

'WE'RE CLEAN!'

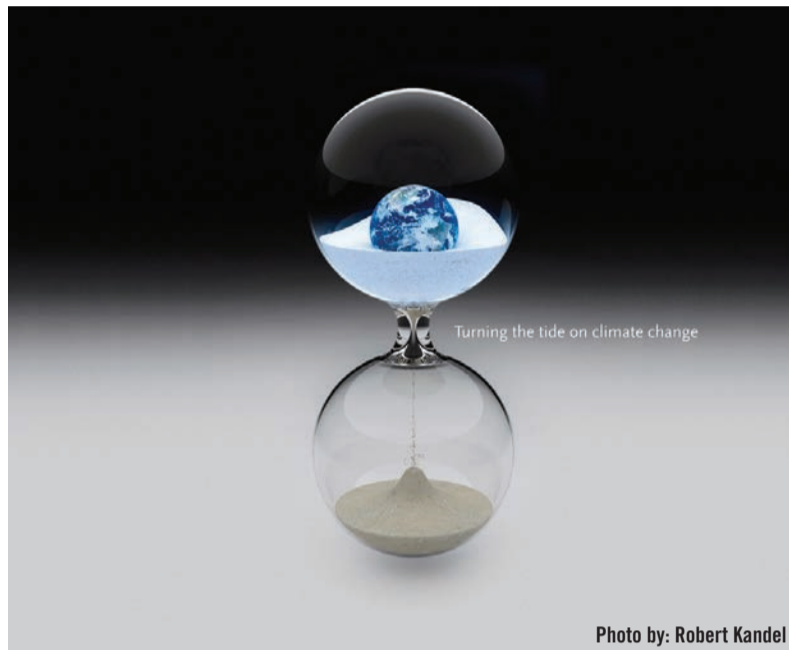
THE WORLD QUILTS ITS ADDICTION TO FOSSIL FUELS!

This afternoon, the leaders of all countries of the world signed a UN pledge to unreservedly phase out fossil fuels from their economies and plough investment into renewable energy. In a move that has shocked environmentalists, industry and the citizens of every nation on earth, the leaders promised that they would all invest in transforming the way we produce, consume and distribute energy in order to avert the worst impacts of climate change.

In recent years it had seemed that nothing would curb the world's addiction to fossil fuels. In spite of disastrous oil spills, environmental damage and increased CO2 emissions leading to potentially catastrophic climate change, the world continued to explore new and ever more dangerous ways of extracting oil from the bowels of the earth. Oil companies and governments even viewed the melting of Arctic sea ice as an opportunity to drill for 'black gold' in one of the most pristine and precious places on the planet. The signing of today's pledge will save the Arctic and other habitats around the world from being ravaged in the hunt for oil and will give the world a fighting chance of averting catastrophic climate change.

Jaw-droppingly surprised. Flabbergasted. Amazed. These were the reactions from environmental campaigners. "We just never saw this coming," said a confused-sounding Greenpeace representative. "Governments across the world have actually all agreed to come together and take action to save our planet. They have put aside national interests, industry concerns and political gain to place the earth and its people first. There's just no precedent for this. We're not sure what to say."

The oil industry was equally shocked but slightly



less elated at the news. No official statement has been released by any of the big players but a source at Oilo, the umbrella trade organization for the oil industry, told us that CEOs across the globe are gathering for an emergency meeting. Our source confirmed that no champagne is foreseen on the menu. "They're horrified by the news and shocked that they didn't see this coming. Many governments around the world are notoriously cosy with the oil industry so they don't know how this has happened under their noses, or what to do now. It's an unfamiliar sensation for an oil tycoon."

The news has fueled speculation that more happy shocks for the world may be around the corner. Online forums are buzzing with the question "What next?". Complete international disarmament? Purging of world hunger? Equal rights for all of the earth's citizens? Analysts are agreed that anything is possible.

JIGSAW COMES TO BRAY

Amy Robinson — It has recently been announced that a Jigsaw Hub is to make its way to Bray, Co. Wicklow. A recent increase in funding has allowed Headstrong – the National Centre for Youth Mental Health to open up yet another Jigsaw Hub. This successful Jigsaw model can be seen all over the country, from Donegal to Kerry, Clondalkin to Offaly. Jigsaw creates safe spaces in communities where young people can access a wide range of mental health supports for free.

Jigsaw is a programme which was designed by Headstrong and its panel of youth advisors. This programme is designed to strengthen communities in the hope of supporting young people's mental health. The Jigsaw model aims to bring together all existing expertise and resources from the community.

Bray was lucky enough to be selected as a new Jigsaw site after already being part of the Headstrong Learning Network (HLN). This HLN was conceived to offer a source of support and community mobilisation for youth mental health.

Grace McManus, who currently sits on the mental health sub-committee for Bray Area Partnership, was

over the moon having heard the announcement. "It's about time that Bray has an appropriate

youth mental health service in place. Having a Jigsaw Hub here will bring great relief to many young people and families in and around the Bray area."

It is not yet known when the Jigsaw Hub will be up and running properly but it is hoped that it should be ready for the New Year. Currently, discussions are taking place in order to secure the most accessible site for the Jigsaw Hub.

KATIE TAYLOR STATUE TO REPLACE THE SPIRE ON O'CONNELL ST.

After a large scale public consultation and numerous debates on the national airwaves it was finally decided this week that a Statue of arguably our most successful athlete of all time be erected on O'Connell st. "Katie Taylor not only represents everything that is positive about being involved in sports but also as a person, she is a great role model for the younger generations" said a member of the

IRISH PRESIDENT HONOURED BY UN

The President of the Republic of Ireland, Mr. Michael D. Higgins, has been awarded the highest honour by the UN for his role in brokering an unprecedented ceasefire in Syria over the weekend. Mr. Higgins, who has been the President of Ireland since November 2011, has been awarded a position as a UN Elder for his role in the ceasefire, and subsequent peace talks, in Syria. Astonishingly these talks were arranged in just four days. However, it has been brought to this writer's attention that Mr. Higgins has been in intermittent contact with his one time student, President Bashar al-Assad, since the beginning of the conflict over nine months ago.

Initially communication between the two men was cordial and regular until the violence of both the Government and anti-Assad forces intensified. Mr. Higgins was rebuffed by his Syrian counter-part on several occasions but nonetheless maintained a close eye on developments in Syria and made sure that Mr. Assad was aware his former Political Theory tutor at NUIG was wholly contactable and willing to discuss possible plans to end the violence, and hopefully the civil unrest.

Following intervention by both the Russians and the Americans due to the controversy surrounding the use of chemical weapons Mr. Assad felt the time was right to consult Mr. Higgins, a one-time cabinet Minister during the Troubles in Northern Ireland, about Mr. Assad's possible options.

