

Articles for Zoom May 18, 2025

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Items for May 18, 2025 meeting

- [Disrupting fat metabolism may hinder pancreatic cancer \(NIH\)](#) – "... disrupting both PIKfyve and the KRAS-MAPK pathway could reduce or eliminate pancreatic tumor cells"
- [Can a Photograph Help Predict Who Will Survive Cancer Treatment? \(NYT\)](#) – [Click4PDF](#) – Using AI Machine Learning "FaceAge" can determine your "biological age" which correlates with ability to withstand cancer treatments.
- [West Point Is Supposed to Educate, Not Indoctrinate \(NYT\)](#) – [Click4PDF](#) – Trump and Hegseth have done to the military academies what they would like to do to all colleges and universities. [ed. note: As a retired US Air Force officer I could not pass this up.]
- [Joseph Nye, Political Scientist Who Extolled 'Soft Power,' Dies at 88 \(NYT\)](#) – [Click4PDF](#) – An effective tool for winning hearts and minds around the world (e.g. USAID).
- [Scientists Hail This Medical Breakthrough. A Political Storm Could Cripple It \(NYT\)](#). – [Click4PDF](#) – Demonizing the technology that saved us from COVID.
- [Is Jeff Bezos Selling Out the Waskington Post? \(TNY\)](#) – [Click4PDF](#) – A deep dive into the history and reasons why Jeff Besos seems to be moving WaPo from Center-Left to the right. It is unclear as to how far the paper will move.

Items from May 11, 2025 meeting

- [How Will We Know When We Have Lost Our Democracy? \(NYT\)](#) – [Click4PDF](#) – The cost of opposition is an indicator.
 - And what does one do about this? Here's one view:
[Taking Cues From Trumpism \(NYT\)](#) – [Click4PDF](#) – [Youtube Audio](#)
- Ross Douthat interviews Senator Chris Murphy who argues voters want to know who's screwing them.
- [Decoding How Nerves Sense Heat and Pain \(NIH\)](#) – Ion channels again
- [Sex-specific pain suppression by immune cells \(NIH\)](#) – Will this lead to a better way to control chronic pain?
- [Brain-Computer Interface Restores Natural Speech After Paralysis \(NIH\)](#) – Deep learning AI techniques were key to this progress.

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Items from May 4, 2025 meeting

- [12 New Breakthroughs in the Fight Against Cancer \(WEF\)](#) – [Click4PDF](#) – Medical advances are accelerating the battle against cancer
- [Common Drug Stops Cancer From Spreading \(GBN\)](#) – New findings suggest aspirin could strengthen the immune system's ability to identify and eliminate dangerous cancer cells
- [DOGE Is Building a Surveillance State \(NYT\)](#) – [Click4PDF](#) – They seem to be building a defining feature of many authoritarian regimes: comprehensive files on everyone so they can punish those who protest.

Items From April 27, 2025 Meeting

- [The New Science of Aging Can Predict Your Future \(NYT\)](#) – [Click4PDF](#) – The dream of reversing aging has captivated humans for centuries, and today science is closer than it ever has been to achieving that goal.
- [Major Advances in E.V. Batteries Are Announced by Chinese Company \(NYT\)](#) – [Click4PDF](#) – CATL, the world's largest maker of batteries for electric vehicles, described breakthroughs that could make E.V.s more competitive with gasoline-powered cars.
- [Sex Hormones Are Brain Hormones. What Does This Mean for Treating Brain Diseases? \(NYT\)](#) – [Click4PDF](#) – A growing understanding of how “reproductive” hormones sculpt the brain could transform the management of neurological conditions.

Items from April 20 2025 Meeting

- [This Kidney Was Frozen for 10 Days. Could Surgeons Transplant It? \(NYT\)](#) – [Click4PDF](#) – Scientists developed a way to freeze a large mammal's kidney, which could ease organ shortages in the future.
- [How Healthy Is Asparagus? \(NYT\)](#) – [Click4PDF](#) – Spring is the peak season for this nutrient-dense vegetable. Here's how it benefits your body.
- [Microplastics Are in Our Brains. What Does That Mean? \(NYT\)](#) – According to a recent study, there's roughly a plastic spoon's worth of plastics in our brains — an amount that has only increased over time. Scientists are trying to find out the effects these microplastics have on human health, but in the meantime, there are some things you can do to reduce your exposure. Nina Agrawal, a reporter for Well, explains.

