin), RTÉ National  
Symphony Orchestra, Alexander  
Anissimov (conductor): Mozart  
"Overture" to The Marriage of Figaro,

Tchaikovsky Violin Concerto, Lyadov The  
Enchanted Lake, Shostakovich  
Symphony No. 9

### Thursday 30 March, 8.00 p.m., Aula Maxima, UCC

RTÉ Vanbrugh Quartet: Haydn Op. 54  
No. 2, Bartok 6, Zemlinsky 1

### Saturday 8 April, 8.00 p.m., City Hall, Cork

Mary Hegarty (soprano), John Kinsella  
(trombone), Fleischmann Choir & Cork  
School of Music Symphony Orchestra,  
Geoffrey Spratt (conductor): Wagner  
"Prelude" to Der Meistersinger von  
Nürnberg, Serocki Trombone Concerto,  
Poulenc Gloria

### Good Friday 14 April, 8.00 p.m., St Fin Barre's Cathedral

Ciara Moroney (piano): "Towards an  
original & creating tradition": Haydn  
Seven Last Words from the Cross  
Spoken reflections: Dean Michael  
Burrows  
Free admission

### All CSM concerts are "admission at the door".

Individual tickets for lunchtime recitals  
€10 – full price for non-COS members  
(€7 for Cork Orchestral Society Ordinary  
Members) & €5 for Cork Orchestral  
Society Concessionary Members)

Individual tickets for evening recital &  
concerts €15 – full price for non-COS  
Members (€11 for Cork Orchestral  
Society Ordinary Members & €7 for Cork  
Orchestral Society Cork Orchestral  
Society Concessionary Members)

(Church & City Hall Concerts: Balcony  
€20 – no concessions available Front  
Parterre/Main aisle €15 - €11 conces-  
sion Cork Orchestral Society Ordinary  
Membersn Back Parterre/Side aisles  
€10 - €7 concession for COS Cork  
Orchestral Society Concessionary  
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# Fast Driving to make the Nine o'Clock News

By Michelle Bouse



Despite the undoubtedly true beauty of this world we live in it's hard to deny the fact that it is often tarnished with unnecessary evil and heart felt tragedy. Those who know me know I cry at any slight soppy moment on television, I sobbed my eyes out at the very last episode of "Sex and the City" (sad I know), but a few weeks ago I couldn't help but feel emotional when Charlie Bird was doing a report on the evening news regarding the non ending road fatalities on our roads. He called out the fifty names which had been killed on our roads since the 1st of January 2006. It was simply heart breaking to hear that it was nearing the end of January and in one month alone many families had been left reeling in grief for a family member who left the house, never to return. The most tragic thing of all was when he stated that somebody watching that night would be tragically killed on the roads by this time next week.

At the time of writing this I think the number of deaths has risen to sixty four and this will rise yet again by the time you're reading this and the sad reality is somebody reading this will never finish their course because they'll be tragically killed in a road accident.

I don't know if anything can be done to ease the road carnage, they've done the dramatic road campaigns to encourage people to slow down and although these may have an immediate effect for a few hours the thought of that man in a wheelchair being feed through a tube will disappear from our minds come tomorrow and we'll just continue driving the way we always did.

The message is clear "Slow down" yet why aren't we doing it? Aren't our lives worth it? I receive lectures from my father every second night to slow down and I know at times because I'm always rushing here and there that I do drive above the speed limit. My dad pleads with me to turn down the radio and for God's sake put my life before my social arrangements. A couple of months ago I was driving along the N22 and just there near Ballyvourney I took one of those

*"...The message is clear "Slow down" yet why aren't we doing it? Aren't our lives worth it?.."*

treacherous corners too fast and nearly ended up going straight into the artic truck which was coming towards me on the opposite side. My heart practically leapt out of my body that day and nothing has encouraged me more than that to slow down.

So when you're driving home this evening, hopefully you will be make it home to watch the news rather than ending up a statistic on it. We take it for granted when a family member or friend leaves the house in the morning that they'll return later that evening but what if they were never to return?