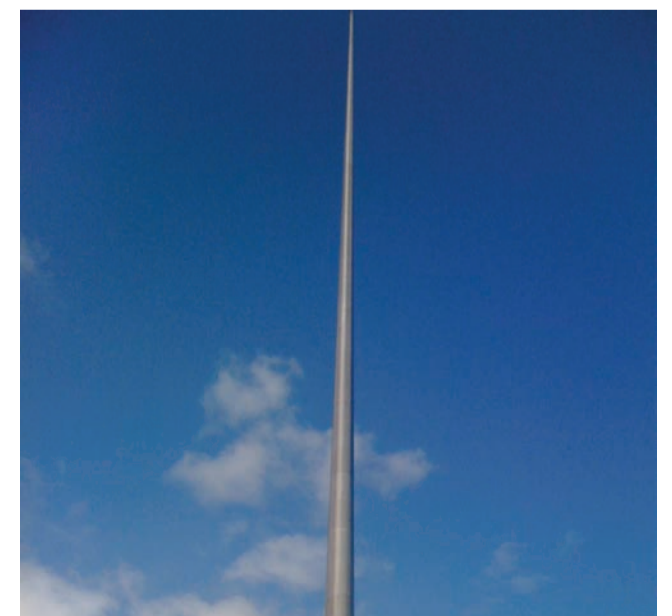
From this platform, and with a mandate from Mr. Assad and his Free Syrian Army counter-parts, Mr. Higgins invited the UN to host talks at Shannon in Co. Clare.

The ceasefire itself came into effect just before midday prayers on Friday in Syria, with talks opening on Monday at Castletown House in Shannon.

So far the talks have not broken down and are being co-chaired by delegates from Switzerland and Saudi Arabia.

public who supported the campaign.

In a unique turn of events it was also decided that the Spire itself be wrapped in the finest of Moor st wrapping paper and sent to Germany as a gift to Angela Merkel in advance of her 60th Birthday celebrations. Local residents from 'Templin' the town where Angela grew up are wondering if indeed she will leave this most prestigious of presents in the town or not? One local who claims to have good friends in Ireland commented "it would be an honour to have this 'Spire' in our town, we would welcome what my Irish friend affectionately calls the "stiffy near the liffey" to Templin.



TOURISM IRELAND AIMING TO “BOTTLE CRAIC”

“What’s the craic?” a greeting said by many Irish people and the question on the lips of every tourist during their first visit to the country. This question will be asked even more following the news that Tourism Ireland is set to invest millions into finding a way to sell “craic” to tourists. However, there is one massive stumbling block. No one knows what the craic is or where it can be found.

By definition craic, pronounced and sometimes spelt as crack, is a term for fun, entertainment and enjoyable conversation, particularly prominent in Ireland. It is a term that has become quintessentially Irish, despite having its origins in Middle English and Scotland. Originally used as a word meaning conversation or bragging it gradually became adopted into the Irish language in the mid-20th century and was later spelt as craic in a pseudo Gaelic spelling to copper fasten its position in the Irish native language. Now the term has evolved to describe anything enjoyable and associated with Ireland.

Now Tourism Ireland look set to cash in on the positive symbolism in a desperate attempt to encourage tourism into the country and to fund other ventures, such as The Gathering. As it stands, there will be five million euros invested into the research of how they can source, bottle and trade craic at home and abroad.

Fine Gael TD and Minister for Tourism and Sport, Leo Varadkar gave a statement outlining his offices intentions and plans. “As a nation we are known for our positive outlook, energetic and passionate personality

and the power to turn any room into a hive of festive fun. That inherently Irish essence is what we believe can help kick start our economy following the last few years of recession.”

However, the news “sees us selling our Irish Soul” according to John Fox, leader of the new movement ‘Save our Craic It’s A Lifestyle’ (SOCIAL) which was set up in response to Minister Varadkar proposal. Mr Fox explained that SOCIAL’s goal was to stop Ireland losing its soul. “You don’t see Japan selling their Ying or Spain selling their siestas. We have something that is not and will not be tangible. Like the rest of the SOCIAL members, we’d rather live in near poverty having all the craic, then live an easy life with no craic”. He went on to say that “SOCIAL is constantly looking for new chapters and members. Currently they have chapters in pubs in every county in Ireland. It seems every day I wake up to hear that there were a few SOCIALs in Galway last night or a massive SOCIAL in the Harbour Bar in Bray. I think this shows that we are not a country willing to sell our essence just to appease the accounts. SOCIALs are being set up to share craic not sell it.” Since the interview SOCIALs have gone international and it seems that nearly every Irish pub in the world has adopted the philosophy of sharing craic”

Despite the massive support from SOCIAL, it appears that Minister Varadkar and Tourism Ireland will still push forward with their plans. “Ireland has something more precious than oil, diamond or gold.” explained Minister Varadkar. “The craic is mighty and powerful. It is a natural environmentally friendly resource that remains untapped. It is what makes the Irish sporting fans internationally known as the best in the world and why every major city in the world has an Irish bar”

But how the craic will be mined or even what it will look like remains an uncertainty. Tourism Irelands preliminary plan is to start searching the country for its source. The search will begin in Templebar and move across the country to all major ports of craic. Some researchers believe that there is a lot of craic to be had in Cork, while others argue that Galway’s young student population has a massive amount of craic, while surf towns such as Lahinch and Bantry claim that the craic is mightiest in their regions. However, it is believed that the majority of the research and sourcing will be done in the country’s public houses, especially during St. Patrick’s weekend and during any counties All Ireland games. To help find the source, Tourism Ireland are offering a reward of one million euros to whoever can find the source of craic.

Whether there are one or numerous locations for craic is still to be determined. But the biggest question will be whether the massive investment into the research will reap a reward and how many SOCIALs will be had by then still remains unclear. In all likelihood, the search for craic seems to be a ruse to encourage locals and tourist to visit all corners of the country and find an imaginary source of craic. Minister Varadkar was not overly optimistic on the project being completed soon. “We cannot mine or sell craic until we find it in a tangible form. I cannot guarantee that we will find the source of craic but I am sure that there will be positive outcomes in the journey to do so. However, it is not going to be a quick one and the venture will take months, if not years. So I think that any one going to these SOCIALs need not worry as by the end of the year I can still see people asking where and what is the craic”

INTERNATIONAL NEWS PILOT INITIATIVE IN THROWING AWAY THE SHACKLES OF BURGERS AND BOX SETS

Ravaged by years of overspending, luxurious lifestyles and the rise in ‘box set’ related addictions in Ireland such as Breaking Bad or Sex and the City have brought on a prolonged social crisis. One Dublin resident admitted, “I don’t remember when I started watching The Wire. All I know is that it’s been five years since I touched my toes”.

One initiative from South African charity *First World Problems* and the African Troika is set to target this – the worst excesses of affluence in Ireland, widely viewed as a “public safety issue”.

“Box sets are only the beginning. A toxic cocktail of sugary drinks, celebrity driven feckless obsession and endless reruns of reality television have replaced social morals”.

Some of the proposed top-down shock therapy expected by the Troika initiative includes:

- Annual visits for the next four years by a technical expert group representing the Troika to ensure proper implementation of the initiative
- Exposing the cronyism within the Irish government which has prevented the establishment of a universal healthcare system for the Irish people
- Insisting the Irish government takes ‘a long, hard look at themselves’ and their behaviour throughout the Celtic Tiger years

The icing on the cake for the African Troika was the bailout given to failed bank Anglo Irish Bank, worth €25bn. Had this money had been spent on healthcare, it would have entitled every citizen of Ireland to a medical card for the next 25 years alone.

A joint statement issued by the African Troika members (Ghana, South Africa and Rwanda) underlined: “Our recent experience in issues of poverty, bad governance and conflict has brought us to think hard about what matters. We are going to win this war on overconsumption. The health of us and our planet depends on it”.

