

## AFRICAN MIGRANT DOCUMENTS HIS INCREDIBLE JOURNEY

*Daniel James*



**Adbou Diouf** Arriving in Spain

A Senegalese man called Abdou Diouf has shared photographs of his treacherous journey to freedom on photo sharing website Instagram. The man, thought to be in his early 20's is from Senegal in Western Africa. His journey began in Dakar and ended in Spain. When asked by reporters Diouf described the country as "The Promised Land" Diouf had to walk long distances under the cover of night in all kinds of weather. He had little food and had to pay €1000 to a human trafficker to take him across on a boat to Spain. This insight into the long journey that migrants take on shows the drive that these people have to achieve a better life.

“The  
Promised  
Land”

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## RUGBY WORLD CUP 2015

As the final 31-man squads are announced, warm up games come to a close and the days tick by, the 2015 Rugby World Cup draws ever closer. 20 teams will soon battle it out for a place in the grand final at Twickenham on October 31st and a chance to lift the Webb Ellis Cup. However, it is far from clear which country will claim the most coveted prize in world rugby. Holders the All Blacks are the bookmakers favourites with an impressive squad and cemented top spot in the world rankings. Though it may not all be plain sailing

for New Zealand. For me, Australia is the most likely victor. They come off the back of an unbeaten Rugby Championship and have had their strong squad strengthened by the inclusion of Europe-based players. A combination of form, fitness and the fact that no team has ever defended the World Cup indicate Australia could just oust the All Blacks.

Close behind are South Africa and England. Both famed for raw power and a brutish pack, they will look to wear down opponents up front and run in tries in the last quarter. Next, come Wales and France who will both challenge for semi-final places but should lack the depth and quality to go all the way. France is famously unpredictable while key

## Third place in the World Rankings Suggests this could be Irelands Year

Welsh injuries could seriously hamper their chances. Finally, that leaves Ireland. Successive Six Nations titles and a record 3rd place in the world rankings suggest this could be Ireland's year. But I am not quite convinced. Key players like Sexton and Bowe have underperformed of late and the side's recent form has been far from scintillating. I think reaching a first semi-final would be a commendable result but Ireland would want to improve considerably if we want to challenge for the title.

*Harry Deacon*

## SEGWAY SLOWS BOLT

*Daniel James*

Usain Bolt's success on the world athletic stage continued last week in Beijing as he won the 200m World Championships yet again, narrowly edging out his fierce American rival Justin

Gatlin. The Jamaican started well and came out on top in the last quarter of the race, using his long strides to his advantage as he normally does. He won in a time of 19.55. However the main focus of the event came later. After the race, Bolt proceeded to go on a lap of honour when a bizarre incident occurred. A Chinese cameraman on a Segway lost control and crashed into the back of Bolt's legs, knocking him over. The cameraman then immediately got up and helped Bolt. He was very embarrassed and apologised profusely. The Jamaican, however, seemed quite unfazed by the whole thing. In an interview later on, Bolt joked that Gatlin had paid the cameraman to knock him over. Questioned on Bolt's joking accusation, Gatlin added "I want my money back".







**Ed Joyce & William Porterfield**

## AUSSIES TOO STRONG FOR THE IRISH CRICKET TEAM

On the 27th August, Ireland faced Cricket World Cup champions Australia in a one day international in Stormont, Belfast. With rain around the Belfast area, Australia won the toss and decided to bat first. Australia opened with debutant Joe Burns and the experienced David Warner. The new opening pair got used to each other very quickly and put on 139 runs for the first wicket. Burns fell first on 69, Craig Young taking

the wicket. In form Steve Smith came to the crease. Smith and Warner put on only 26 before Warner was out for 84, caught by Ed Joyce off the bowling of Tim Murtagh. Ireland was able to claim two quick wickets, the dangerous George Bailey and Glenn Maxwell. Shane Watson came in and played a positive innings of just over a run a ball 26. Australia finished on 222-6 off 40 overs.

During the break, the rain

started to come down. Ireland were then set a target of 181 in 27 overs. The chase didn't get off to the best of starts when Mitchell Starc bowled the Irish captain William Porterfield in the first over. Things didn't get any better for the hosts as Paul Stirling was out soon after without scoring a run. Ed Joyce and Niall O'Brien steadied the ship but both players were out on 44 and 45. Once Joyce and O'Brien were out, the Irish never really looked like winning the game, with only our own Andrew Balbernie (12) and Stuart Thompson (24) getting out of double figures. In the end Ireland were all out for 157.

