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Hundreds dead after sinking of migrant boat



The sinking of a migrant ship off the coast of Libya has left as many as 700 dead, according to maritime officials. The incident, which occurred on Saturday 18th April, has increased the death toll of emigrants attempting to cross the Medi-

terranean to 1400 – making 2015 the worst year on record during the decades-long migrant crisis, as people flee war, poverty and repression in the Middle East and Africa.

With water temperatures hovering at the 17 degrees Celsius mark, fifty survivors were found during the search,

which lasted until Sunday evening. Many more bodies, however, have been spotted in the ocean.

The sinking follows a similar incident just three days before in which 400 were killed. The European Union has announced an emergency meeting of foreign and interior ministers, but no date has

been set. Pope Francis appealed to the international community in St. Peter’s Square on Sunday. "They are men and women like us, our brothers seeking a better life, starving, persecuted, wounded, exploited, victims of war. They were looking for a better life."
- Kate Malone

Kylie Jenner Lip Challenge

There has been uproar after hundreds of teenagers around the world, uploaded videos and photos of them doing the ‘Kylie Jenner Lip Challenge’.

The challenge consists of someone

placing a bottle cap or shot glass over their lips and sucking in air, which evidently causes their lips to swell a lot. This act is reportedly very painful.

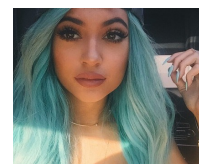
Irish teens have

been warned over the ‘dangerous’ ‘Kylie Jenner Challenge’.

A Kildare school has also sent out notes to parents to highlight the dangers of doing this challenge, as a teacher had report-

ed that some of her students turned up with horrible looking marks all around the mouth.

- Jen Gordon



Scientology

Recently, a movie about Scientology called 'Going Clear: Scientology and the Prison of Beliefs', has been released causing a global discussion about the religion. I decided to look up what the religion was about and what are the main beliefs. The information below comes from the Church Of Scientology's official website.

What is Scientology?

Scientology was developed in 1952 by L. Ron Hubbard. Scientology hopes to lead each member in a precise path to "complete and certain understanding of one's true spiritual nature and one's relationship to self, family, groups, Mankind, all life forms, the material universe, the spiritual universe and the Supreme Being."

Scientology is about the spirit, and not the body or mind. The main beliefs of this religion are:

Man is an immortal spiritual being.

His experience extends well beyond a single lifetime.

His capabilities are unlimited, even if not presently realized.

Scientology encourages each man to be good and that his salvation depends on only himself, his friends and his connection to the universe around him.

The aim of Scientology is true "spiritual enlightenment and freedom for all".

The Scientology Religion

Due to the advances in modern day technology and science, people are marginally more wealthy than their ancestors. However, most people have stated that their mental gain hasn't matched with their material gain.

The main purpose of Scientology is, "to enable Man to improve his lot through understand".

Who is The Supreme Being?

Also known as the Eighth Dynamic, the concept of God, in Scientology, is to urge toward existence as infinity.

Scientology does not ask individuals to accept any-

thing due to faith. As one's level of spiritual awareness grows through auditing and training in Scientology, one attains his own certainty of every dynamic. As their spiritual awareness grows so does their "dynamic", only when the Seventh Dynamic is reached, one will discover and some to full understanding of the Eighth Dynamic and their relationship with the Supreme Being.

Some of the controversial topics which are often debated include the question of having to pay to be part of Scientology. This questions whether it is actually a religion at all. Also there is the practice of having to prove your beliefs to remain a member of the Church. The fact that most members are not allowed to talk about the religion, unless they use direct quotes from L. Ron Hubbard, also makes us question the inner working of the Scientology. This means that we have no

knowledge of much of what goes on behind closed doors. Personally, I think that you shouldn't have to pay to be a part of a religion, and that having "dynamics" that you have to pay to even apply for isn't what having faith or believing is all about. I found that learning about this religion was really interesting and I learned more about the religion than I previously did .

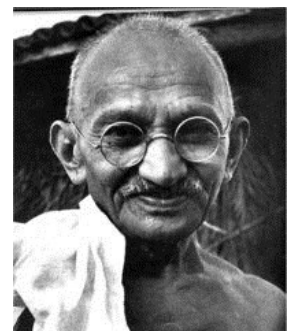
- Keelin Burns



Quote Corner

Live as if you were to die tomorrow. Learn as if you were to live forever

- Mahatma Gandhi



Many Clouds hangs on to claim Biggest Race of the Year



Last Saturday we encountered the 168th renewal of the National Hunt horseracing's biggest race. This year's Grand National held at Aintree Racecourse in Liverpool signified the first time that the prize fund was in excess of one million pounds. The race was won by Leighton Aspell who was on board Many Clouds to win the historic race recording his second win in the race and in succession having rode Pineau de Re to victory twelve months ago, the first jockey to complete this feat since Brian

Fletcher rode Red Rum to consecutive victories in 1973 and 1974.

