

explicit

CIT Students' Union Magazine
Volume Seven - Issue Five

**CIT Library
Survey**

**New Year's
Resolutions**



It's Ball Season!

SEE PAGE 22 FOR DETAILS!

**Canteen
Roulette**

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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



explicit editorial



Oh my gosh, it's 2006 already! I'm about to enter my final year as a teenager - that probably means I'll have to become responsible soon enough. Well, I hope that everyone had a brilliant break over Christmas, and that you all took advantage of large supplies of Pringles, Celebration sweets and mistletoe. A wonderful night took place on the 14th of December in Bruno's for the Crawford College Christmas party, where Revelation Sound and DJ Gary rocked the house. So now it's time to hit the books once again, but don't panic, Rag Week is just around the corner, followed by mid-term break!

Once again, a quick reminder to all of you about two things: Firstly, CIT Students' Union is here to help, so please contact us in the prefab or online at www.citsu.ie. Secondly, please keep your submissions coming for explicit magazine; we love to hear from all corners of all the colleges.

On a serious note, the Crawford College of Art & Design is in more need of your support than ever. The decision to relocate the college from its city centre location is against the wishes and best interests of all students. The support of every CIT student is vital to the campaign; so if you would like to help out, please visit www.wheresmecollege.com, or e-mail sucomms@cit.ie or crawfordsu@cit.ie.

Time for my recommendations:

Music City

The new Darkness album is finally out, so for some silly but brilliant, funny music, check it out. The Editors debut album has been out for a few months now, but is an excellent buy if you like alternative rock. And for some mellow tunes, give a listen to the excellent Jack Johnson's 'In Between Dreams'.

Movie Mania

The 40 Year Old Virgin is a wickedly funny movie without being too disgusting, and the DVD comes with 17 minutes of extra footage.

Food

If you have a special occasion coming up I recommend Gambieni's on Carey's Lane (near HMV) in Cork city - excellent Italian food.

That's all for now my friends,
Good luck with the New Year's Resolutions!

Caitriona



CIT Library Survey 2005

"...Students displayed a concern over Leaving Certificate & Non-CIT students using the library, to compound this fact a Leaving Cert student actually filled out a survey..."

As you may know before Christmas we carried out a survey on the library as part of the Unions' review of all services offered in CIT. We would like to thank everyone who took the time to fill in these surveys.

Over 60% of students commented that the library hours should be extended and almost 45% expressed a desire to have the library open on Sundays at exam times. We see that for this desire to be fulfilled the college will have to increase the staff available to the library.

Considerable amounts of students also suggested tighter regulating of time slips that are used in the run up to exam-time, as some students do not adhere to the rules outlined, taking prolonged breaks and even going to exams while occupying a space in the library. We urge all students to be fair to each other and not abuse the library.

Students also displayed a concern over Leaving Certificate/ Non- CIT students using the library, to compound this fact a Leaving Cert student actually filled out a survey in which he commented "good library but far too much noise e.g. people talking". He also said that he used the computers for projects, in doing this he used up a space which should be occupied by a student of CIT. Once again here the Union urges the college to expedite its efforts to install the new access control system for the library, gym and open access.

From analysis of results we have deduced that the computers in the library must be more strictly regulated as a large percentage of people admit to using them for non-academic purposes. Since there are so few units present we suggest that the library installs "Internet Café" software to make it easier to control access to these PC's and also to monitor what they are being used for.

To all students who suggested more up to date books, there is a departmental budget for book purchases, so speak to your lecturers and tell them where you think more relevant/up to date material is required.

Below is just a selection of some of the comments we received.

"Around exam times have longer opening hours, no eating in the library. Putting up signs isn't good enough. More supervisors"
Construction Management 4th Year

"Books of absentees should be removed to a central collection point. Bullying of people who legitimately move people's belongings is rampant."
Structural Engineering 4th year

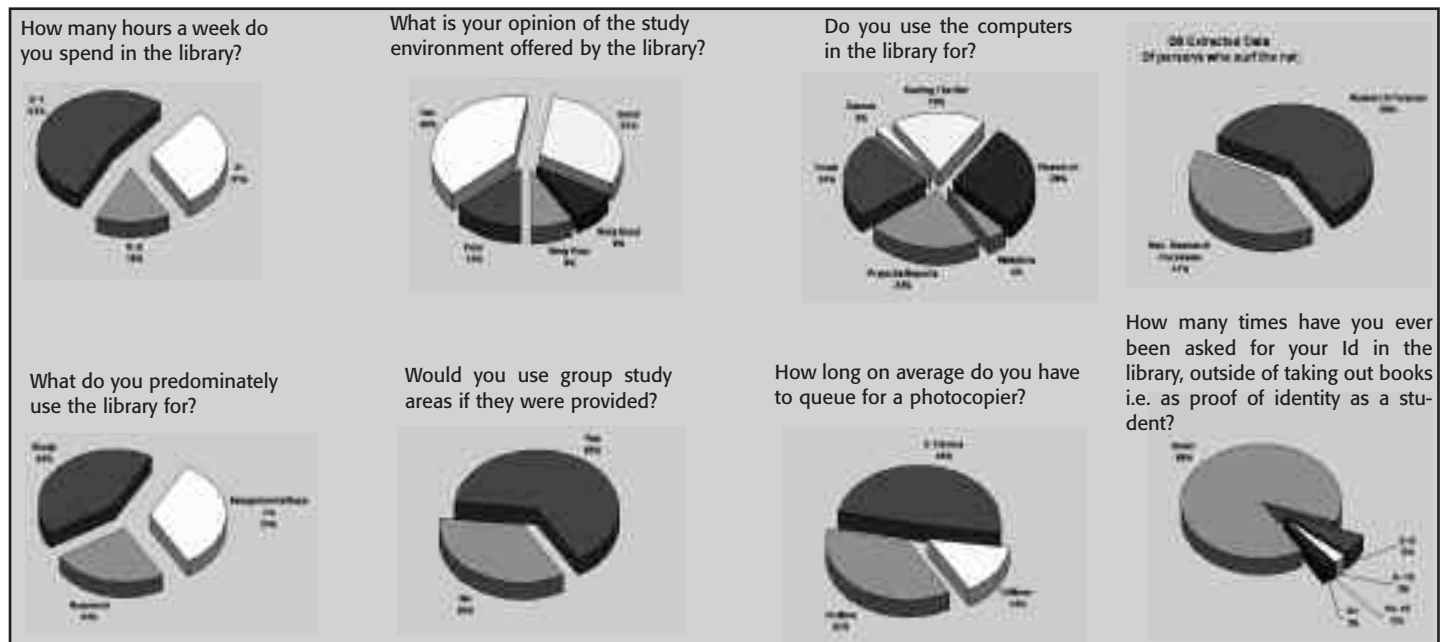
"Come exam time there are too many phones going off, people talking...Please give us a quiet environment to study in"
Mechanical Engineering 3rd year

"Should be open later on Saturday and Sunday"
Electrical Engineering 3rd year

"...people in there (Library) aren't using them (Computers) for project work there is open access for that (non-project work)."
Business Studies 2nd year

"Rules not enforced enough i.e. mobile phones..."
Biomedical Sciences 1st year

Michael O'Connor - sueducation@cit.ie



What's Up Doc (or not)?

Following last month's news article detailing the revelations that were made in the Irish National Media regarding well known individuals obtaining doctorates from "diploma mills", we have received several correspondances from Dr. Con Power who was named as one recipient.

Dr. Power has strongly dismissed any suggestions that his doctorate is tainted with illegality and details the academic merit required for entry to his course which he graduated in 1988. In addition to the doctorate obtained from the Pacific Western University (PWU), Dr. Power details extensive qualifications and work experience which he obtained during his lifetime. A full letter which he submitted, detailing these, may be read on page 20.

Although Dr. Power firmly defends his doctorate from the PWU, the vast majority of respected international academic institutions and media are dismissing the qualification. John Bear, a California-based author and expert on nontraditional education stated "it is a school that in the academic world has no respect. Less than one percent of college administration offices and registrars would consider accepting that degree. In the academic world it's just about as useless as it can be".

Television station KVOA of Tucson, Arizona described the Los Angeles campus, "We don't find students, classrooms or professors. Only a small office with two receptionists and a man who introduces himself as the dean".

The open source online encyclopedia, Wikipedia.org, detailed extensively the history of the college: Pacific Western University is an unaccredited distance learning university located in Los Angeles, California, with branch campuses in Tokyo, Japan, Hong Kong, and Taipei, Taiwan. It is not recognized by the Western Association of Schools and Colleges, which is responsible for the accreditation of public and private universities in California, or by any other legitimate accreditation agency, and is therefore considered a diploma mill.

Pacific Western University is an "educational member" of the The Association to Advance Collegiate Schools of Business, but they are not accredited members of AACSB. PWU is, however, recognised as a degree-granting institution by the California Bureau of Private Post-secondary and Vocational Education (CBPPVE). The CBPPVE, is part of the California Department of Consumer Protection, but is not part of the California Department of Education.

Established in 1976, PWU initially offered Bachelor of Arts, Bachelor of Science, Master of Arts, Master of Science, and Ph.D. degrees in a wide range of fields. These degrees were earned via a combination of Life Experience, Course Assignment, and the writing of a Thesis or Dissertation at the graduate level. These written scholastic works were then recorded in the Research Abstracts, published by University Microfilms International.

