

Trump win like a slap in the face for women

REGARDING recent events in world politics, I feel as though it is only necessary to talk about what happened and how.

Despite knowing that there is nothing I can do, it concerns me deeply to think about Donald Trump being the 45th president of the United States of America. Going against all odds, America did seem to be 'united' in alliance with Trump as he won the presidency with 279 electoral votes compared with Clinton's 228.

As a young woman, perhaps one of the most disconcerting aspects of Trump becoming president for me is his constant degrading comments towards women, such as 'dog'. He labelled breastfeeding as being 'disgusting', called a woman a 'slob' and even likened a woman to a 'pig'.



Donald Trump at a rally in Aston, Pennsylvania

Despite this, women seem to be fascinated by some of his other policies and so put these comments

aside, and on November 8 an astounding 47 per cent of women voted for Donald Trump.

However, if we take a deeper look at the statistic that almost half of American women who voted, did so for Trump.

This shows that 52 per cent of white women voted for him compared with the 94 per cent of black women and 68 per cent of Hispanic or Latino women who voted for Clinton. This is a clear reflection of how women have interpreted Trump's continuous verbal abuse against them differently.

The only thing left to address now is to question how it feels to have such a negatively opinionated man leading one of the most powerful countries in the world and that it feels very unnerving to think that the multiple assault accusations made against Trump can be forgotten so easily.

KITTY WARD, Year 12

Proud2Be's march enlivened the town

THIS year Totnes hosted Pride once again, with more than 1,000 happy and brightly coloured individuals in its streets.

Matt Price, one of the co-founders of Proud2Be, which organised the event, said it was the 'biggest yet'. Pride has been an annual occurrence since 2013, but Proud2Be has been making a local impact on the community since 2011.

Despite the on and off rain that's all too common in the area, Pride went smoothly, with hundreds draped in colours and smiling. There were speeches held before the march and a minute of silence for those who are not with us anymore.

We were asked to say the name of someone who could not be with us aloud before we held the silence; there was a real atmosphere of community.



Totnes Pride founders Mat and Jon Price, at front in Day-Glo, at last year's event

Shop windows were brightly lit with rainbow flags and lights, many of the shop owners standing in the doorways watching the parade. Lots of people began to talk to strangers and there was a really strong sense of unity. Pride included young and old, the fabulous and the casual. There were smiles all around.

Proud2Be is the organisation that holds Totnes Pride. It has

been making a difference in the community since 2011, organising youth organisations and marches. The speeches made at the beginning of the march raised awareness for the underlying community that it works with and the LGBT+ youth of Totnes.

Needless to say, another Pride has gone by with flying colours.

CELESTINE STILWELL, Year 11

Album review: Revolution Radio by Green Day

WE can all agree that 2016 has been one hell of a bad year, from Brexit here to police brutality and the election across the pond.

But there is always a silver lining: when American politics turn terrible, we can trust Green Day to have a surprising comeback. Because, let's face it, they have been fading from our consciousness. 2008's 21st Century Breakdown and 2012's scandal-ridden trilogy Unol, Dos! Tré! could never achieve the heights of American Idiot, which was a huge success with fans and the public alike.

This album falls somewhere in the middle, with no clear focus. Just a collection of songs 'trying to make sense of our chaotic times', according to frontman Billy Joe Armstrong.

This is pretty evident, as there are definitely hits and misses in the track listing. This is



shown best by Forever Now, which might be a bit too long but stays interesting throughout, contrasting its blander counterpart Somewhere Now.

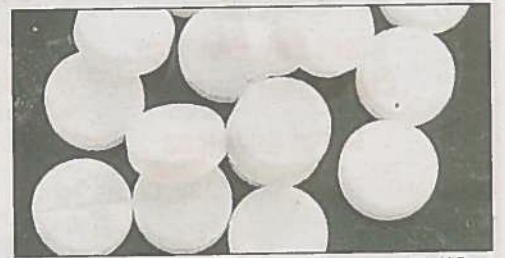
Another highlight is Bouncing Off The Wall, which might sound like something that would be played on the radio 10 years ago, but is still able to catch the attention.

On the other hand, many songs don't manage this, for example Still Breathing, which tries to slow down the tempo, but only sounds like every other pop-(punk)-rock anthem.