AFRICA FOR HEALTHCARE IN IRELAND

By Africa correspondent — Overseas aid assistance through a new African Troika from Ghana, South Africa and Rwanda is set to advance universal healthcare in Ireland for the first time.

A recent Economic, Social and Research Institute Africa (ESRIA) report questions the long held assumption that Ireland has delivered on human development goals and living standards in Ireland. But what about a national healthcare system for everyone in Ireland?

Despite Ireland’s obligations to fulfil the right to health, successive governments have been left clueless as to what happened.

A senior Department of Health source confirmed the analysis. “I dunno... It’s a mystery that we haven’t done it sooner, particularly in the boom years. Who knows?”

The Department of Finance have denied that their only priority has been the economy, adding “We are not in the business of subsidising people calling in sick from work”.

The report accompanying the African Troika healthcare initiative for Ireland stated that an increase in spending on healthcare will have to be accompanied by better governance and population targeting to make a real difference, stating:

“It is vital that Ireland moves away from fragmented pools where more of the population had access to healthcare rather than separate ones for civil servants, the private sector and the poor”

SUPPORTING YOUNG PEOPLE TO LEAVE IRELAND AND COME BACK!!

Leargas aims to develop the needs of young people (aged 13 to 30) and support their access to a European Youth Work programme with partners in over 30 countries by providing funding and support for development of specific activities and objectives through non-formal learning with young people and their youth workers/leaders.

Youth exchanges, voluntary service, study visits, training courses, seminars and meetings with policy makers are only some of the opportunities on offer! — Leargas.ie

JUBILATION AS CAR SALES DOWN 75% FOR FIRST TWO QUARTERS OF THE YEAR

Total car sales for the first six months of the year hit a record low as they were 75% down compared to the same period on last year, according to figures from the Society of the Irish Industry of Motorcars (SIIM).

22,860 new cars were sold between January and June of this year, 80,898 lower than in the first two quarters of last year.

A spokesperson for the Department of Transport, Tourism and Sport is delighted with the news, stating

“Previous governments may not have cared about the sustainability of powering our lives through an economy based on the endless use of fossil fuels. This government cares. The move to affordably retrofitting older cars into greener technologies such as solar and wind power has come of age.

One car manufacturer source said that the industry is not pleased with the result.

“This is nothing more than an assault on our basic rights to acquire profit for our shareholders and directors. It is unacceptable to the Irish people and they deserve many, many luxury suburban mini-tanks to pick up things for dinner or traverse the hostile roads of Ireland that the car industry has worked so hard to respond to provide”.

The debate over endless growth over sustainability continues as the motor trade industry hopes to offset this trend with increased activity from July until December. A public information campaign has already begun that promotes electric car sales over the option for adapting cars already in circulation

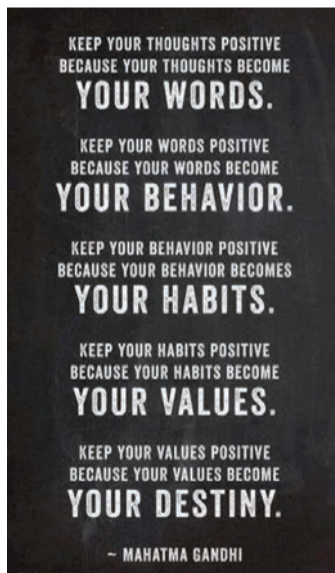
A government source added: “Ireland currently consumes 32 times more than the average person in Kenya, and that includes our use of petrol for our cars. Is this trend fair or equal? The world has serious consumption problems, but we can solve them if we choose to do so”.

BUYING SAND FROM THE SPANIARDS!

During February of next year there are plans to receive the first shipments of sand from abroad onto Bray seafront. Bray has been chosen as the pilot project for this unique venture. The plans have been made to get the sand from a disused quarry in the east of Spain. The innovative plan was hatched Two years ago when a group of transition year students in Loreto Bray came up with the idea of how a sandy beach would have a huge impact locally and beyond. The girls designed surveys, held focus groups and ultimately found out that the majority of people in Bray would be delighted with the prospect of a sandy beach for the warm summers ahead. Of course they had to draw up proposals and formally bring their idea to the Bray Town Council where it took what felt like an age before they came to a decision. Reports said that the Bray Town Council liked this idea and were willing to fund it in the hope that the new sandy beach would attract higher numbers of tourists which in turn would boost the local economy. Everyone in the town is hoping to benefit from this. Local businesses hope it brings in money and the local people hope to use it for enjoyment. This change to Bray seafront will brighten up the popular tourist attraction that is bray beach and will highlight the positive features. One insider suggested that there will be a motion put to next months meeting of the Town Council to change the name of the town to Costa del Bray!

POSITIVITY PASSPORTS

In a truly momentous move by the International Community agreement has been reached that from 2014 onwards, every National Identity card or Passport issued in every country on earth will have the following message. Clearly visible on the back of a Passport book or the back side of the National Identity card it is hoped that Gandhi's words will become an inspiration for humanity to strive towards a shared destiny where equality becomes the foundation for everything we strive for in our future.



AUSTRALIAN ORIGINAL ASTRONOMICAL ROCK ENGRAVINGS POSE FASCINATING QUESTIONS.

