

**Car Clamping  
Arrives**

**Lord Mayor  
Visits CIT**

A photograph of a man in a green t-shirt being doused with water from a bucket. He has a pained or surprised expression. The background is dark and appears to be an outdoor setting with some structures.

**RAGWEEK 2004  
PICTURES INSIDE**

**Elections  
On the Way!**

**Welfare Guide to  
Tension Headaches**



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# explicit

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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

## explicit Editorial



Hey all and welcome to another packed issue of explicit.

Right now all the heads should be just clearing from both another great RAG week and the mid-term. First of all I think Mikey, Tim and all of the entertainment crew deserve a big round of applause for the enormous effort that they put in to all the events organised throughout the week. Check out the centre pages for some of the highlights of the week, there were so many photos to go through that not all were able to be included, but fear not if your photo didn't make it check out the CITSU website at [www.citsu.ie](http://www.citsu.ie).

RAG week is one of last big sessions before we all have to knuckle down and face the music as exams are just around the corner. From here on in its study, study which means really early starts for all students as they all vie for those valuable study areas in the library.

For all you drivers reading this, the final whistle has been blown by the college on cars parking on the roads around the college. During RAG week any driver who parked their car anywhere besides the allocated car parks had a lovely yellow sticker attached to their window warning them about the impending doom of the clampers arrival. It is about time that this was done, as it had become a free for all where parking was concerned around college. Clamping of your car will lead to a fine of €76.

Turning to the burning issue of the Cork School of Music, some major movement has finally been made. During a recent visit to Cork, An Taoiseach, Bertie Ahern expressed his hope of a getting the go-ahead for the €60 million project in March. The target date for the announcement is none other than St. Patrick's Day. So fingers crossed the long awaited project will finally get the go ahead.

Speculation is in as to whether the annual Mystery tour is going to take place or not, but I have it on good authority that Mikey is currently working on it, so look out for more information on the SU notice boards as to when and where its happening.

In other news it's nearly that time of the year again, Election time is fast approaching, the date of the Students' Union election has been confirmed as the 11th March. Notice about the elections will be posted on the main SU notice board for all interested

That's it from me for another issue, see you all next time, remember it's not to late to submit articles or photos for the next issue of explicit you can hand them in to Philip in the Students' Union office or by e-mail to [explicit@citsu.ie](mailto:explicit@citsu.ie)

Jamie



# Clamping and tow-away of illegally parked cars now in place

## Dr Noonan, Assistant Principal Comments

I have received several messages not just complaining, but expressing anger and bewilderment about the parking habits of some staff and students. I can only agree with most of these communications. In response to the self-evident and total disregard for notices and regulations, we have now decided that the minority who disregard all pleas and, indeed, show no consideration whatever for other road and car park users, will have to be dealt with by some action stronger than just a plea to their better nature. Clamping has begun! So here is the new scenario.

1. The Institute has appointed a company that specialises in car park control, namely Express Security Services, to implement new parking regulations (see below).
2. This company began its work in January on the Bishopstown Campus, and initially concentrated on applying stickers to cars, but also applied clamps where there was an immediate safety or access problem.
3. Full implementation - clamping and tow-away, followed.
4. Appropriate warning signage will be widely distributed.

Express Security Services will visit the campus on a regular daily basis and will clamp all cars breaching the Parking Regulations. They will not revert to the Institute before such

visits or before applying clamps, so clamping will be a matter solely between the clamped and the clampers! The fee for declamping will be €76, and for vehicle recovery after tow-away, €135. Also, Express Security Services can be called in at any time to clamp a specific vehicle that is in breach of Parking Regulations, and all such requests should be directed to the Buildings & Estates Office.

The key strategy is random surveillance visits by Express Security Services, and the specific instruction to Express Security Services that cars in breach of the regulations be clamped. No more softly, softly approach! It hasn't worked, and thus the new regime has to be implemented without fear or favour.

I know that those staff and students who have always complied with the regulations - the vast majority - will say such positive action is long overdue. And they are right!

The Buildings & Estates Office will be responsible for the implementation of the scheme. Specific enquiries should be directed to this office.

And, finally, please note that the same rules apply to those parking in the evening.

## CAMPUS PARKING: Regulations, Terms & Conditions

Drivers of vehicles entering any campus of the Institute are deemed to consent to the following parking regulations, terms and conditions. Staff, students and visitors who do not accept these terms and conditions must not bring vehicles onto this campus. Parking on all campus roads is forbidden; parking is only permitted in marked parking bays within designated car parks.

### 1. Parking is expressly forbidden in the following areas and/or situations:

- on all roads of the Bishopstown Campus
- on all access areas of car parks
- where free use of emergency exits is compromised in any way
- where access by emergency vehicles is compromised in any way
- on grassed and landscaped areas
- where kerbs or footpaths are mounted
- on areas designated for pedestrian use and/or access
- in bays reserved for the handicapped unless a vehicle displays a handicapped parking permit.

### 2. Drivers are responsible for any damage caused by their vehicles whilst on CIT property.

3. Vehicles parked outside designated parking areas may be clamped in situ, or removed to a pound on-campus where they may be clamped or otherwise rendered immobile, until the appropriate fee is paid for their release.

The driver/owner of the vehicle will be responsible for the recovery and/or clamp removal costs, or such fee as the Director of CIT may set from time to time. Details of the current fee and payment arrangements will be placed on the car, and are posted outside the Caretakers' Office.

### 4. Repeat offenders may be forbidden from parking in any CIT campus.

### 5. It is a breach of regulations to interfere with a clamp applied to a vehicle.

6. Vehicles remaining within any campus after gate-closing time will be detained within the campus at the owners' risk until the Campus reopens and the vehicle owner/driver makes arrangements for release.

7. Vehicles are parked at the sole risk of the driver/owner. The Institute accepts no liability for loss or damage to vehicles or their contents while parked or detained within any CIT campus.

**Note:** Driving in breach of the speed limits, careless driving or driving in a way that may endanger other persons, or parking in non-designated areas, are serious breaches of the Institute's regulations and may lead to a fine, suspension, being denied on-campus parking, or other censure. Vehicles must yield at pedestrian crossings, and obey the rules of the road, speed limits, signs and directions. Motorcycles and bicycles are regarded as vehicles for the purpose of these regulations, and must be parked solely in designated parking areas; they must not be parked in car parking bays.



## Injection Project Scoops €3,000 Top Innovation Award for Female Biomedical Engineering Team

Chemotherapy and Intravenous Injection Pump Tester project scoops €3,000 Top Innovation Award for female Biomedical Engineering team. CIT Biomedical Engineering students Tracey Cotter, Ruth Kelly Walker and Suzanne Malone (pictured left to right above) have won First Prize and a €3,000 award for their project on the Design and Development of a new and innovative Infusion Pump Tester for Medical applications.

The newly developed system has particular advantages in Chemotherapy Treatment and the Intravenous pumping of fluids. The team's groundbreaking design will facilitate mobility, portability, patient access and quality of life.

The project is being carried out in conjunction with Cork University Hospital, under the supervision of Dr. Hugh O'Donnell of the Department of Mechanical and Manufacturing Engineering of Cork Institute of Technology.

The competition was sponsored by the South Cork Enterprise Board and was open to students, whose inventions and business ideas are judged most creative, novel, innovative and likely to succeed in the marketplace.

Sixteen projects were short-listed to present their products and business plans. The adjudication panel consisted of Leonard Godsil (South Cork Enterprise Board), Michael Weldon (John O'Brien and Associates) and Drew O'Sullivan (Programme Manager, Genesis Enterprise Board).