The fact that Green Day try hard to fight themselves back into the charts is a bit disappointing, but it is undoubtable that they know how to pull the right strings and make enjoyable songs for long-time fans, as well as the new generation.

Overall, American Idiot still stays as Green Day's masterpiece for now. However, Revolution Radio is proof that, after two decades and many ups and downs, Green Day can still put on a show.

Rating: 4/5.
FRUSZINA FARKAS, Year 13



Painkillers: overprescribed?

Painkillers' efficacy is called into doubt

RECENT evidence is suggesting that our everyday painkillers are not always the best solution - however, this does not stop us taking them out of ease.

Ibuprofen and paracetamol are among some of the painkillers that scientists have mentioned could be having more negative than positive effects.

Experts have warned that doctors are giving out too many prescriptions of drugs and that this is causing unnecessary addiction: 32,000 Brits are addicted to painkiller medication.

Labour MP Jim Dobbin states that there should be urgent action by the Government to promote more understanding of the serious impact these drugs can have.

One way of tackling this could be to introduce consent forms prescribed by your individual GP for purchasing over-the-counter painkillers. Not only would this reduce the amount of painkillers being given out, but also the massive strain on our healthcare system.

Last year alone there were 807 fatal overdoses involving such drugs. In comparison, 718 deaths arose from taking heroin and cocaine, which provides clear evidence about the risks of the overuse of painkillers.

Dr Fayyaz Ahmes, a consultant neurologist at Hull Royal Infirmary, said that for people who suffer from frequent headaches, taking painkiller medication more than two or three times a week could actually become the source of them; and for one in 10 people, this is the case.

Paracetamol is one type of painkiller that has only recently started to be investigated due to its widespread acceptance and the ability to purchase it too easily. Two-hundred million packets are sold annually, which accounts for over two-thirds of the UK's over-the-counter painkillers, yet they have been said to have a 'limited impact'.

Therefore, doctors and GPs have recommended that for back pain or headaches, anti-inflammatory painkillers work best, ensuring that the patient takes the correct dosage and nothing over that amount.

However, omega fatty acids have also proven to be extremely effective, along with many other natural-ingredient alternatives, such as essential oils, turmeric and willow bark, which have also all been shown to have comparable results, if not exceeding them.

The side effects of painkillers do vary, depending on the type and dosage, and due to their social acceptance in Western society many may not consider their side effects as threatening. A packet you bought in your local pharmacy may not be the simple solution, but in fact the first domino in a line of more serious consequences, with side effects ranging from difficulty in breathing and persistent tiredness to an increase in infectious diseases, such as a sore throat.

So next time you are feeling unwell, question whether this course is really necessary.

KITTY WARD and CHELSEA TURNER, Year 12



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OUR MONTHLY MESSAGE



Academy News

AS November has drawn to a close, we can certainly say it has been a month that has shocked the world.

From US president-elect Donald Trump to a worrying discovery in modern medicine, it has been difficult to find positivity in recent news.

Nevertheless, it is great to see so much interest and engagement from fellow students in the Kingsbridge journalism team.

GRACE PAPENFUS and CHARLIE MATHESON, Year 12



Mount Everest as seen from Drukair: with global warming affecting the mean sea level, has the world's highest mountain effectively 'shrunk'?

Even our mountains and hills are feeling the heat

To be a classified mountain, a rise in the ground must be 2,000-plus feet above mean sea level. Ordnance Survey – the official UK mapping system – measures mountains and tall hills every few years.

The problem is that since they have been measured, the mean sea level has risen due to rising sea temperatures, so for some mountains it could make a massive difference.

Mynydd Graig Goch is a mountain in Snowdonia just above the required height, at 2,000 feet and six inches above mean sea level; so as the most westerly peak in Wales, it could mean a

lot. Another example is a peak in the Yorkshire Dales that not long ago was reclassified as a mountain.

I did this for geography homework as 'geography in the news' and thought

it was important, as it is the least like thing to be affected by global warming. What will pollution do next? It just shows us how careful we should be.

WILLIAM MOON, Year 12

Plastic not so fantastic

THE harmless plastic water bottle that millions of Brits buy daily could be providing you with more than the essential molecule that you desire.