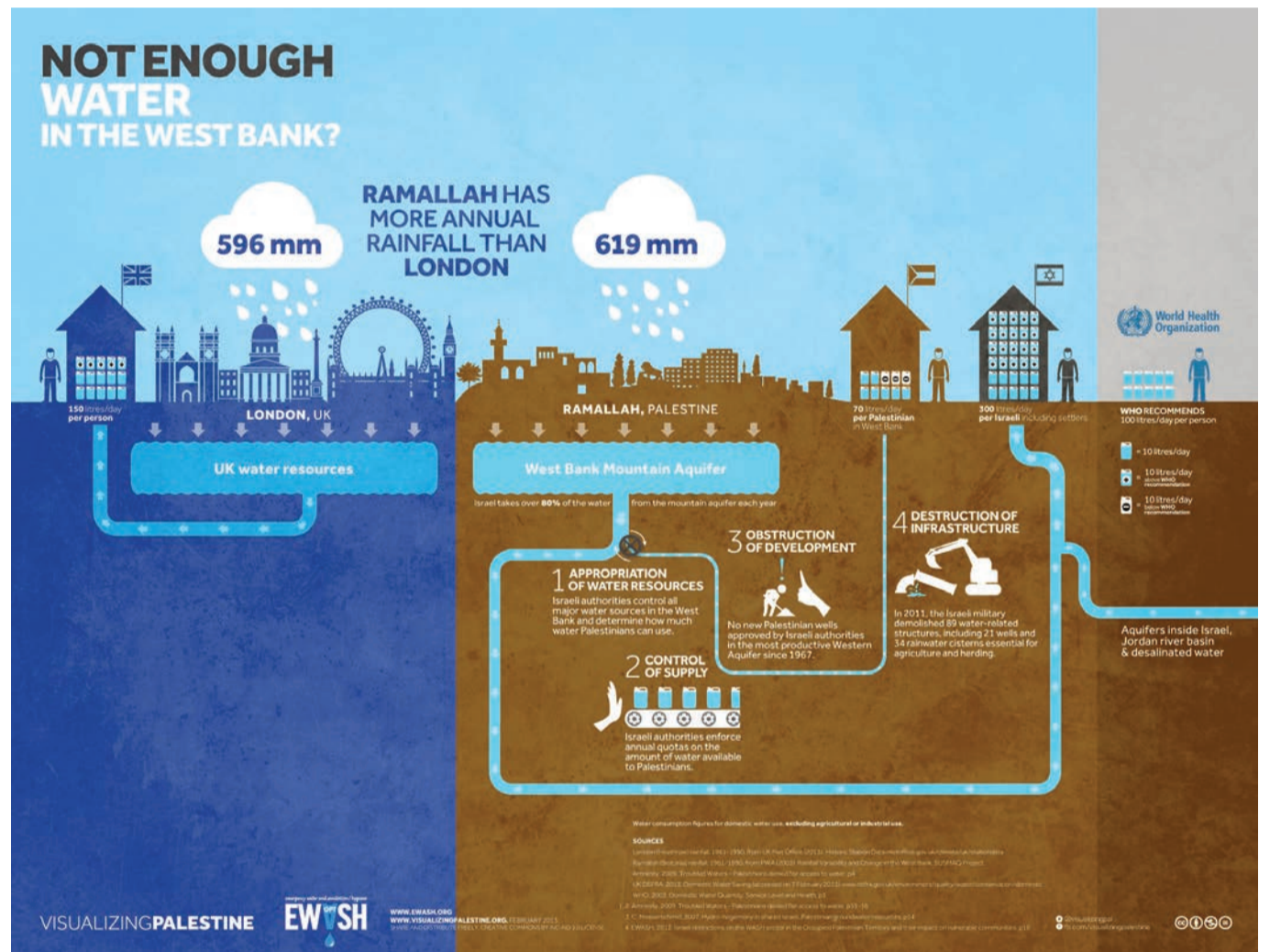
There is a strong opinion that the cluster of engraved astronomical markers found on a series of rock platforms is without parallel in Australia, and perhaps the world. Within a span of 3.5 kilometres there are at least 16 major rock platforms (at a location kept secret at this juncture) which contain no less than 3,500 star markers. Conducted after extensive consultation with the relevant Original Elders and Custodians, and set against a backdrop of an enormous amount of Dreaming stories focused “on top,” in particular the Seven Sisters (the Pleiades), the construction of so many markers is part of a trend, verging on obsession, the Original people had with distant celestial objects and constellations. Our estimated tally of 3,500 star-markers is extremely conservative, many platforms are yet to be seen, and it is possible some will never be seen. We set ourselves two tasks: to determine the approximate number of star markers engraved and the possible reasons that inspired these people to devote so much time and effort chipping and pecking into rock. To begin with, we are by no means the first to see these engravings, undeniably many have obviously seen the thousands of engraved circles over the years, but amongst non-Original circles nothing seems to have registered. It wasn't until researcher Paul White was assessing

the credentials of the extremely contentious set of 300 hieroglyphs found on three sandstone walls near Kariong, in work not related to any astronomical issues, he and his colleague came upon the set of star markers closest to the glyphs. Soon after the positioning and alignment of these Original engravings of the night sky was fed into computer software at Sydney University and according to White, “the star charts reveal an unbelievable match with the star pattern above Gosford around the year 2,500 BC. The whole thing is a giant star map”.



Then, in what only complicates procedures, all on site during the measuring and recording of these astronomical markers independently made note of cuts, curves and angles in the rock that required technology assumed to be absent in this country until very recent times. We are all of the opinion there are some engravings that could not be the end result of any application of rock on rock. Even the idea of a metal blade being responsible seems to fall well short of the mark, some of the curves are so exact and uniform and couldn't be cut with more precision today, and there are incisions in the rock where the gap is barely a millimetre wide. Irrespective of who was responsible, the fact remains that the refined tools needed to fashion such delicate markings are not in the Original tool-kits as claimed by academics and books.

WHEN WATER BECOMES AN ISSUE....



LOCAL FOCUS: BRAY, CO. WICKLOW

PILOT SCHEME SAVES LIVES AND TIME

A pilot scheme launched jointly by the Road Safety Authority, the HSE and Bray Schools Together has reduced the level of childhood obesity in the town, but also the level of traffic congestion.

The scheme unapologetically named ‘Get Off Your Bum and Lose That Tum’ was launched in the North Wicklow town at the end of August by Dr. Dónal O’Shea of Loughlinstown Hospital with a view to increasing the number of parents, children, teenagers and everyone else walking to work and school in the town.

In order to support this walking scheme several housing estates near schools that have traditionally been turned into carparks at school-run time were closed-off by the council in order to reduce the level of parking available to potential walkers. For the first week back to

school there were also “Energising Teams” walking the main school and work routes handing out fruit, water and little prizes such as badges and pens to those making the short walk to school or work.

Although the cost of the “Energising Teams” may put other councils off the idea most of these teams in Bray were volunteers from local youth groups and health organisations.

Astonishingly, since the introduction of the scheme, the average weight of young people in the area has been reduced by up to half a stone in some schools, while travel times by car or bus through the town have been halved.

The one negative thing Bray Tow Council had to say about the scheme when contacted for comment was that they were concerned about the reduction in revenue being earned from the numerous parking meters in the

town. However, this writer feels that such a complaint is a good complaint given that the cost of weight-related illnesses for the HSE has tripled in the last decade.

The RSA plan to roll out the scheme nationally in the new year, just in time for RTÉs Operation Transformation and those ominous New Year’s Resolutions!

WALKERS AND WILDLIFE COME TOGETHER

Walkers and wildlife in the North Wicklow town of Bray have come together in order to earn a UNESCO certificate of Preservation and Protection for the popular Cliff Walk route.

For many years the Cliff Walk has been a favourite walk of both tourists and locals alike, taking in some of the finest scenery in the country by linking Bray Seafront and Greystones Harbour. The route, which takes up to an hour and a half to complete at a strolling pace, wraps around the

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base of Bray Head capturing what is best about the sea and land of Co. Wicklow.

The bushes and fields on one side of the walk, along with the sea and seashore on the other, play host to a wide variety of wildlife, including the traditionally timid Irish Grey-spotted Seal. For those lucky enough to view any of the magnificent creatures living in the environs of the Cliff Walk the Grey-spotted Seal is a particular treat as they always travel and bathe in playful pairs.

With the construction of the new Greystones Harbour Development and cuts in the Bray Town Council budget it was feared that the route would be closed to the public. Another fear was that the wildlife would be disturbed by the widening of the Dublin-Rosslare train line.

A local committee was formed to prevent such measures while Bray Resident, and life-long WWF member, Sarah Kehoe decided to investigate the case for preservation status due to the high volume of indigenous creatures living in the area.

On the day members of a European-convened UNESCO team came to assess Ms. Kehoe's application the local wildlife did not shy away from this opportunity. Foxes, butterflies, shrews, seagulls and even a quartet of Grey-spotted Seals were out in force. Their presence and the overwhelming support Ms. Kehoe's petition garnered both locally and online, meant that the UNESCO delegation had no option but to grant the Cliff Walk Preservation and Protection Status.

The Cliff Walk will now remain open to the public and be maintained by moneys received from the EU Environmental Fund, not local councils.

