Issues 2020: Know Your Stuff

ALEX CLARK

LIFE EDITOR

With the 2020 election happening and events such as Amy Coney Barrett's U.S. Supreme Court confirmation, a lot of terms have been thrown around that may not be familiar to people, or only vaguely so. Here's a quick summary of some of those concepts being thrown around.

Roe v. Wade

Roe v. Wade is a 1973 Supreme Court case that impacted abortion laws. Jane Roe filed against abortion laws in the state of Texas, and the case made it to the Supreme Court. This case determined according to the Constitution, people have the right to privacy when it comes to abortion, though did not necessarily give the right for all states to perform abortions.

The Civil Rights Act of 1964

The Civil Rights Act of 1964 protects people from discrimination based on race, religion, color, national origin, or sex. This bill does not mention gender identity or sexual orientation, which has lead to debates on the interpretation of the word "sex" in the bill to protect these things.

In June, the Supreme Court ruled Title VII protects against workplace discrimination on the basis of sexuality or gender identity.

Trump's Department of Health and Human Services tried to narrow the definition of "sex" to mean male or female, unchangeable, determined at birth.

However, in the June decision of the Supreme Court, Trump appointee and previously anti-LGBTQ+ Justice Neil Gorsuch said, "An employer who fired an individual for being homosexual or transgender fires that person for traits or actions it would not have questioned in members of a different sex. Sex plays a necessary and undisguisable role in the decision, exactly what Title VII forbids."

Obergefell v. Hodges

Obergefell v. Hodges went to the Supreme Court in 2015 and lead to same-sex marriage being legalized across the U.S. The Supreme Court decided the Fourteenth Amendment protected the right of same-sex couples to be married.

Can Past Supreme Court Decisions Be Overturned?

The official Supreme Court of The United States website said, "When the Supreme Court rules on a constitutional issue, that judgment is virtually final; its decisions can be altered only by the rarely used procedure of constitutional amendment or by a new ruling of the Court. However, when the Court interprets a statute, new legislative action can be taken."



HEADSHOTS COURTESY OF SUPREME COURT OF THE UNITED STATES | AMY CONEY BARRETT HEADSHOT COURTESY OF ABAJOURNAL

The latest appointment to the Supreme Court of the United States is Justice Amy Coney Barrett. The borders of the photos above indicate political leanings.

Self-Care Tips If You're Stressed About Politics

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Election season brings a storm of arguing and stress. Loved ones have different views than you, you vote in hopes your rights won't be taken away and people just can't see different sides of things.

Whatever you may be stressing about, take some time to stop focusing on it and take care of yourself. Dedicating 100% of your time to something that causes stress or other negative feelings isn't healthy. The following will be some tips on self-care during a stressful time.

Know Your Support System

Try to spend time with people who make you happy. This is some pretty obvious advice, because don't we always try to do that?

If you're feeling a little extra stressed, try to go out of your way to spend time with these people, and do things other than focus on the current political climate: cook something together, play games together, watch movies together and the list of suggestions could go on.

Distract Yourself

It's hard to focus on things such as the current political climate if you do something that requires all of your attention. Work on learning a new skill, play a video game, watch something you've never seen before, it may even be a good idea to focus on school work if you have the extra energy. Cleaning your space also helps to remove additional stressors that can pile up.

Even if temporary, doing something enjoyable and satisfying will take your mind off the dread related to politics. As long as it isn't affecting other parts of your life negatively, there are endless options to distract yourself until you're forced to face things.

Treat Yourself Nicely

If you can't distract yourself, if your support system is busy, all hope is not lost. Find a way to be extra kind to yourself. Get your favorite food, put on your comfiest pajamas (consider putting them in the dryer for a few minutes for extra comfort and freshness), put fresh sheets on your bed and take a nice, long shower or bath.

If you take the shower or bath route, consider using special products you prefer, such as a bath or shower bomb, nice-smelling oils or lotions or even just a nice soap or your favorite scent of soap.

Feeling stressed about the state of our country is a perfect excuse to just be kind to yourself.

This Week's Pop Pick

"WELCOME TO NIGHT VALE"



COVER ART COURTESY OF SPOTIFY

Take a break from politics by immersing yourself in the tales of Night Vale, "a friendly desert community where the sun is hot, the moon is beautiful and mysterious lights pass overhead while we all pretend to sleep."

Cecil Baldwin voices community radio host Cecil Palmer, and narrates tales of his own life falling in love with Carlos the scientist (Dylan Marron), and the lives of Night Vale citizens as they deny the existence of angels, avoid the Faceless Old Woman Who Secretly Lives in Your Home and experience other strange events.

Joseph Fink and Jeffrey Cranor created "Welcome to Night Vale" in 2012 and it is currently in its eighth year of running, the most recent episode being 177 published Oct. 31. "Welcome to Night Vale" can be found on Spotify, Apple Podcasts, Stitcher, Google Podcasts and RadioPublic.

Horoscopes

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MYSTIC CORRESPONDENT

ARIES (March 22 - April 19)
There may be obstacles in your path, but if you stay focused, you can overcome them. Don't let anything hold you back right now.

TAURUS (April 20 - May 20)
Celebrate any victories, no matter how small. Accept praise from the people around you.

GEMINI (May 21 - June 20)
Good news is coming your way. This could signal that it is a good time to try something new, or change your routine.

CANCER (May 21 - July 22)
Remember: the grass isn't always greener on the other side. Don't shake things up too much if you're discontent with your life.

LEO (July 23 - Aug. 22)
Don't passively wait for things to happen. Take action and manifest the things you want to see.

VIRGO (Aug. 23 - Sept. 22)
Your hard work is paying off and it is becoming easier to see things through. Be proud of your achievements and the positive

LIBRA (Sept. 23 - Oct. 22)
You have a solid foundation and support system underneath you. Expect good things to come your way.

SCORPIO (Oct. 23 - Nov. 21)
You don't always have to follow every bit of advice you are given. You know what's best for you better than someone else does.

SAGITTARIUS (Nov. 22 - Dec. 21)
Things should be going well for you, and this will continue if you keep a good attitude. Your positivity draws people in.

CAPRICORN (Dec. 22 - Jan. 19)
If it feels like you're hitting rock bottom, remember there's nowhere to go but up. Keep pushing for things to get better.

AQUARIUS (Jan. 20 - Feb. 18)
The relationships in your life are going well and are harmonious. Allow the people close to you to be a support system.

PISCES (Feb. 19 - March 21)
Allow yourself to heal from past situations. This is the only way you can really move forward.