

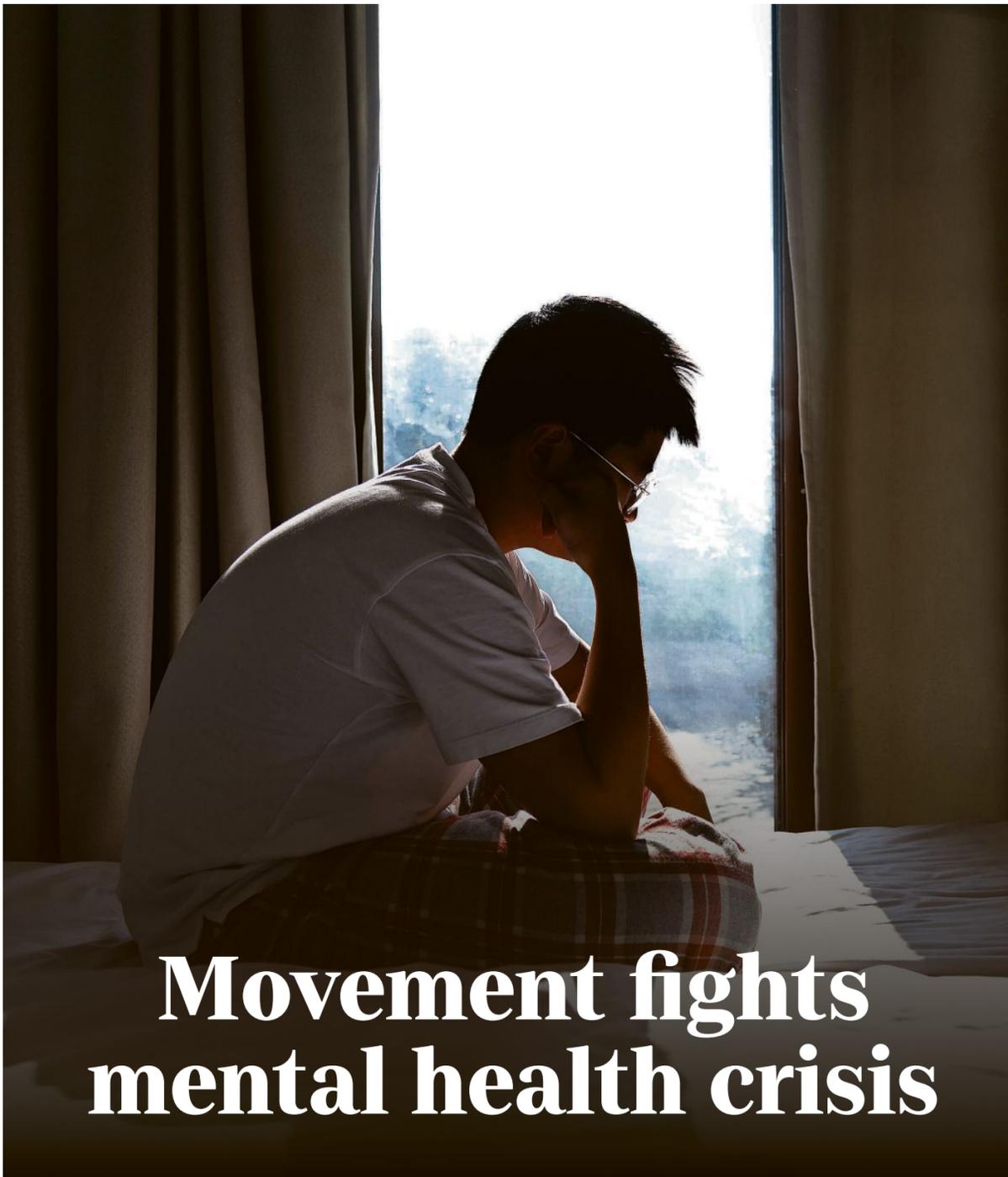


Trump, Iran threaten energy targets

INSIDE, 3A

The News-Star

MONDAY, MARCH 23, 2026 | WWW.THENEWSSTAR.COM | PART OF THE USA TODAY NETWORK



Movement fights mental health crisis

Active Minds nonprofit works to connect, empower young people

Suzette Hackney
USA TODAY

AT TOP: Poor mental health among teens and young adults has become a growing crisis.
GETTY IMAGES

