

What to know as school year begins

Read up on redshirting, study health tips and see how P.E. has changed. **In Weekend Extra**

Houses of worship becoming homes

Supply of vacant churches and demand for housing collide, but experts urge caution. **In Money**

JEREMIAH SMITH BY ADAM CAIRNS/USA TODAY NETWORK

7 bold predictions for college football

A wide receiver winning the Heisman? Get this and more of columnist's hot takes. **In Sports**

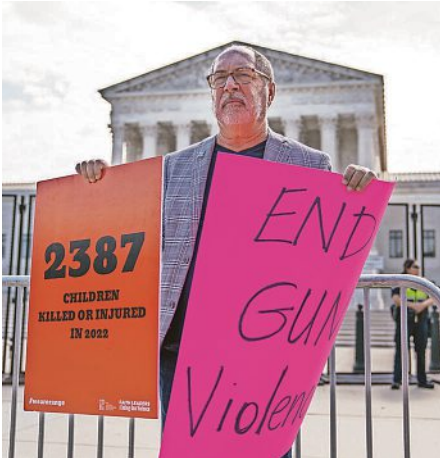


No guns for those on drugs, DOJ says

Administration supports limit to 2nd Amendment

Maureen Groppe
USA TODAY

WASHINGTON – The Trump administration's aggressive defense of gun rights has at least one exception. The government's lawyers want the Supreme Court to make clear that regular pot smokers – and other drug users – shouldn't be allowed to own firearms. An appeals court has said a federal law making it a crime for drug users to have a gun can't be used against someone based solely on their past drug use. Limiting the law to blocking the use of guns while a person is high effectively guts the statute that reduces gun violence, the Justice Department told the Supreme Court. It's asking the justices to overturn the appeals court's decision.



A demonstrator calls for an end to gun violence in front of the Supreme Court in Washington in June 2022. NATHAN HOWARD/GETTY IMAGES

Trump administration has sided with gun owners in other cases

The department's defense of the law is particularly notable because the Trump administration has sided with gun rights advocates in other cases – including one in which it declined to appeal a lower court's ruling against a federal law setting 21 as the minimum age to own a handgun. But on the question of drug use, the government is appealing four cases to the Supreme Court, asking the justices to focus on one involving a dual citizen of the United States and Pakistan who was charged with unlawfully owning a Glock pistol because he regularly smoked marijuana. The FBI had been monitoring Ali Danial Hemani because of his suspected connection to Iran's paramilitary Revolutionary Guard, which the government has designated a global terrorist group, filings show. The government also says Hemani used and sold promethazine, an antihistamine used to treat allergies and motion sickness that can boost an opioid high, and used cocaine, although he was prosecuted based on his marijuana use. Hemani's attorneys said the government is trying to "inflammate and disparage" Hemani's character, and the only facts that matter are that he was

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“Our hormones give us this protection to accommodate other people. When those start shifting, there is a lot of built-up resentment. Women have been busy taking care of everyone, and now they have to take care of themselves. And this is a time when they may decide the relationship is just no longer worth it.”

Therapist Mandi Dixon

IT’S THE ‘MENODIVORCE’

Why women are ditching marriage in midlife

Laura Trujillo USA TODAY

Melissa McClure’s husband asked if it was a midlife crisis. • No, she told him: “I’m wide awake to the possibility of what my life can be, and it doesn’t include you.” • McClure wasn’t sleeping well. She had hot flashes. Her husband’s loud chewing sent her into a rage. His negative attitude bothered her, and she no longer felt appreciated as a wife and stepmother. • They had been together for 14 years, but perimenopause made her realize she wanted a divorce. • “We spend our entire adult lives taking care of our husbands or partners and children. We give so much of ourselves to other people as nurturers that we lose ourselves in the process,” says the photographer, 44. “It wasn’t a midlife crisis but an awakening.”

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Melissa McClure says perimenopause helped give her clarity on her marriage. PROVIDED BY MELISSA MCCLURE

ILLUSTRATION BY GETTY IMAGES



Teacher Jonathan Buchwalter went viral on TikTok after sharing how his class reacted to phone-free rules in class. PROVIDED BY JONATHAN BUCHWALTER

Teacher says classroom phone ban is the right call

Alabama students ‘talk to each other’ in person

Rachel Hale
USA TODAY

When Alabama enacted a new law keeping phones out of classrooms for the 2025-2026 school year, one teacher saw an instant change. “Today, all of my students, 100% of them, took notes in my class, did their assignment, asked for help when they got stuck and turned it in, and then when they were done, they talked to each other,” Jonathan Buchwalter, a Tuscaloosa County High School 11th grade history teacher, said in an Aug. 8

TikTok that reached nearly 2 million views. “I have been pulling my hair out for like, eight years. Has it been this easy of a solution the whole time?” Buchwalter asks in the video. Thirty-three states have enacted legislation regarding school cell phone usage amid a growing push to restrict students’ smartphone access in schools, primarily due to mental health and concerns about academic attentiveness. As the policies begin to roll out for the 2025-2026 school year, educators and parents alike are closely watching the on students and their mental health.

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