

PRAY FOR PARIS

Emily Gordon

On Friday the 13th of November horror struck France as 129 people were killed in Paris during organised Islamic State attacks. The vicious attacks set out to target a concert hall, a stadium, restaurants and bars across Paris. At 21:20 explosions could be heard from inside the Stade De France where France were playing Germany in a soccer friendly. These explosions came from a suicide bomber who was rejected entry into the stadium by officials when it became apparent to them that he was wearing a suicide belt. The man then proceeded to back away and detonate the bomb killing himself along with an innocent bystander. At 21:30 there was a second explosion near the stadium after which the French President, Francois Hollande, was rushed to safety. At 21:53 yet another bomb was set off in a fast food restaurant near the stadium. The second series of attacks took place along Rue Alibert in the 10th arrondissement. Le Carillon Bar came under fire by IS gunmen at 21:25. 18 civilians were killed. The gunmen, who were travelling in a black Seat then made their way to Le Petit Combade where they also began shooting at customers and staff killing 15 people in the process and injuring a further 15. At 21:32 Diners located just south of Rue Alibert were attacked. Five people were killed. At 21:36 La Belle Equipe Bar in the 11th arrondissement was also targeted by gunmen killing 19 people and injuring 9. Shortly after, at 21:40 another suicide bomber entered a restaurant

along the Boulevard Voltaire. Thankfully there were no casualties as a result of this particular incident and only one person was left with critical injuries. The greatest bloodshed of the night occurred at the Bataclan concert hall between the times of 21:40 and 00:20 where a heavy metal band 'The Eagles of Death Metal' were performing for a sold out hall of 1,500 people. Another three suicide bombers also carrying deadly Kalashnikovs detonated their weapons after storming through the main entrance of the venue. 89 people were killed during this massacre. On Saturday the 14th of November, as people all across the world woke up to read the weekend papers they were greeted with an abundance of breaking headlines giving the shocking details of the previous nights terrorist attacks. However the state of shock which engulfed the country was short lived for the French government as meetings were held that same day to determine what actions would be taken. Francois Hollande described ISIS' actions as an "act of war" which must be countered. And true to his word on Monday the 16th, during the night, the French army dropped 20 bombs in Syria via fighter planes. While the majority of the French population supported this act of retaliation was it the right thing to do by the government? Do the innocent people of Syria deserve to be brutally murdered and torn apart from their families as all those innocent people in France were? If the terrorist attacks carried out in France were

unjust acts of evil (which I fully believe they were) then how can France justify killing innocent people in Syria? Are we now as bad as ISIS? Why I do think that some form of retaliation should have been taken in response to the events of Friday the 13th, the Islamic State Extremists are a very small portion of the Muslim population and therefore they do not in any way represent the Muslim religion. Religions are not violent. People are, regardless of what they do or do not believe in. We do not have the right to make the cruel stereotype that all Muslims are terrorists and therefore all Muslims should suffer for what happened in Paris that dreadful Friday evening. If a Christian group decided to carry out a terrorist attack on a specific country do you believe that all people of Christian faith deserve to be punished for those actions? As Ghandi once said "an eye for an eye will make the whole world blind" and at the rate we are going this will soon be the case.

TY TEAM

LAYOUT

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JOURNALISTS

Daniel James

Nancy Wiseman

Ben Walker

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Jack Schmitz

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DOPING IN SPORT, AN ONGOING PROBLEM, SPECIAL BULLETIN

Daniel James

Last week the world was reminded of the presence of doping in Athletics as details emerged of Russian athletes taking performance enhancing drugs over the past few years. On November 9, an independent commission set up by the World Anti-Doping Agency (WADA) confirmed widespread use of performance enhancing drugs and blood doping by Russian track and field athletes, which were encouraged and covered-up



WADA recommended that 800 meter Russian gold medallist **Mariya Savinova** be stripped of her medal

by coaches, doctors, and state and sports officials. Many of the accused Athletes won medals at the 2012 Olympics and could be stripped of their medals. The Russian Athletics Federation was suspended by the International Association of Athletics Federations (IAAF), meaning that Russian ath-

letes might miss the upcoming indoor world championships in March and Rio Olympics next year. Doping is unfortunately a sad reality in Athletics today. Hopefully WADA and the IAAF will become stricter with Athletes who break the laws of sport.