At that point in time, PWU was approved by the State of California through the

California Council for Private Post-secondary and Vocational Education. In 1989 the State of California enacted the Private Post-secondary and Vocational Education Reform Act. At this point, many nontraditional universities, based in California, came under state scrutiny. The Private Post-secondary and Vocational Reform Act of 1989 also resulted in the creation of the Council for Private Post-secondary and Vocational Education (CPPVE) as the overseer and regulator of private educational institutions in the State of California. [4] From these occurrences many non-traditional universities were closed in California over the next few years. PWU was not one of them, however. In 1996 Pacific Western University received CBPPVE approval, after a restructuring that involved dropping several of its degree programs.

A statement from the Oregon Office of Degree Authorization (ODA) reads, "ODA has no evidence that this is a legitimate provider of post-secondary education meeting Oregon standards. Unclear whether the entities using the name are all one, but none should be considered legitimate educational institutions".

In 1997 Pacific Western University was sued by the state of Hawaii for violating state consumer protection laws. The result of this lawsuit was that, PWU is permanently enjoined from making any representations to the effect that it is registered with or authorized by the State of Hawaii to confer bachelor, master, and doctoral degrees, and or award academic degrees.

PWU now does business in Hawaii as American Pacwest International University using a website registered in Samoa. As of 15 September 2005, American Pacwest has become the focus of a new allegation of wrongdoing by the Hawaii Department of Commerce and Consumer Affairs.

In May, 2004, the US General Accounting Office presented the results of an eight month examination of diploma mills and federal employees holding their degrees to the U.S. Senate Committee on Governmental Affairs. Pacific Western University in Los Angeles was one of the six schools on which the investigation focused.

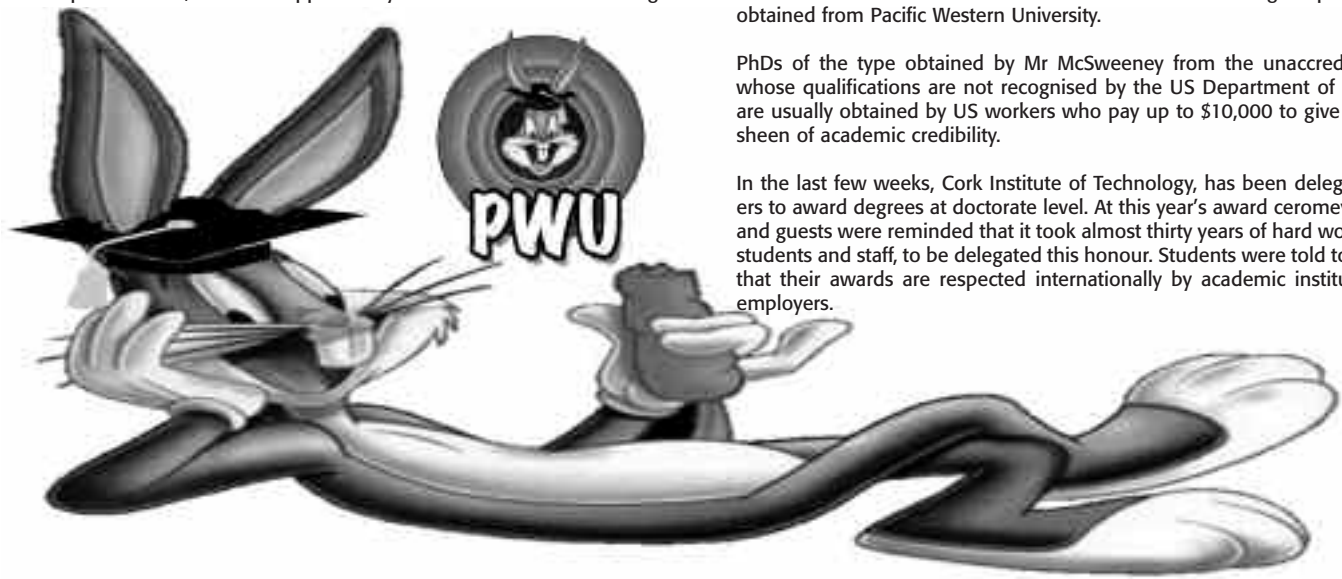
Internationally, Pacific Western University has a similar reputation – the Government of Sweden's National Agency For Higher Education (Högskoleverket) listed PWU in a report entitled, Fake Universities and Bogus Degrees.

In Australia, the Brisbane Courier Mail reported on a 6 January 2004 that a lecturer at the University of Southern Queensland was banned from using the title of "Doctor" after it was discovered that his Ph.D. had, in fact, been purchased from Pacific Western University.

As was recently revealed in the Irish Independent, high-profile individuals, including the government of Ireland's Chief Science Advisor Barry McSweeney, have been revealed to have advanced their careers using suspect degrees obtained from Pacific Western University.

PhDs of the type obtained by Mr McSweeney from the unaccredited PWU, whose qualifications are not recognised by the US Department of Education, are usually obtained by US workers who pay up to \$10,000 to give their CV a sheen of academic credibility.

In the last few weeks, Cork Institute of Technology, has been delegated powers to award degrees at doctorate level. At this year's award ceremony, students and guests were reminded that it took almost thirty years of hard work by both students and staff, to be delegated this honour. Students were told to be proud that their awards are respected internationally by academic institutions and employers.





Pic: Irish Ferries Protest March

Escalation of Protesting Expected in Crawford College Dispute

The historic Crawford College of Art and Design, one of our City's most revered and prolific artistic institutions, is, thanks to a lack of funding and support, in danger of closing its doors, and relocating to the main CIT campus in Bishopstown.

There are currently 300 full time students studying in CCAD in Sharmon Crawford in the Cork city centre with an additional 30 post graduate students studying in the Art Therapy Department which is situated in the outskirts of the Cork city in Shanakiel Road. The Art Therapy department is the only department of its type in Ireland.

CCAD is part of the fabric of the city, historic and modern. This is made all the more clear in the present year when Cork is being celebrated as the European City of Culture. Cork has had much to celebrate as European Capital of Culture, much of which has been due to the art scene that has existed here in Cork since the 1880's with the establishment of the original Cork school of art in Emmet Place.

The college authorities are seeking to relocate the college as a cheap option rather than having to refurbish the building which has contributed to Cork's cultural success. If CCAD is relocated, then the college's prestigious history and identity will be lost which in turn will effect course numbers. It is clearly obvious that despite years of lobbying and protesting the college executives are clearly unaware of the needs of the art students.

The Crawford is uniquely positioned, close to the city centre, and close to other academic institutions, art galleries, churches and cathedrals, libraries, studios, and other cultural institutions and buildings within the city.

Although over-crowded, the present premises of the Crawford, with its studios, libraries, workshops, canteen and staff rooms, has a unique and friendly atmosphere. This is always observed by visitors to the college.

The facilities that exist in Crawford do not represent that of a third level Institute. Access to advanced engineering and computer facilities on the Bishopstown campus should already be a given, not the current inadequacies that the under-resourced staff and students of the Crawford have to face on a daily basis. Each year the situation worsens, with the same apathetic response from those in positions of influence. Each year the strength of conviction of those determined to stay grows stronger, as does their concern for the health of everyone in this building. Ventilation has always been inadequate, the heating system is old and unreliable, leaking ceilings, exposed live wires, mould growing on damp walls, dry rotten beams are plainly visible and space is gone beyond a premium.

CITSU will, therefore, be increasing the level campaigns in an attempt to prevent the prospect of moving CCAD away from the city centre and also seek to improve conditions for the students.

The college cannot move.

RAGWEEK '06

6th - 9th Feb

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ALSO...

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AMERICAN IDIO

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Details from SU

Delorentos

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Keep an eye out
for ticket details
for Tramps Ball and
other nighttime
events

www.citsu.ie



CIT Students' Union President

Welcome everyone back to college, to a new year and to what I promise will be an eventful one. I hope all the exams went well for you and you the made the most of the Christmas break.

Well you asked for more entertainment in the college and we will now deliver! Over the coming months we will have more bands and acts performing in the college during lunchtime. Of course don't forget Ragweek, an entertainment highlight for every student, events this year are going to be bigger and better. Original, cover,

tribute, traditional, we cover all the music genres; this year we want you to experience the essence of entertainment both by day and by night. You better hang-on to your lunch because we will be running a charity bungee jump, so all dare devils strap in and help raise some money. Ragfest is going to be bigger than anything we have ever done, 4 stages inside one venue with 2 main national acts supported by the cream of local talent. If anyone has any more ideas in terms of entertainment for Ragweek call in to Mick in the SU prefab. I would like to encourage everyone to support all SU events as all profit from the week is donated to worthy cause both locally and nationally.

Rag week will be that bit special this partly because it is the last ever Rag week that will be held in the atrium. Next year it will be in the new Student Centre. We hoped to have Rag week in the Student Centre this year but we will have to wait until next year. The college authorities have made sure to that.

Marching season is upon us here in CITSU where we will be forced to march

over the appalling conditions that currently exist in Crawford amongst other things. The student's voice is being continuously ignored by the Institutes authorities. CITSU will therefore be increasing the level campaigns during the month of January in an attempt to prevent the prospect of moving CCAD away from the city centre and also seek to improve conditions for the students.

Since I was talking to you last we have received many complaints again over the computer facilities around the college. These complaints range from the lack of printers and scanners in the open access to students not even getting access to departmental labs. Well we will be working on this issue over the coming weeks where we foresee action will have to be taken for the computer facilities around the college are unacceptable.

The Institute see it fit to the put the oldest computers from the college as the main computers in H Block. These computers have not been serviced or upgraded for many months. This is an example of what the facilities are like on all of CIT's campuses. We find this to be completely unacceptable.

