

as having the Governor and majority of high-level positions within the state's government. However, the opposition to their cause is the Virginia Citizens Defense League, whose president, Phillip Van Cleave, has been leading efforts in creating Second Amendment Sanctuaries within counties. Van Cleave stated that if these bills were passed, then he, alongside his organization, is going to fight it, because some are unconstitutional. The Virginia Citizens Defense League President's organization was at the rally that amassed thousands of gun owners, and they managed to surprise the Governor by all meeting peacefully. Governor Northam still quickly made a state of emergency, which would require the people entering Capital Square to be unarmed. This caused 6,000 protesters to enter the square without weapons, while 16,000 armed individuals sat around outside the square. The Governor claims it was his emergency that allowed the event to be peaceful.

The New York Times Endorses Minnesota Senator Amy Klobuchar

BY DAVINA BELLINGER

With the upcoming presidential election, Minnesota Senator Amy Klobuchar has received an endorsement from *The New York Times* alongside Massachusetts senator Elizabeth Warren. This is the first time the newspaper has endorsed two women who are running as presidential candidates. They made their announcement towards the end of an episode of *The Weekly*, which is *The Times*' TV show on Hulu. The Times believes that Klobuchar and Warren are perfect fit for leading the nation. Klobuchar is specifically defined as a centrist because she is in the middle of the democratic spectrum. She gives America the chance to bring two divided parties together and collaborate.

Warren has additionally received an endorsement from *The Times* because she addresses policymaking and her ideas on proposing anti-corruption legislation and foreign policy. Other ideas that Warren includes in her campaign are addressing the housing crisis, including solutions by an increase in government funding for housing construction, and changes in regulatory policy. *The Times* says that, "Ms. Warren accurately describes a lack of housing construction as the primary driver of the nation's housing crisis, and she has proposed both increases in government funding for housing construction, and changes in regulatory policy to encourage local governments to allow more construction."

The board of *The Times* believes that Klobuchar has a strong winning chance in moving along in the presidential election. The newspaper explains, "The senator from Minnesota is the very definition of Midwestern charisma, grit, and sticktoitiveness." These characteristics give the opportunity of bringing both the Democratic and Republican parties together instead of dividing them. In addition, the newspaper believes Klobuchar can unite America and other nations without conflict and distrust in one another.

In *The New York Times* endorsement, they do not fail to criticize President Trump. They believe he has led the country into "white nativism," meaning only older, white men have the power to become the face of the nation and control all the power that the nation holds, such as the control of all three branches within the system. *The Times* explains, "The incumbent president, Donald Trump, is clear about where he is guiding the Republican Party—white nativism at home and America First unilateralism abroad, brazen corruption, escalating culture wars, a judiciary stacked with ideologues and the veneration of a mythological past where the hierarchy in American society was defined and unchallenged." *The Times* believe that Trump has completely divided both parties and is guiding the Republicans away from all others, but perhaps Warren or Klobuchar could turn that around.

LEGO® Markets to Adults

BY JOSIAH OSIEMI

Are LEGO® bricks really just for kids? LEGO brand's marketing team doesn't seem to think so, as they are now aiming to push their products towards stressed-out adults. The eighty-seven-year-old Danish company is known as the largest and most profitable toymaker in the world. The joyful, creative challenge that LEGO has brought millions continues to stand the test of time. Whether you played with them growing up, have seen them at doctor/dentist offices, or had your parents scold you after they had the misfortune of stepping on one barefooted, Lego has been within the confines of many consumers' childhoods for generations. However, with their new product, LEGO® FORMA, and nostalgic kits like the Central Perk cafe from Friends and The Beatles' Yellow Submarine, Lego is now designing to reel in adults who yearn for casual creative outlets. LEGO® FORMA allows adults to use creativity to color paper skins of an organic form (such as a fish or shark), uses the Legos as an outer shell, and is then operated using a crankshaft that initiates movement. Simply put, it's what happens when you combine a coloring book with building a model vehicle or solving a puzzle.

Similar to puzzle play or adult coloring books, LEGO brand's new campaigns are meant to have stress-relieving and meditative benefits, such as mindfulness, an ancient practice that stems from Hinduism and Buddhism that provides meditative advantages. It's meant to disregard distracting thoughts or worrisome stresses of the future and instead focus on the present. This practice is quite beneficial as it has been shown to alleviate anxiety, overwhelming stress, and even lower blood pressure and help with sleep depravity.

Carrie Barron, director of the Creativity for Resilience Program at the University of Texas at Austin's Dell Medical School, says, "To focus singularly on a task is a form of mindfulness." This is what these LEGO systems are designed to do. They obliterate stress and worry and instead combine the liberation of creativity with the mechanical intricacies and logistics of building, while guiding you along with its instructions. LEGO systems simultaneously utilize the imaginative functions of the right brain and linear and analytical functions of the left brain.

As adults, we have a plethora of responsibilities that require our constant attention and effort to meet the expectations in our lives that we desire. Stress is unavoidable and can lead to detrimental problems, such as hindrances on our health, both mentally and physically. LEGO brand knows this and is determined to create another outlet for adults to have a higher chance of reducing the inevitability of stress. Their objective is clear in their Instagram Ad for their product, as it reads, "Need an escape? Building with LEGO bricks reduces stress and improves your well-being. It's zen, in the shape of a brick."



Lego's latest marketing strategy includes adults. CREDIT: Mara Grau