We all have goals to reach and ambitions to fulfil yet we presume we have all the time in the world to achieve this but what gives us the foolish assumption that we may have the luxury of a tomorrow when we may not have?

Life is the most precious thing we have yet it is also the most fragile. We have no idea when it'll be taken away from us but what we do have control over is what we do today with our lives.

Life is yours and what you want to do with it is your choice, just make sure the one regret you never have is the regret of "I never ....."

If it's a bungee jump you want to do then go ahead and do it, if it's skinny dipping in a freezing lake that floats your boat what's stopping you? Just live life to the max but remember when you get behind that wheel think and slow down because although you may think it'll never happen believe me it can happen to you just as likely as it happened to those sixty four plus people who tragically lost their unfinished lives.

All it takes for your heart to stop beating is one tragic moment...

## CITSU Celebration Party 2006

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**FREE Tickets can be collected from SU Stand in Atrium on Monday 20th March with CIT ID  
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# whatever

Divine Right: The idea that a person has been chosen to rule a nation, or a group of people, by the powers above; an idea which was abolished long before any of us came into being. And yet, it still exists among us today. It takes its form in a little something called "cliques" – other words for these cliques include 'gang', 'in-group', 'elite'. We've all experienced it at some stage in our lives, but hopefully, now that we've arrived in college, or 'adulthood' as I like to call it, these little sets have also been abolished.

For so many years, as children and as adolescents we had to deal with popularity. If you were popular, life was fantastic. It was easy. People loved you; or if they didn't love you, they feared you. If you weren't popular, you wanted to be, because maybe it would mean life would be a little better. Cliques formed, in my experience anyway, at around the age of eight. Each of us had our little groups of friends, but there were always the girls who were richer, prettier, had nicer pens than we did or even a nicer schoolbag. And we envied them, silently for a while, but as we gained in age, it was no longer silent. And that's where malice came in.

Have you ever walked into a room, and instantly known that someone was just talking about you? Suddenly, that room became very quiet. The clever ones knew to pretend like nothing was happening. The not so clever ones maybe giggled a little. But the braver ones looked at you and laughed, maybe pointed. Cliques tie in with secrets, you see. Being part of somebody's gang means that you're in their circle of trust, and that you get to share a delicious little piece of gossip. If you're not in that gang, you can pretty much bet your bottom dollar that someday they'll be gossiping about you, or your best friend, or your family.

Secondary school was a vicious circle. From day one, you were either cool or you weren't. It seemed to be already set in stone who was to be the queen bee, and who were her followers. In an all-girl school, life was hard. You were trying so desperately to make new friends that sometimes, you let your guard down and let something slip. Suddenly you're the talk of the school – but not in a good way. Fending for yourself was not easy, and so that's where cliques came into play.

It's like a form of protection, being in gang. It may be bizarre to compare a group of schoolgirls with a gang, because when you think of a gang you might think of some of the drive-by shooting type people you see on TV, but sometimes it might actually be safer to be an enemy of that gang, not the schoolgirls. As a thirteen year old girl, you're going to end up in one form of a clique or another. (Please don't protest about generalisation or stereotyping here, I'm speaking on behalf

of my own experience and that of acquaintances). If you're sporty, you'll hang out with the other girls on the basketball or soccer team, or whatever. I see girls that were in this group today, and they're still hanging out together, so it must have been a pretty harmless clique. Next, the smart girls: they're usually fairly quiet, study a lot and end up either doing pretty well for themselves; or else don't know what to do next, because they were so busy studying they forgot to find out how to live life in the real world (again, speaking from knowledge of other people's experiences).