Just to remind you all again to call in to us if you need anything at all over the coming weeks and get involved in some of the campaigns that will be coming up. I would encourage all students to take part in any of the upcoming Students' Union campaigns for this is your college and your education.

Talk to you soon
Jeremy



CIT Students' Union Vice President Education

Welcome back to each and every one of you, may this year bring you peace happiness and good fortune.

Yeah you guessed it I spent Christmas panned out on the sofa watching all the TV could throw at me. Well actually not all Christmas. I have been working on a few things for your benefit which I'll discuss further on. I hope the exams went well.

I must admit that I had some laugh at the end of term parties, it's been awhile since I have seen nights as wild as those, I guess it's the Christmas rising up inside all of us. And before you say it no the Christmas spirit was not whiskey. I also got to see the 'Sultans of Ping FC' on the 21st they were fantastic.

First the past, we got complaints before Christmas over missing light bulbs in the library, sadly some blighter keeps stealing the ones from the big tables on the second floor but measures are being put into place to avoid this problem in the summer. Whilst on the library we came across some non-student users during exams and nicely asked them to disappear and never come back.

Currently the college is looking into installing a new system which would authorise access to the library, open access and the gym using a turnstile and swipe-card system. The one currently in the library is broken and un-usable. Still on the library the Survey results and a report on the library are further on.

Now the future, in the coming weeks we will begin to review the IT facilities and the support attached to them within the college and satellite campuses. Students will be invited to make comments by email and by surveys which will be available in February. We will also be launching the new education section of our website; this will include online study resources, information on grants and appeals, exam papers, on-line grind applications and much more.

Don't forget RAGWEEK, enjoy it each and every one, you deserve it, but don't forget it's a time where we Raise And Give to the less fortunate so remember to dig deep in your pockets when asked for donations. This year is shaping up to be one of the best ever.

Anyhow that's me for the time being.

Until next time,
Mikey



CIT Students' Union Projects Officer

Hope ye all had a great Christmas and New Year, mine was great seen as I was home a lot of nights over Christmas...but I suppose my pockets aren't as light as they might otherwise have been.

Anyway, enough about me lets talk about you. I hope all your exams went well for you, if they didn't, don't worry you still have a bit of time to make up for it.

OK guys Sinead and I are currently conducting a survey of the canteen services. If ye have a bit of time fill in the survey, it'll help us get an idea of the general opinion that students have

of the canteen services. We'll let ye know the results in next months expliCIT.

Right lads, if you're interested in going on major strikes or protests, I need you to get in touch with me suprojects@cit.ie, email me and I'll stick ya on me list!

That's it, very short address this time; I felt I gave you too much last month so I'll give ya a break.

Talk to ya all in February.
Wez



CIT Students' Union Vice President Welfare

I hope that the holidays and exams went well, whichever order they came in. Things are starting to get back to post Christmas normal; people are already counting down the days to our Spring Study Break in February.

In the Welfare Section of this issue you'll find a continuation of the series of articles on Sexual Health, hopefully you'll find this interesting and if you've any questions as always feel free to call into my office.

Of course before this comes Rag Week, the madness should be bigger and better this year and I have to add my normal warning, everything in moderation lads, don't go too mad with the gunge.

One of my New Years Resolutions is already nearly broken as I think that this will be my shortest address yet, ah well there's always next month!

Sinéad

Please feel free to call to the SU prefab should you need any advice or even a quick chat over tea. 021 4933123

The year will begin to fly more than ever now that we're into the second half of it so keep on top of everything as best as you can and remember if things start to get difficult there's support here.



CIT Students' Union Entertainments Officer

John here, well happy New Year to one and all and I hope you all had a good Christmas. I presume that you were all good boys and girls and that Santa came to you all. I received a bag a coal and a firm slap round the back of the head. Of course I then realised it was not my own home I awoke in, that Christmas morning, and went home to get my real presents, which weren't much better.

Rafterz (Wednesday Nights) and Redz (Thursday Nights) were jumping the weeks before Christmas and let's hope the fun continues as these are the official CIT nights out.

Well lads, The New Year offers a chance for fresh starts and resolutions, so enjoy yourselves and if you can check out Wheatus: BMX Bandits.

Be Good and Happy New Year,

John

Most people seemed happy enough with their exams even though it was bitterly cold for them. The celebrations after were in true CIT fashion and everyone enjoyed themselves. I hope that results are good and that they give you a good start to a new year.

MENU		REGULAR	SMALL	MEDIUM	LARGE
	CHEESE WITH MOZZARELLA CHEESE AND OUR SECRETARY BLEND SAUCE EXTRA SAUCE	€5	€7.50	€11.50	€13.50
	CREATE YOUR OWN PIZZA (MINIMUM 90G TO GET SPRING - BURNING IN OUR MACK MOUNTAIN CHANGING LAMB LEGS AND NEW QUART. SEE OUR MENU. CHARTERED MEAT. ALSO AVAILABLE: CHICKEN, SAUSAGE, PEPPERONI, ANCHOVIES, SPINACH, TOM. ALL TOPPINGS WITH SAUCE. AVAILABLE WITH OR WITHOUT BEZEL AND HOT ORU SAUCE.				
SET MENU		REGULAR	SMALL	MEDIUM	LARGE
	HAWAIIAN CLASSIC HAM, MUSHROOM, PEPPERONI				
	AMERICAN CLASSIC SOUSSE, PEPPERONI, EXTRA SAUCE				
	CRISPY BACON DELUXE CRISPY BACON, MUSHROOM, SPINACH	€6	€10	€15	€18
	HOT & SPICY HOT PEPPERONI, SPINACH, SAUCE				
	DELUXE PEPPERONI, MUSHROOM, SPINACH, EXTRA PEPPERONI, EXTRA SAUCE				
	VEGETARIAN MUSHROOM, SPINACH, PEPPERONI, ONION, EXTRA SAUCE				
	MEAT DELUXE WITH PEPPERONI, SAUSAGE, EXTRA SAUCE	€7	€11	€16	€19
	BBQ SUPREME BBQ SAUCE, PEPPERONI, CHICKEN, EXTRA SAUCE				
	CAJUN CHICKEN DELUXE WITH SAUCE, PEPPERONI, SPINACH, EXTRA SAUCE				
	SUPER DELUXE PEPPERONI, HAM, PEPPERONI, SPINACH, EXTRA SAUCE				
	THE SCORCHIER WITH EXTRA SAUCE, WITH MUSHROOM, SPINACH, EXTRA SAUCE	€8	€12	€17	€20
	MANHATTAN CLASSIC HOT PEPPERONI, SPINACH, EXTRA SAUCE				
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3-CHEESE DIPPERS WITH BBQ SAUCE OR GARLIC MAYONNAISE DIPS €5	GARLIC PIZZA BREAD WITH GARLIC SAUCE €3.50	3 SAUCE DIPS WITH FRESH PIZZA CRUSTS IN BOWL €1	ICE CREAM (VANILLA OR CHOCOLATE) €4
MORATO WINGS WITH BBQ SAUCE OR GARLIC MAYONNAISE DIPS €3.50	GARLIC BREAD €3.50	SOFT DRINKS (COLD OR HOT) €2.50	REDUCED ICE CREAM (VANILLA OR CHOCOLATE) €4
COBBLE REAR POTATO WINGS OR CHICKEN WINGS WITH BBQ SAUCE OR GARLIC MAYONNAISE DIPS €7.50	GARLIC BREAD WITH GARLIC SAUCE €4.50	SOFT DRINKS (COLD OR HOT) €1	





Welfare Guide to: Sexual and Reproductive Health

Sexual health awareness is vital. Here is an outline of some contraceptive methods that are available. (Also please refer to last October's segment on STIs).

Contraceptives

In this section you will find information on various different types of contraception. Only the Male Condom and Femidom can help prevent against pregnancy AND STIs. It is a good idea to discuss your contraception options with a Doctor or another health professional.

Male Condom

The male condom is made from a thin rubber called latex. It is placed over the erect penis and prevents sperm from entering the vagina, anus, or mouth. Do not try to put the condom on when your penis is soft. A condom should only be put on when the penis is erect. When taking the condom out of the



packet be sure not to tear it; sharp fingernails and jewellery can easily tear a condom.

It is very important that you use a condom with a quality mark on the pack and that you have checked the expiry date. Using a condom that is out of date is very risky because there is a strong chance that the condom will tear during intercourse.

It is also very important that you only use water based lubricants with condoms. Using oil based products such as Vaseline or Baby oil will damage the condom.

Check that the condom is the right way round. Do this by checking which way it will roll. If you do have problems rolling it on it is probably because it is on inside out so you will have to start with a new condom. With one hand squeeze the teat at the closed end to get rid of any air and to leave a space at the end for the sperm. While holding the teat with one hand use the other hand to roll the condom right down to the base of your penis.

When you are withdrawing hold the condom at the base to stop it coming off and sperm leaking out. Never throw the condom down the toilet. Wrap it in some tissue and throw it in the bin.

The male condom has many advantages. It is widely available. It protects against Pregnancy and STIs, including HIV, and may also protect against cancer of the cervix.

In practice condoms are 90%+ effective, factors that reduce this effectiveness include intoxication, inadequate knowledge on using condoms and using the wrong lubricant.



Female Condom (Femidom)

This is not as popular as the male condom but can be just as effective.

The Femidom is made from soft polyurethane. It lines the vagina and hangs just outside. The

femidom can be inserted at anytime before sex but always before the penis touches the vagina. The femidom may prevent pregnancy and offer both partners protection from most sexually transmitted infections, including HIV. The femidom may also protect against cancer of the cervix. Unlike the male condom the femidom can be used with oil and water based lubricants.