*Andrew Vincent*



## CRACKS APPEAR IN CHELSEA'S DEFENSE

*Ben Walker*

Chelsea have become the latest team to take over the reign of a poor title defence following a very poor start to the season. The latest of Chelsea's poor showings came at Stamford Bridge on Saturday afternoon against an ever growing Crystal Palace side, who salvaged a crucial 2-1 away win.

Concerns are growing amongst 'the Blues' fans as they are stuck in 13th place on just 4 points, 8 behind

leaders Man City who are already beginning to take over from Chelsea as the dominant force in English football. Pundits, fans and even Mourinho himself is crying out for Chelsea billionaire owner Roman Abramovich to delve into the transfer market in the closing days of the window to tighten up in areas, especially defence. An area that looked seemingly perfect last season has been hit big time this term with Terry and Ivanovic ageing, as well as England international Gary Cahill under-performing.

Chelsea will continue their pursuit of promising Everton centre back John Stones in the

## Concerns are **”** growing amongst “The Blues” Fans

coming days, but Everton's resilience to keep their most prized possession no matter how much money is thrown at them may prove to be a big hurdle for Mourinho's hopes of signing the young man. This would definitely make 'The Special One's' frustrations to grow as he would be left with the same squad to get his side out of the early mess that they have created. Whatever happens in the coming days, we will definitely see some sort of response for the good or bad after the international break.

## IRELAND PUT BACK IN THEIR BOX BY DEFEAT TO ENGLAND



Saturday proved to be a disappointing day and a dismal performance from Ireland as they lost their final World Cup warm up game against England in Twickenham. This followed Ireland's loss against Wales the previous week. Two exciting tries from England's Jonny May and Anthony Watson were too much for Ireland to handle as the game ended 21-13 to the hosts.

There were some positives, however, as Ireland hit back with a try from second-row Paul O'Connell. But this was merely a consolation try as England were worthy winners on the day, and look very dangerous going into their home World Cup. It may be a good thing that Ireland lost this match. Some would say that the squad had become a little complacent as they recently rose to 2nd in the world rankings. Hopefully this defeat will allow them to focus and get their heads straight before the World Cup begins in two weeks time. The team starts its campaign against Canada in the Millennium Stadium.

*Daniel James*



## IRELAND FOOTBALL CAPITALISE ON SCOTLAND STUMBLE

It was a very good night for all soccer fans throughout Ireland last Friday evening as 'the boys in green' followed up a shock Scottish defeat to Georgia, with a comprehensive victory over Gibraltar.

It is fair to say that not many Irish fans were getting too geared up for the late kick off in the Algarve as no mouth-watering game was in prospect against a side without a FIFA world ranking. However, the mood of the country changed 45 minutes before the start of the match as Georgia were able to do us a massive favour by recording a narrow 1-0 win against Scotland, who are turning in to our biggest rival for that coveted 3rd place in Euro 2016 qualifying.



Ireland were never in any danger against a side who have only managed one goal in the whole qualifying campaign, and after Ciaran Clark had hit the bar in the early exchanges, it was another young defender, Cyrus Christie, that gave Ireland the lead. Two Robbie Keane goals quickly after the break made sure of the result before Southampton forward, Shane Long, came off the bench to nod home for Ireland's fourth and final goal.

The win was made sweeter yet when Germany beat Poland 3-1 in Berlin. This result draws Poland back into the

scrap for qualification and they now lie only two points ahead of Ireland and four ahead of Scotland. Ireland face a must win match in the Aviva against Georgia before welcoming world champions Germany and travelling to Poland in November. It is vital that Martin O'Neill's men pick up at least five or six points in these remaining games if they want to secure automatic qualification to Paris. Ireland still need to get a result against Germany or Poland to guarantee a play-off place, but they will then be less reliant on other results to go their way.

*Ben Walker*



## STRAIGHT OUTTA COMPTON REVIEW

*Jack Schmitz*



“Straight Outta Compton” is the riveting new release directed by F. Gary Gray. This movie portrays the lives of five young men in the dangerous streets of Compton during the mid-1980s. It shows the journey of these men and their experiences growing up to form the brutally honest rap group, N.W.A. It depicts the rise and fall of N.W.A and how these youngsters told the world the truth about life in the hood and ignited a cultural war. This movie doesn’t hold back and delves into the events which assembled this group, such as drug dealing and extreme police harassment.