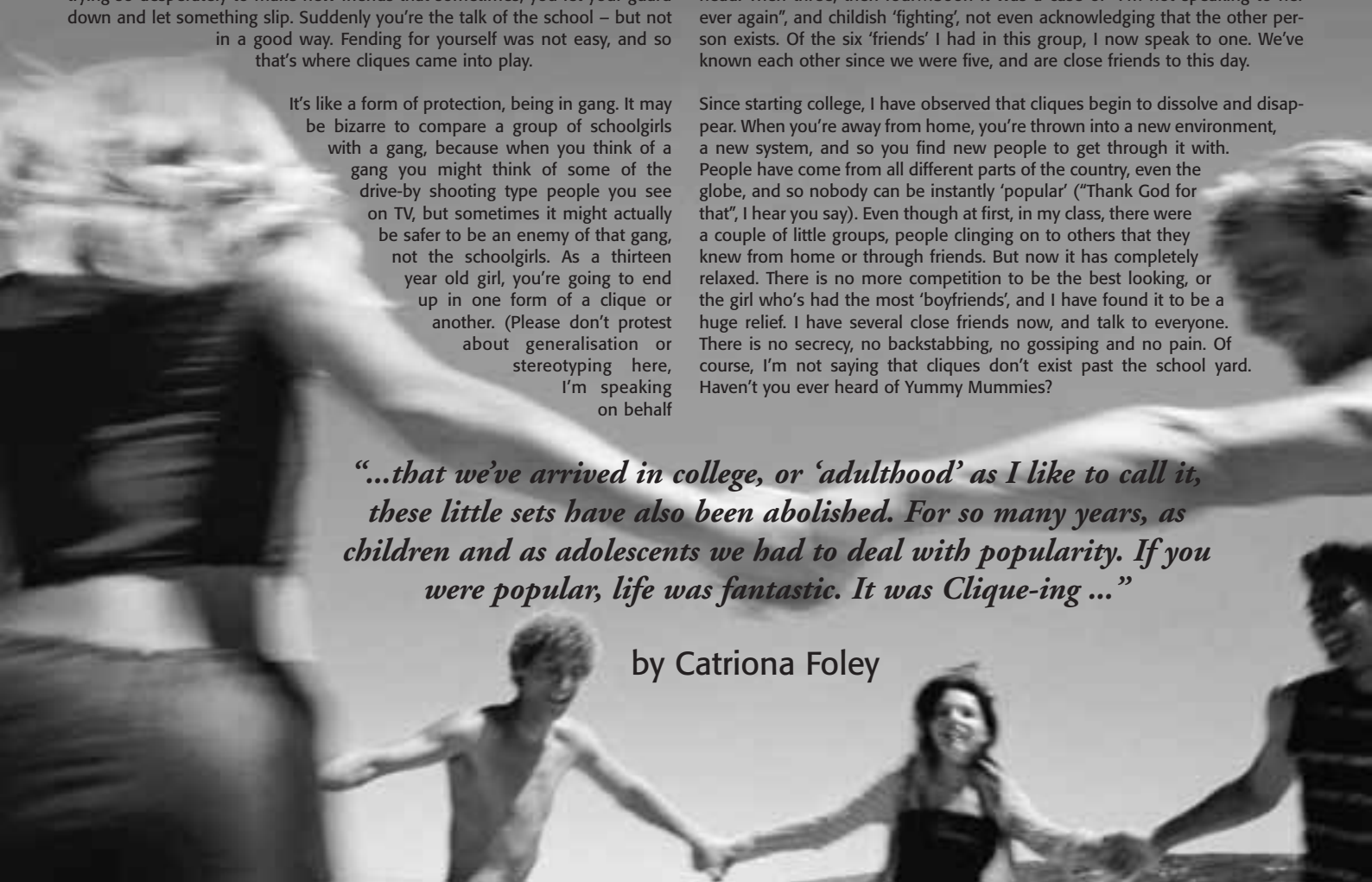
Of course, then, you have the popular clique. The Queen Bees and Wannabe's (see the film Mean Girls, or read the book by Rosaline Wiseman). The popular girls were in fact rebels. They were kind of nice in primary school, but now they have a navel piercing, and an older boyfriend (yes ladies and gents, older boyfriends for thirteen year old girls). They talk about you behind your back. They look down on anyone who wasn't good enough to be in their clique, and God forbid, anyone who was still a virgin at the age of fifteen. All it took was for one or two girls to make this cool, and the rest, the 'wannabe's', would follow suit.