The winning team devised a company plan, named Zuttra, to enable the development of the newly designed pump tester to the level of a highly beneficial and marketable medical product. It was also noted that the newly developed system could also be marketed for non-medical applications.

The winning team members, Tracey, Ruth and Suzanne were overjoyed with their success and were particularly keen to thank Mr. Ger Flynn, Chief Medical Technician, Southern Health Board, who originated the initial Invention idea. Mr. Flynn, who guest lectures on the winners Biomedical Engineering Course at CIT, provided invaluable support and advice throughout the duration of the developing design.

**Sean F O'Leary**



## Lord Mayor Cllr Colm Burke Visits CIT

The Lord Mayor of Cork Cllr Colm Burke was the guest of C.I.T. Students' Union on Monday the 9th of February. The Lord Mayor was shown around the Bishopstown, Crawford and Moore's Hotel Campuses. He met staff and students and was shown many of the labs and classrooms and the diversity of the work carried out by students.

The Lord mayor was presented with a CIT jacket by the Students' Union. Students' Union. President, James Maher said, "This visit was to give the Lord Mayor an insight into the difficulties which students within the Institute face."

## CIT students go onwards and upwards ...

The Irish film maker, John Conroy, has been winning prestigious international prizes for his work in general, and his latest film, *Selfish Minds*, in particular. *Selfish Minds* is the first of a projected trilogy, and he already has the second, *Poker Nights*, in the can.

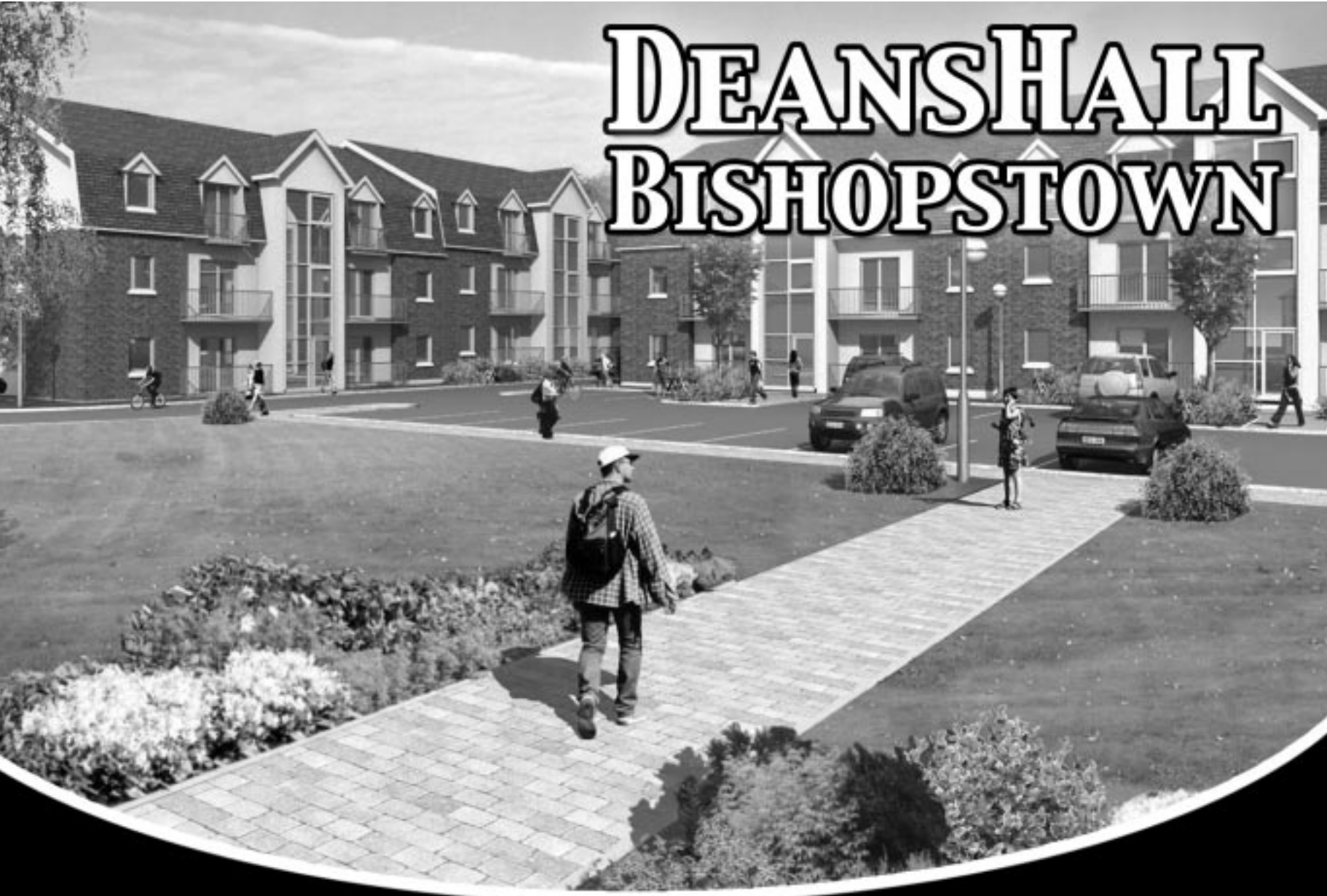
John Conroy has commissioned the music for *Poker Nights* from Stephen Parker and the Cork School of Music Symphony Orchestra was invited to record it in Cork's beautiful City Hall on Saturday 7 & Sunday 8 February 2004. Featured as soloists was graduates Claire-Anne Lynch (CSM - jazz singer), Humphrey Murphy (CSM - electric bass), Fionn O'Ceallachain (Multimedia - drummer), and Ken Marshall (CSM -saxophonist). The female choral group, Seraphim, founded by another CSM graduate, John O'Brien, will joined the orchestra for a couple of the tracks.

The script is by Tony Herbert, and Don Wycherley is one of the many well-known stars.

Stephen Parker's work as a composer and performer is well-known to many in Ireland - particularly those with an interest in jazz as well as classical music - and his works has been performed and recorded throughout Europe and the USA.

**G. Spratt**

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## CIT Students' Union President

It's well into 2004 at this stage and things are progressing in their usual C.I.T. style. With the ball season well under way and rag week just over, elections are on the way. The date scheduled for elections is the 11th of March and close of nominations is Friday the 5th of March. The Student's Union is always looking for people to run for the positions and you can talk to any of the current officers to find out what their job entails. Holding an officer's position is an excellent way of getting involved in activities right across CIT. Election rules and regulations can be obtained from the assistant returning officer Vicky O'Sullivan in the S.U. Office.

I would also like to take this opportunity to thank C.I.T. students for their patience and understanding with regard to the transfer of Tramps Ball from the Mardyke to the Maltings Emporium. I know many of you were

disappointed, but circumstances were beyond our control. We regret any inconvenience caused and hope everyone enjoyed the night.

I would also like to give credit to Mikey and Tim for arranging alternatives in such a short time. We aim to make up for this with the forthcoming C.I.T. celebration party - the date of which will be decided soon.

James



## CIT Students' Union Vice President Education

Yes it's that time of year again, election time. If any of you are interested in running for a position on the executive and feel you have something positive to offer the students of CIT then pick up a nomination form from the Students' Union shop.

The year is drawing rapidly to a close and I am sure all of you are feeling the pinch as lectures start to get tougher and lecturers less forgiving. If you need help studying or feel the need to get grinds then call into my office and I will be more than glad to help.

It really has been an interesting three weeks, what with the smoking bouncers, the Taoiseach's approval rating going back through the roof

(a trick rivalling David Blanes mystical feats) and I'm a celebrity get me out of here. Watching Kerry McFadden win certainly made my month. Next month: time to get a life.