When taking the condom out of its packet be sure not to tear it; sharp fingernails and jewellery can easily tear a condom. It is also very important that you check the expiry date. Thrush Pessaries (creams used to treat Thrush) can damage the femidom.

The femidom can be inserted while you are lying down, squatting, or with one leg on a chair. A bit of practice will let you know which method is best for you. Hold the closed end of the condom and squeeze the inner ring between the thumb and middle finger. With your other hand separate the folds of skin (labia) around your vagina. Put the squeezed ring into your vagina and push it up as far as you can. Next put your index and middle finger inside the open end of the femidom and push the ring as far back as it will go.

It is a good idea for the woman or man to guide the penis inside the femidom. You need to be sure that the penis has entered the femidom and not the space between the femidom and the vagina. Once the man's penis stays within the femidom you are protected. After intercourse twist the open end of the femidom to keep the sperm inside and pull it out gently.



Diaphragms & Caps

These flexible rubber devices work by covering the cervix. They are used with a spermicide (a chemical which kills sperm). They are specially fitted by a doctor to make sure that they are the right size. This fitting should be checked once a

year and if your weight changes by more than 7lbs. The fitting also needs to be checked if you have a baby, miscarriage, or abortion. Thrush Pessaries (creams used to treat Thrush) can damage diaphragms and caps. Diaphragms and caps can, if used correctly, prevent pregnancy but do not offer protection against STIs. These devices may also protect against cancer of the cervix.

Inserting A Diaphragm

Put two strips of spermicide (cream or jelly) on both sides of the diaphragm. Put your index finger on top of the diaphragm and squeeze the diaphragm between your thumb and other fingers. Slide the diaphragm into your vagina downwards and backwards. After you have done this you must check that you can feel your cervix (the opening to your womb) covered by the rubber. The diaphragm can be inserted while you are lying down, squatting, or with one leg on a chair. You will need to leave the cap in for at least six hours after you have had sex and for no more than 24 hours. To remove it hook your finger under the rim and pull gently.



The Combined Pill & Mini Pill

The combined pill or The Pill as it is more commonly known contains two hormones - Oestrogen & Progestogen. The pill works by: stopping your ovaries releasing an egg each month (ovulation).

The side effects can vary greatly from the very good to the very bad so it's best to go back to your doctor if you are having any trouble as you may need to switch brands or consider a different form of contraception.

The Mini Pill contains Progestogen only.

The mini pill works by:

- Possibly stopping your ovaries releasing an egg each month (Ovulation).
- thickening the mucus from your cervix. This makes it very difficult for sperm to get through it to reach and egg.
- thinning the lining of your womb so it is less likely to accept a fertilised egg

A pill is taken every day until the pack is finished. Unlike the pill you have no seven-day break when using the mini pill. A new pack starts as soon as the last one is finished. The side effects are milder than the pill however the mini pill is not for everyone, it's always best to consult your doctor.

The pill usually effective within 7 days. You may need to use a barrier form of contraception for the first 7 days (e.g. condom, femidom, cap) to make sure that you don't get pregnant. You also need to remember that other medications, sickness, stomach upsets, diarrhoea, can have a bearing on the pill's effectiveness. You should use a barrier method of contraception at these times also.

Contraceptive Injection

This injection contains a hormone called Progestogen. Once it has been injected the hormone is released very slowly into the body.

There are two types of injection available:

- Depo-Provera provides protection for 12 weeks.
- Noristerat provides contraceptive protection for 8 weeks.

The injection works by:

- stopping the ovaries releasing an egg each month.
- thickening the mucus from the cervix which stops sperm reaching the egg.
- stopping the egg settling in the womb

This is a very good method of contraception for those who have trouble remembering to take the pill however, as with any hormone based medicine there are side effects and these should be discussed in full with a doctor.

Natural Family Planning

Natural family planning is a way to help a woman know when she is most fertile. During the menstrual cycle, a number of changes occur in a woman's body. If a woman keeps track of these changes, couples can plan when to have intercourse and when to avoid intercourse or to use a barrier method.

Two methods of natural family planning are currently taught. The first is the ovulation method. In this method, the days just before and just after ovulation (the releasing of an egg) are determined by checking the woman's cervical mucus.

The second method is called the symptothermal method. With this method, the woman takes her temperature each day with a special thermometer and writes it down on a chart. At the time of ovulation, a woman's temperature will rise slightly. The woman also checks the consistency of her cervical mucus. She may also notice other changes, such as pain in the area of the ovaries, bloating, low backache and breast tenderness.

In both cases a special chart is kept to track changes.

Use of these methods requires training from a specialised instructor and all of the instructions involved have to be followed very carefully. If instructions are followed correctly these methods can be 90-98% effective. If instructions are not followed correctly the effectiveness of these methods decreases greatly.

LEARNINGSUPPORT

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Maths	Thur	B289	12.30-13.30	Dr. Aine Ni Sbea
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

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Brendan Quirke with his Final Year project on 'Hurling Helmet Impact Testing', winner of the 2005 International Sports Engineering Association Top Award

Maria has since returned to Ireland and now lectures in Mechanical Engineering at CIT.



Nicola Field

Designer and Inventor, Nicola Field, a recent graduate of the Cork Institute of Technology Honours Mechanical Engineering Degree, (CAO Code CR108) has just been elected President of the Inventor's Association of Ireland.

Nicola, who won a Genius 2000 Award at the Nuremberg Inventors' Fair for her newly patented invention of a child resistant but Adult Friendly Medication Container, has founded her own company The Inventors' Garage, to aid and direct new inventors. Nicola, the subject of a recent RTE television documentary, attributes much of her success to her time at CIT: "The CIT lecturers always encouraged us to be innovative and adventurous".

John Geary's highly acclaimed final year mechanical engineering project on 'Vena Cava Blood Clot Prototype Filter Hook Design Analysis and Testing' carried out in conjunction with Boston Scientific in Cork, was awarded the Hewlett Packard INVENT €7,500 Award 2005 for Best Honours Degree Project in Science, I.T. and Engineering in Ireland and the Institution of Mechanical Engineers International Best Medical Engineering Award 2005. John graduated with a First Class Honours Mechanical Engineering Degree at the Cork Institute of Technology in October 2004.

Since graduation, John has been working with Queensland University of Technology in Australia on the related topic of the development of Titanium Scaffolds for Bone Tissue Growth.



Maria Kavanagh

Another recent CIT Mechanical Engineering graduate, Maria Kavanagh, achieved placement as a Design engineer with Boeing Aircraft in Seattle and was swiftly promoted to Team Leader in Aircraft Structural Design. Maria also found her studies at CIT invaluable: "My Final Year project on Computer Aided Design used many of the CAD techniques popular in Boeing".



John Geary

Mechanical Engineering at Cork Institute of Technology (CAO Code CR108)

Another recent CIT Mechanical Engineering Degree graduate, who has achieved remarkable success in the Biomedical area is Niamh Thompson.

The Queens Silver Jubilee Competition to determine best Engineering Degree Project in Ireland and Britain 2003/2004 took place on Thursday, 4th March 2004, at Birdcage Walk, London. The Queens Prize and First Place was awarded to Niamh's Final Year project on the "Influence Of Surgical Solutions on the Fatigue Properties of Total Hip Replacement Bone Cement" carried out in conjunction with Orthopaedic Surgeons at Cork University Hospital and St. Mary's Orthopaedic Hospital, Cork.

Niamh had previously won the National I. Mech.E. award in Dublin in January 2004. Subsequently, in June 2004, Niamh achieved first place in the Siemens IEI 2004 Cross-Discipline National Competition.

Sports Engineering is another very popular subsection of Mechanical Engineering. CIT students are also excelling on the International stage in this growing area.

2005 Honours Mechanical Engineering Degree graduate, Brendan Quirke has won the 2005 International Sports Engineering Association Top Award for his Final Year project on 'Hurling Helmet Impact Testing', carried out in conjunction with MycroSports Ltd of Ballincollig.



Niamh Thompson

Another remarkable 2005 success is Colm McLaughlin, Final Year Honours Mechanical Engineering Degree student at Cork Institute of Technology, who has achieved First Place in both the Siemens IEI 2005 Innovative Engineer of the Year Competition and the Institution of Mechanical Engineers 2005 National 'Speak Out for Engineering' Competition Finals.

The title of Colm's Award Winning project is 'Infrared based Engagement System



Colm McLaughlin, Cork Institute of Technology, First Place and Outright Winner of the Siemens Institution of Engineers of Ireland 2005 Innovative Engineer Award, Minister Micheal Martin, Minister for Enterprise, Trade and Employment, Ms. Anne Butler, President, Institution of Engineers of Ireland, Mr. Lorenz Zimmerman; Chief Executive Officer, Siemens Ireland Ltd.

for Wargaming & Military Training'.

During the course of his studies, Colm McLaughlin identified a great need for a realistic Wargaming & Military Training System, which was not based on the use of projectiles.



Colm McLaughlin's infrared weapon designs

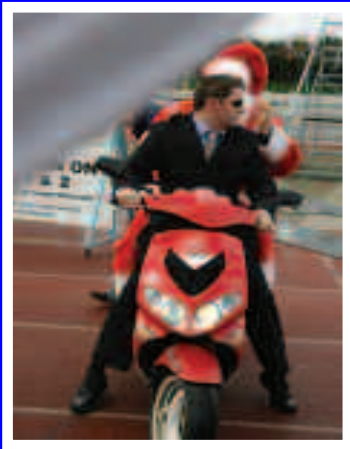
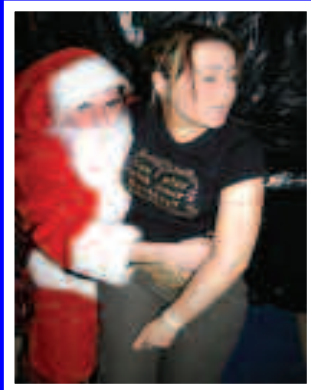
Colm's developing system is being designed with particular emphasis on the enhanced safety for personnel in training. The running costs of the new system will also be minimal, encouraging more extensive and high quality training in a realistic battlefield environment.