And finally, the clique which wasn't really a clique, but was probably made up of the most people: The Outsiders. The common factor: you didn't really fit into any other group, and so you become friends with others like you. You don't want to be like the other cliques, so you overcome your jealousy together and turn it into resentment. Ignore them as best you can. Laugh at the idiocy of thinking that to be cool you have to smoke, wear your skirt as high as humanly possible, and 'score' with the popular guys from the boys' school down the road. I was in this group. We had our girly concerns, and of course we liked boys too, but we were there for each other and we helped each other get through parents divorcing, being homesick, family deaths, break-ups and betrayals by other friends. It turned sour though, as any group will do. A hierarchy came into place, and soon two girls in the group were going head-to-head. Then three, then four...Soon it was a case of "I'm not speaking to her ever again", and childish 'fighting', not even acknowledging that the other person exists. Of the six 'friends' I had in this group, I now speak to one. We've known each other since we were five, and are close friends to this day.

Since starting college, I have observed that cliques begin to dissolve and disappear. When you're away from home, you're thrown into a new environment, a new system, and so you find new people to get through it with. People have come from all different parts of the country, even the globe, and so nobody can be instantly 'popular' ("Thank God for that", I hear you say). Even though at first, in my class, there were a couple of little groups, people clinging on to others that they knew from home or through friends. But now it has completely relaxed. There is no more competition to be the best looking, or the girl who's had the most 'boyfriends', and I have found it to be a huge relief. I have several close friends now, and talk to everyone. There is no secrecy, no backstabbing, no gossiping and no pain. Of course, I'm not saying that cliques don't exist past the school yard. Haven't you ever heard of Yummy Mummies?

*"...that we've arrived in college, or 'adulthood' as I like to call it, these little sets have also been abolished. For so many years, as children and as adolescents we had to deal with popularity. If you were popular, life was fantastic. It was Clique-ing ..."*

by Catriona Foley



# Drinking and Dialing

By Michelle Bouse



*“...Being the lazy texter that I am instead of going to the effort of texting her back I dialled her number instead. She informed me of all the antics I got up to...”*

I pulled my arm out from the warm comfy duvet to hit the snooze button of the beeping alarm clock but it was no use I couldn't reach it. Dam anyway, it would take more effort to manoeuvre my body to try and wriggle forward to hit the blasted thing than actually swinging my legs out of the bed. I stretched and reluctantly managed to drag myself out.

“Oh no” I moaned. My head was pounding. My bedroom was spinning. I drank way too many vodkas last night and yet again I was left with an unbelievable hangover and a promise of swearing I'll never drink again – well until next Thursday anyway. The previous night was a complete blur. It had been the college ball the night before which by the state of the head I presumed must have been a good night.

“Aaghhhhhh!” I screamed as I tripped over something or other, which did nothing to improve the pounding headache I was feeling at that exact moment. It was a leg I tripped over and by the look of it; it was the leg of somebody who must have been just as drunk as I was the night before.

“Tricia” I yelled putting my hand to my head “What are you doing on the ground?” She slowly lifted her head and in her husky voice (a result of a drink too many) replied “You kept swinging your arms and legs all night, at one stage I thought it was some sort of new fitness craze you were doing something, like exercise while you sleep type of thing”. I laughed and made my way out to the bathroom.

I winced at the sight of my reflection in the mirror; the too many late nights were obvious in my face. Ah well it was nothing a bit of foundation wouldn't hide but then again when I looked closer at the big black bags under my eyes maybe a bit of concealer would need to be applied too. I splashed my face with cold water several times to wake me up a bit before dashing into my room and throwing on whichever clothes I could find, painted my face, grabbed the bag and I was set to go, leaving Tricia to sleep her hangover off.

Beep Beep! It was a message from Tracy “How is the head?” Being the lazy texter that I am instead of going to the effort of texting her back I dialled her number instead. She informed me of all the antics I got up to like continuously telling the Ex's friend how much I miss the Ex (cringe moment) and how I brutally sang James Blunt's “Goodbye my lover” on the way home and then ended up crying uncontrollably.

“Are you serious I cried?” I exclaimed down the phone “I'm only joking about

the crying bit but the rest is true but you were grand just a bit hyper” she laughed. It was now slowly coming back to me and I yet again cringed.