Jayla Cole never experienced the carefree teenage years. She could not get a driver's license because of epilepsy and frequent seizures. She didn't want to take photos or selfies because Bell's palsy left her with facial paralysis – a twisted smile that led to bullying by classmates. • Her father, a heavy drinker, dipped in and out of her life while introducing her to other children he'd fathered along the way. Papa was a rolling stone, but he rarely rolled to her when she needed him most. When he did, the drunken interactions were often toxic and painful. • "I just did not want to be alive," Cole said.



Jay Michael Martin Jr., an ambassador for mental health at Active Minds, speaks during an event with the Vanderbilt Active Minds group at Vanderbilt University in Nashville on Feb. 4.
ALAN POIZNER/SPECIAL TO USA TODAY

But "when I got to college, I realized that you don't want to hold on to those things, hold on to the trauma," she continued. "If you don't get help now, when will you?"

That's the message Active Minds is pushing for young Americans. The nonprofit works to empower youth and young adults to erase stigmas surrounding mental health.

Cole, 20, is a sophomore nursing major at the University of Tennessee at Martin. She's in therapy, and participating in campus activities that promote mental wellness. She says she's grown from the scared freshman who had her mother and stepfather pick her up from school every weekend.

See HEALTH, Page 3A

SAVE Act's partisan impact unclear

Trump insists voting bill would aid Republicans

Josh Meyer
USA TODAY

WASHINGTON – As President Donald Trump has pushed congressional Republicans to pass stiff new voter registration requirements, he has argued that the legislation will benefit their party in the upcoming election.

"It will guarantee the midterms," Trump told Republican lawmakers gathered March 9 at his Doral, Florida, golf resort. He urged them to make it their No. 1 priority. "If you don't get it, big trouble, my opinion."

The fact that Republicans have been so gung-ho for the bill, known informally as the SAVE Act, suggests they do believe their party would benefit in a year when forecasters project they may lose control of the House of Representatives.

Meanwhile, Democrats uniformly oppose the Safeguard American Voter Eligibility Act, and voting rights and civil rights advocates worry that it would disenfranchise many voters who lack access to proof of citizenship.

See SAVE ACT, Page 2A

War's impact forces world to pay up

Rising prices could reduce consumption, threaten food supply

Alex Lawler and Arathy Somasekhar
REUTERS

The war in the Middle East has triggered a nightmare scenario for the global energy system, slashing so much supply that consumers around the world must both pay up big and lower consumption.

The effective closure of the Strait of Hormuz, a narrow channel along the Iranian coast, has stopped the passage of 20% of the world's oil and liquefied natural gas since the United States and Israel began air strikes on Iran on Feb. 28.

Meanwhile, ongoing strikes by Iran and Israel have targeted Middle East energy infrastructure, doing damage to gas fields, oil refineries and terminals that industry representatives say will take years to repair.

All of that adds up to what the International Energy Agency has already called the worst global energy disruption in history, eclipsing even the Arab oil embargo of 1973 that caused fuel shortages and triggered widespread economic damage.

"You're not going to conserve your way around this. What it's going to translate to is price rises high enough that people stop consuming," said Dan

See WAR, Page 2A

Subscriber-only eNewspaper

The eNewspaper is an electronic copy of your print newspaper. Enjoy every page by going to thenewsstar.com/enewspaper or scan this code on your mobile device. You will also find late news and sports in the bonus sections. Check it out today!



Volume 97 | No. 110
Subscribe 877-424-0036
©2026 \$3.00



0 40901 05501 3