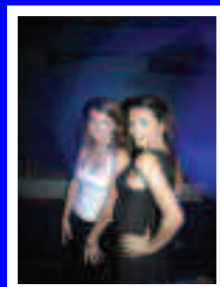
In an unprecedented historic achievement, this is the Third Year in a row that the Siemens IEI National Award has been won outright by a CIT Final Year Mechanical Engineering Degree Student.

Clearly the Cork Institute of Technology Honours Level 8 Bachelor of Engineering in Mechanical Engineering Degree - CAO Code CR108 - has become an unrivalled centre of excellence in engineering education and a Mecca for ambitious and innovative engineering students.

Article courtesy of
National Education & Careers Focus Magazine,
Education

CIT Christmas Day Celebration - 30th November 2005





explicit pics@explicit.ie

Email us you pics of class parties to be printed here!
 Please send all pics in high resolution
BEWARE OF OUR CAMERAS IN CITSU CLUBS!

Bush Cannot Protect Democracy By Destroying It



Every American should be outraged by the president's attempt to justify domestic spying. It's wrong, and the president should acknowledge that fact. He must be held accountable.

Congress should immediately launch an investigation into the administration's spying campaign. If the Constitution and laws of the United States were broken, Congress should censure the president. And if the lies, the deceit and lawbreaking continue, Congress should take even more drastic action. Either America are a nation of laws and moral values or not. The US government cannot pick and choose which laws to abide by and which to ignore for the sake of convenience or expediency. George Bush is not above the law. The US has become a military community, with thousands of active duty and retired members of the armed forces. The presidents' actions undermine their service to their nation.

The soldiers in Iraq and Afghanistan are fighting for true democracy, not a democracy that condones domestic spying, or secret prisons or subversion of the Constitution. President Bush has played right into the hands of terrorists and diminished the reputation of the fine men and women who wear this nation's uniforms. President Bush is the one sending the wrong message to the world. Under his leadership, the US are becoming known as a nation of hypocrites.

Lies and exaggerations

President Bush has built an administration founded on lies and exaggerations and fear. And he has gotten away with it. It's unconscionable. President Bush promised to take action against any White House official leaking classified information. Yet Karl Rove remains. When CIA director George Tenet said weapons of mass destruction in Iraq were a "slam dunk," he was dead wrong. How was he punished? He was awarded the Presidential Medal of Freedom.

George Bush says the United States does not torture, yet his administration fought tooth and nail against an explicit ban on torture. Abu Ghraib was an exception, we were told. But then we learned there were secret prisons abroad where who knows what goes on. The president excoriated a congressman for not blindly passing the overbroad USA Patriot Act because they didn't trust that there were adequate safeguards against abuses.

Ironically, that happened at the same time as President Bush promised to continue the illegal wiretaps. He seemed to be saying, "Trust me."

Big Brother

His effort this week to turn around his abysmal poll numbers should fall on deaf ears. The American public knows that domestic spying is something out of George Orwell's "1984." Yet George Bush has made that "Big Brother" fantasy a reality. Attempting to justify the indefensible, the president has recently announced he would continue the program of monitoring phone calls and e-mails "for so long as the nation faces the continuing threat of an enemy that wants to kill American citizens" and added that it included safeguards to protect civil liberties. The president could have gone to Congress and asked for permission to spy on citizens in the United States. The Republican-controlled Congress would have given the president permission in a heartbeat. Or he could use existing wiretap laws that allow a court order 72 hours after the taping has begun. That way, our vital system of checks and balances would have been preserved.

In his arrogance, President Bush did not go to Congress or to the courts for permission (although he claims that he did tell select members of Congress what he was doing — as if that is enough). He sees himself above the law. As commander in chief, he believes he is not bound by the Constitution and its guarantees of civil liberties. In his view, the warrantless spying conducted by the National Security Agency under his direction is an essential element in the war against terrorists. In that belief he has lowered himself to their level. And there is a disturbing pattern to his behavior.

- It's OK to lie about the reasons to go to war.
- It's OK to hold hundreds, maybe thousands of prisoners without charges, without legal representation and for an indefinite period of time,
- It's OK to have secret prisons.
- It's OK to say the provisions of the Geneva Convention don't apply in a war on terror.
- It's OK to treat detainees inhumanely, because we can define them as we see fit.
- It's OK to use the Patriot Act to spy on its own people or as an American news agency said to spy on peace activists.

Unchecked powers

At a recent news conference, President Bush angrily denied that he is using unchecked or dictatorial powers. But how else can you characterize his behavior? What tyrant hasn't claimed the need to use extra legal powers to protect the motherland or fatherland from some threat? How much Orwellian doublespeak can this country tolerate?

Congress impeached former President Clinton for lying about consensual sex with a White House intern. No one died. No prisoners were tortured. Clinton simply tarnished his own reputation and sullied the stature of the Oval Office. This is not a liberal or conservative issue, a Democrat or Republican issue. It's an issue of fundamental civil rights. Congress must muster the courage to hold this president accountable. And if the lies and deceit continue, Congress should consider the ultimate step and impeach President George Bush.

It's all about accountability and protecting, not destroying, democracy.

Jeremy Ó Murchú

Movie Review:

The Chronicles of Narnia

The Lion, The Witch and The Wardrobe

Firstly I have to explain something about how I approach any movie based on a book, I'm a total purist, I was disgusted when they left out the bit at the end of Fight Club, I nearly cried when they didn't give the actor playing Harry Potter contacts to make his eyes green and I'm dreading The Di Vinci Code movie.

This one, however, was a pleasant surprise. The producers decided to skip totally the first book in the series (The Magicians Nephew) and start the story from the second of the seven books by C.S. Lewis, no real surprise there as this is where the story really kicks off and the first book is alluded to and could always be a prequel (although one only for the obsessive like me more than likely).

The casting was amazing, the producers going for talent over big names. The central characters, the children, were amazing and showed more talent than J-Lo in all of her movies put together.

This series, like the Lord of the Rings, was waiting for the technology to be available to make this amazing world into a reality and the special effects weren't totally disappointing. The task of making an entire world fell on Lucas Film also known for Star Wars, Indiana Jones etc. The animal characters were fantastic and the only problem that I had was the interaction between the ani-

mals and humans, here you could see the faults with the special effects, which is a real pity.

The plot centres around four children, Peter, Susan, Edmund and Lucy. Their story begins with being sent away from central London to a nice country retreat to escape the Blitz of WWII.

Here in what looks like the most boring of places, their adventure begins. Lucy, the youngest starts it all by discovering the world of Narnia in the back of a wardrobe.

Tilda Swinton shines as the Witch, Empress Jadis. I would go see this woman in any movie, she could star in a dramatic epic about a tin of beans and still make it brilliant.

Rumours of a sequel are already abound as this managed to topple Harry Potter off of the top spot where everyone thought it would be entrenched so little dollar signs are going off in producers minds and we're hoping for the next instalment some time in 2007.

Sinéad O'Connell

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!



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Dear expliCIT,

We the students of the Crawford College of Art & Design want CIT and the government of this country to supply an appropriate level of funding and support for the continued presence of the Crawford College of Art & Design in the artistic centre of Cork City (SHARMAN CRAWFORD ST). To relocate to the Bishopstown, or any other campus, for that matter would be the death knell for the fundamental ethos of this college.

Andy Warhol did the factory thing; we don't want CIT to waste our money building us a 21st century factory in a field. Access to advantaged engineering and computer facilities on the Bishopstown campus should already be a given, not a carrot to dangle in the faces of the under-resourced staff and students of the Crawford.

Each year the situation worsens, with the same apathetic response from those in positions of influence. Each year the strength of conviction of those determined to stay grows stronger, but so does their concern for the health of everyone in this building. Ventilation has always been inadequate, the heating system is old and unreliable, leaking ceilings, exposed live wires, mould growing on damp walls and dry rotten beams are plainly visible.

Our present government is championing decentralisation, albeit unsuccessfully. Their strategy to solve the health crisis was to throw money at hospitals, and then to promote centralisation. CIT is decentralised and better for that reason-allowing the faculties of music, art, and maritime studies to be in the most beneficial location to their course. The government has already paid €50 million for an electronic voting system, which may never be used, and they are currently paying rent to house this unused and unnecessary equipment. Now we need them to throw another €5 million at us . . . and leave us to it!

Oscar Wilde defined a cynic as a person who knows the cost of everything and the value of

nothing. It is clear that CIT's moneymen do not relish the prospect of spending €10 or €20 million on renovating and extending our college . . . for some reason we keep saying we need 'space, ventilation, heating', we are not cost efficient. Neither is teaching a five-year-old to read Ann and Barry. There must be some cheaper, electronic way to do this whole Education thing. The feeling at government level must be the same - find the most cost-effective solution to a course and a college they are obliged to fund and wash their hands.