“Oh I think you might have phoned you know who as well” she informed me. Oh no I thought to myself you know who was the Ex, God only knows what I said to him. I said goodbye to Tracy and scrolled through the dialled numbers and yep I did phone him this morning at 4.00 am. I now could remember exactly what I had left on his voicemail and it went something like “I miss you” and “Can we get back together?” and more rubbish drunken talk. Cringe cringe cringe!

Why in the name of God when we drink a few vodkas too many do we think telling the Ex's friends our secrets, making fried egg sandwiches and phoning the Ex is a great idea when they're clearly very bad ideas. Worse than the decision made by whoever signed the cheeky girls (remember them? If you do I'm so sorry).

Now you know who must think I'm some sort of desperate nutter and the thought of heading into college dying with a hangover and the prospect of meeting a certain person did not appeal to me at all.

I've had the fortunate experience of being the receiver of a drunken call listening to stupid slurred speech and I held no admiration for the caller so in my soberly state I knew it was pathetic phoning people when drunk.

I decided there and then that next time I was out I was going to give my phone to one of the girls to prevent me from drinking and dialling and also I was going to make sure I had no loose change (just in case I got the mad notion of running to a payphone) and just to be extra sure that I wouldn't be even slightly tempted to dial I would unplug the landline and store it away in a drawer and bury it under a pile of clothes and it would be of great benefit if I didn't know his blasted number off by heart.

The moral of the story is simply don't do it, never under any circumstances drink and dial no matter how inspired you are at the time to do so because you sound stupid and desperate and it will do nothing for your self respect in the morning.

Beep! Beep! Another bloody text message. Oh my God it was from him “Can't make out a word of your drunken message”. Cringe cringe cringe.



CIT rag week has become the ideal week for societies and students alike to take part in fun events to raise well-needed money for local charities. The highlights in a jam-packed week for the FloppySoc Society were the inaugural RoboCode competition and a continuation of the highly successful Pro Evolution Soccer tournament.

The RoboCode competition was held in association with the Department of Computing on Tuesday, 7th February in the College Theatre.

The concept behind RoboCode is to code a robot in a computer language (Java) to battle it out against other robots coded by fellow students with the winning robot scoring the highest points by defeating the other contenders. The competition was open to all first year Computing students in the Institute. Some great prizes were kindly sponsored by the Department including 3 iPod Nano's, 3 iPod Shuffles and 3 1GB USB keys. The College TCIT rag week has become the ideal week for societies and students alike to take part in fun events to raise well-needed money for local charities. The highlights in a jam-packed week for the FloppySoc Society were the inaugural RoboCode competition and a continuation of the highly successful Pro Evolution Soccer tournament.

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In the end the two Robots 'RedRekBot' (Alan Morey, Andrew Adams – DCOM1) and 'Arnie' (William Griffith, Derek Shorten, John O'Sullivan – COM1), battled it out in a classic final going all the way to the final round. "RedRekBot" proved its worth by winning, and picked up 3 iPod Nano's for the team members while 'Arnie' picked up 3 iPod Shuffles. 'Willow' (Eoin Murphy, Ciaran O'Sullivan, Felix

Wunderlich) battled 'Carebear' for an also thrilling battle with 'Willow' coming out on top and picking up 3 1GB USB keys. Three of the top RoboCode participants will be selected to represent CIT in the National RoboCode competition to be held in Tipperary Institute on the 23rd March 2006 and without doubt they'll do us proud.

With such a large interest in the first Pro Evolution Soccer tournament held in January, the FloppySoc Society (under pressure from mad fans of the game, FloppySoc members included) decided to hold a second tournament in the Outpost Bar. With all entry fees going to charity and a great prize of a Playstation Portable (kindly sponsored by the Outpost bar, Societies generously sponsoring the 1st PSP), there was no shortage of players. In what proved to be a highly competitive competition only two players could reach the final and they included Shane O'Riordan with his team Brazil and FloppySoc's own Colin Reynolds with his team Man Red. What looked like a mismatch on paper could not have been more further from the truth as Reynolds 'Reds' pinned the might of O'Riordan's 'Brazil' in the first half. Frustrated by his lack of luck in front of goal Reynolds faded in the first half leaving O'Riordan work his Brazil magic scoring two fine goals. All credit to Reynolds however as he didn't give up and went all out in attack. Unfortunately he was penalised for his will to win and he leaked two more soft goals in the dying seconds of the game. All in all a great night was enjoyed by the players and supporters of the teams with a total of €370 being raised for charity. Well done to all involved and thanks to the Outpost Bar for their hospitality!