The race was also much easier to watch and enjoy because to everyone's relief there was no horses that died in the race this year despite concerns that Grand National favourite Balthazar King may have to be euthanized after crashing out of the race at the Canal Turn but he managed to get up with broken ribs but avoided death much to trainer and owners delight. The race couldn't deliver the result that everyone had hoped for which was for AP McCoy to bow out at the top with a Grand National win in his 20th and last ride in the race. AP was aboard market leader Shutthefrontdoor who was sent off at 8/1. The horse travelled beautifully through-

out and was second having jumped the last fence but flat lined after the last to finish in fifth for the nineteen going on twenty time Champion Jockey. It had been rumoured that if McCoy had won the race he would have retired there and then but now we look forward to seeing in action for the rest of the National Hunt season with him bowing out on the 25th April at the Sandown Jump finale. He has confirmed he will not ride in any races at the iconic Punchestown festival in early May.

Winner Many Clouds gave his trainer Oliver Sherwood a second memorable win of the season having won the Grade 1 Hennessey at Newbury earlier in the season and finishing a respectable sixth in a high quality Gold Cup this year. He

was sent off at 25/1 and valiant efforts were made by other 25/1 shot Saint Are in second and 40/1 Monbeg Dude who followed up last year's seventh place with third place this year.

All in all it was a great spectacle in front of 65,000 people who packed into Aintree Racecourse to witness the event and a worthy winner in Many Clouds who fended off some very good horses in winning this year's renewal. It was run at a frantic speed and Many Clouds has now secured second place in the Grand National course record only six seconds behind 1990 winner Mr Frisk who won the four mile three furlong race in eight minutes and forty seven seconds.

- Andrew Blair White

Speith claims first major

Jordan Speith secured his first major golf tournament in Augusta last Weekend. The twenty-one year old matched Tiger Woods 1997 score of 18 under par to finish four shots clear of runners up, Phil Mickelson and Justin Rose. Speith became the first wire-to-wire Masters winner since 1976. He came storming out of the traps on day one, recording an eight under par round of 64, only one shot behind the course record, and three shots clear in the lead. He continued

in this vein on Friday, scoring 66, breaking the 36-hole record for the course and leaving him fourteen under par, and on Saturday, a seventy to leave him sixteen under par. Many pundits questioned if he would be able to hold his nerve on the final day, with the likes of Phil Mickelson, a five time major winner breathing down his neck. He kept his composure in the end, scoring a second successive 70 on the final day to earn the twenty one year old the

Green jacket.

It was not a weekend to remember for the Irish, whilst Rory McIlroy finished a respectable fourth, on twelve under, he would have been hoping for better. Both Darren Clarke and Graham McDowell finished six over par, leaving them tied for 52nd place, whilst Shane Lowry and Padraig Harrington missed the cut.

Another talking point was the return of Tiger Woods, who showed

glimpses of his old self, particularly on day three when he scored a 68. The weekend belongs to the young man from Dallas, Texas however, who now moves up to second in the world rankings and appears to have an extremely bright future ahead of him.

- David Molloy



Cuba & USA

On April 14th President Obama told Congress that he plans to remove Cuba from the US list of state sponsors of terrorism, in an effort to restore diplomatic relations between the two countries. Thus certifying that “the government of Cuba has not provided any support for international terrorism during the preceding six-month period” and “has provided assurances that they will not support any acts of international terrorism in the future”. The decision has been welcomed in Cuba, with the Cuban Foreign ministry’s chief of US affairs, Josefina Vidal, issuing a statement remarking “The Cuban government recognized the fair decision made by the president of the United States to eliminate Cuba from a list it should have never been included on”. Recent polling has showed that over two-thirds of Americans support the removal, while some experts have said that it is long overdue. But newly-announced presidential candidate, Republican Senator Marco Rubio, has denounced the decision as “terrible”, accusing Cuba of aiding North Korea evade sanctions and harboring fugitives from American justice. Similarly, Republican representative, Mario Diaz-Balart, has said that President Obama is “capitulating to dictators”.

The latter opinions stem back to the 1959 Cuban Revolution, when Fidel Castro and his communist rebels overthrew the US-backed president, General Batista. While President Eisenhower recognized the new Cuban government after the revolution, the relations between the two nations began to deteriorate rapidly and it was after a meeting with Vice-President Richard Nixon, in which Castro detailed his reforms for Cuba, that the US began to impose gradual trade restrictions on the island. The tensions manifested themselves as a back-and-forth of nationalization and reactionary trade restrictions and in October 1960, an embargo was placed on Cuba by the USA.