There have been many other high profile doping cases in Athletics over the years, and not just by the Russians. Here are a few:

1. East Germany supplied their Olympic athletes with steroids for more than 20 years. The shotputter, Heidi Krieger, for example, injected steroids from the age of 16. She won many events but was left with all the traits of a man after extensive hormone abuse. She had a sex change after retirement and is now called Andreas.

Heidi Krieger below



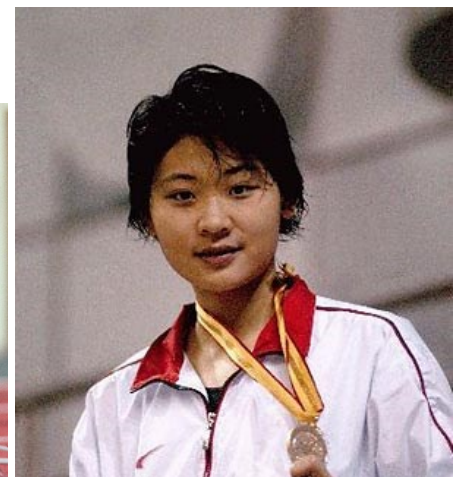
2. Canadian Ben Johnson lost his gold medal to Carl Lewis at the 1980 Olympic Games after testing positive for stanozolol after the race.

3. More recently, American sprinter Tyson Gay was caught taking banned substances after the World Championships in 2013. He was banned and stripped of his medals at the 2012 Olympics.



4. Prior to the 2000 Olympics, China had been dominating swimming. It then came to light that Chinese athletes were encouraged to take anabolic steroids, including the "Queen of the Water" Wu Yanyan.

Wu Yanyan



CONCUSSION IN RUGBY, A PIECE BY ANDREW VINCENT

Concussion is the most common injury in rugby. Concussion is caused when you get a blow to the head and injure the brain. There are many conflicting views about concussion and the damage it actually has on players. Some signs of concussion are; loss of consciousness dizziness, depression in later life, speech difficulty, nausea and vomiting. The signs of a person concussed are; lack of coordination and balance and lying motionless on the ground. In rugby the most common cause of concussion is the tackle. A good example is Jonny Sexton's tackle on Mathieu Bastareaud in the 2014 6 Nations in Paris. Sexton made contact with Bastareaud's forearm and immediately lost consciousness. The two met again in the next 6 nations meeting a year later. Sexton was tackled hard by Bastareaud but wasn't diagnosed with concussion. Another big worry for the IRFU is concussion in Schoolboy rugby. The prime example is Ben Robinson from Northern Ireland. Ben died from Second Impact Syndrome which is caused by two concussions in quick succession. The moment



Jonny Sexton was concussed during the **2014 Six Nations** in Paris.

that the guidelines of concussion were questioned was in the 2015 6 Nations, when George North of Wales was clearly concussed in the first half of the opening game against England. North was accidentally kicked in the face by George Kruis and was taken off for an assessment. Bizarrely, 8 minutes later he returned to the field of play. Things went from bad to worse for North as in the 60th minute of the match he was knocked unconscious by his own player, Richard Hibbard. The players clashed heads in a tackle

and North collapsed without even trying to break his fall. My view on concussion is that the professional game has the right procedures and protocols to tackle the problem. I think the problem is schoolboy rugby. Schools don't have qualified doctors so cannot diagnose concussion medically so most players when they leave school have been concussed without knowing it. What I would do is make sure every school has a qualified doctor with them at every game, whether it's an Under-13 game to a Senior Cup final, a doctor should be present. If the IRFU decide to go this way or try build to this idea I think it will make concussion easier to diagnose.

**Another big worry
for the IRFU is con-
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WHO IS JEREMY CORBYN?

On 12 September 2015, Jeremy Corbyn became leader of the Labour Party in the UK, succeeding Ed Miliband after he failed to get elected as Prime Minister. There has been widespread discussion about him in the media, as he is relatively new to mainstream media. Corbyn was born on 26 May 1949 in Wiltshire, the youngest of four sons. In his younger years he was an activist and has been awarded for his work. He became Islington North's MP in 1983. He is known for his left-wing and socialist policies. One of Corbyn's most controversial incidents was in 1984 when he invited IRA members to the House of Commons. He has been criticized by the families of those who have been hurt by the IRA for refusing to condemn the group for their activities. When asked if he condemned them, he has often ignored the main points of the question and condemned the British instead. One of his policies that has clashed with the views of