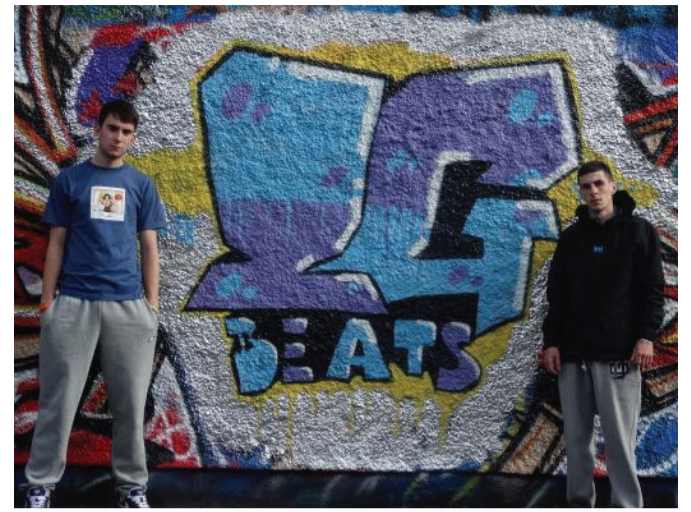
LOCAL RAPPERS TO TOUR WITH EMINEM

Dreams became reality for a group of Bray rappers this week when what can only be described as a "random connection" developed into a meet and greet which in turn became a world tour!

"Eminem is just like us!!" remarked solo artist Ste Byrne, "he does be sitting down at his laptop flicking through youtube videos to see if he can spot the next big thing!" "luckily for us" adds Graham Doyle "he came across one of our videos and he liked it so much that he checked out our other videos and then he sent us an email saying he enjoyed our music and would we be interested in meeting up to have a chat about touring. Of course after we picked ourselves up off the floor we replied saying yes of course we would meet him!"

From Eminem's point of view it was a lucky coincidence. Knowing he was due to play in Ireland in the summer he decided one evening to explore what the hip hop scene really looked like on the ground. "I literally typed 'irish rap' into the search bar in Youtube and as I scrolled down to see which thumbnail would catch my attention I was drawn to one which had a black and white vibe with a creative touch of blue going on. The song 'kick it' had a nice groove goin on. A few clicks later and I realised that this was a group of artists who come together regularly to collaborate but were also separate groups and individuals in their own right. I respect that whole notion of making music with artists that you can vibe with."

The four young guys from Bray were flown to the US for a meeting, hung out with their hero for a couple



of days and by the time they boarded the plane to return to Ireland they had managed to sign a deal that would involve supporting Eminem on a six month World Tour. "All the way home on the plane we were just looking at each other and asking, 'is this real? did that just happen'" remarked Luke Gorman, one half of LG Beats. His fellow rapper Graham Doyle said of himself "I just sat there with a big stupid grin on me face for the whole flight!". Solo artists Ste Byrne and Kev Kane both admitted that they were still struggling to put it all in perspective. "Last week we were basically nobody and today we are the support act for Eminem's forthcoming World Tour". As he looked around at his three mates they spoke in unison as if rehearsed, "hard work pays off".

Suffice it to say we are going to be hearing a lot more from LG Beats, Ste Byrne and Kev Kane in the coming months.

BRAY TOWN FREE WIFI IS LAUNCHED

Bray Town Council launched their project "Bray Town Free Wifi" earlier this week. The free Wifi service will provide free Internet access at key locations in Bray including Bray Main Street and Bray Promenade. The Bray Town Free Wifi project is focused on making Internet access more freely available to both citizens of Bray and its visitors. The introduction of this service hopes to strengthen Brays reputation as a forward thinking and digitally inclusive town. The Wifi service is available from October 14th 2013.

LOCAL BOOK TRADE DAY A GIANT SUCCESS

Saint Patrick's and Saint Cronan's 6th classes collectively organised a community free book fair in Saint Patrick's sports hall last Friday. The hall was divided into adult, children, school and non-fiction sections. Attendees had to donate one book as an entrance fee, but in turn they could take any book that caught their eye home, completely free of charge. It is estimated that over 1,500 books exchanged hands over the day. Both principals said the day achieved its aim of inspiring Bray to get reading.

YOUTH/OLD FOLKS DISCO TURNS OUT TO BE A DAY OF BANTER!

It all began with a heated debate between a youth worker and a care assistant from a nursing home over whether young people and old folk could ever really get along. What transpired was a bet- that local youth club CYB could organise, host and enjoy a disco with the older generations from Bray's nursing homes. Last Saturday just that happened, as the Little Flower Hall of the Holy Redeemer church was filled with pop hits from today, and also classics of old. Teenagers as young as twelve were spotted learning dance moves from slightly older 70+ crew. Fun, laughter and unlikely friendships happened- it would seem the care assistant lost that bet!

BRAY DART STATION INSTALLS JUKEBOX FOR THOSE COLD DREARY MORNINGS

Bray Dart station has installed five speakers around the entrance and platform of the station. The speakers are connected to a top of the range juke box which offers a range of popular music. Commuters can pay 20c to choose a song to listen to while they wait for the DART to arrive. All proceeds are going towards DART maintenance, which officials say has slipped slightly since budget cuts.

40 NEW JOBS OPENED UP FOR RESIDENTS OF THE BRAY AREA AS PALEO FOOD STORE OPENS IN THE TOWN

Healthy food corporation 'Paleo needs' has opened up a store in Little Bray. The shop, which sells 'Paleo diet' food is committed to only selling the healthiest high end food at affordable prices. The opening of the store means 40 new jobs for locals; 20 full time cashier/ stock takers are needed, along with 20 part time jobs which will be offered only to people in full time education who need part time work to pay for it.

ARDMORE STUDIOS COLLABORATES WITH UNIVERSAL TO CREATE LONG AWAITED FRIENDS REUNION MOVIE

After almost ten years since the final episode of Friends was aired, the six stars, Courtney Cox, Matthew Perry, Lisa Kudrow, Jennifer Aniston, Matt le Blanc and David Schwimmer have come together with Universal to create a final movie showing what has happened in their lives since the popular tv show ended.

Even better news coming through is that the main producer of the project is a proud Irishman from the one and only Bray. Reports say he is determined to collaborate with Ardmores studios to film parts of the movie right here in our town! This is excellent news and will promote Bray as a town and hopefully it will attract more big movies to Ardmores Studios. Filming is rumoured to be starting in january of 2014. Sitcom star

WICKLOW DO THE DOUBLE AFTER 'POSITIVE' CHANGE IN APPROACH AND TACTICS

To some this headline may still come as a shock, but just a year after the Wicklow County Board changed their management techniques to promoting positivity among players, both the Senior Men and Women have done what was once seen as impossible, WON the All Ireland Football Championships!!

In the past year the County Board has promoted positivity among its players and the wider communities where they come from. The results speak for themselves. Both matches were thrilling games with the women narrowly overcoming a formidable Cork team. The men's game was a thriller as their superior kicking beat out Dublin's brute force with a last gasp free in the final minute in Croke Park. Undoubtedly the atmosphere around Wicklow these past few weeks has been utterly electric. Here in Bray there is a new sense of community and pride that has ultimately come from the brilliant plan set down by the County Board.

Before this year Wicklow playing to an 80,000 strong crowd would have been laughable especially for the women. But the Garden County has proven we are not just a pretty face. But that with a positive attitude, Sam Maguire can be won by a County once seen as the worst footballers in Ireland.