Endocrine-disrupting chemicals, or EDCs, can leak and be released from a vast range of products, from plastic bottles to cheap toys and cosmetics. Exposure to these chemicals can interfere with the body's hormonal system and cause an imbalance, leading to neurological damage and behavioural issues.

The chemicals released affect the body's endocrine tissues. The endocrine tissues produce essential hormones that maintain and regulate energy levels, reproduction, growth and development, as well as our response to stress and injury. EDCs mimic naturally occurring hormones such as oestrogen and androgen; the EDCs then attach to receptors inside a human cell and eventually block the body's own natural hormones from binding with it.

The most recurring EDC-related result is neurological problems with ADHD and autism, as well as a loss of IQ. This interference with your hormonal systems not only has dramatic effects on development and neurological issues, it



Plastic water bottles could be a lot more costly than they appear

also leaves your immune system more exposed to diseases.

More specific consequences from these villainous yet invisible chemicals are linked to an increase in obesity, diabetes, some cancers, male infertility and a painful condition called 'endometriosis'. This is a condition where there is an abnormal growth of tissue outside the uterus, which is estimated to be present in two million women between the ages of 25 and 40 in the UK.

Unfortunately, there is no known cure for this chronic

disease and the causes of it are still speculative at present. It has devastating symptoms: infertility, abdominal pain, exhaustion and in some cases coughing up blood. However, it has been established that the condition can be 'improved' by hormone-based medication.

The symptom of coughing up blood is caused by the abnormal growth of tissue attaching itself onto the lungs, indicating that the condition is not bound only to the uterus.

Although some of these

phthalates chemicals are banned in the UK, there are others, such as Bisphenol A, that remain.

Dr Trasande, an associate professor at NYU Langone in New York City, said: 'Our research adds to the growing evidence of the tremendous economic as well as human health costs of endocrine-disrupting chemicals.'

Although there are figures to show the unnecessary weight the issue poses on US healthcare, there are only estimated figures for the UK. A similar study concluded last year that the health-related costs of EDCs in the EU were some \$271bn – around 1.28 per cent of GDP.

Plastics used in industry and sold daily, as well as other products, pose a preventable threat to our health, an economic strain on our healthcare as well as environmental issues.

Dr Trasande added: 'This has the potential to develop into a much larger health and economic issue if no policy action is taken.'

Although arguably this issue is a more poignant threat for the US at present, in contrast, the health costs associated with pesticides in food were 10 times higher in the EU than in the US.

CHELSEA TURNER, Year 12

Parts of Wales rocked as tornadoes cause chaos

TORNADOES hit parts of Wales on November 17 at around 10.30am, leaving 20 caravans decimated and damage to homes and property, as well as 600 homes without power.

Gusts of up to 94mph were recorded by the lifeboat crew in Aberystwyth and yellow warnings were issued by the Met Office.

Forecasters expected half of November's expected precipitation – around 30mm of rain – to pour down, along with ice, snow and storms the following weekend. Currently, not much is known about the sudden disaster or the extent of the damage; however, weather experts have determined that it was caused by weather fronts manufactured by low pressure to the north of the British Isles bringing a band of torrential rain as well as extreme winds.

Although the cost of the damage is unknown, the last significant tornado to hit the UK did so in Birmingham in 2005.

The owner of a caravan

park in Clarach Bay spoke about the disaster. Fortunately no visitors were at the site.

Thomas Scarrott told the BBC: 'As I was walking to the door, the wind started to increase and it went from zero to "take cover" in seconds. My initial thought was that it must have been a tornado.'

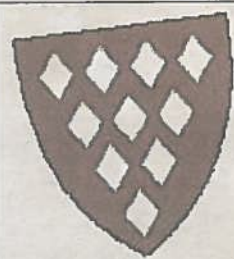
Distressed staff were told to leave and clean-up efforts began soon after.

Not only that, but roofs were blocked by fallen trees, lampposts bent, cars smashed, the roof taken off of an historic church and even the National Library of Wales had its roof taken off, resulting in collections and archives having to be transferred.

The event has left a trail of devastation in its wake and raised questions in the fields of meteorology and geography.

Will there be more of these disasters in store, or will conditions remain calm into the future?

JOANNE FORSTER, Year 12



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