Jeremy Corbyn is the new leader of the **Labour Party**

Prime Minister David Cameron is his view on Syria. He believes that Cameron's approaches will result in pointless deaths and that it will not stop ISIS. Cameron, however, has been trying to launch air strikes. Corbyn believes that the way to tackle the issue of ISIS is to cut off financial supplies to their mutual allies. He also desires to pull out of NATO. He stirred up controversy when he referred to Hamas (which has been designated by the EU as a terrorist organisation) as 'friends'. A pro-Hamas supporter was rumoured to have funded parts of Corbyn's leadership campaign. As a socialist, Corbyn believes that rent control should be put in place, specifically in central London so people can afford to stay in their homes. He

also believes that the wealthiest in society should be taxed more heavily and by protecting people on social welfare, which more conservative politicians disagree with. He has sworn that heavier taxes will be introduced on the wealthier people in society. Corbyn has also expressed his views to clamp down on tax breaks for companies, tax avoidance and tax evasion. He has proposed establishing a 'People's Quantitative Easing', which allows increased government spending on social housing and transport with printed money. He hopes that he will be able to nationalise the train companies in the UK, so they are government-run, not owned by independent companies.

Elvi Wilson

PRESIDENT SUU KYI OF NLD WINS MYANMAR ELECTIONS

National League of Democracy President Suu Kyi is not eligible to be the next president of Myanmar as she has married a person who is not from the same country. She has said that she will be the person to lead the people of Myanmar even though she is not able to become president. Suu Kyi has fought for the country for more than 20 years. She has been under house arrest from about 1990 -

2007. The current president Thein Sein has said "he will respect the will of the people" and promises a smooth transfer of power' in the scenario that NLD has the majority. People are hoping to end military power in Burma after these elections. Thein Sein has said: "We will make sure it will be smooth and stable without having to worry about anything." The president also said that the successful election was a result of the

reform process put in place by his Union Solidarity and Development Party, which has won only 41 of the 478 seats that have so far declared. The NLD has 387. Aung San Suu Kyi has also claimed that the elections were fair in Burma. She also said that some areas were not allowed to vote due to conflict and people who were not 'recognized' were denied voting rights, an estimated 100,000 people.

Bhavya Shukla

ALL IRELAND'S SCHOOLS HOCKEY SEMI-FINAL

Just before the October mid-term commenced, we, the Senior Boys Hockey team travelled up to Belfast in the hope of securing a record, fourth consecutive All-Ireland Schools Championship win. Unfortunately, this dream could not become a reality as bitter rivals Wesley College, pipped us to a dramatic semi-final on a cold morning in Shawsbridge. Shawsbridge was the venue in which our tournament began. Having arrived in Belfast in plenty of time for our first game against RBAI, we raced into a four goal lead before half-time thanks to goals from Ross Quirke, Jordan Larmour, Guy Sar-ratt and myself. Our standards slipped in the second-half, but we still managed to score three more through Robert Browne and a brace from James Walker resulting in a 7-3 win. We began Thursday morning knowing that goal difference could play a pivotal part in our qualification and therefore showed Newtown no mercy. Once again we started explosively going 6-0 up before the interval. Goals from Jordan, Ross, myself and a hat-trick from Guy were added to by Robert and David Shanahan in

the second half to cap off an 8-0 white-wash. Our first real test came that afternoon in Queen's College, against last year's finalists, Wallace. Twice we fell behind early on only to draw it back to 2-2 in a bizarre opening seven minutes in which Jordan added to his tally while Patrick Temperley scored his first of the tournament. A draw would have been enough to guarantee our place in the semi-finals, however 10 minutes into the second half, a James Walker deflection into the roof of the net helped maintain our perfect start and secure us a place in the final four. We went into our early tip-off with Wesley knowing that it would be our toughest match yet and a potentially tougher match

The Senior Boys Hockey team travelled up to Belfast in the hope of securing a record, fourth consecutive All-Ireland Schools Championship win. “

then the final that we were hoping to make. Two Patrick Temperley goals sandwiched in-between a Wesley equaliser gave us the advantage at the break. Wesley quickly turned the match on its head with two quick fire second half goals but thankfully Guy Sar-ratt's drag flick worked to bring the match to penalty strokes. Max Maguire kept us alive with a fantastic high save to bring it to sudden death, but our third miss of the shoot-out shortly after proved costly and confirmed our fate. Wesley's loss in the final to Banbridge Academy eased the pain slightly but still leaves us asking the question, what if? We were disappointed that we couldn't repay all Mr. Ovington and Mr. Jones' hard work during and leading up to the tournament as well as the support from our parents and fans that travelled up on the Friday. Despite this setback, we are very aware that our season is not over and there is still plenty of silverware to play for.