We cannot change the cost of fixing this building, (a cost increased from years of neglect) but what we can do is to prove the value of this college, the value of what is done here. Art is not about market prices; Art College is not about producing producers of market-ready 'Art'. We, the student artists of this college, have to remind the people of Cork and Ireland of the value of art and creativity, the value of supporting art education and study, but also to remind ourselves of the value of our own work. It's easy to lose sight of that, to think it's all messing, useless and worthless outside the confines of this building, but maybe what we are doing is trying to un-learn the social conditioning that leads to the gross under-valuing of art-education and education as a whole, retreating from the cost-obsessed society Ireland is becoming in an effort to find our basic values.

This college cannot move, if it does the effects may not be felt straight-away-just like our health system, but the ill effects will inevitably surface and not only Cork will suffer but also our Country, We need to make our voices heard.

For too long the staff of this college have fought this battle of neglect alone - falling upon deaf ears, our plight cannot be resolved alone, we just need more voices, they can try ignore a rock but they cannot ignore a mountain.

Crawford Students.

A message from Mary

Dear expliCIT,

Much fun was had on Christmas day in the college and I'm sure you all remember the four crazy girls going around with buckets! There was a collection going on and we were only after one thing..... your money. I'm writing to thank all of you who gave money so generously on that day and those who contributed the days after that. A special thanks to the Students Union, the SC2A class, the lecturers of Social and General Studies and Nuala for escorting the money to the bank! Whether you gave a few small cents or a big note many thanks as the money added up to a huge €736.36. Maybe now you're wondering where it went?

Mary Philbin is a CIT Social Care student who couldn't attend college this year. This was not due to taking a year out to travel the world, to work or just take a break... Instead she can't go to college because she must battle with cancer. A scan in May 2005, just before our summer exams showed a tumor which required treatment.

Firstly she bravely started her radiotherapy treatment in Galway on her mouth and throat which resulted in her not being able to talk or to eat properly and chemotherapy which has made her very weak. News of the tumor been cleared thankfully came last November but her battle isn't over yet with the treatment continuing on until February. Our support from CIT will be ongoing and we send her all the love and support possible. Mary is very grateful to you all, not only for the money sent up to her, but also for the kind thoughts and best wishes.

In a text she expressed how grateful she was and that she would love to thank people. I offered to put in the article on her behalf but also asked if I could add the meaningful words she had to say....

I think about ye the whole time, how I'd love to be down there with ye, been able to do the exams. I wouldn't complain. Or been able to get a hangover, may not be able to drink again with my throat after radiotherapy. Even the little things in life like getting up for college, I wouldn't care how early. Just the idea of been able to do these things is a blessing. Well my sincere thanks to you and everyone involved in raising that money, ye are all amazing.People should realise and appreciate being able to do the little things like being able to walk without having someone to hold you up are blessings in disguise.....You should be thankful for every bite your able to eat and drink without it being sore and every word your able to speak, just a few words or ideas.

Time and prayer will heal Mary. We look forward to having her back in CIT again, in class, in societies and clubs, studying in the library and of course drinking tea in the canteen! We admire Mary for her courage, positivity and strength in what she is facing at the moment. But we also have to look at our own lives. As students we have so much open to us. Everything is on our side: time, age, freedom and a world of opportunity. The message from Mary is simple, live each minute, good, bad or stressful and cherish it with all your heart.

Mary Philbin and Aoife Killeen



The Battle of THE SEXES

REVISITED by The Last Angry Man

“...A woman’s life is tough, so let’s take it out on those testosterone filled plonkers would have been a more fitting tile for that piece...”

Dear explicIT,

The article in last month’s explicIT titled “The battle of the sexes” was poorly named in my opinion. Something like “Men suck and we should let them know” or “A woman’s life is tough, so let’s take it out on those testosterone filled plonkers” would have been a more fitting tile for that piece.

Maturity

“Women mature at a much faster rate than men.”

Fair enough, I know some 26 year old guys who are as mature as freshly made cheese, but I know girls who are the same way. Everyone’s different and everyone matures differently regardless of gender.

Groceries

Women do know how to shop and enjoy it too, because most grocery shops are pretty close to clothes shops. Men can shop too, not all of them, but a male student who hasn’t lived at home in two years knows what he needs and because he is a student can shop on a budget.

Magazines

Men’s magazines do have pictures of naked ladies, god bless em, but “the male body is lumpy and hairy and should not be seen by the light of day”. Say that to Brad Pitt or Josh Hartnett girls. Who you trying to kid, you love it!

Handwriting

Writing is writing, as long as it’s legible that’s all that matters. With the world of text messaging and e-mails who cares if someone can’t read your writing.

Bathroom and Going Out

“A man has 6 items in his bathroom, a woman averages 437”, a man can be ready to go out in half an hour, a woman takes her time. Men are still attracted to women and women still attracted to men. Who’s making too much of an effort? We like the effort just stop bloody complaining about it!

Mirrors

Men can be vain and women too. You spend any length of time getting ready, you wanna make sure it’s still all good.

Offspring

Men are good with children too. You ever hear the saying “Mommy’s Little Girl”? No because it’s Daddy’s little girl. At a young age, most girls can see what a manipulative cow their mother really is.

Directions

I as a man have stopped and asked for directions. I did not feel weak or embarrassed. In fact I was glad I did as I made it to the strip club just as it opened. The issue of driving is the same as most things in life, there are terrible women drivers out there and there are terrible men drivers out there too, let’s just leave it at that.

Dressing Up

“A woman will dress up to: go shopping, water the plants, empty the garbage, answer the phone, read a book, get the mail. A man will dress up for: Weddings, Funerals.”

It seems men have prioritised when the need to dress up is there.

Toys

Yes men have the tendency to be big kids and play with gadgets and toys. We have a lot of time on our hands though, because we don’t spend all our time writing articles, books and songs about how much men suck.

Cameras

Who cares how the picture comes out as long as it’s a picture of a naked lady.

All in all both men and women have their inadequacies or quirks that’s what makes life interesting, just like articles like “The battle of the Sexes” makes things fun.

Adapted from:

www.whymendontsuck.com/nakedladies
(not an actual site)

Email us your Letters & Comments.

submissions@explicit.ie

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

explicit



Dear explicit,

For one week as a student, I decided to eat lunch in the canteen every day, taking special care to ask for a receipt every day to ascertain whether everything adds up. Were we charged for the same thing at the same price consistently? Did the price of the food reflect the quality offered? This is what I found:

Day 1:

What's on my tray:	What's on my Receipt:	
Chips	Sausage Roll	€2.00
2 Sausages	2 Sausages (2x0.60)	€1.20
Onion Rings	Onion Rings	€0.80
Tomato Sauce	Tomato Sauce	€0.20
Apple Juice	Open Mineral	€1.60
	Total	€5.80

Conclusion: Apparently there's no "Chips" button on the till, surprising since it's probably the biggest selling item. Onion rings work out at about 13c each (portion is six in this case). Also the Apple Juice (or Open Mineral as it says on my receipt) is 10c cheaper in the shop, I ask why, I get a blank face.

Day 2:

What's on my tray:	What's on my Receipt:	
Chips	Sausage Roll	€2.00
Fish	Fish	€2.65
Tomato Sauce	Tomato Sauce	€0.20
Diet Coke	Mineral	€1.05
	Total	€5.90

Conclusion: Continuation of the lack of a "Chips" button, although it is the same till so I'll have to try a different one next time and see if there's any change.

Day 3:

What's on my tray:	What's on my Receipt:	
Vegetarian Option	Vegetarian	€4.00
Diet Coke	Mineral	€1.05
	Total	€5.05

Conclusion: I had to wait a bit for the Veggie option but it was well worth it, it was gorgeous, good big portion too, while €4 is a bit steep if the veggie option is this nice consistently then I might get it all the time.

Day 4:

What's on my tray:	What's on my Receipt:	
Chips	Sausage Roll	€2.00
Spring Roll	Spring Roll	€1.60
Tomato Sauce	Tomato Sauce	€0.20

Diet Coke	Mineral	€1.05
	Total	€4.85

Conclusion: Went to a different till on purpose today to see if it had a "Chips" button, as you can see it didn't but I was told that the €2 is for a large chips and that there is a small for €1.50 so I'll ask for that tomorrow. Spring Roll was slightly overcooked but still edible, didn't finish it though.

At this stage I've dragged some friends in on this experiment so here's their report...

What's on my tray:	What's on my Receipt:	
Chips	Sausage Roll	€2.00
Turkey, Ham and Stuffing	Meat Hot	€2.60
Curry Sauce	Curry Sauce	€0.40
Coke	Mineral	€1.05
	Total	€6.05

Conclusion: I find it strange that I was charged €2 when what was on my plate was nowhere near a full portion of chips. Food was tasty though, I did enjoy it.

Day 5:

What's on my tray:	What's on my Receipt:	
Chips (small!)	Open Food	€2.00
Lasagne	Meat Hot	€2.60
Diet Coke	Mineral	€1.05
	Total	€5.65

Conclusion: This time I actually asked for a small chips, and I did only get a small few but was charged for a full portion, I said at the counter that this was a small chips and I was told that a small chips has to come in a bowl. I'm starting to like the look of Apache and their totally transparent charging system.

Shop:

This student was starting to feel militant now about all things price-list and so upon seeing the posters from the National Consumer Agency in the main hallway I decided to give them a call.

My specific problem was the lack of any prices displayed for drinks, bars, crisps etc. It seems that the only properly priced items in the shop are the stationery items.

The lovely people in the NCA told me that they should display the prices "on or near the items for sale" and that you would be well within your rights to take the item (in this case about 80% of what is sold in the shop) up to the counter, ask for a price and then decide if you want to buy it. (I'm just thinking about how much fun it would be to take up 20 different bars, get the prices for each and only buy one, if any).