Items from April 13 2025 Meeting

- [Paris said au revoir to cars. Air pollution maps reveal a dramatic change](#) – [Click4PDF](#) – Air pollution fell substantially as the city restricted car traffic and made way for parks and bike lanes.

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Items from March 30, 2025 Meeting

- Since we did not get to them during the 23rd I'd like to discuss the top two from the 4/23 meeting.
- [Tiny tardigrades may hold clues to cancer care \(NIH\)](#) - The findings hold promise for reducing the harmful side effects of radiation therapy to treat cancer.

Items from March 23, 2025 Meeting

- [Doctors Told Him He Was Going to Die Then AI Saved His Life](#) - [Click4PDF](#) - Scientists are using machine learning to find new treatments among thousands of old medicines
- [Long awaited non-opioid treatment for acute pain hits the market \(UCH\)](#) - [Click4PDF](#) - This new oral painkiller — the first approved by the FDA in more than 20 years — could offer an alternative to highly addictive opioids. (This blocks selective sodium ion channels. If you want more info on ion channels see "[We Are Electric: Inside the 200-Year Hunt for Our Body's Bioelectric Code, and What the Future Holds](#)" by Sally Adee.)
- [Can Colorado reverse light pollution trends? \(CPR\)](#) - [Click4PDF](#) - Light pollution is getting worse. Colorado state parks are working to protect the night skies. See also <https://darkskycolorado.org/>.
- [Christian Nationalism's Influence On American Politics \(NPR/1A\)](#) - See also the book by Investigative journalist Katherine Stewart "[Money, Lies, and God: Inside the Movement to Destroy American Democracy](#)"
- [Thunderstorm straight line winds intensify with climate change \(Nature\)](#) - Nature just shows the abstract (\$39.95 for full article) but EOS had an article based on it - [Climate Change May Be Causing Stronger Thunderstorm Wind Gusts \(AGU/EOS\)](#) - [EOS](#) is the award-winning science news magazine published by [AGU](#)

Items from March 16, 2025 Meeting

- [Inside the scientific quest to reverse human aging \(WaPo\)](#) - [Click4PDF](#) - WaPo: Can reprogramming our genes make us young again? A breakthrough in longevity research may be nearing its first human trials.
- [We're Relearning What Pandemics Do to a Society \(NYt\)](#) - [Click4PDF](#) - We're still in the chaos stage.
- [How Foreign Aid Cuts Are Setting the Stage for Disease Outbreaks \(NYT\)](#) - [Click4PDF](#) - Organizations funded by the United States helped keep dangerous pathogens in check around the world. Now many safeguards are gone, and Americans may pay the price.

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- [Do We Age Steadily, or in Bursts? \(NYT\)](#) – [Click4PDF](#) - New technologies are giving scientists a better understanding of how the process actually works.

Items from March 9, 2025 meeting

- [America Is Pushing Its Workers Into Homelessness](#) – [Click4PDF](#) – NYT: Mr. Goldstone is the author of "[There Is No Place for Us: Working and Homeless in America](#)" forthcoming March 25, 2025
 - See Also: [Note to Democrats: It's Time to Take Up Your Hammers](#) – [Click4PDF](#) - There is a straight line from homeless schoolchildren to Donald Trump's election victory.
- [How Fungi Move Among Us](#) – [Click4PDF](#) – NYT: Underground fungal networks are "living algorithms" that quietly help regulate Earth's climate. Now scientists know what makes them so efficient. NOTE: The PDF is a poor representation of the animated images in the original.
- [Giving up sugar can change your body for the better—within days](#) – [Click4PDF](#) – NatGeo: Reducing sugar intake not only helps you avoid the harms of overconsumption—it can also bring about surprising upsides you won't have to wait long to benefit from.
- [Inside the scientific quest to reverse human aging](#) – [Click4PDF](#) – WaPo: Can reprogramming our genes make us young again? A breakthrough in longevity research may be nearing its first human trials.

