

HEALTH / NEWS

After Roe v. Wade Overturned, How to Find Affordable Birth Control

Reproductive health care, including access to birth control and safe and legal abortion care, is an essential part of your health and well-being. While Roe v. Wade was overturned, abortion remains legal in many states, and other reproductive health care services remain protected by law. The U.S. Department of Health and Human Services (HHS) has created a page with accurate and up-to-date information about access to and coverage of reproductive health care and resources. Read the information you need to know below:

Check Your Information Sources

Every state has crisis pregnancy centers that pose as abortion clinics or women's healthcare providers who target people seeking information about pregnancy, birth control, and abortion.

Terminology like "pregnancy resource center" or "crisis pregnancy center" in a business's title may indicate a fake women's health clinic. These outfits are technically legal but don't meet the standards for women's healthcare. They also don't present patients with the full range of options — especially not abortion — and offer limited information in a misleading way.

Some websites also position their content as "holistic" without giving information about abortion. For instance, the American Pregnancy Association claims to support pregnancy and wellness on its website and hotline, but does not provide information on the full range of options for terminating a pregnancy.

Resources like the Crisis Pregnancy Center Map and Expose Fake Clinics have searchable lists of predatory crisis pregnancy centers. Check to make sure a clinic isn't on the list before making an appointment.

Planned Parenthood recommends that you trust your gut: "If something seems fishy, it probably is. And if you ever feel uncomfortable at a clinic, you have the right to leave at any time." If you want to verify a website you're unsure about, you can check with Planned Parenthood.

Be Aware of Digital Security and Privacy

Before you begin searching for information about abortion or contraception, you may need to be careful about how and where you search. In some cases, your digital footprint could be used against you.

- Use encrypted messaging platforms, such as Signal, when talking to loved



- ones about birth control or abortion.
- Consider using public computers, such as at a library, when researching abortion.
- Use internet browsers with added privacy, such as DuckDuckGo.
- Turn off location sharing on your phone or computer.
- Don't consent to police searches of your phone. Only a judge can legally compel you to turn over a phone, and it requires a subpoena.
- If you usually use Face ID, turning off your phone will disable this feature and require your password, preventing police from accessing your data even if your phone is confiscated.

Remember Abortion Pills

Birth control can fail. Condoms can break. If you miss a period and realize you're pregnant and don't want to be, act fast. You can use an abortion pill in the first 13 weeks of pregnancy — about three months. If you're not sure how long you've been pregnant, you can check using this pregnancy calculator from Aid Access.

The abortion pill is also referred to as medical abortion or "Plan C." The medication is a combination of the drugs mifepristone and misoprostol, and is sold under multiple brands. The nonprofit organization also called Plan C can help you find emergency contraception in your state. If you are unsure of the abortion resources in your area, check this state-by-state guide to abortion guidelines from Abortion Finder. When in doubt, talk with your doctor about birth control and abortion.

Your Reproductive Rights

Below you will find information on your right to access care and have it covered by your insurance or other health care coverage if you have it, where to go if you don't have coverage, and how to get information if you don't know.

Most health coverage — whether you



(Photo by David McNew/Getty Images)

have public (e.g., Medicaid) or private health coverage (e.g., coverage through the Affordable Care Act Marketplace or through your employer) — cover family planning counseling, birth control and other preventive services at no cost to you.

Your Right to Birth Control

Under the Affordable Care Act, most health plans are required to provide you with birth control and family planning counseling with no out-of-pocket costs. This includes:

- Hormonal methods, like birth control pills and vaginal rings
- Implanted devices, like intrauterine devices (IUDs)
- Emergency contraception, like Plan B® and ella®
- Barrier methods, like diaphragms and sponges
- Patient education and counseling
- Sterilization procedures

Your Right to Access Abortion Services

Following the Supreme Court decision to overturn Roe v. Wade, access to abortion will depend on the state you live in even more than before.

Medication abortion has been approved by the FDA since 2000 as a safe and effective option. Federal regulation permits medication abortion to be dispensed by telehealth and sent by mail via certified prescribers and pharmacies, in addition to

in-person dispensing in clinics, medical offices, and hospitals.