Take it easy.

Colin "I'm a vice president get me out of here" Noonan



## CIT Students' Union Entertainments Officer

What can I say, Ragweek is over. Life must now return to the boring daily humdrum ritual of college - well at least till we organise the mystery tour. Yes we are working on organising a mystery tour this year. We are hoping to be ready for mid March, currently we are searching for a suitable venue. I'd appreciate anyone's opinions on what entertainment should be provided there. You can contact me on my email [suents@cit.ie](mailto:suents@cit.ie).

Rag week was a massive success this year. Even though we had a slight hiccup with Ragfest, it was still was a great night for those that were there. The daytime events held huge crowds well into the afternoon, from comedians to regurgitators to hypnotists and live music, CIT was alive all week. I hope everyone enjoyed the week, Personally I probably had the best time at the Pimps & Prostitutes ball on Wednesday. I revelled in the experience of the week and I'd like to thank everyone who

voted for me last year. Face it; it's not every day a comedian decides to slam you into the stage from the top rope.

I'd like to thank all who helped out with Rag Week, the Exec, the crew, McFleming, our sponsors, and everyone who helped make the week what it was. A special thanks has to be given to Tim Clifford the Ents Manager without whose work the week would not have been a shadow of itself. Most of all I'd like to thank everyone who gave generously to charity over the week.

Class reps don't forget to call in to the prefab to organise class parties.

Mikey

**Book your class parties  
online - [www.citsu.com](http://www.citsu.com)**



## CIT Students' Union Communications Officer

A big, big congratulation is owed to Mikey and Tim for all the hard work that was put in to yet another great Rag week. The highlight of the week for me was the Ragfest on Thursday night. I hope you all enjoyed the midterm and that like me you have settled in to catching up on all those notes that were missed, as exam time slowly creeps up on us.

As usual I am looking for articles and photos for the next issue so start writing and e-mail them to me at [sucomms@cit.ie](mailto:sucomms@cit.ie) or [explicit@citsu.ie](mailto:explicit@citsu.ie).

Talk to you all later  
Jamie



## CIT Students' Union Equality Officer

I hope you all enjoyed the week off! Unfortunately Rag week has come and gone and its time to get down to some serious study. It has come to my attention that derogatory remarks are being written in the toilets, this is causing offence and it would be greatly appreciated if these people would refrain from doing so in the future as nothing is gained by it.

On a different note the fun isn't over yet, so keep an eye out for upcoming fundraising events. All support would be greatly appreciated. As always I'm here for all matters concerning Equality no matter how small, and am contactable through the usual channels. Best of luck with the study and exams!

Bye for now.  
Will



**Located:** CITSU Prefab  
**TEL:** 021 4933123  
**Email:** suwelfare@cit.ie

## CIT Students' Union Vice President Welfare

The last few weeks have been hectic but I'm sure that a good time was had by all during our annual big fest - Rag Week. The week was jam packed with the best of entertainment and fun and I think now is a good time to thank all the organisers, especially Tim and Mikey.

Students do not always eat properly in order to sustain their bodies while they pursue their hectic lifestyles. In such an environment as college, it is almost inevitable that most students will eventually find themselves at their college health centre, if only to obtain medication for a dose of the flu or a repeat prescription for the contraceptive pill. However, others find themselves at the medical centre's door seeking help in worst circumstances like, unplanned pregnancy, exam stress, depression or serious ill health. Students will usually have had a family GP taking care of their health up to the point when they attend college. If their course takes place some distance from the family home and they are forced to move away, it is important for students to change doctors

to one in their new locality, or transfer to the doctor at their college medical centre. Professional and confidential advice is always available in CIT and don't ever feel that you can't ask for it. If you need to be pointed in the right direction please feel to give me a shout or email me privately on suwelfare@cit.ie.

Given the lack of support that many students experience, away from family and childhood friends, it is important for them to know about what services and benefits are available to them, both from their student medical centre and from the health and welfare sectors at CIT.

Best of Luck to those sitting exams at the moment and take care of yourselves especially now that you are in the last and busiest months at CIT.

Donna Foley

## CIT Students' Union Welfare Guide to: Tension Headaches



### What is a tension headache?

This is a severe pain in one or more parts of the head, as well as the back of the neck. It is not caused by any underlying disease.

### What causes tension headaches?

Tension headaches can be caused by the contraction of head and neck muscles, or because of stress, poor posture, alcohol and smoking, eyestrain or fatigue. Women may be prone to tension headaches just before or during their period.

### What are the symptoms of tension headaches?

- Tightening of the head.
- Tense shoulders and muscles.
- Sleeping difficulties.
- Difficulty concentrating.
- Symptoms aggravated by loud noise and bright light.

### How can I prevent tension headaches?

- Maintain correct posture, especially in work.
- Exercise frequently.

- Practice relaxation techniques on a regular basis.
- Develop coping mechanisms to deal with anger.
- Avoid excessive use of alcohol.
- Get plenty of fresh air.

### How long do tension headaches last?

They can last anything from a few hours to an entire day.

### How are tension headaches treated?

It is a good idea to document the frequency and duration of headaches. This can assist your doctor in drawing up a treatment plan for you. Over the counter painkillers and anti-inflammatories are helpful in relieving the symptoms of headaches. Prescription medication may be required in severe cases. An ice compress or a heating pad may be useful. Massage tight areas of the neck and shoulders.

### When should I call my doctor?

If headaches interfere with your daily routine, and become persistent, then you should consult your doctor. Medical advice is particularly important if you have headaches after a head injury. Always consult your doctor if headache is accompanied with vomiting or blurred vision.

## Graffiti on the Walls..... Why?

Defined as a drawing or inscription made on a wall or other surface, usually so as to be seen by the public, this practice is costing us thousands each year as students. Working in the SU, I hear a lot of stories and one of the worst was a member of the maintenance staff who was painting a wall in a toilet only to be given abuse for removing some graffiti.

This is not just a problem in the toilets but all over the college. What have we come to? Surely these people can think of other more productive things to occupy their artistic minds without having to cause damage to college property costing money that could be spent in other areas. It really is a pity to see these slogans and phrases scrawled all over walls of a college.

Students in an institute like ours should always be proud to call the college their own, at the end of the day you are paying for the cleaners to paint and clean away this mess. I am sure that many of you wonder what you can do. Well if you see anyone writing on walls then maybe tell them to stop, it sounds silly but it always works.

If anyone has any comments and I'm sure there will be, please visit [www.citsu.com/boards](http://www.citsu.com/boards) and voice your opinion.  
 Colin

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# Cork Institute of Technology Students' Union Elections 2004



## **NOTICE OF ELECTIONS**

### Cork Institute of Technology Students' Union

The Elections for the following Students' Union Positions will take place on Thursday 11th March 2004

**Sabbatical  
President**

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

**Non-Sabbatical  
Communications Officer  
Entertainments Officer  
Equality Officer**

Nominations will open on Monday 23rd February 2004 (forms available from the Students' Union Office)

Nominations will close at 5.00 pm Friday 5th March 2004

# Cork Institute of Technology Students' Union Elections 2004

## SCHEDULE B - Elections

### General:

1. A Returning Officer who shall not be a member of the student body, shall be appointed by the Union Executive. The returning officer shall be responsible for the good conduct of elections for one year.

2. The election of the Executive shall take place in the second term of the academic year.

3. The dates of all elections and a copy of the election regulations shall be posted on the Union Notice Board at least three weeks before the election.

4. All full members of the Union shall be entitled to vote and/or contest all executive positions.

5. It will be the responsibility of all the outgoing Full Time Officers if requested, to make themselves available to all candidates - for information purposes.