Ben Walker

INTERNATIONAL NIGHT

Last Wednesday I went to international night to help. I was put on the water stand, to supervise the younger years. This year's international night was the best so far, with two acts in the talent show it left more time to browse the food stalls. The talent show had the parade of countries and

two dancing acts. There was a variety of delicious foods from different countries and lots of traditional clothes. The activity stands opened at 8.30, which included, henna, hair braiding, lots of different games and a dance competition. The teachers seemed to enjoy the night, coming to the end of the night they had a dance competi-

tion, which showed some outstanding skills! Coming to the end of the night the dance competition became more and more serious, with over 30 students and teachers! I am already excited for next year's international night.

Leah Moloney



TRIGGER, AMERICAN GUN CONTROL- A PIECE BY HARRY DEACON

The issue of gun control is one of the most contentious and fiercely debated topics in America with an ever raging dispute over the “right to bear arms” dominating political discussion. Is it right that anyone of a certain age can buy a lethal weapon? Does it keep American citizens safe or does it further endanger them? Hundreds of questions surround this controversial debate but one thing is clear; the number of people dying from gun crime is unacceptable. There were 11,208 firearm related homicides in the America in 2014 and a further 21,175 suicides. Would these figures be so high if guns weren’t available to the mass market? It’s unlikely. Even as the death toll rises year after year, there seems little chance of abolishing a 2nd Amendment that has claimed so many lives. And still the dangers of firearms are ever present, ever growing. One recent case in particular epitomises a country broken by guns and violence. A 6 year old boy shot dead his little brother using a handgun he found on top of the fridge. The tragic incident occurred during a game of ‘cops and robbers’ and resulted

in the arrest of the children’s father on a child endangerment charge. What sort of society exposes infants to firearms and normalises the discarding of guns on household appliances? How can America be considered the land of the free when fear and violence oppress its people? I know this seems to be an endless stream of questions but these are questions that have to be asked. Questions that need to be asked in the name of 3 year old Eian Santiago who, because of this tragic killing, never even got to live to see his first day of school. It is not often that you can say a murderer is innocent but in this case his brother cannot really be blamed for a crime born of a culture of violence and a corruption of youth. However, the spread of gun crime is not limited to America’s children. Exposure to firearms is spreading at an alarming rate and soon no one will be safe. Even man’s best friend is in danger of succumbing to the gun obsessed ideals rife in the United States today. Just recently, a dog (by the rather unfortunate name of Trigger) accidentally shot his owner Allie Carter in the foot. Carter left the 12-gauge shotgun

on the ground with the safety off and her 10 year old Labrador did the rest, leaving her with a serious but thankfully not fatal wound. In all fairness, Trigger did not intentionally fire at his owner; in fact he did not pull the trigger at all, merely stepping on the trigger by accident when bounding around. Trigger can in no way be held accountable. This unfortunate accident has been triggered by a culture of carelessness, not a trigger happy canine with homicidal tendencies. You may notice a certain word repeating itself but this is not for comedic effect, it’s only to illustrate a point. Only in a country so obsessed with firearms could man’s best friend be given such an unfortunate name and could such a seemingly bizarre but perfectly true incident occur. The worrying reality is that gun crime in America is growing, thriving and increasing at a terrifying rate. As I was researching this contentious issue, thinking about the near weekly reports of mass murder in America and learning about the infants and animals caught up in the violence all I could think about was one thing; who will be next to pull the Trigger?