The group is headed by the musical genius, Dr. Dre (Corey Hawkins); along with O’ Shea Jackson Jr as Ice Cube, the groups ingenious lyricist. Jason Mitchell plays Eazy-E, the drug dealing entrepreneur who funds the group’s life changing endeavour. O’ Shea Jackson Jr and Jason Mitchell were expert at overcoming the challenge of portraying the young men but while Corey Hawkins did a compelling job at representing Dre in the movie I found myself often confused as to who he was as he didn’t look very like the real Dre. Everything considered, this movie was fantastic and I would recommend it not just to rap fans but to the general public as well.

## CHEW ON THIS...

The problem of chewing gum on the streets is growing. Recently Galway city council has tried to resolve the problem of chewing gum on the streets as it spoils the footpaths and makes areas look dirty. Galway city council has unsuccessfully tried various methods such as using scrapers, small road cleaners and power washing.

The amount of litter has been reduced by 60% according to

the minister of environment.

On average 30,000 pieces of chewing gum are discarded on the streets of Dublin every day. The Irish Government spends €150 million annually to remove an average of 7,000 tons of chewing gum from the Irish streets.

"Chewing gum was identified as the single largest component in the food litter category, and as the second largest component of overall litter after cigarettes" says

Martin Cullen, Irish Environment Minister. In one month alone Dublin city council removed an estimated 180,000 pieces of embedded gum from Grafton Street. With approximately 80 million packets of chewing gum sold in Ireland every year, it is estimated that up to 500 tonnes ends up dumped on the streets. Removal of chewing gum can be slow and even damage pavements even more!

*Nancy Wiseman*



The Arctic Monkeys are an English rock band formed in 2002. There are four members of the band: Nick O'Malley (Bass Guitar), Jamie Cook (Guitar), Matt Helders (Percussion), and the leader, Alex Turner (Lead Singer). The band have released five albums and have won seven Brit awards. They began rehearsing in Sheffield and played their first gig at 'The Grapes', in Sheffield city centre, on the 13th of June, 2003.

The band began to grow in popularity across the north of England receiving attention from BBC Radio and the British tabloid press. In May 2005, The Arctic Monkeys released their first single "Five Minutes With Arctic Monkeys". Soon after, the

## THE ARCTIC MONKEYS A QUICK HISTORY

band played at the Carling Stage of the Reading the Leeds festival, reserved for less known or unsigned bands. Their appearance was hyped by much of the music press and the band was watched by an unusually large crowd.

Eventually The Arctic Monkeys were signed to 'Domino' in June 2005. Their first single with Domino "I Bet You Look Good On The Dance Floor" went straight to

UK singles No.1. They released their second single "When The Sun Goes Down", in January 2006, which also went straight to the UK singles No.1.

In the past few years The Arctic Monkeys have released three more albums and have been nominated for the Grammy awards, MTV VMA'S, EMA'S and Ivor Novello awards.

**The band began to grow in popularity across the north of England receiving attention from BBC Radio and the British tabloid press ”**

**The Arctic Monkeys** Seen Here Below

*Leah Moloney*



## DOES THE PALEO DIET REALLY REFLECT OUR ANCESTRY?

The increasingly popular paleo diet has caused controversy as studies have recently shown that cavemen used to eat carbohydrates. This diet, which celebrities such as Matthew McConaughey and Jessica Biel have reportedly used, is supposed to recreate the diet of our hunter-gatherer (or Paleolithic) ancestors. This is because it is believed by some that we are programmed to eat their diet. Commonly used as a weight loss technique, it excludes grains, legumes, dairy and many carbohydrates as it is

**This is supposed to ”  
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hunter-gatherer ancestors**



believed that Palaeolithic people did not consume them as a part of their diet.

However, recent studies have challenged the almost-carb-free theory by claiming that carbohydrates helped our brains evolve to become the way they are now. Many have also pointed out that hunter-gatherers would eat whatever they could find and would not reject certain foods ‘because they followed the paleo diet’, as being picky was not realistic in these times.

This restrictive diet came into practise during the 1970s and became mainstream in the early noughties. In 2013 it was the most searched weight loss diet on Google.

Paleo fanatics are fighting hard against critics, producing more and more information to defend the diet. It is still not clear whether the paleo diet will be disproved like many other past diet crazes or whether it will one day be proved to be the way we should all be eating.

*Elvi Wilson*



**Jessica Biel & Matthew McConaughey** celebrities who used the paleo diet