Matt Le Blanc has released his own opinion saying "I'm so excited to shoot in Ireland. I've wanted to for so long and It'll add a special something to the movie! It's Bray bay-bee!" Further information will be released closer to filming.

A FOOTBALL FAIRYTALE TWIST OF FATE!

After the dismissal of Barcelona from the Champions League final for allegations of match fixing it left only one option for UEFA, they had to pick a name out of a hat with all the clubs in the top division from every European country in it. The event was eagerly watched

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from hopeful fans all over Europe. Hundreds of clubs were in the hat and the only thing that would determine the team which was pulled out was luck. The team was to be pulled out by no other than the legendary Pele. The time was 11 am GMT+1, all schools were closed, many offices shut for the day, even the blue flu was at an all time high, all everyone wanted was that golden chance to see their team play at Wembley against Real Madrid. Pele was stuck in traffic but they were reluctant to start without him so the draw didn't commence until 11.02. I'll

never forget the way he said it in that beautiful Brazilian accent "Bray Wanderers". It took me a second to realise who Beeraayyyy Vandurars were but then when he turned the piece of paper around it sunk in. It was us, we were the team, we were the lucky team to be chosen! Straight into the champions league final to be played the last weekend of May 2014 against Real Madrid in Wembley! Real Madrid have no idea what they'll be up against. They'll see this as an easy fixture and a definite champions league trophy! They don't realise that even

the partnership of Bale and Ronaldo won't be enough to get the ball past Darren Quigley between the sticks, Gary Dempsey will have every intention of running the midfield and I almost feel sorry for Pepe trying to keep Jason Byrne from hitting the onion sack. It's all to look forward to and the big screen will be up on the bandstand that evening for all of Bray to come down and get behind the lads. It's a truly magical story and all we can really say is COME ON YOU SEAGULLS!

OPINION PAGE

CONTRASTING INTERPRETATIONS OF THE FORTHCOMING CHANGES TO THE EDUCATION SYSTEM

Ireland Inc. Calls for Sea Change in School Curriculum

Today saw good news for second level students. Youngsters taking their Junior and Leaving Cert exams in the future may never have to put up with irrelevant subjects such as history, geography, languages or literature again if an employers group gets its way.

Ireland Inc. which represents dynamic job creating entrepreneurs across the country, made the call this week at a Jobbridge information session at Dublin Airport. In their statement, they declared that far too much time is spent in the classroom on literacy, culture and critical thinking, as these subjects have little to no relevance in the boardrooms and shop floors of the future.

Nevertheless, Ireland Inc. retain a strong sense of the importance of the nation's cultural heritage. They went on to state for instance, that the works of Joyce, Yeats and Beckett should continue to be taught in an abridged manner as part of a broader business course which would introduce tangible, useful concepts such as how to monetise cultural content and apply it to areas like tourism.

Reaction to the initiative has been broadly positive from both employers and third level institutions. Cain Steurschuld, head of Yahoo! Europe welcomed the suggestion, stating that it would provide 'a better class' of students for universities and companies in Ireland. He also claimed that a focus on core topics such as business, accounting and acceptance studies could even see a much welcome reduction in the amount of teaching staff, who represent a drain on already limited resources.

In an exclusive interview, Dr. Art Vandelay, CEO of Ireland's largest third level institution – University College Dundrum spoke highly of the plan, saying that:

"Under the existing system, there is not enough scope for synergising our USP KPI matrix when so much time is wasted on retraining new students, some of whom persist in asking questions and offering counterintuitive to established practices".

As of yet, the government press office was unavailable for comment. However, sources within Fine Gael are thought to be "deeply aroused" by the idea. German studies may be exempt from any change.

The view from a recent victim

The Leaving Cert has become almost akin to a spectre in recent times; terrifying students in 5th year, it overwhelms 6th year students until their complexion resembles Casper's himself, and even after the exorcism of a holiday in Santa Ponza or Ayia Napa, it still remains to haunt people long after that dreaded envelope has been opened and that last tear has been wiped away. Although many wish to never think about those sunny two weeks in June, few will soon forget THAT Home Ec paper, or the horrendous budget. And what the hell is an arbello anyway?

A recent move by a selection of Leinster Colleges and Universities, however, has threatened to banish the not-so-friendly ghost for good. In a move similar to that of the third-level systems in Argentina and Cuba, this group will no longer be accepting students purely

on Leaving Cert points alone. This truly revolutionary movement, which will take full effect in 2017, will now allow students to enter a course regardless of their points, but will instead put a stronger emphasis on matriculation, and in some cases, an aptitude test.

This has, understandably, led to a lot of controversy. Many claim that this change will essentially make most Leaving Cert subjects null and void; why bother putting in work into 7 subjects when you only have to receive certain grades in certain subjects. Engineering, for example, only requires a B3 in maths, and a B3 in either physics, chemistry or applied maths. Students will still have to study a minimum of 6 subjects, with English, Irish, Maths and a foreign language still being compulsory, while still having Leaving Cert exams in every subject.

Many students being interviewed have spoken out in favour of this new movement. Why should a person's access into Engineering or Commerce depend on their Irish or Home Economics result? Why should a future Medicine student have to be able to critique and find "shuddering insights" into the work of Elizabeth Bishop? Unanimously, students, the most important party in this situation, appear to be all for this specialization.

Professors, too, are defending this change. Firstly, they claim they will not be changing any course material, and not "dumbing down" third-level education. They will simply be allowing more students into lectures, and allowing more Masters and PhD students to take control of smaller tutorial and lab groups. One big change, however, will be the introduction of stricter Christmas exams; if a student fails at Christmas, they will be asked to repeat first year next year, either with the same or a different course. This "cut-throat" approach, they claim, will allow the people who really want to be there, to stay there.

The spectre of the Leaving Cert and points system has been with us since 1978, but will it soon rest in peace? Will this new, modern approach to education exile the phantom forever? For me, the most impressive aspect of this change, is a change in the view of education. Now, with less stress, less exam focus, let us begin to celebrate learning once more; let us rekindle a flame, relight a fire, let us embark on new journeys, to use a quote I used in my own English Paper 1 "Tis not too late to seek a newer world. Push off, and sitting well in order smite the sounding furrows; For my purpose holds, To sail beyond the sunset, and the baths, Of all the western stars."

KEEP CALM AND LIVE ON!

"Climate change" proven to be just a natural cycle

A leaked draft of a report by the UN Intergovernmental Panel on Climate Change is understood to concede that the computer predictions for global warming and the effects of carbon emissions have been proved to be inaccurate.

The report, to be published later this month, is a six year assessment which is seen as the gospel of climate science and is proving that since 1997, world average temperatures have not shown any statistically significant increase.

The summary also shows that scientists have now discovered that between 950 and 1250 AD, before the Industrial Revolution, parts of the world were as warm for decades at a time as they are now.

Despite a 2012 draft stating that the world is at it's

GOING BACK TO 'CAVEMAN' IS THE WAY FORWARD!



The Real Food Pyramid

"The food pyramid we all know and recognise as the guide for a healthy and fulfilling life is wrong!" That is the opinion of a local Crossfit coach and nutrition expert. He describes what he and "good science" acknowledges as the perfect human diet.