### Nominations:

6. Candidates for executive posts must be nominated by 40 Full Union member including at least two Union Council members.

7. The official nomination papers must contain, as well as the required number of nominees, the candidates name as registered with the college, his/her college I.D. number, course and the name of the candidates agent/campaign manager (if any).

8. The election for all positions shall take place seven days after the close of nominations.

9. Nomination forms signed by the candidates shall be returned to the Returning Officer no later than 5.00 p.m. on the day of close of nominations.

10. The decision on valid candidacy is at the discretion of the Returning Officer, his/her decision is final.

### Canvassing:

11. All candidates are expected to treat all other candidates with dignity and respect and abide by basic rules of fair play.

12. Where an election is in progress under this constitution the Returning Officer may at his/her discretion make such regulations as may be appropriate to govern the canvassing or other activities of candidates, or their agents, in seeking election.

All candidates must adhere to the election rules in accordance to Schedule B of the Constitution of CITSU (copies posted on SU notice boards and are available from the Students' Union Office).

### Canvassing:

- Canvassing will commence after close of nomination, 5.00 pm, Friday 5th of March – all canvassing prior to this date is strictly prohibited.
- All candidates are expected to treat all other candidates with dignity and respect and abide by basic rules of fair play.
- Where an election is in progress under this constitution the Returning Officer may at his/her discretion make such regulations as may be appropriate to govern the canvassing or other activities of candidates, or their agents, in seeking election.

13. All canvassing must be confined to the college grounds.

### Hustings:

14. All hustings or public debates with or between candidates or interested parties in an election shall be convened by independent chairpersons.

15. Candidates shall hust in alphabetical order and shall sum up in reverse alphabetical order.

16. Candidates shall have equal time for their main speeches and not less than a third of that time for summing up.

17. Points of information shall not be allowed. Points of order may only be made by the Candidates and shall only be related to the running of hustings.

18. Questions from the floor shall be subject to inspection by the Returning Officer and/or the Chairperson.

19. Parliamentary language must be observed at all times during hustings.

### Voting:

20. The system of voting shall be proportional representation with the single transferable vote, as operated under the 1923 Electoral Act of Ireland.

21. Votes will be cast in sealed ballot boxes.

22. Voting slips shall bear the name of each candidate alphabetically and the office being contested.

23. The Returning Officer shall publicise the location and arrangements of polling station(s) and shall make arrangements whereby provision is made for all full members of the Union to vote in advance of Polling Day.

24. Polling stations will be situated in areas giving greatest convenience to the voters and must open not earlier than 10.00 a.m. and close no later than 5.00 p.m.

25. No other polling station can be opened other than those on the college campus authorised by the Returning Officer.

26. No electioneering or pamphleting may take place within the red perimeter line circumferencing the polling booth(s).

27. Voters must be able to identify themselves before

being allowed to vote.

28. Any vote on which a clear preference is shown will be considered valid.

29. If any nominee is the only one nominated for a position a plebiscite (yes/no) shall take place to ensure that he/she is acceptable to the members of the Union.

30. All ballot papers for executive positions shall carry the open "Re-Open Nominations".

### Counting:

31. The counting of votes shall take place 30 minutes after the closing of the polling stations in an area designated by the Returning Officer.

32. The order of the count after ascertaining total poll shall be President, Vice President Education, Vice President Welfare, Communications, Entertainment, Equality with the official results being declared by the Returning Officer after each count.

33. Campaign managers/candidates have the right to call a recount after the result of the count has been announced. If a campaign manager/candidate for any reason is absent from the count result announcement he/she may still request a recount within twenty minutes of the announcement being made. The Returning Officer alone will make the decision as to when the recount will take place.

### Grievances:

34. Any corrupt practise e.g. attempted double voting, will be disciplined using all the medium at the Union's disposal.

35. Any candidate/campaign manager/ordinary member of the Union who has reason to believe that there was an irregularity of any kind regarding the conduct of the elections shall have the right to lodge an objection with the Returning Officer within one college day of the alleged irregularity taking place.

### By-Elections:

36. The above rules shall also apply for by-elections, however, by elections for non-sabbatical executive positions may be held through the medium of the General Meeting, the decision as to whether to use this medium or not shall be made by the Executive of the day.

### Schedule B (above)

Extract from CIT Students' Union Constitution. Full Constitution is available on [www.citsu.com](http://www.citsu.com) or from the SU office during normal office hours.



- All canvassing must be confined to the college grounds.
- Poster Display - One Large poster per candidate 250 A4/A3 posters per candidate (incl. bunting)
- Defacement of ballot forms will lead to disqualification.

### Allocations

- Each Candidate shall be entitled to the following:
- One ream of White A4 Paper
- 250 Photocopies (candidates must supply their own paper)
- 4 Sheets of A1 Paper
- The use of office computing facilities for one hour

Sean McIntyre, Returning Officer  
Vicky O'Sullivan, Assistant Returning Officer

# lovely pics of ragweek 2004



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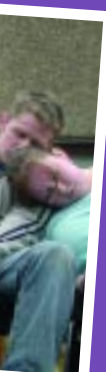
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# RagWeek 2004



To get your class party photos in expliCIT:

- Hand them into the Main SU Office (C143) in an envelope with details of your class, the event in the photo and contact details to return the photos.
- You can also email them to [expliCIT@citsu.ie](mailto:expliCIT@citsu.ie) but please ensure that each photo is high resolution (300dpi) and that the shot is up close and good!
- Finally, BEWARE of the expliCIT photographers at the Official CITSU Events!

**expliCIT**



**Wed 3rd March  
BEACH PARTY  
FUN ALL NIGHT LONG!**

**PADDYS EVE PARTY  
TUES 16th March  
ALL DAY PARTY  
MADNESS**

**WAXYS LIVE  
ON FLOOR 1**

**CHRISTY MOORE  
TRIBUTE FLOOR 2**

**WED 31st March  
Cream Egg Party  
HOW DO YOU EAT  
YOURS!**

**MOPED VALUED  
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CLASS PARTY NOW AT  
THE STUDENTS' UNION  
ENTS OFFICE OR ONLINE  
AT**

**[WWW.CITSU.COM](http://WWW.CITSU.COM)**

**BISHOPSTOWN BAR**



## Cork Institute of Technology **Society Balls 2004**

The party season has begun at Cork Institute of Technology with the kick off of the Society Balls over the last couple of months. The first ball to take place on January 21st was 'The Schemers' and 'Mechanical Engineering Ball', which 300 students attended in full attire as well as a further 700 attending the afters party. This was the first time that Mechanical Engineering students joined with 'Schemers', the ball name representing Marine and Nautical studies, Recreation and Leisure, Social & General and all Sciences, in all it proved a successful union. The sounds of a string quartet were heard during the meal. The band 'Untouchables' played from 10.00 pm to 12.00 am. Two DJ's played on two different floors from 12.00 am to 2.00 am, wrapping up the night at the Rochestown Park Hotel, on a successful note.

The next much anticipated ball was that of Business Studies & Accounting and Catering & Tourism Ball which took place the following night, January 22nd at the same venue, where over 1,300 students attended. Before the real partying started, 400 formally-dressed students sat for the meal and were serenaded by the sounds of a string quartet; here a surprise presentation was made to the CIT Director Dr. Patrick Kelleher to mark the occasion of his upcoming retirement. The music started at 10.00 pm and an additional 950 students attended, making the whole affair a night not to be forgotten.

After the success of the previous balls, The Maths and Computing Ball, held on the 29th of January had a lot to live up to and this it did! In excess of 500 students attended and were entertained by a brass quartet during their meal and the band 'Big Generator' kept the crowd lively throughout the night marking yet another success on the Society Balls calendar.