New Year's Resolutions

“...Easy I will not spend more money than what I received in my pay cheque...there you go budget done...”

According to www.goalsguy.com the following are the “Top 10 Most Common New Year Resolutions”, in my opinion they are also some of the most common promises we break.

1. Lose weight – My friend and I have adopted a new motto, “No we’re not big boned! We’re FAT!” so to hell with losing weight for the sake of it. If your health is in danger then you should not wait till the New Year to get wise to your mortality. Sure it’s important to keep at a healthy weight, the truth is very few people actually know what their healthy weight is and diet purely for aesthetics. Personally I think we look back at our gluttony over Christmas feel guilty and decide in true Christian fashion that we must repent.

2. Stop smoking – What kind of smoke are we talking about here? I guess it’s not the illegal type as I know that nobody does that...oh no Mr Detective Sergeant Sir. Seriously smoking is a no no, but the comical thing is before the so-called smoking ban I never smoked. Now I am the social smoker who goes for the odd cigarette at the night club and pub, why? Because it’s the only place you can chat easily to someone and of course there’s smirking to be done. I know smoking is dangerous, I know the hangovers are worse, I know you smell like ass, but the Irish are all about the craic and lately the best laugh is to be had outside in the smoking area. Plus face it, hard core puff-aholics will tell you that nicotine is tougher to kick than heroin so don’t set an impossible target maybe first cut back with a view to eventually quitting completely.

3. Stick to a budget – Easy I will not spend more money than what I received in my pay cheque...there you go budget done. No overdraft, no loans and if you’re feeling adventurous put some in a savings account or as Kerry farmers do stashed in a condom inside a cow’s stomach.

4. Save or earn more money - Ha in some fairy paradise with Eddie Hobbs holding my hand maybe, sadly we always get it so wrong. People skimp and save on the shopping buying the dehydrated beef testicles since they’re only 22c’s a pound. Then after all the hard work of chewing boiled testicles, they wax half the week’s wages on Saturday night buying excessive amounts of booze. If you want to save money here’s a tip, when going out, take enough money for the night, place your taxi fare home in a separate pocket and then place your bank card on the bedside locker. I think that the sight of a bank machine in a club spells certain financial disaster for any Irish drinker.

5. Find a better job – Translate; I want a job where I get more money and do less work plus it must have a longer if not more superior name attached. It must impress the ladies and should have perks like a company car. And if at all possible could it find me instead of me finding it.

6. Become more organised – Personally if I can find the TV remote in my room and get from Monday to Monday without running out of fresh jocks and socks I’m happy. People become ‘organised’ so they can do what exactly? It’s just such a wishy washy thing to want, and when you think about it, most of us would be happy if we just paid the bills on time and avoided late charges. Maybe people believe organised people are less stressed and more at ease with life. WRONG. Did you know serial killers are usually highly organised and meticulous in detail, that’s why they’re often so hard to catch and the more sadistic a killer the more organised they are.

7. Exercise more – Is this another way of pledging to lose weight. Or is this the group of people who actually don’t do any exercise then buy a gym membership in vain hopes that the expenditure will compel them to use the “Thigh Buster 5000” now with added features. We have the pleasure of living in a country where the air is clean, the occurrence of drive by shootings is on the decline and the views are exquisite, so why not walk the 20 minutes to work on the dry mornings instead of getting a taxi.

8. Be more patient at work/college/with others – Ha this will last for all of 2 days until you run into that ass-wipe who licks your bosses rear then gets left off early on Friday so he can go to a “Doctors Appointment”. How to respond, 1) Pick up the phone and batter him to death, 2) Pick up the fax machine and batter him to death 3) Pick up both the fax machine and the phone and batter him to death. Sadly there is no point in losing the plot, even if you don’t have this lick-up around there is always that person who drinks the last of the coffee or breaks the photocopier just before you make a presentation. There are too many stupid people out there to be patient with so just stick to not committing homicide.

9. Eat better – Yes let’s be Muppet’s and force feed ourselves on green sickly dinners. Let’s remove all evil from the fridge so that it looks like a scene from a garden program. In the words of Mr T “I ain’t no rabbit fool! Now give me a steak”. Eat right sure, but start with the little things, like no more Tayto sandwiches on the way to bed or every hangovers best friend, a breakfast roll smothered in red sauce. Maybe less processed foods and more fresh food-stuffs, I don’t know I’m not a dietician. Just remember all good things in moderation.

10. Become a better person – Don’t even get me started what, a load of fairies fornicating by a fireside. Is this the religious section, 11 Love your neighbour and steal not his wife. Or maybe this is the section of the list where the green party started having the majority? 12 Don’t cut down any more trees. Give over, no one becomes a better person; you’re always the same, just some days you could do with more sleep than others.

So here is a more realistic top ten in my humble but somewhat cynical opinion.

- Don’t ring your ex’s when you’re pissed.
- Break no law which has a mandatory jail sentence attached.
- Eat less Dino’s and Hillbilly’s.
- Keep enough toilet paper in the house.
- Brush your teeth more often and use mouthwash maybe even floss.
- Stop taking the piss out of easy targets.
- Try and buy Irish.
- Don’t drink out of the carton.
- Stop chewing the tops off other people’s bios.
- Stop making ridiculous promises that you just won’t keep and will only end up in making you feel worse about yourself.

Michael O’Connor



Right to Reply: There is No Question of My Doctorate Being Tainted with illegality

by Dr. Con Power

"...Pacific Western University is a State-approved institution by the California Post-secondary Education Commission, and five specified degree programmes, including the PhD in Business Administration, are approved for consumer protection purposes by the Bureau for Private Post-secondary and Vocational Education of the State of California..."

Dear explicIT

I refer to recent news media stories about me in the context of Pacific Western University, and I think that your readers should be informed of the facts.

Firstly, there was nothing new or novel in the information that, among my academic and professional qualifications, I hold Doctoral Degrees from Pacific Western University, Los Angeles, California. The information has been in the public domain since 17th October 1988 when my then employer, the Confederation of Irish Industry [now IBEC], issued a Press Release announcing that I earned a PhD from that University, stating the legal status of the University, and outlining the significant body of academic work that I submitted to earn the degree. The Press Release was widely reported at the time.

Secondly, contrary to some reports, I am not a "top adviser" to the Government. In fact, I have never been an "adviser" to any Government Department, Minister, Minister of State, or politician throughout my entire career from 1963 until I retired from all executive activities earlier in 2005. All of my involvements in the public service since my entry to the public service by open competition as an Inspector of Taxes in 1963 have been by way of either holding full-time public service posts obtained in open competition, or by being seconded to the public service from the CII [now IBEC - where I was recruited in open competition], or by holding non-executive Chairs or memberships of Boards of State Bodies [mostly on an unpaid and "pro bono" basis].

Thirdly, contrary to the impression given in some news media reports, possession of a Doctorate was never a factor in me obtaining an appointment in either the public or the private sectors. For the record, my last full-time employment was with IBEC, and that was obtained in open competition in 1979, a full nine years before I earned a Doctorate.

Fourthly, there is no question of my Doctorate being tainted with illegality, or being worthless academically. On the question of legality, I was assured in a letter dated 15th March 1989 from the California State Department of Education that Pacific Western University was authorised under Section 94310.3 of the California Education Code, and that its degrees were legal. Currently, Pacific Western University is a State-approved institution by the California Post-secondary Education Commission, and five specified degree programmes, including the PhD in Business Administration, are approved for consumer protection purposes by the Bureau for Private Post-secondary and Vocational Education of the State of California.

On the question of academic merit, the entry requirement when I applied to enter the PhD Register was possession, inter alia, of a legally earned Master's Degree. My qualifications on entry to the PhD Register were – BComm [Hons –

UCD – 1963], MEconSc [Hons – UCD – 1965], FCIS [1964 & 1975], FCMA [1970 & 1975, with a significant international achievement in the Part V final examination], and FCCA [1980]. Incidentally, during my career prior to earning the PhD in 1988, I spent four and a half years as a full-time Research Officer in a professional State Research Institute, and much of my work with the Confederation of Irish Industry [now IBEC] during the period 1979 to 1988 (subsequently continued to 1993) was original research work that resulted in a number of major innovations, and in a significant number of publications. On the question of the academic content of my PhD, I completed a rigorous programme that comprised six major elements. One element was the submission of a Qualifying Exercise entitled "Ireland's Strategic National Roads Network – A Key to Economic Development" [that was subsequently published]. The major element was submission of a thesis that comprised a Research Summary together with a synthesis of my then 190 published articles and 7 published research reports, under the title "The Environment for Enterprise". This covered many aspects of the legislative, regulatory, fiscal, and administrative environment within which business in Ireland operated. My work was assessed by Dr Herbert W Haberland – MA, PhD [University of Chicago], and Dr James A Hayes – BA [DePauw University], MA [University of Chicago], and PhD [University of Freiburg, Germany].

Lastly, subsequent to earning the PhD in 1988, I remained a post-doctoral student of Pacific Western University for a further two years. This resulted in me earning the DBA [Doctor of Business Administration] in 1990. My Qualifying Exercise for admission to that programme was entitled "Health Promotion in the Workplace". My thesis was entitled "People Development – The Business Dimension", and this was backed by a further 70 published papers in areas such as knowledge-based industries, education, training within industry, employee shareholding, employee information & consultation, and health promotion in the workplace. My work was assessed by Dr Kelyn Roberts, BA, MA, PhD (University of Michigan), sometime an Instructor and Assistant Professor at UCLA.

