Election 2020: A Look Ahead

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President Donald Trump. Photo by Carolyn Kaster, AP

With the 2020 presidential election just over a year away, many candidates are already going head-to-head with each other. Election day is Tuesday, November 3, 2020, while the official inauguration day is two months later on Wednesday, January 20, 2021. The two main political parties in the United States are the Republican Party and the Democratic Party.

The Republican candidate for the 2020 Presidential Election is current President, Donald J. Trump. Trump turned in the paperwork to run for his second term on his first inauguration day, January 20, 2017. On the Democratic side, there are many nominees running. Joe Biden, Elizabeth Warren, Bernie Sanders, Kamala Harris, Pete Buttigeig, Cory Booker, Beto O'Rourke, Julian Castro, Andrew Yang, and Amy Klobuchar are some of the most popular among Americans.

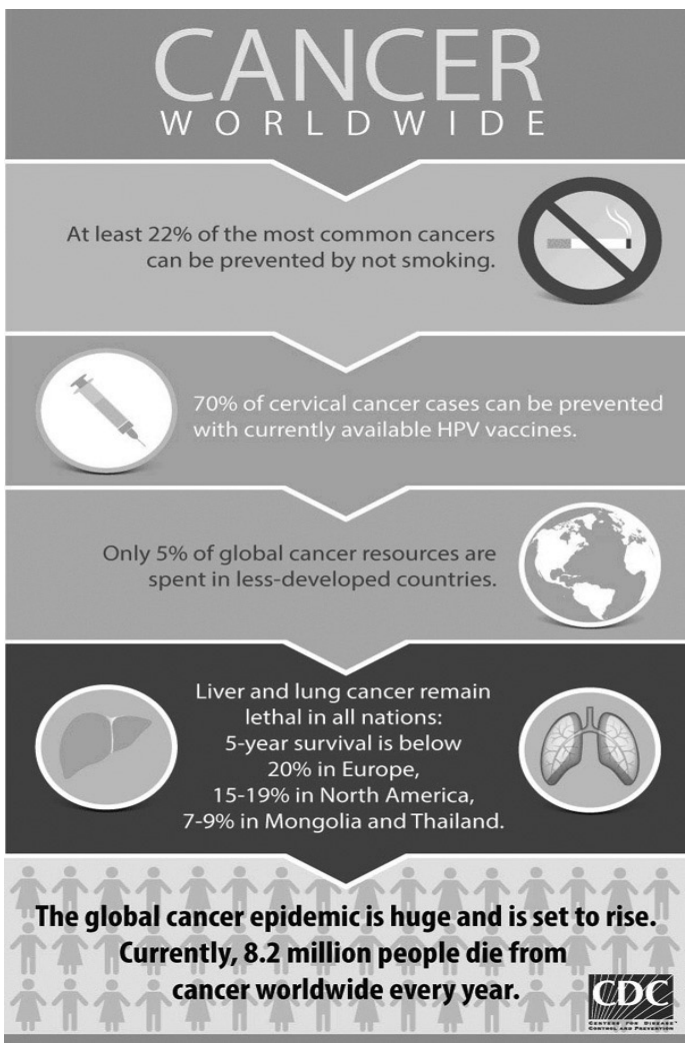
Ideologies of the Republican Party can be very different compared to the ideologies of the Democratic side. Some of Republican ideals include that abortion should be illegal and that Americans have the right to own, carry, and use guns in the proper manner. Republicans also believe in stronger immigration policies, and a stronger American economy. On the flip side, Democratic views include stronger regulations of firearms, accessible healthcare for all, and that freedom of speech should be monitored. Democrats also believe in the right to choose whether or not to abort a baby, less aggressive immigration policies, and labor unions for fair pay.

The 2020 Presidential Election will for sure be a fun one to watch. Many Americans will tune in to see if the country will have a new president or if Donald Trump will take on the job for four more years. Either way, the year 2020 will be an exciting thing for many politicians and American citizens.

Democratic Presidential Candidates, AP Photo

Cancer is the new leading cause of death worldwide

Mariana Razo
Staff Writers



Information courtesy of the Centers for Disease Control

As the new year approaches, so have new discoveries in medicine. According to a recent study published by The Lancet, cardiovascular disease is no longer the prime cause of death in middle-age adults worldwide.

Every year in the United States, about 1 in 4 deaths are related to cardiovascular disease. This effects both men and women. However, a new disease has surpassed cardiovascular disease. Researchers state that cancer is now the leading cause of death, especially in wealthy countries. The wealthy countries include: Chile, Canada, Australia, Turkey, and the United States.

Cancer is now responsible for twice as many deaths as cardiovascular disease. This can serve as both good and bad news. The good news is that the number of deaths caused by cardiovascular disease is decreasing. This shows that most citizens are taking into consideration how to change their lifestyles to avoid the illness.

As stated by the researchers during the study, "this epidemiological transition might be due to improved prevention and treatment of cardiovascular disease in high-income countries."