Following on, the 'Pick and Mix' and 'Flip Flop' Balls were held on February 25th accommodating students of Construction, Building & Civil, Architectural Technology, Interior Architectural Design, Transport & Automobile and Media Communications, and Electronics and Electrical Engineering. Again a great night was had by all. The bands 'J-90' entertained the crowd at the 'Flip Flop' Ball while Bluemoose kept those of the 'Pick and Mix' Ball entertained!



# Rochestown Park Hotel

**CIT's Number 1 Ball Venue of 2004**

**25th Feb 2004**

**11th Mar 2004**

**Pick & Mix/Electronic & Electrical Engineering Ball**

**Sports & Societies Ball (Final Ball)**

**Thank You For Your Support Throughout the Year.**

Tel: 021 4890800 Fax: 021 4892178 Email: [res@rochestownpark.com](mailto:res@rochestownpark.com)





# CIT Student Receives Bank of Ireland Millenium Scholarship

A student of Cork Institute of Technology has received a prestigious award of a Bank of Ireland Millennium Scholarship. Johanna Canty, aged 31 from Midleton in County Cork was nominated by CIT to pursue the scholarship. She is currently studying for a diploma in Electronic Engineering after finding her career calling late in life. Now, she will receive €3,200 per year for the remaining three years of her degree programme.

Johanna left school without a clear idea of what she wanted to do and fell into retail work for the next eight years before starting work at an electronics factory in Cork. It was only after beginning this job that Johanna discovered a natural talent for electronics and decided that she would like to make a career of it.

Johanna is now working tirelessly in pursuit of a third level degree. She began a course in basic electronics at St. John's PLC College Cork and her excellent marks gained her entry into Cork IT to study electronic engineering. There is a huge financial commitment to third level education. One of the major obstacles, which could impede Johanna's educational path, is the cost of funding herself while in college. The scholarship funds will allow Johanna to reduce her hours of part time work.

Mr. Paul Sliney, Department Head of Electronic Engineering, said "Ms Johanna Canty has been known to me since September 2000 when she commenced a course in this Department. She is an outstanding student who has overcome significant personal difficulties to achieve remarkable results to date."

He added, "Students of this calibre are rare and she has been a significant addition to the Department so far. She gets on well with the academic staff (all of whom supported this application) and relates exceptionally well to her peer group and classmates. She has been elected as class representative for her group and I have had some dealings with her on issues concerning the course. I support this application to the Bank of Ireland Millennium Scholars Trust wholeheartedly. It would be a great shame and a loss to this Department and indeed the economy if she were unable to realise her potential because of personal difficulties which could be overcome by money."

Established to mark the year 2000, the Bank of Ireland Millennium Scholars Trust is the largest single millennium initiative from either State or private sources. Bank of Ireland has allocated €12.5 million to the Trust, which will provide some 60 scholarships each year of the first decade of the new millennium.

The Trust is applied to the creation of scholarships for people with talent and ability who, because of economic circumstances or other barriers such as disability, are prevented from reaching their full potential. Over a ten-year period, the Trust will facilitate a broad range of third-level educational opportunities for people from diverse backgrounds who have in common the potential and motivation to succeed in their chosen field of study.

The Bank of Ireland Millennium Scholars Trust represents a valuable investment in educational opportunities for people of different backgrounds and life experience enabling these scholars to fulfil their potential for achievement and leadership in their own communities and in the broader society. Through the example and achievement of its scholars, the Trust will inspire others in similar circumstances to access education or training.

The Trust has established a rigorous procedure for assessing applications and short-listing candidates. An Educational Advisory Panel, involving experts and educationalists from bodies associated with the Trust's target groups, supports the Trust through direct involvement in the assessment and selection process. Applications are reviewed by panels of assessors and, where appropriate, experts in a specific field who, on the basis of

their specific field who, on the basis of their professional experience and expertise, evaluate the eligibility of candidates according to the following criteria:

#### Criteria for selection of Candidates:

- Notable ability and potential demonstrated through the candidate's application
- The existence of a significant barrier preventing the realisation of the candidate's potential through education.
- The candidate's motivation, commitment and clarity of purpose.
- The candidate's ability to participate successfully in higher education
- The candidate's suitability in terms of experience, skills and qualities for the desired opportunity.
- The significance of the opportunity in terms of stretching the candidate's capacities and enabling him/her to fulfil his/her potential.
- The potential for future enrichment to the candidate's community and/or benefit to others facing similar barriers.

CIT Student Services Officer, Fiona Kelly, stated that "on average, each year we have about 6 applications from students for the Millennium Scholars Trust. Since the scholarships were introduced in 2000, we have been successful every year with the exception of the first year in that one from each of our applicants annually has been successful. If you consider that there are 850 organisations registered with Bank of Ireland Scholars Trust and each of these organisations can submit applicants each year, we are doing extremely well to have one successful person practically every year. A total of 60 scholarships are awarded each year. I know that from speaking to each of the successful candidates, that without the financial support from this scholarship, they would not have been able to continue with their courses in Cork Institute of Technology."

The closing date for applications for this year is 1st March 2004. Application forms are available from the Bank of Ireland Millennium Scholars Trust Office on Tel 1850 221 721 or 01 4498500. A limited number of forms are available from the Student Services Office in F Block Room 2.7. The application form is quite detailed so a considerable amount of time would need to be spent in completing the form. Anyone who needs assistance in completing it can make an appointment to Fiona Kelly.

Successful CIT candidate, Johanna Canty said, "when I found out about the scholarship, I went to Fiona Kelly, who coordinated the applications for CIT. She was extremely helpful. Once the application form, was filled out, I needed an academic and a personal reference from the head of my department, Mr. Paul Sliney, who was also very helpful. My application was short-listed so then I had to go to Dublin for an interview. The interview consisted of three interviewers, interviewing each candidate. About six weeks later I received word that my application was successful, dependent on proof of any information given in the application. I will be receiving the scholarship for this year and until I get my degree in electronic engineering."

Ms. Canty explained that "the scholarship is not just about finance aid, it is also about helping the student to make the most of college life and a source of support if needed. This is done through regular meetings with all the other recipients and also with a mentor. The mentor program is where each recipient is matched up with a Bank of Ireland employee, who meets with you once a month. He or she acts as a listener and adviser. My mentor is a lovely lady by the name of Catherine Sheehan. Within minutes of meeting her I found myself telling her my whole life's story. I will be meeting her regularly and if I want to discuss anything that is troubling me or anything that might prevent me from getting the most out of my studies, she will listen and give advice if needed. She will be able to share her own experiences with me, to help me solve any problems"



# CIT Students Win Top Two Awards in National Finals

by **Sean F. O'Leary - Senior Lecturer**  
**Dept. of Mechanical & Manufacturing Engineering**

The QSJ Institution of Mechanical Engineers Competition to determine best Mechanical Engineering Degree Project in Ireland 2003/2004 took place on Friday 30 January 30th, at University College Dublin.

**The result of this competition is:**

**First Place: Ms. Niamh Thompson, Cork Institute of Technology,**

"Influence Of Surgical Solutions on the Fatigue Properties of Total Hip Replacement Bone Cement"  
Supervisor: Dr. Keith Bryan

**Second Place: Mr. Michael Durcan, Cork Institute of Technology,**

"Transmission Gas Shrinkage and its Environmental Impact at Beatoch (U.K.) Compressor Station"  
Supervisor: Senior Lecturer William Corr

**Third Place: Mr. Cathal Kearney, Trinity College Dublin,**

"Optimising the Design of a Flat Speaker"  
Supervisor: Dr. Kevin O'Kelly

CIT Mechanical Engineering Degree Student Niamh Thompson of Inniscarra, Co. Cork, has won first place in the Top National Mechanical Engineering Competition for her Total Hip Replacement Project. Niamh travels to London on 4 March to represent Ireland in the International Final of the QSJ Competition.