I hope that the above clarifies issues for those among your readers who may be interested, and I trust that it shows clearly to all that I earned my Doctoral Degrees from a California State-approved legal institution following significant research, having published extensively [the total now stands at 264 published articles and 7 published research reports], and having completed rigorous programmes that were academically peer assessed.

Yours faithfully,

Dr Con Power

(REF: December 2005 - back issues available from www.explicit.ie)



Rugby Review

The Season so Far

This has been a landmark season thus far for the CIT Rugby Club. It is the first time ever that CIT have entered five sides to the College Competitions and all teams are fairing very well;

Senior Team – Only one game this season so far due to the atrocious weather we had during October and the beginning of November leading to the cancellation of games and also due to a walkover given to Tallaght I.T. due to a glut of injuries in late November. However in December the Team travelled to The Garda training college and announced their arrival to the league with a great 17-0 victory. With this result secured everyone involved with the team is very confident of a repeat of last year's success. A number of the players (Maurice Power (Club President), Jim Mackessy, Joe Moynihan, Ollie McGlinchy, Colin Mahony, Colin Corkery, Jeff Hitchmough, Tommy Mee) also took part in the successful Munster Colleges Team that won the inter-pros for the second year running

Senior Ladies – The ladies struggled at the start of the year due to a shortage of players but through hard work from Mary Wade and John Murphy they finally got the required numbers out training and beat a very fancied UCC side in the opening round of the League in December. The ladies have been very successful in recent years and it is hoped that they will be at least as successful this year on the leadership of Chairperson Mary Wade

Senior Seconds – The seconds team has been the major success this year. Competing in Division 2 of the ICRU league they have gotten through the first phase of games unscathed with impressive wins over Colaiste Spioraid Naofa, National Maritime College of Ireland and Athlone IT The victory against AIT was especially significant as it was the first time that any CIT has gone to Athlone and come away victorious and was all the more satisfying as Colin Corkery kicked the team to victory with the last kick of the game. The team being managed by players Willy McCarthy and Dave Lucey are now almost assured of progressing to the knockout stages only needing to win one of their last three matches, so we hope that they will be serious contenders for the title in 2006

CIT/NMCI – The National Maritime College entered the Division two competition this year, having founded the club only last year, and have fulfilled three fixtures to date. They have been very unlucky in two of these fixtures having been beaten away to Carlow by the narrowest of margins (9-8) and to Tralee IT (16-13). With this in mind I feel they are very close to establishing themselves as a force in Colleges rugby and with Bill Kavanagh (Staff), Stuart Donaldson and Tom Mee (Students) at the helm the future looks very bright for "The Mariners"

Freshers – The freshers have shown great promise this year and having beaten Maynooth away they looked to be on course to the knockout stages, however a one point loss to Waterford I.T. has made it an uphill battle for qualification. Even with this in mind I have no doubt that the new kids on the block can go to Carlow in February and produce the goods. With the panel consisting of some very talented players, we know that they will carry the college through to even more success in the future

NEWS

This season has seen the appointment of John Murphy (6157) by The Munster Branch to the position of Rugby Development Officer in CIT John plays rugby for Highfield RFC and has played representative rugby WITH Ireland at U19 and U21. He was also a member of the Welsh Academy during his period at College in Wales. We are very happy that he has come on board here and he has quickly adapted to the needs of the Clubs here and will no doubt help in the shaping of the clubs in order to keep the upward momentum going over the coming years

CIT Back on Campus, after almost nine years off the campus, due to the CIT pitch becoming the Astro turf pitches, CIT Rugby is back to where it belongs. With the rugby pitch in immaculate condition (thanks to Pearse McNamara and his team) we would love to see staff and students coming along to the numerous matches that will be played there over the coming months – I promise you that you will be impressed by the standard that is on show here in the College.

The Student Committee led by Senior members Maurice Power and Joe O'Donovan have been working tirelessly to raise the profile of the club and to raise the necessary finance to run all the clubs activities. The major fundraiser for the club is The Annual Club Draw and having collected some really outstanding prizes we hope that it will gain the necessary support to fund all activities. Staff members Aidan McDonald, Bernard O'Callaghan, Don Spicer and Eoin Deane will also be selling tickets and your support would be greatly appreciated

Bursaries this year went to Tim Ryan (Captain of the Senior Team this year and last), Dave Ryan (Munster Academy Member, Munster & Irish U21 and a member of the winning Freshers team last year) and Batt Duggan (Munster & Irish U21 and member of the winning Freshers team last year). Unlucky not to get Bursaries this year were Paul Hurlley (member of last years Irish U21 World Cup team to Argentina, Munster academy member and Our leading try scorer for the last two seasons, Colin Mahony (Last years Irish Colleges Team, Highfield Senior and ever present player for CIT Freshers and Senior team last season) and John Kerins (Former U19 Irish captain, played in U19 world cup in South Africa and Highfield Senior Team).

Tag Rugby has yet to commence due to the terrible weather we have had this year, but John Murphy, Brett Hamilton, James Frahill and Willy McCarthy are anxious to get this up and running as soon as the next term commences. This is a fantastic way of getting fit and filling those lungs with some much needed fresh air during the lunch breaks. It is open to both staff and students and is totally non-contact, so I ask everyone to come out and give it a try in the New Year

I would like to congratulate Jeremy Manning, who was a student in Tourism and Catering last year and who helped us last year to our first ever Freshers All Ireland Title, on his elevation to the Munster Squad and wish him continued Success in the coming year.

Eoin Deane



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Yes that time of year is nearly here already. CIT Society balls will kick off in January. The bands have been booked and the string quartets are ready to play!

Schemers & Mechanical Engineering Ball
Rochestown Park Hotel on Thursday 19th January

Band: Blue Moose

This ball is aimed at students from the Dept. of Marine & Nautical, Dept. of Social and General Studies, Dept. of Applied Physics and Instrumentation, Dept. of Biological Sciences, Dept. of Chemistry, Dept. of Mechanical Engineering and finally the Dept. of Manufacturing, Biomedical & Facilities Engineering.

Business Studies & Accounting, Catering & Tourism Ball
Rochestown Park Hotel on Thursday 26th January

Band: J-90

This ball is aimed at students from the Dept. of Management & Marketing, Dept. of Accounting & Information Systems and the Dept. of Tourism & Hospitality Studies.

007 Ball Themed Ball
Rochestown Park Hotel on Wednesday 1st February

Bands: J-90 and Blue Moose

This ball is aimed at students from the Dept. of Civil, Structural & Environmental Engineering, Dept. of Construction & Architecture, Dept. of Chemical & Process Engineering, Dept. of Transport and Auto Engineering, Dept. of Electrical Engineering, Dept. of Electronics Engineering, Dept. of Media Communications, Dept. of Computing, Dept. of Mathematics.

Tickets for Society balls are subsidised at:

€22.00 for the meal ticket/full event and €9.00 for the Afters.

TICKETS WILL BE ON SALE FROM ATRIUM STANDS - PLEASE PURCHASE TICKETS EARLY TO AVOID DISAPPOINTMENT

For more information, please contact Societies Officer, Mervyn O'Mahony. 021 4326740



Join Up with the CIT
Debating Society

Hi Everybody! Once again CIT needs you! I'm writing to inform you all about the CIT Debating society. "The what" I hear you say? THE CIT DEBATING SOCIETY!!!!!! We are currently recruiting new members. The society had been hibernating for a few years but now IT'S BACK. Now please don't be scared off by the thought of public speaking....

The society is here not only to represent CIT in the various debates but also to serve as a discussion point for whatever you want, whether you want to discuss the lack (or abundance) of good looking lecturers in the college or the fact we have classes on Mondays and Fridays, it's up to you. It's a great way of meeting new people, learning more about public speaking and debates and getting your point across in the most aggressive way possible! We can even sit around and drink tea if you want! It's a society about talking because your voice counts.

Recently two teams from the debating society took part in the Irish Times debates, both of which were held in UCC. Bet ya didn't know that now did ya! Well that's probably because we didn't get through...but hope is not lost, it was only a warm up. The two teams did CIT proud unlike the two Trinity teams who didn't even bother turning up. Well done lads.

So now I bet your thinking, how do I join this wonderful new society? Well just come to our meeting anytime and check it out. Have a look in your local 'What's On' for time, date and venue. As the legend Mrs. Doyle would say, ah go on, go on, go on, go on, go on, go on, GO ON!

Aoife Killeen,
Chairperson



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Thurs 26th January
Wed 1st February

Schemers & Mechanical Engineering Ball
Business, Accounting, Catering & Tourism Ball
007 Themed Ball - SEE ABOVE FOR DEPARTMENTS!

Tel: 021 4890800 Fax: 021 4892178 Email: res@rochestownpark.com



explicit **Sudoku**

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

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).

CIT Floppysoc Competition:

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Sudoku Competition - Win Limited Edition explicit Rugby Shirt - CITSU Shop - Cheapest Prices - Greatest Service
 To enter simply return completed puzzle in envelope with your name, class and contact details to the SU shop in c143 by 28th Jan 2006

explicit **Word Search Competition**

This Month's Prize:

Limited Edition explicit Rugby Jersey

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

- NEW YEAR
- JANUARY
- CORK
- INSTITUTE
- TECHNOLOGY
- STUDENTS
- UNION
- CITSU
- ROSSA
- AVENUE
- SOCIETIES
- CRAWFORD
- COLLEGE
- ART
- DESIGN
- PROTESTS

Name: _____

Phone: _____

Email: _____

Class: _____

Competition Closes 5pm Wednesday 25th January 2006
 Last Months Winner: Gerard Geary - AE1

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.

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