Under federal law, Medicaid will cover abortion services only in the circumstances of rape, incest or if the patient's life is in danger.

If you need help paying for an abortion, abortion funds may be able to provide financial assistance. Information about abortion funds and resources to help are available at AbortionFinder.org exit disclaimer icon.

If you need information on your state's laws or legal help, you may consider this website: AbortionFinder.org exit disclaimer icon

Your Right to Access Other Preventive Health Services

Under law, you have the right to access other preventive health services with no out-of-pocket costs under most health insurance plans. Most health insurance plans are required to cover women's preventive health services, including:

Well-woman visits to screen your health at any time, including a pap smear, breast exam, and regular checkup; *Counseling and screening services; *Breast and cervical cancer screenings;

*Prenatal care, which is care you would receive while pregnant; *Breastfeeding services and supplies; *Interpersonal violence screening and counseling (e.g., sexual assault evidence collection exams); *HIV screening and *STI counseling. (Source: BlackDoctor.org by J.A. Casiano)

NABJ's Jacqueline Charles is Journalist of the Year

By journal-isms

Jacqueline Charles, who has reported on Haiti and the English-speaking Caribbean for the Miami Herald for more than a decade, is the National Association of Black Journalists' 2022 Journalist of the Year. NABJ announced Friday.

Charles is the first person to win the honor twice, the initial time in 2011 after covering the catastrophic 2010 earthquake in the country that killed thousands.

NABJ's announcement did not state its reason for Charles' selection, including it among a list of all of the special honors it plans to present at its Aug. 3-7 convention in Las Vegas.

But Gary Pierre-Pierre, founder and publisher of the New York-based Haitian Times, told Journal-isms, "Jackie has single handedly made the Haiti story relevant. She is a tireless reporter with sources at every

level of Haitian society and the international community. She writes with empathy and authority and has run circles around the competition. She is committed to the beat and has rebuffed efforts by larger media outlets to get her to leave The Herald."

In fact, Charles messaged, "I had a crazy year, including dodging bullets under a table while writing on deadline because of shootings."

Her body of work in the last year included coverage of the assassination of Haitian President Jovenel Moïse on July 7, 2021, and its aftermath; an earthquake five weeks later and the border crisis in Del Rio, Texas, in which the world saw photos of U.S. Border Patrol agents on horseback using whips to prevent Haitians from entering the banks of the Rio Grande.

"In between there was [an] exclusive with [an] illegally jailed Haiti Supreme

Court judge accused by Jovenel in February of trying to kill and overthrow him and later the stories about the kidnapping of 16 Americans and a Canadian missionary," Charles messaged.

She added, "When you're honored by your own it always takes on a special significance because it means that my fellow journalists of color truly understand and appreciate what I bring to the table as a journalist. I'm a past chapter president and a longtime NABJ member. NABJ has always been 'home' for me. It's where I listened to other foreign correspondents talking about what it takes to do what I do, so today I'm deeply honored by this recognition and grateful to NABJ and Miami Herald Executive Editor Monica Richardson who supported what was an incredible but tough year on my beat."



Jacqueline Charles

Hamilton Place is Throwing a Tax-Free Weekend Bash

July 29 thru July 31

CHATTANOOGA, Tenn. (July 2022) — Everyone's favorite unofficial holiday is coming: Tax-Free Weekend. This Friday, July 29 through July 31, it's time to get "Back-to-Cool" ready with ultimate tax-free savings. To celebrate, Hamilton Place is throwing a bash.

On Saturday, July 30 nine holes of miniature golf will be available to shoppers of all ages. Grab a ball and putter on the lower level by JCPenney between 12 p.m. and 4 p.m. and challenge your family and friends with a free game of putt-putt in the mall.