The winning project is being carried out in conjunction with Orthopaedic Surgeons at Cork University Hospital and St. Mary's Orthopaedic Hospital, Cork. Recently, following concerns raised by Orthopaedic Surgeon, Dr. James Harty, local surgeons have avoided the use of Hydrogen Peroxide (a surgical solution employed extensively worldwide). Dr. Harty voiced concerns that the utilisation of Hydrogen Peroxide, during Total Hip Replacement

surgery, may alter the material properties and performance of the bone cement (PMMA) and damage the bone. It is thought that this, in turn, may weaken the initial fixation and lead to loosening of the implant.

In the region of one million hip joints are replaced annually worldwide. According to International Medical surveys, approximately 80% of all failures, leading to revision surgery, are caused by aseptic loosening. It is of critical importance, therefore, to determine and analyse any factors which may weaken the initial fixation of the prosthesis and consequently lead to potentially numerous failed prosthetic joints. Initial tests, undertaken in the Department of Mechanical and Manufacturing Engineering of CIT, have shown that Hydrogen Peroxide contamination does influence the static properties of PMMA.

This study seeks to further investigate these concerns by performing tests to mimic in-vivo post-operative mechanical conditions of bone cement material, subjected to varying concentrations of Hydrogen Peroxide. The work undertaken includes the design of moulds and procedures for contamination of samples with H<sub>2</sub>O<sub>2</sub> in order to produce PMMA specimens, followed by fatigue testing. Microscopic examination and analytical techniques are used to investigate fatigue crack initiation and propagation in the bone cement due to the influence of the Hydrogen Peroxide.

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

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

Second place in the QSJ competition was also won by a Cork Institute of Technology Mechanical Engineering Degree student. Michael Ivor Durcan's project was carried out in conjunction with Bord Gais and concerned Transmission Gas Shrinkage and its Environmental Impact at Beatock (U.K.) Compressor Station. The project is being supervised by Senior Lecturer Bill Corr.

Bord Gais wish to optimise their natural gas transport system between the supplies from Moffet in Scotland and Kinsale Gas field to the city gate pressure reduction stations with particular concern for "gas shrinkage".

As this is too great an undertaking for one person in the time frame allocated, the current plan is to investigate the current shrinkage of gas at the Beatock station, while considering the procedures and methods used in this operation with a view to applying it to other stations. While investigating possible optimisation procedures, consideration must be given to minimizing the current NOx and SOx emissions from the turbines (i.e. to comply with S.E.P.A. regulations).

**Project Scope includes:**

- Determine the current efficiencies and emissions from the turbines during normal operations and analysing the conditions responsible for poor efficiencies and emissions.
- Investigate the feasibility of a flow control device on the supply line to Beatock (U.K./Bord Gais interface).
- Investigate the current pressures used in the supply lines for maximum efficiency.

The third CIT finalist, John Geary, received high praise for the academic rigour and technical and analytical depth of his presented project on the topic of "Vena Cava Blood Clot Filter Hook Forming Analysis and Testing", carried out in conjunction with Boston Scientific Cork. The Greenfield filter consists of a six-legged titanium structure, which is inserted, utilizing minimally invasive surgery techniques, into the Vena Cavamain vein, connecting the heart to the lungs. At the end of each leg of the filter, a hook is formed.

These hooks are critical to the efficient performance of the medical device, firmly attaching the filter to the Vein Wall and stabilizing the orientation of the device relative to the blood flow. Failure of any of the hooks will invalidate the operation of the device. Boston scientific initiated this project to further enhance knowledge of the filter manufacturing process with a view to optimising future successor platforms, currently in design



**L-R: Michael Ivor Durcan; Niamh Thompson; John Geary**

and test stage. This project seeks to further improve knowledge of material property variation and structure through a combination of Multimedia and Multidiscipline Literature Research, Theoretical Mathematical Model Development, Elastic / Plastic Stress and Strain Finite Element Analysis and Material Testing and Validation.

The national competition is based on submission of a paper summary and presentation of a formal address to a distinguished panel of expert judges.

**The expert group of judges comprised of:**

- Professor John Fitzpatrick, Professor of Mechanical Engineering, Trinity College Dublin, Chairperson of the Judging Panel
- Mr. Kevin Meehan, Worldwide Quality Product Manager, Hewlett Packard Manufacturing
- Dr. Stephen Daniels, Manager, Materials Ireland / Advanced Manufacturing Technology Ireland Research Centre
- Mr. Denis McGrath, Registrar of the Institution of Engineers of Ireland
- Mr. Jim Lawlor, Director, AMT Ireland and Materials Ireland
- Ms. Marianne Connolly, Process Engineer, Abbott Laboratories

The success of the CIT students in gaining the top two awards in this prestigious national competition is unprecedented. Best wishes are extended by all at CIT to Niamh in the forthcoming International competition in London.

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Where  
there's a  
**Will**

*A gay friend can be your best secret  
weapon for understanding women*

there's a  
**Grace**



by JON - CITLGB Society

At seventeen I had the first glimpse of my value to straight men. Of course, at the time I was deluding myself that I was straight, with a couple of girlfriends under my belt and a reputation as a decent kisser among the plain Janes at school. The fact that I was covertly sneaking glimpses of the Captain of our rugby team, as he got changed didn't seem to register with me – which explains why I didn't officially come out for years.

One Friday night I was in my room, sick with a dose of the flu, when my eldest brother, Tom, burst in. "you've got to help me!" he pleaded. "I have to take Kelly dancing!" Kelly was his new girlfriend, and even before he opened his mouth to say another word, I knew where this was going. "I'm ill", I mumbled through my Lemsip Max Strength haze. "C'mon! It'll just take a few minutes. Show me some quick dance moves. Please."

I was the best dancer in my family. I was the also the best groomed, the most stylish, and the most thoughtful when gift buying. How no one thought to pull me to one side and say, "Hey, we have something to tell you," is beyond me. For the next half-hour I walked Tom through some basic steps that would allow him to fake it long enough to get Kelly drunk.

It was the first of many saves I would perform for a straight man as the years passed. When the anniversary loomed and there was no idea for a gift to buy or when the big first date called for the killer outfit, they all came to me. Just like a queer Cyrano de Bergerac, I laid out masterful tactical plans for the right flowers, the right words, and the right moves to follow. The savvy men always came back for more, because they knew a simple truth: diamonds are not the quickest way to a woman's heart. A gay man is.

For those men still trying to figure out women (translation: any straight bloke), the real value of cultivating a friendship with a gay man can be summed up in one word: exchange. Homosexuals are the ultimate exchange students: from birth we're dropped into a world that never feels like home, and from childhood on we're taught gender roles that are counterintuitive to what we feel inside. Dolls bad, footballs good; lusting for net-ball players good, lusting for scrumhalves bad. With our outside and inside compasses at odds, we simply shrug and figure it will all, ahem, straighten out in the end. It doesn't, of course, and one day we drift into a bar called something like Lure (don't ask) and discover a whole world of guys like us.

However, the journey takes years. In the meantime, we sit beside you at collage and at work, studying your predatory mating habits like some sort of anthropology experiment. I can clearly recall being in a geography lesson listening to Ben Whitely discuss the finer points of seducing girls and blithely nodding while I desperately tried to absorb it all.