I eat "real" food -- fresh, natural food like meat, vegetables and fruit. I choose foods that are nutrient dense, with lots of naturally-occurring vitamins and minerals, over foods that have more calories but less nutrition. And food quality is important -- I'm careful about where my meat comes from, and buy produce locally and organically as often as possible.

It's not a low calorie "diet" -- I eat as much as I need to maintain strength, energy and a healthy weight. In fact, my diet is probably much higher in fat than you'd imagine. Fat isn't the enemy -- it's a great energy source when it comes from high quality foods like avocado, coconut and nuts. And I'm not trying to do a "low carb" thing, but since I'm eating vegetables and fruits instead of bread, cereal and pasta, it just happens to work out that way.

Eating like this is good for maintaining a healthy metabolism, and reducing inflammation within the body. It's been doing great things for my energy levels, body composition and performance in the gym. It also helps to minimize my risk for a whole host of lifestyle diseases and conditions, like diabetes, heart attack and stroke.

warmest for 1,300 years, the latest document states: "Surface temperature reconstructions show multi-decadal intervals during the Medieval Climate Anomaly (950-1250) that were in some regions as warm as in the late 20th Century."

The 2007 forecast for more intense hurricanes has also been ignored in the new document after this year was one of the quietest hurricane seasons in history.

The scientists have all agreed that the so called climate change is just a natural cycle, the same as the Ice age etc. „Our planet is constantly changing. Natural cycles balance and regulate Earth and its atmosphere. Human activities can cause changes to these natural cycles, but in this case we are talking about a temporary change. In a few years when it all passes, and the temperatures get back to the normal we will embrace this natural flow“, said Eoin Fitzpatrick, Boston Globe investigative reporter.

WINDFALL FOR YOUTH WORK COMES FROM A MOST UNLIKELY SOURCE!

Local youth leader explains how it all happened....

It's hard to explain the feeling you get while watching the euro millions. Frantically flicking from the television screen to your ticket and back again. While number after number the future of one (or more) is in the balance.

I suppose a question that one is often asked is "What would you do if you won the Euromillions?" There are a variety of "common" answers, from buying a new car to buying the pony you've always dreamt of having. I'm just grateful that the last winner had more sense.

Instead of just splashing out and traveling the world, instead of ordering a new wardrobe filled with Vera Wang and Gucci the latest winner of the Euro Millions, changed not only a handful of lives but whole communities.

The new multi Millionaire did the unheard of; they donated half of their winnings to a number of worthy causes. The money was donated to youth centre's including our very own Hi Rez Youth Centre. A youth centre on the Herbert Road in Bray. This youth centre has been providing the young people of Bray with a safe place where they could hang out and grow and develop for the last five years. This youth centre did not receive any government funding, so always experienced a certain level of financial pressure, this however, was all to change. In a unique and unprecedented move the wealthy benefactor invited the young people of Ireland to write letters expressing how important their youth centre was to them. This would be the sole format for judging who would get the money.

As I said before, it's extremely difficult to explain the feelings you experience while watching the Euro Millions but it is next to impossible to try and describe your feelings and emotions as you open the youth centre's door, only to be greeted with a giant cheque reading 'One Million Euro'. Needless to say, we all thought MTV'S Punk'd had made a long awaited comeback, but in-between a lot of hysterical screams we managed to hear that the winner (who wished to stay anonymous) had donated their winnings to fifty Youth Centre's across Ireland allowing them to continue their amazing work for many years to come. I guess all that is left to be said; to the anonymous Euro Millions winner, whoever and wherever you are "Go raibh mile mile maith agat". Not only have you saved Hi Rez Youth Centre, you have restored my faith in humanity.

Below is a collection of some of the letters that most definitely were a factor in convincing this wealthy individual to invest in the current generation of young people and therefore the future generation of decision makers in Ireland.

Dear Euro Millions winner,

When I first joined the youth centre in First Year of secondary school I was a very very shy person who would only talk when talked to. I was blown away by how friendly and genuinely kind both the members and leaders were in this place.

As a Junior Leader Trainee (JLT) I now understand why. This Youth Centre changes you! The minute you walk through the door you are greeted by smiles, its a place where you can go and forget everything that is going on outside and just have fun with your favourite people!

The Youth Centre has presented me with so many amazing opportunities. Training to be a Junior

Leader, being part of Be Well and getting involved in so many day trips and other creative activities.

The Youth Centre is a place where everybody is able to express themselves and it would be heart breaking if we were to lose it for any reason. Honestly I could say I would not be the same person I am today without the centre. It is my second home, a place where I feel safe and of course a place where I can be myself. I love with all of my heart everybody in Hi Rez, we are not just close, we are a family.

Dear euro millions winner,

When I look back on my first year of being a member of the youth centre I laugh! Its hard to believe that I was once that shy twelve year old that felt sick at the thought of walking into a youth centre filled with strangers who had been there longer than I had. Little did I know that this "daunting" environment would become my second home and those "scary" people my family.

While the Youth Centre always feels like home, I've also been challenged to venture outside of my comfort zone to avail of the opportunities that have been presented to me. Whether this be talking to and working with complete strangers at youth seminars or performing in front of hundreds of people at a concert during a festival. No matter how far outside my comfort zone I am, I know that I've always got the support of my friends, the leaders and the youth worker.

My gratitude to the youth worker is never ending. His passion, dedication and selflessness are what have made our centre so special. Our centre is not complete without our youth worker.

I feel like the luckiest girl in the world to have a place to go that is filled with cultural diversity through the European Volunteers, never short of laughter and positivity and ultimately where I can feel completely accepted.

I would feel so lost and empty without this youth centre. So many people have done so much growing up within these walls and I feel privileged and proud to be one of those lucky people.

Dear euro millions winner,

I no longer think of this place as just "the youth centre". I think of it as MY centre, and I think if you asked anyone who is part of this centre they would say the exact same thing. It is just so much more than the vague title of "a youth centre", it is a strong family that care about each other very much, that have grown together over the last few years, that have cried together, laughed together and learned together. This Youth Centre means so much to every persons life it touches.

Our centre offers everyone so many opportunities. Whether it be big things like attending European Youth Day and learning about young people and projects all over Europe, or small things like being incredibly shy but still being able to stand up in front of all of your friends and tell the worst jokes of all time without any fear of being judged. Its a place that welcomes everyone with open arms and gives them all of these opportunities without them even having to ask, sometimes without them even realising it.

Its a safe place that anyone and everyone can come to and be accepted for who they are and meet other people and accept them for who they are. Its a place filled with love. Love so strong that it envelops you the moment you walk through the door.

My youth centre has given me so many things. It has given me new friends, countless fits of pure laughter, amazing memories and once in a lifetime opportunities. It has given me the ability to be myself, to have confidence in myself, to talk to strangers and soon become best friends, to ask questions that I previously would have been afraid to ask but the thing this centre has given me that I am most grateful for, is my second family. The people are whats most important, not the stuff, the activities, the building, the trips, none of these things, its the people. People I never would have met if it weren't for this youth centre.

This year I spoke at a youth conference for the EU Presidency in Ireland. Another amazing opportunity given to me by my amazing youth centre). I spoke in front of about two hundred youth delegates from all over the EU and so many of them approached me and the other two people from our centre afterwards to praise us for how passionately we spoke about our beloved youth centre. Really we didn't even plan to speak so passionately, it just comes so naturally when you have the connection we have to our centre. In my speech I compared the growth of a person in our centre to that of a tree. Being a member is the roots, becoming a Junior Leader is the trunk and then finally becoming a Senior Leader is the flowers and the branches.