On both Saturday, July 30 and Sunday, July 31 from 2 p.m. — 4 p.m.,

gather around the piano for a Jukebox piano performance. Our local TikTok celebrity, TokeThePoet will have a list of 100 pop songs available for shoppers to pick. Make a selection and listen to the talents of our Auntie Anne's pretzel maker. That's right—playing tunes on the piano during his breaks, TokeThePoet has amassed a major following on TikTok with his skills on the keys.

Between events, don't forget to shop at our two new retailers, Hollie Ray Boutique and Tradehome Shoes open Friday, July 29! Kicking off at 10 a.m. with a Ribbon Cutting Ceremony and cookie cake from Great American Cookies, Tradehome Shoes excitedly

opens its doors to Chattanooga shoppers. Get your Chacos, your Birkenstocks, Hey Dude, or Rival. This 100% employee-owned footwear retailer is committed to satisfied customers. Founded on the principle of "trading at home" in the local community instead of via catalogs, Tradehome Shoes has thrived for over 100 years by creating community-based stores focused on customer service and a curated selection of footwear for the entire family.

Hollie Ray Boutique also begins their Chattanooga journey on Friday. Established in 2016 by two sisters, this women's clothing boutique is a fabulous, locally owned retailer that offers

stylish, casual, and fun wardrobe staples to their shoppers. Stop by to check out their selection of high-quality women's clothing, jewelry, shoes, and other accessories, with 40% off all Summer Styles during Tax-Free Weekend.

It's time for Back-to-School shopping and Hamilton Place welcomes you to find all the latest trends this Tax-Free Weekend with a Bash fit for all Chattanooga. If you're looking for inspo, be sure to check out our Back-to-School Trend Report.

We can't wait to celebrate Tax-Free with you this weekend. Meet You At The Mall!

What Do You Tell Yourself?

If you talk to yourself out loud, the psychological term is external self-talk. The manner in which you talk to yourself can be categorized as positive or negative, motivational self-talk or instructional self-talk. Research has demonstrated that, for the most part, your own words to yourself when positive in nature and for the purpose of reinforcing a process to solve a problem (as in instructional) or to encourage yourself while performing a task, especially one which stretches your skillset, talents or overall ability are beneficial in the short and long term of a project or endeavor.

Self-talk can be motivational when engaged with a project that requires a stretch or sacrifice or instructional when addressing a problem to be solved.

Those using affirming words were shown to perform tasks more quickly and more accurately. Thinking out loud also let's you monitor your progress or lack thereof.

Positive self-talk is not utopian or unrealistic. Instead, it's a pragmatic, realistic method that selects words and conveys optimism, perseverance and determination to press on in the face of a trial or setback or to reflect on opportunities to improve in the face of failure or subpar performance. In the short term, this type of talk assists in overcoming procrastination, uncertainty with a new skill or overcoming an initial failure.

In the long run, the discipline of word selection and the ability to frame a situation and response in a positive manner creates a tendency toward op-

timism.

Let's look at a few examples:
Confronted with a new task:

Negative Self-Talk- I can't do that; what a waste of time to try.

Positive Self-Talk — I haven't done that before, but I'll give it my best try.

Dealing with a failure:

Negative Self-Talk — I always mess up; I never get anything right.

Positive Self-Talk — Well, I now know at least one way not to do this!

Negative Self-Talk — I'm afraid to interview for that job; I don't have any experience and will only embarrass myself.

Positive Self-Talk — It's worth a try; I'm sure the training will give me an opportunity to learn and master the new job.

Overall positive self-talk is characteristic of individuals who have a growth mindset, in contrast to a fixed

mindset when navigating through the daily grind and the journey of life. So, what's a growth mindset?

Possessing the desire and discipline to learn and improve on an ongoing basis is a simple definition of those with a growth mindset, which can be developed and strengthened through a determination to rise with failure, to expose yourself to new challenges and to see your potential, not your limitations.

The wonderful result of a growth mindset coupled with positive self-talk is hope, rather than hopelessness or helplessness.

So, who do you allow to define you, your actions, habits and responses? Christians embrace the teaching that the Creator made humanity with worth and in his own image. Move beyond assessments of others to know your potential and value. Say it!