The presidencies of John F. Kennedy and Ronald Regan saw the severity of the embargo fluctuate, but as the Cold War ended and the Soviet Union collapsed, Cuba was left without its main international sponsor. The following years were characterized by economic difficulties, the epoch later being known as the “Special Period”. While the USA allowed, in law, for private humanitarian aid to be sent to Cuba for a short time, the longstanding embargo was ultimately reinforced and only now, as a part of “Cuban Thaw”, have tensions eased between the

two nations, with Presidents Obama and Raul Castro meeting earlier this year and the recent intention to remove Cuba from the sponsors of terrorism list.

But while about two-thirds of Americans support the removal, almost one-third, including a potential president, do not. Senator Ted Cruz accused Cuba as being “a leading state sponsor of terrorism”. As the Senator did not provide any evidence with his claim, perhaps it should be cross checked with the most recent US State Department’s annual Country Report on Terrorism, published in April 2014. The report provided little evidence to show that the island had been sponsoring terrorism, and in fact stated that “there was no indication that the Cuban government provided weapons or paramilitary training to terrorist groups”.

The worries of Cuba sponsoring terrorism are rooted in its past with the ETA (Basque Fatherland and Liberty) in Spain and the FARC (Revolutionary Armed Forces of Columbia). In 2013 the State Department gave the reason for Cuba remaining on the list after 21 years: that Cuba has “long provided a safe haven to members of the ETA and the FARC”.

But the ETA now has fewer than 100 members and Cuba has distanced itself significantly from the group. Although FARC is still one of the largest terrorist groups in South America, military action has weakened the group, and the report admitted that Cuba, in coordination with the Red Cross, has been hosting peace negotiations between FARC and the Columbian government.

The section of the report concerning Cuba spanned only three paragraphs, concluding that the nation “no longer actively supports the armed struggle in Latin America and other parts of the world”. And this short admission is among lengthy and detailed descriptions of the other three members of the list: Syria, Iraq and Sudan. While tensions are still present between the USA and Cuba, on a list of allegations of supporting Hizballah and trials for genocide and crimes against humanity, Cuba certainly seems out of place.

- Lili Mae Boorman

Does running make you smarter?



Not the kind of smart you can become by studying for hours everyday, that helps you do maths equations or assembling a car engine. Im talking about the kind that helps you make quick and accurate decisions, yields greater productivity and inspires genius innovation.

All of this for just 30 minutes of cardiovascular exercise a day and a decent pair of running shoes.

Aerobic exercise has always been known to have many health benefits especially in regards to heart health. A man named Richard Haig retired as CEO of one of the largest security firms on the East Coast of the US, he retired at just 38 as he was wealthy

enough to stop working. He soon got bored on the golf course and took up running. He

competed in many Iron Man triathlons and numerous other events around the world. He once ran 63 miles non-stop in aid of charity. Not too long after, he returned to work and said, 'It's no coincidence that I've done more to increase the company's value in the last 2 years than I did in 10.'

There have been thousands of studies on how cardio exercise can benefit the health of people but just as many on how it effects mental performance too. Intuitively, someone could argue that cardio fitness is mentally stimulating just like a double latte. After all, exercise does increase your heart rate which pumps more blood around your body including your brain,

and this is a partial explanation but the whole picture is far more complicated.

Scientists demonstrated the effect of a single session of exercise on these higher mental processes.

In a lab at the University of Illinois, Charles Hillman, Ph.D., tested the hypothesis that cardio improves a person's ability to process information immediately after exercise. He recruited 20 college-age men and women to work out at a moderate intensity on a treadmill for 30 minutes, on two separate occasions. He outfitted them with an electroencephalograph—which looks like a 1920s leather football helmet decorated with two dozen electrodes—allowing him to monitor which brain functions exercise affected most.

At one session, the participants were asked to take a mental test before they exercised; at the other, they took the test

afterward. When they worked out before the test, they showed increased activity in areas of the brain that control attention and memory. According to Hillman, this should translate into being able to multitask at a greater speed while making more accurate decisions.

Extensive research has been carried out especially in the past decade and will most likely continue until scientists can obtain concrete answers and results. All research to date has suggested that being physically fit can help mental performance and is recommended to everyone.

- Adam McCoy Smith

Technology we have thanks to NASA and the Space Program.

When people hear the word NASA they immediately think of space and the Moon Landing of 1969. However, NASA has had major implications much closer to home. Lately there have been lots of complaints that NASA has been wasting the US tax payer's dollars and the 2.5 billion dollar rover that recently landed on Mars has brought up the issue again.