Following the success of the Masquerade Ball last year, FloppySoc and other Societies continued with a themed event and held the very successful 007 Ball. The Department of Computing & the Chemical Engineering and Process Engineering Department enjoyed some great music from Blue Moose and had for the second year running a high profile 2FM DJ, the one and only Wes D'Arcy (The Big Smoke).

Anyone who might have taken photos of the night can upload them on the FloppySoc gallery @ <http://www.FloppySoc.com/gallery2>.

Anyway, that's all the news for now. Best of luck to all those who've already started exams and to those who's exams are coming up shortly.

Regards,  
FloppySoc Committee.  
[www.FloppySoc.com](http://www.FloppySoc.com)





# CIT Rugby News

## CIT Senior Seconds 26 - Carlow IT 10

CIT seconds finished off their league campaign with a very impressive victory away to Carlow during February. CIT opened the scoring through Colin Corkery (unconverted). Carlow however struck back almost immediately to make it 5-5. After withstanding a great deal of pressure from the Cork pack, Carlow finally conceded a try from a well worked maul close to the line – Willy McCarthy came up with the ball and Colin Corkery converted, 12-5. Then on the stroke of half time Colin Corkery weaved his way in from the twenty-two and converted to leave it half time 19-5.

Second half Carlow withstood Cork pressure for the first ten minutes and then asserted their game for the next twenty and scored an unconverted try with ten minutes remaining, 19-10. When the questions have been asked of this Cork teams character there has only been one answer and again they answered with a devastating last ten minutes which deserved far more than the Gary Shaw converted try with 9 minutes left on the clock. Final Score CIT 26... Carlow 10

The team run by players Dave Lucey, Willy McCarthy and Colin Corkery and Marshallled by John Murphy (R.D.O.) and Aidan McDonald are now enjoyed a well earned night in Carlow town as they await other results to determine who will be their next opponents in the home semi-final of the All Ireland Colleges 2nd Division Competition. Credit is due to all concerned for the way they have now fulfilled fixtures through all the CIT occasions, i.e. Christmas day, Rag week and Mid term

The team has a 100% record thus far in the competition and that it is the first year that CIT has had two senior teams competing

Yours in Rugby,  
Eoin Deane



## CIT Society Awards 2006

Over the last number of years CIT has initiated an awards ceremony to highlight Societies and individual members who have made an outstanding contribution to extra-curricular life at the Institute. This year the annual CIT/AIB Society awards will take place on Tuesday 4th April in the Gresham Metropole Hotel. In all ten awards will be presented on the night. Each year the awards are presented by a known celebrity. Over the years we have had the privilege of inviting guests such as Jim Bartley, 'Bela' from Fair City, Niall Toibin, Ryan Tubridy, Des Bishop and Packie O' Callaghan. This year a total of eleven awards will be presented which are as follows; 'Society of the Year', 'Group Achievement Award', 'Best Event', 'Most Improved Society' and 'Best Course-Based Society', and six Individual Awards. Application forms are now available from the Societies Office C243A.

## National Society of the Year Awards

This year Cork Institute of Technology will be hosting the National Society Awards. The event is taking place on Thursday 13th April. Interviews will be taking place in our new Student Centre and the presentation of the main awards will be presented at a reception in the Rochestown Park Hotel later in the evening. Universities and Colleges throughout the Country will be taking part. Mr Pat Cox (Former President of the European Parliament) will be guest of honour on the night.