The point is that almost all gay men are raised as straight men. We grow up as an odd mixed breed: adopting a hetero identity but always subliminally in tune with our true selves. As a result we end up sitting with the popular girls at lunch. They can sense that we're not after what you're after. So it's us they tell all their deepest secrets, phobias

(number one: you won't phone them again), and dreams. Eventually we accumulate a treasure-trove of insider knowledge - from what cologne turns her off (musk) to what makes her want to give oral sex (suggestion: trim your pubic hair).

We've also garnered the power to make and break you. A woman will ask another woman if a bloke is worth going out with, but no matter the answer, she'll be suspicious. When it comes to relationships, women are much more competitive than men. But when a woman asks her gay friend if a man is worth seeing, she lives for his answer: he is the perfect judge and jury. Equipped to understand the primal urges of the species, yet with no stake in the verdict.

In primary school I met my best friend, Amy. Through the years, she paraded a battalion of boys before me. After each one she'd call and ask, "So, what do you think?" and I would invariably reply, "He's a job." I was choosy, but that's because I had her best interests at heart, and she knew it.

After bringing home an endless line of bad boys, my friend Jenny finally showed up with one Joe Briggs, a nice guy from a rough area who was doing evening classes to better himself. Her gay flatmate, Jason, pulled Jenny aside. "Keep this one," he said. She did.

The sad truth is that few heterosexual men have homosexual friends. This is mainly because of what I call the 'yuk' factor. Ask any straight man his top sexual fantasy and it no doubt involves selected females from the cast of Charlie's Angels, after they've been on a trolley dash through Agent Provocateur. Yet any mention of sex between men gets one resounding, wincing response: "yuk!"

So here's a news flash: we are not eyeing you up, mate. We don't waste any time imagining the intimate details of your life, so you shouldn't have any trouble returning the favour.

How do you find us? Chances are you're not popping in for a cocktail at Lure anytime soon, and although the occasional "camp commander" wearing the Britney crop top at Tesco's is easy to spot, the truth is that you really can't tell most of us from, well, you. So do some basic detective work. "Think of the men at your class, in your extended family, even in your five-a-side team. Who's single? Who's decent looking but never seems to be with any women? Who looks as though he's going out on the town when he's just off to the gym?"

Or maybe just do this: next time you meet a woman, find out if she has a gay friend - a Will to her Grace - to use the Channel 4 sitcom as an example. Then make an effort to get him on your side. He knows her moods, her weak spots, her secrets. He can sink you or save you. All you have to do in return is treat him like the rest of your mates. Ask him about his job, his holiday plans, and, yes, his "other halves". We don't bite. Unless we're asked.



The CIT Entrepreneurial Society's aim is to promote an Entrepreneurial spirit among all students across all departments. This society will raise awareness of various enterprise awards that are being operated on a local and national basis. It was designed to foster links between CIT and various semi-state bodies, to ensure continuity but more importantly to create a general awareness of Entrepreneurship among CIT students.

**Membership to this society gives you the following:**

- Networking opportunities with students from other departments
- Providing you with up to date information on competitions organized by CIT and national bodies via text alerts and e-mails.
- Notification of social events organized by the society.
- Offering invitations to seminars where you will learn from the successes and failures of other innovative people.

We offer assistance in setting up meetings with the Enterprise Boards, if you have a business idea and want to take it further. Membership is also an excellent addition to your CV. It is important for students to have a 'hands on experience' by attending the various guest lectures/ workshops throughout the year. Membership to this society cultivates innovative thinking, giving you confidence in exploiting your potential.

We have introduced a competition 'The Capital Idea Challenge' offering students the chance to be creative and innovative whilst testing their ability to develop a business idea. The committee comprises of 9 students who are currently working on among other things the development of the society web-site, organising a guest lecture series and promoting the society to business community.

Entrepreneurial Society President stated, "We hope to put systems and structures in place this year to ensure the long-term continuity of society". Mr Tom Rigney, Head of Department of Business Studies said that "this is one of the many CIT initiatives in cultivating and fostering an entrepreneurial spirit"

Membership of The Entrepreneurial Society is open to all CIT students and staff. All members are kept up to date on events via our group text and email system.

**To sign-up to the society or for further details please contact:**

Aileen Mc Carthy: PRO (087) 643 0060

Cathal Kenneally: President (086) 310 2789

## Rise of the machines: Robot Wars Society

This is a message from the Robot Wars Soc to introduce you all to what we are and what we hope to do in the future. We hope you will all give us your support and anyone who is interested in the Society should watch for our meeting notices in the What's On. We are proud to announce that our website is up and running ([www.citbot.co.nr](http://www.citbot.co.nr)) and we hope to document every stage of our development and our participation in tournaments. Don't forget this is CIT's robot and something for you all to be proud of.

**What is Robot Wars?**

Basically it's a gladiator tournament fought by machines, armed with an array of weaponry, down to the last robot functional that is then proclaimed winner. It is broadcast on Channel 5 and is held in London, but there are other tournaments held all over England and we hope to one day host one in CIT!

**The Robots?**

They come in different shapes and sizes often covered in elaborate paintwork and use some form of offensive weapon, such as circular saws, axes and flippers to incapacitate the opponent. Ours uses a pneumatic ram that can attack with 600 N of force. We have bought all the necessary parts at this point and assembly should begin soon. We really enjoy having such a great opportunity given to us, and hope you will all join in and support us when the CIT Robot goes to the championship.

**Email us at [Citbot@eircom.net](mailto:Citbot@eircom.net)**

**Michael, PRO**

**Album Review:**

## Ian Whitty

Reviewed by Tim Clifford:

December 1st saw the release of Ian Whitty's eagerly awaited debut record. The mini-album entitled 'Will o' the Wisp' features seven very intimate recordings that are characterised throughout by Ian's lyrically engaging and distinctive contemporary folk sound.

The record, which will be released on Ian's own label Whimsical River Records, was co-produced by Ian and Indie maverick Steve Fanagan.

Ian Whitty has built up a steady following of late and has been identified by many as a strong new voice in Irish song writing. Last year he completed his first tour of America's East Coast. In recent times he has shared the stage with such acclaimed acts as the Frames, Damien Rice, Josh Ritter and David Kitt to name but a few.

Ian has received great reviews from a wide range of media:

"A very fine song writer" - Dublin Events guide.

"The lyrical content of Ian Whitty's music continues to envelop every-one who encounters it" - The Kingdom Newspaper.

"There is something fragile about the stance and lyrics of Ian Whitty that draws you into his world. For the broken hearted this man is medicine." - The Irish Emigrant

## Academic Skills Disorders Info from the Dyslexia Society

Students with academic skills disorders are often years behind their classmates in developing reading, writing, or arithmetic skills.

### The diagnoses in this category include:

- Developmental reading disorder
- Developmental writing disorder
- Developmental arithmetic disorder

### Developmental Reading Disorder

This type of disorder, also known as dyslexia, is quite widespread. In fact, reading disabilities affect 2 to 8 percent of elementary school children. When you think of what is involved in the "three R's" -reading, 'riting, and 'rithmetic- it's astounding that most of us do learn them.

### Consider that to read, you must simultaneously:

- Focus attention on the printed marks and control eye movements across the page
- Recognize the sounds associated with letters
- Understand words and grammar
- Build ideas and images
- Compare new ideas to what you already know
- Store ideas in memory

A person can have problems in any of the tasks involved in reading. However, scientists found that a significant number of people with dyslexia share an inability to distinguish or separate the sounds in spoken words. Some children have problems sounding out words, while others have trouble with rhyming games, such as rhyming "cat" with "bat." Yet, scientists have found these skills fundamental to learning to read. Fortunately, remedial reading specialists have developed techniques that can help many children with dyslexia acquire these skills.