While this is good news in the fight to combat heart disease, the bad news is that the number of deaths caused by cancer is increasing. It is predicted that if this pattern continues, cancer can become the new leading cause of death worldwide.

According to the American Cancer Society (ACS), there will be 1,762,450 new cancer diagnoses and 606,880 cancer deaths just in the United States in 2019. ACS suggests that a number of cancers can be prevented by avoiding the use of tobacco products and other unhealthy behaviors. The organization estimates that 42% of newly diagnosed cancers in the US are potentially avoidable. Additionally, early screenings, vaccinations for certain types of cancer, and regular health checkups can aid in prevention and early detection of many types of cancer.

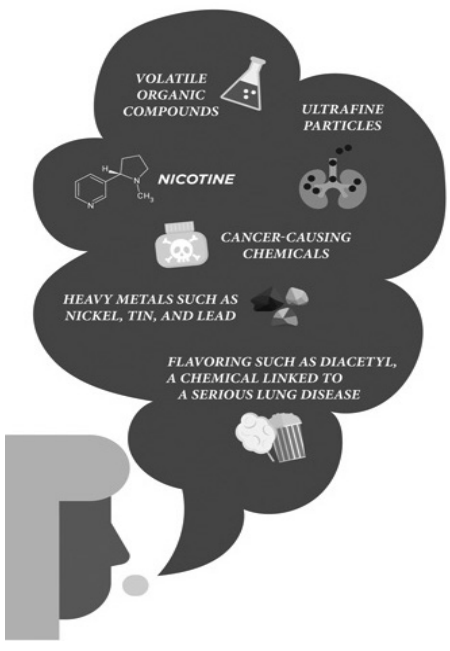
Hopefully, this information will lead to a renewed focus on cancer research and treatment.

Smoke Across the World: An Update on the Vaping Crisis

Leah Bowen
Student Life Editor

With the new age of electronic smoking, people started throwing out their cigarettes and started replacing them with a "safer" substitute to smoking: vaping. Many others who had never before smoked cigarettes also started smoking when these new companies started trending with their vapes. These vapes come from brands such as Juul and Njoy. Recently in the news, there has been great controversy over the actual health effects and risks of vaping. The media and news outlets are flooded with stories of people being hospitalized after the supposed side effects and health risks of vaping. There have been mass movements all over the world to show the harmful effects of vaping, and states have even begun to ban certain vape products and flavorings.

So what is actually known about vapes and the health risks? As of September 28th, there are 805 reported lung injury cases from 46 states and 1 U.S. territory, according to the Centers for Disease Control and Prevention (CDC). Twelve deaths have also been confirmed as a result of lung complications associated with vaping. All of these patients have reported a history of vaping use and/or e-cigarette product use. The CDC is unsure as of now what specific chemical exposure is actually causing the lung injuries because no single product or substance has been linked to all lung injury cases. However, about 77% of patients reported using THC-containing products and about 57% reported using nicotine-containing products. 36% reported only using THC-containing products and 16% reported only using nicotine-containing products. Although unsure of the specifics, the CDC "recommends that you consider refraining from using e-cigarette, or vaping, products, particularly those containing THC."



Source: Centers for Disease Control

What have the companies been doing during these ongoing investigations? The CEO of Juul, Kevin Burns, stepped down from his position and was replaced by a man who worked in the tobacco industry for 20 years, K.C. Crosthwaite. It also came to light that Juul is not FDA approved, and has until spring 2020 to apply for approval as a new tobacco product.

Since September 25th, Juul also said they would suspend all advertising of their products.

One step that has also been taken to stop the vaping crisis is that states are starting to ban and regulate the sales of flavored e-cigarettes. Michigan is the first state to ban sales of the flavored e-cigarettes and San Francisco is the first U.S. city to prohibit the sales of them. The FDA is also preparing a ban on flavors in nicotine e-cigarettes, which was endorsed by President Trump and Administration officials on September 11th. It would prohibit retail and online sales of any flavored vaping product except tobacco flavored. This is a step being taken to attempt to reduce the amounts of people vaping, specifically teens.

In reference to the vaping crisis, the FDA commissioner stated, "We should have acted sooner."

The CDC and FDA are still investigating and regulating until more solid information is presented. There is no specific culprit as of right now, but in the future, the hopes are that there will be a defined answer on these reported illnesses and deaths.

New GHS principal

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and staff are really enthusiastic and ready to learn. He hopes that with Tribe Time, kids can recognize their weak spots and identify them. He wants for kids to develop their weak spots into strengths.

He has an open door policy, and wants to be available for students, and you will often find Mr. G out and about around the building. He feels that being visible and present, as well as talking to student, are critical parts of who he is and what he does.

As principal of such a large school that is often the focus of community events, Mr. G knows there may be occasions when he is pulled out of his comfort zone, but even though he doesn't like to be in front of people, he is willing and excited.

He believes his experience in the Marines taught him compassion and patience. He understands that there are issues that students feel strongly about, and is willing to listen anytime a student has a concern or an idea to make the school better.

Join us in welcoming our new principal, Mr. Gerstenacker!