## CIT Sports Office Hosts Three All Ireland Winning Teams

On February 9th CIT Sports Department played host to the three All Ireland Winning Teams from September 2005. The Cork Senior Ladies Football and Cork Senior Hurling teams trained on campus under lights. This was followed by a reception in the Exhibition Centre. Mr Brendan Goggin welcomed the three teams to CIT and congratulated them on their fine achievement. Many CIT graduates were involved with the three teams and some were present on the night. Pictured at the event were:

1. Brian Corcoran, Kieran Murphy and Ronan Curran – Cork Senior Hurling Team & CIT Graduates.
2. Joan Dinneen, Social & General Studies Dept congratulates former student and Captain of the Cork Senior Ladies Football Team – Juliet Murphy
3. Sports Officers Eithne Lydon & Miriam Deasy pictured with two of the Captains – Juliet Murphy & Sean Og O Halpin
4. Cork Senior Camogie players & graduates Emer Farrell and Nora Aherne with current student Lucy Hawkes
5. All Ireland winning captains – Juliet Murphy & Sean Og O Halpin
6. Miriam Deasy pictured with CIT graduate Brian Corcoran

MENU		medium 8.95	large 11.95	extra large 14.95	super large 17.95
	<b>CHEESE</b> MILD MILDLY SAUCED CHEESE AND YOUR FAVORITE PIZZA SAUCE TOMATO SAUCE	€5	€7.50	€11.50	€13.50
	<b>CRISPY BACON</b> CRISPY BACON, MILDLY SAUCED CHEESE AND YOUR FAVORITE PIZZA SAUCE	€6	€10	€15	€18
	<b>CAJUN CHICKEN</b> CAJUN CHICKEN, MILDLY SAUCED CHEESE AND YOUR FAVORITE PIZZA SAUCE	€7	€11	€16	€19
	<b>MEAT DELUXE</b> MILDLY SAUCED CHEESE AND YOUR FAVORITE PIZZA SAUCE	€8	€12	€17	€20
	<b>VEGETARIAN</b> MILDLY SAUCED CHEESE AND YOUR FAVORITE PIZZA SAUCE	€6	€10	€15	€18
	<b>HOT DELIVERY</b> DELIVERY CHARGE APPLIES				
	<b>CHOOSE FROM REGULAR, THIN OR THICK CRUST</b>				



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**Student  
Happy Hours!**

**HALF PRICE PIZZA**  
 Any 12" OR 16" Pizza - Valid Mon to Thurs, 5pm - 7pm  
 as a dine in/carry out offer in Cork Stores with a valid student ID  
 until May 2006. Not available for delivery or with any other offer.

**explicit** **Sudoku**

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

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

**Win Limited Edition explicit Rugby Shirt**

To enter simply return completed sudoku puzzle in envelope with your name, class and contact details to the SU shop in c143 by Friday 24th March 2006

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**explicit** **Word Search Competition**

**This Month's Prize:**

**Limited Edition explicit Rugby Jersey**

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

- MARCH
- EXPLICIT
- CORK
- INSTITUTE
- TECHNOLOGY
- STUDENTS
- UNION
- CITSU
- GREEN
- PADDIES
- PARTY
- SHAMROCK
- SOCIETIES
- SPRING
- BREAK
- STUDY

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

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

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

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

Competition Closes 5pm Friday 24th March 2006  
Last Months Winner: Sara McCarthy

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

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

# Paddies Bash

Pre Paddies Bash  
15th March

Spring Break  
Party 5th April



## Pre Paddies Bash - 15th March

Live Music - The Waxies 8pm - 10pm  
Party DJ 'til Late - FREE Hats & Shamrock  
Green Beer & Prizes Gallore

## Spring Break Party- 5th April

Live Music - Blue Moose  
Party Mayhem 'til late with DJ

## NEW LIVE MUSIC WEDNESDAYS @ THE BTOWN

Wednesday 8th March - The Hobys (Locked 'n lingers album)

Wednesday 15th March - The Waxies

Wednesday 22nd March - Boyler

Wednesday 5th April - Blue Moose

Wednesday 26th April - The Hobys

Wednesday 3rd May - The Waxies

# Bishopstown Bar