However, there is more to reading than recognising words. If the brain is unable to form images or relate new ideas to those stored in memory, the reader can't understand or remember the new concepts. Therefore, other types of reading disabilities can appear in the upper grades when the focus of reading shifts from word identification to comprehension.

### Developmental Writing Disorder

Writing too, involves several brain areas and functions. The brain networks for vocabulary, grammar, hand movement, and memory must all be in good working order. Therefore, a developmental writing disorder may result from problems in any of these areas. For example, a child with a writing disability, particularly an expressive language disorder, might be unable to compose complete, grammatical sentences.

### Developmental Arithmetic Disorder

Arithmetic involves recognizing numbers and symbols, memorizing facts, aligning numbers, and understanding abstract concepts like place value and fractions. Any of these may be difficult for children with developmental arithmetic disorders, also called dyscalculia. Problems with number or basic concepts are likely to show up early. Disabilities that appear in the later grades are more often tied to problems in reasoning.

Many aspects of speaking, listening, reading, writing, and arithmetic overlap and build on the same brain capabilities. So, it's not surprising that people can be diagnosed as having more than one area of learning disability. For example, the ability to understand language underlies learning to speak. Therefore, any disorder that hinders the ability to understand language will also interfere with the development of speech, which in turn hinders learning to read and write. A single gap in the brain's operation can disrupt many types of activity.

Any questions please contact us at [dyslexiacit@hotmail.com](mailto:dyslexiacit@hotmail.com) Also see the What's On for when we meet

# Employment in the United States

**The finest Country Clubs in Boston, Massachusetts, USA  
are seeking Students for service positions  
during Summer 2004**

**Job interviews will be held on March 3 and 4 from  
10:30 am thru 3:30 pm in the Societies Meeting Room (PF44)**

**Please e-mail resumes to  
[dgarfinkel@woodlandgolfclub.com](mailto:dgarfinkel@woodlandgolfclub.com)  
to schedule your interview;  
Summer J1 visas required**



# Kims Cookery Corner

## This month's recipe: Columbina Chicken

Serves 3-4

4 Chicken thighs, skinned

2 tbsp. Seasoned flour

1-2 tbsp. pure vegetable oil

1 green pepper, diced

2 onions, peeled & quartered

1 can of chick peas, drained

150g of mushrooms diced

150ml of water

[Tesco chicken thighs 4 pk €1.99]

Tesco pure vegetable oil 1 litre €0.58]

[loose peppers €1.00]

[loose onions €0.32]

[Batchelors chick peas 225g €0.52]

[baby button mushrooms €1.26]

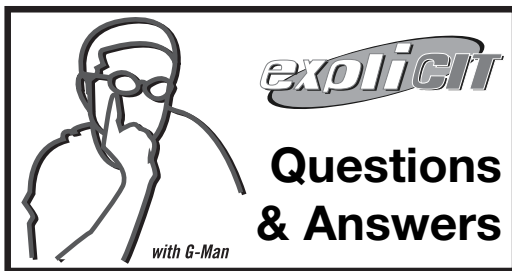
### Instructions:

Put the flour, seasoned with salt, pepper and the herbs if used, into a paper or plastic bag. Add the chicken and shake the bag until the chicken pieces are well coated. Heat the oil in a heavy based saucepan, shake any surplus flour off the chicken and brown, turning them frequently so that they colour evenly.

Add all the other ingredients except the peas. Bring to boiling point, cover and simmer gently until the chicken is almost tender, about 35 minutes. Check the pan from time to time and add a little water if the liquid has reduced too much – the vegetables could stick and burn.

Stir in the peas and cook for 10 minutes more. Serve with mashed potatoes or rice.

Optional: tsp. of mixed herbs and a little hot chilli sauce



**G-man why is it that some men feel the need to wear both a belt and suspenders?**

It takes years of hard work and beer-guzzling to establish a truly colossal gut and sometimes added measures are necessary to properly contain it. Failure to do so could result in a fabric breach, in which mounds of

fatty tissue fill the surrounding area at high velocities. The results can be horrific. The loosening of 2001 claimed the lives of over a dozen people in Macroom.

**G-man how come the Cookie Monster gets to eat loads of cookies and he never gets stuffed?**

It's a tradeoff. I don't care how many free cookies you offer me...you can't put your hand up MY ass.

**G-man do the people at Centrum really think they were clever with their little catch phrase "From A to Zinc"?**

No. But the phrase "complete from Iron to Vitamin E to that-stuff-that-when-consumed-in-mass-quantities-attacks-the-layers-of-your-stomach-forming holes for bacteria to enter your lower intestine" just wasn't as catchy. (Nor did it fit on the label)

### Some bizarre facts:

If you yelled for eight years, seven months and six days, you would have produced enough sound energy to heat one cup of coffee. (Hardly seems worth it!)

The human heart creates enough pressure when it pumps out to the body to squirt blood 9.5 m. (And you thought those Monty Python guys didn't do any fact checking!)

Every time you lick a stamp, you're consuming one-tenth of a calorie.

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

## explicit Word Search

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**CIT Societies Office**

- CORK
- INSTITUTE
- TECHNOLOGY
- STUDENTS
- UNION
- ELECTIONS
- PRESIDENT
- VICE
- EDUCATION
- WELFARE
- COMMUNICATIONS
- ENTERTAINMENTS
- EQUALITY
- SOCIETIES
- ENTREPRENEURIAL
- ROBOT

PRIZE THIS MONTH!! : €30

NAME: .....

PHONE: .....

CLASS: .....

COMPETITION CLOSSES 5PM MONDAY 8th March 2004.  
PLEASE RETURN TO STUDENTS' UNION MAIN OFFICE (C143)  
ALL ENTRANTS MUST BE CIT STUDENTS  
& ENTRIES MUST BE ON OFFICIAL FORM.  
GOOD LUCK!  
Last Months Winner: Jenny Duffy; Rec Leis 2

(CROSSWORD WINNER: Catherine Broxton, NDBS Marketing)

### The Last Word:

When you feel that nobody loves you... Nobody cares for you...

And everyone is ignoring you...

You should start asking yourself...

Am I TOO sexy.....?

# Herlihy's Centra Bishopstown

## CENTRA



**Herlihy's Centra - For All Your Needs while at CIT!**

### This Months Special Offers:



**50c OFF!**  
**Goodfellas**  
**Pizza**

**This voucher entitles you to 50cent off a Goodfellas Frozen Pizza at Herlihy's Centra Bishopstown.**  
 Only One Voucher per transaction. Valid until 31st March 2004

**For ALL Your**  
**Offy Needs!**  
**OPEN 7 DAYS A WEEK!**



**FREE 500ml Bottle of Coke**  
**when you purchase a Filled Roll and Walkers Crisps**  
**(Cheeses & Onion / Salt & Vinegar)**

**This voucher entitles you to FREE 500ml bottle of Coca Cola when you purchase a Filled Roll at our fresh Deli Counter, with a packet of Walkers Crisps (Cheeses & Onion/Saly & Vinegar) at Herlihy's Centra Bishopstown.**  
 Only One Voucher per transaction. Valid until 31st March 2004

**€1 OFF!**

**This voucher entitles you to €1 off a Sandwich / Large Filled Roll**  
 Only One Voucher per transaction  
 Valid until 31st March 2004  
 from Fresh Deli Counter

**SANDWICH / FILLED ROLL**

**Opening Times:**  
**Monday - Sunday: 8am - 11pm**  
**Telephone: 021 4541232**  
**Fax: 021 4543164**

**CENTRA**

**Herlihy's Centra,**  
**Curraheen Road, Bishopstown.**