There aren't enough words in every language spoken in the world to describe how much my youth centre means to me, and to everyone in it. I cannot explain the gratefulness for the things it has given me, things I could not have received anywhere else. It is a special, unique, amazing place. It holds a special place in my heart and always will.

Dear euro millions winner,

The youth centre is the one place where I can go and know I will be happy and safe no matter what is happening outside. Once I arrive into the youth centre I cannot help but smile. This is a place where I feel accepted, a place where I can be who I am without fear of judgement. A place where I can have a chat, make a cuppa tea and be around people who share the same love for the centre.

This is a centre where I have spent most of my spare time during secondary school. I don't think my Wednesdays or weekends would be the same without a visit to the youth centre. I have grown so much as a person here and it has in fact directly influenced the person I am now.

This year when I did my Junior Leader training I realised how much work and commitment goes into the centre.

As I write this I try to think about my life without this centre and it really is impossible to imagine. I feel sad when I think of younger people and imagine what it would be like to never have an opportunity to experience this centre.

This youth centre has helped me to make so many friends and is such a huge part of my life.

'BE WELL WEEK' TO GO NATIONAL!

As the events and activities of the first ever Be Well Week in Bray draw to a close it has been announced that from next year, every town in Ireland will be encouraged to host its very own 'Be Well Week'.

"To see a group of young people come together and develop a project of this scale is an inspiration and indeed an indicator of the huge potential that is out there for sharing responsibility with our youth, for giving them the opportunity to take on major initiatives. It's not just about preparing our young people for adulthood it is about tapping into their enthusiasm, their passion and enabling them to show our communities what they are capable of right now." said the Minister for Children and Youth Affairs. "I can only imagine the variety of innovative and exciting projects we will see across the country next year and more importantly, these events and activities held in collaboration with local services and organisations really do have an impact and really can effect change as we have seen here in Bray."

The whole idea behind Be Well Week was to raise awareness about youth mental health by developing a range of activities and events that would encourage people to be "thinking and talking about mental health".

"Our goal was to capture the attention of the whole town and our challenge was to do that in a way that was informative and engaging", explained one of the young people involved.

"We didn't use the conventional ways of announcing

the event like advertising in the local newspapers or putting out flyers or posters. We decided to try and do it all through creative and innovative methods. So, we used the funding that we received from Leargas (European Youth in Action Programme) to prepare a promotion campaign alongside the events and activities of the week".

Huge banners hanging from the lamp posts along the Main st in Bray appearing on a Saturday morning before Be Well Week. Social networks suddenly seeing a multitude of profile pictures saying Be Well Week. Online announcements with timetables for events, subtle suggestions about what to look out for and young people wearing Be Well tshirts were only some of the ideas implemented by the team.

During the week itself you may have popped into a local cafe with friends for a cuppa and come across a little "conversation card" on your table. In it you would have found snippets of awareness raising information and also some stimulating questions about youth mental health. You may have been listening to the radio and heard an interview with an inspirational young person who was at the heart of organising Be Well Week. Local schools had some visits from the Be Well team where lovely purple silicone bracelets were given out to encourage people to "Be Well" and to explore what youth mental health is all about.

You might have been one of the lucky ones who attended the 'Crossfit Showcase' where young people who had been training in the local Crossfit Strength and Performance Gym presented their outcomes having

completed a project they had developed called YOHO (Youth Optimising Health Outcomes) which was also funded through Leargas. Or you could have attended the RAP (Raise Awareness Positively) show on the Friday night where a group of Rappers from Bray and Dublin put on a show where they each introduced brand new songs written especially for Be Well Week, "Rap is not all about negativity, it can be about positivity too and it can reach out to people and share important messages" claimed one of the rappers Ste Byrne.

One of the most unique and yet important aspects of Be Well Week was the "Closing Launch" in Hi Rez Youth Centre where the centre was transformed into a gallery, illustrating the journey of Be Well Week and importantly giving people the opportunity to offer their own suggestions about 'what next'. "Closing Launch?" I hear you say, that doesn't make sense?! But to the young people and supporting organisations it makes perfect sense. As the week drew to a close the team wanted to celebrate the success of the week and share that with the community but they really wanted to emphasize that Be Well Week may be "closing" but if it is to be considered a success on any level it should be the "launch" of something more, the continuation of something important, the inspiration to keep this topic on the table until we all feel enough has been done to ensure that the issue of youth mental health is no longer an issue that we worry about but is an issue we are managing together as young people, communities, organisations, schools and Govt Departments.



BEING WELL IN THESE TIMES.....

“THE NEWS WE WOULD LIKE TO READ”

‘Positivity’, ‘feel good factor’, ‘bringing a smile to peoples faces’, ‘imagining the world we want’, ‘raising awareness’ and ‘challenging perceptions’ were some of the reasons why this newspaper was developed. Of equal importance was the message or the suggestion that making the news is something we can all take responsibility for. If we want to read good news, lets make good news happen! We do not need to feel powerless or frustrated by the sense that negative news is something we have no influence over. The reality is that there are millions of people across the earth who are striving to make good news happen. The problem is that somewhere along the line mainstream media decided that this type of news was not profitable.

This newspaper is the result of a major cooperation on many levels.

The challenge of coordinating the project on behalf of Be Well Bray was taken on by Hi Rez Youth Centre and 80:20 Educating and Acting for a Better World.

The articles are written by young people from Bray and friends of Hi Rez and 80:20 from as far as Serbia, Malta and Brussels.

The newspaper is part of a wider project, Be Well Week and was funded by Leargas through the Youth in Action Programme and also 80:20.

Be Well Week is the result of a collaboration of organisations and agencies supporting a group of young people from ‘Be Well Bray’ who were inspired to develop a week of activities and events in Bray.

Be Well Bray are a group of young people who’s aim is ‘to promote a practical and positive outlook within Youth Mental Health.’

The support from the Youth Mental Health Sub Group of the Bray Area Partnership’s Health Committee has been instrumental in preparing the groundwork for this type of week to happen.

The support of the Ireland Foundation “Caring Communities” grant plays a significant role in building capacity and helping to fight the stigma associated with Mental Health.

The support of Leargas and the European Youth in Action Programme has provided the scope for giving young people the training, support and encouragement not to mention the funding to develop a project that provides learning and development for themselves and the wider community.

Crossfit Strength and Performance Gym in Bray through the support of coaches Alan Sherry, Cian Cosgrove and Jay Mulligan have given so much more than their expertise and encouragement to the young people doing the YOHO project and showcasing it during Be Well Week.

Hi Rez Youth Centre has offered its space as the hub of the support network which has enabled the young people of Be Well Bray to implement a vision created by them and shared by young people across Bray.



Cartoon by Brick (aka John Stuart Clark)

BE WELL WORDSEARCH

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| POSITIVE | MENTAL | HEALTH |
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| FEELINGS | JOY | AFFIRMATIONS |
| SELFFESTEEM | WELLBEING | ATTITUDE |
| THOUGHTS | HONESTY | COMMITMENT |
| CHALLENGE | IMPROVEMENT | CARING |

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