People are often so busy complaining about NASA and what they don't do, that they forget what NASA did give them. The research and advancements made by NASA's Space Program have given us many things we take for granted. Many of which, people don't even know were invented by NASA.

The Space Program as well as the SBIR program, have given us hundreds of NASA "spin-off" technologies. These are technologies that are commercially available but have been designed

solely in in large part by NASA. NASA currently documented nearly 1,800 "spin-off" technologies. These products have a wide range of uses in the service industry as well as in the home and in general life.

Phone cameras, CAT scans and LED's are all technologies available to us thanks to NASA. The concept for the digital camera came about in NASA's Jet Propulsion Laboratory (JPL) in the 1960's. It wasn't until the 1990's when scientists were looking for a way to make a camera that was small enough to fit on a spacecraft but also maintained scientific quality.

The CAT scanner was also developed, in part by the JPL. A Space Program needs good digital image analysis to locate and measure objects. Digital imaging is how a computer uses numbers to represent physical images. The JPL played a lead role in developing this technology. As well as CAT scanners it has

proven very useful in radiology and microscopy.

Red light-emitting diodes are being used by NASA to grow plants in space and are healing humans on Earth. The LED technology used in NASA's space shuttle plant growth experiments has contributed to medical devices such as the award-winning WARP - 10.

Radial tires were improved by Goodyear with thanks to NASA. In 1972 Goodyear tire and rubber company developed a fibrous material that was five times stronger than steel, for NASA to use in parachute shrouds. This technology helped them land the Viking probes on the surface of mars. The chain like molecules in its structure made the rubber incredibly strong in proportion to its weight. Goodyear realised the extra strength of this material and expanded the technology to create improved radial tires. With a tread that

was expected to last 10,000 miles more than previous tyres.

NASA has also contributed a lot to creation of safer highways. The cutting of grooves into concrete to increase traction and reduce accidents is known as safety cutting. Safety cutting was first developed for use on runways to prevent aircraft accidents when runways were wet. The technique originated at Langley Research Centre, which assisted in the testing of the grooves at airports and on highways. What they found was that skidding was reduced, stopping distance decreased, and a vehicle's cornering ability on curves was increased.

So if you ever think that NASA are wasting money and doing very little to benefit the rest of us, I hope you remember what they did give us .

- Rupert Zarka

World Earth Day 2015

World earth day takes place on the 22 April every year, on this day events are held worldwide to show support for environmental protection. Earth day is now organized by the Earth day network. That day is now celebrated in more than 192 countries.



Earth day was founded in 1970 by Gaylord Nelson, who was a U.S. Senator from Wisconsin. He thought that if he could infuse the student anti-war movement energy with public consciousness about the

growing problem of air and water pollution, it would force environmental protection onto the national politics agenda.

As a result of his hard

work into promoting environmental awareness, 20 million Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment in massive

coast-to-coast rallies.

The Earth Day Network is the world's largest environmental service and it has over a billion actions to date. The main goal of this movement is to protect the planet and secure a sustainable planet.

This year there are many events being held globally in countries such as Italy, Morocco, Madagascar, Dubai, Paraguay, Iraq and in many states in America.

- Kate Gallagher

Nepalese Earthquake

On Saturday 25th April a 7.9 magnitude earthquake struck Nepal and turned the capital Kathmandu to a pile of rubble and the whole town moved 3 metres. In the smaller villages on the outskirts, mud houses were flattened. The UN has said that at least eight million people have had their lives devastated by the earthquake. Of those eight million 4,000 have been confirmed dead and a further 6,000 have been severely injured. Some have even suggested that the death toll may exceed 10,000

UNICEF, the UN

Children's Fund, has said that food and water supplies in Kathmandu are running very low after the quake, the worst on to hit Kathmandu in 80 years. For two days after the incident, life in the valley remained quiet. Small grocery stores opened but larger businesses remained closed. Trucks and cars lined up at gas stations for whatever remains of the dwindling fuel supply.

So far twenty one relief camps have been set up in open spaces outside Kathmandu. UNICEF is sending shelters such as tents and other healthcare

supplies. The World Food Programme was providing food and trucks to distribute it to all affected areas and the World Health Organisation have helped 40,000 people by distributing medical supplies. Charities, who were already working in Nepal at the time of the earthquake, such as Save the Children and SOS Children's Village International have said that they had emergency supplies set aside, should an event like this happen.

Other charitable organisations have said that the initial response has been

too slow. Aid materials have been flown into Kathmandu but there have been problems getting the aid distributed due to a lack of staff. Relief material been delivered over land from India is also having problems being delivered as the earthquake has caused landslides that have broken and blocked roads making it very difficult to transport anything with trucks. Aid foundations continue to work hard to help the Nepalese people. However a lot of their offices have been damaged slowing down what can be done.

- Rupert Zarka