THE WORLD'S OBSESSION WITH HEALTHY EATING

Leah Moloney

Recently a video has blown up on social media called 'cowspiracy'. It is about the slaughtering and the eating of animals. Some people

are so affected by this video, they decide to become vegetarian or vegan. Vegetarians don't eat meat, while vegans don't eat anything that comes from animals, such as milk, cheese, honey, meat. A study published by the 'Vegetarian times' shows that over 7.3 million people in the world are now vegan or vegetarian. 'Raw till 4' is a new diet where people eat raw food until 4 in the afternoon. Others use 'nutri

bullets', to make smoothies or juices for breakfast for this diet. Many people think that the vegan diet is nonsense, while others think it is the right lifestyle choice. People argue that by only eating vegetables the vegan lifestyle is destroying the heritage and culture of countries. A lot of people have been asking the question is the world obsessed with healthy eating and Is the world being destroyed by the vegan lifestyle?

MY PLANNED TRIP TO AUSTRALIA AND NEW ZEALAND, ANDREW VINCENT

On the 9th December, my family and I will travel across the world to the beautiful countries of New Zealand and Australia. We will fly to Abu Dhabi, Sydney and Auckland with Etihad. We have our trip all planned out with destinations including Auckland, Rotorua, Napier, Wellington, Nelson, Wanaka, Queenstown, Melbourne, Ayers Rock and Sydney. We are away for a total of 5 weeks and return to Dublin on the 12th January. We have many activities planned for the holiday, including sea kayaking in Abel Tasman National Park in Nelson, going to Milford Sound, which is a fiord, Franz Joseph Glacier and zip lining in Queenstown. In Australia we are going to drive along the Ocean Road to see the 12 Apostles which



Milford Sound Fiord

are 12 sea stacks off the coast. We are also going to Ayers Rock (Uluru) and having dinner underneath the stars. This is a once in a life time trip and I'm really looking forward to it.



THE MARTIAN, FILM REVIEW BY LEAH MOLONEY

Recently I went to a film and saw 'The Martian'. This is about an astronaut who is presumed dead, during an extreme sand storm, and is left alone by his team on Mars. Matt Damon plays the main character Mark Watney, who is an extremely smart and fierce man. With little food or resources Watney must use his knowledge to his

advantage, for 3 years he spends his time trying to survive until rescue comes. The cast includes Kristen Wiig, Kate Mara and Jeff Daniels. The director is, Ridley Scott and the story by Andy Weir. During filming Scott received help from James. L. Bean, the director of the planetary science division, at NASA, to make the scientific side of the film, accurate. Person-

ally, I thoroughly enjoyed this film, I thought it was well cast and very realistic. The creators and the writers were very thorough with their work to make it real, all the mathematical terms and the way Watney uses his resources to survive, all make it very truthful and real.

THIS ISSUE'S RECIPE: OREO BROWNIES

Ingredients:

165g of butter

2 tbsps. of plain flour

1 tbsp. of cocoa powder

200g of dark chocolate grated

2 eggs

1 egg yolk

1 tsp of vanilla essence

154g of Oreos

165g light brown sugar

Pinch of salt

This recipe is a fun take on the classic home-favourite chocolate brownies! While there's nothing wrong with a good old-fashioned fudge brownie it's never a bad idea to try something new. The addition of the Oreos brings an extra crunch to these tasty treats and compliments the flavour beautifully. For those of you who love to bake or even those of you who have never done it before, this is a recipe you must try!

Emily Gordon

Method:

Step 1: Preheat your oven to 180C. Get a square baking tin, grease it and line it with parchment paper.

Step 2: Melt the butter in a pan over medium heat. Once the butter has melted add in your chocolate and stir until silky smooth.

Step 2: Get a bowl and whisk the egg yolks, vanilla and the eggs together. Now add the brown sugar. Do this in two additions, whisking each time, to avoid letting the air out of the mixture.

Step 3: Once your mixture is whisked to perfection, add the melted chocolate, mix with a wooden spoon and resist temptation to gorge!

Step 4: Add the flour, cocoa powder, salt and one third of your Oreos broken into quarters.

Step 5: Spoon the chocolaty goodness into the baking tin and scatter the remaining Oreos. Now, the part you have all been waiting for, you may lick the spoon!

Step 6: Bake in the oven for 25-30 minutes. When the time is up the brownies should be gooey on the inside and perfectly baked on the outside. Leave them to cool on a wire rack and enjoy!

Note: If you're not a fan of Oreos or just want to try something different this recipe also works great with different flavours and combinations such as Reece's peanut butter cups or m&m's!