Items from March 2, 2025 meeting

- [Why don't painkillers work as well on women?](#) – [Click4PDF](#) – The medical community is finally starting to step up to studying the unknown unknowns about the differences between men and women.
- [Greenland sharks can live for centuries. We're finally learning their genetic tricks](#) – [Click4PDF](#) – A first-ever analysis of the whole Greenland shark genome gives researchers a couple of clues to their longevity.
- [Extreme Heat Linked to Accelerated Aging in Older Adults, Study Finds \(NYT\)](#) – [Click4PDF](#) - A first-of-its-kind analysis found that people living in hotter areas experienced more molecular changes than those in cooler places.

Items from February 23, 2025 meeting

- [On a Mission to Heal Gila Monsters \(NYT\)](#) – [Click4PDF](#) - After years in Big Pharma, a chemist pivoted to help save the species that made Ozempic possible.

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- [An Effective Treatment for Opioid Addiction Exists. Why Isn't It Used More? \(NYT\)](#) – [Click4PDF](#) – A drug called buprenorphine may be the best tool doctors have to fight the fentanyl crisis.
- [Risk and future burden of dementia in the United States \(NIH\)](#) – [Click4PDF](#) – Researchers estimated that 42% of Americans over age 55 will eventually develop dementia.
- [Microsoft Says It Has Created a New State of Matter to Power Quantum Computers](#) – [Click4PDF](#) – Microsoft's new "topological qubit" is not based on a solid, liquid or gas. It is another phase of matter that many experts did not think was possible. Note that a "[phase of matter](#)" is different than a "[state of matter](#)". The text of the article confuses the two.

Items from February 16, 2025 Meeting

- [How Wealth Rules the World: Live Q&A with author Ben Price \(youtube\)](#) – Q&A by The National Community Rights Network. Ben G. Price's recent book written with David C. Korten is [How Wealth Rules the World: Saving Our Communities and Freedoms from the Dictatorship of Property](#).
- [When Billionaires Rule the World](#) – January 2025 newsletter by [David C. Korten](#), author of [When Corporations Rule the World](#).
- [Research in Context: Detecting cancer \(NIH\)](#) – Liquid biopsies may change the way we find and treat cancer.

Items from February 9, 2025 Meeting

- 3:30pm – special voting members only meeting – See [Joanne's email 1/31/2025 2:44 PM](#) for details
- [How the quiet war against press freedom could come to America](#) – [Click4PDF](#) – This was featured on Rachel Madow on Feb 3. A very prescient article (check the date on the article).
- [Alarming levels of microplastics found in human brains \(NatGeo\)](#) – [Click4PDF](#) – A new study finds that microplastics and nanoplastics accumulate at higher levels in the brain than in the liver and kidney.
- [This Is Not a Moment to Settle With Trump](#) – [Click4PDF](#) – More on freedom of the press from Joanne.
- [Welcome to the Book Club of Complicity: How Trump Voters Became the Willing Executioners of American Democracy \(substack\)](#) – From Sandi Bruns

Items from February 2, 2025 Meeting

- Next meeting 2/9/2025 has a voting members only meeting that starts at 3:30pm (same link as usual)

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- [A Racist Purge Almost Destroyed My Family - Another One Is Coming \(NYT\)](#) – [Click4PDF](#) - It takes a lot of pages but is very important – Joanne
- [How Democrats squandered their 'emerging majority' \(NPR/On Point\)](#) – Meghna Chakrabarti interviews Ruy Teixeira, author of “[The Emerging Democratic Majority](#)” (2002), “[Where Have All the Democrats Gone?: The Soul of the Party in the Age of Extremes](#)” (2023), and [The Liberal Patriot](#) (Substack). Teixeira has a three-part plan for the Democratic Party to recover from the 2024 election.
- [With Tampons and Code, Silicon Valley Workers Quietly Protest Tech’s Rightward Shift \(NYT\)](#) – [Click4PDF](#)
- [F.D.A. Approves Ozempic to Treat Kidney Disease](#) – [Click4PDF](#)

Items from January 26, 2025 Meeting

- [Airborne Lead and Chlorine Levels Soared as L.A. Wildfires Raged \(NYT\)](#) – [Click4PDF](#) - Researchers used a new network of sensors to track chemicals in the Los Angeles air in real time.
- [Are the Democrats in Even More Trouble Than They Think? \(NYT\)](#) – [Click4PDF](#) – Will Dems avoid the Mondale curse?
- [Susie Wiles Is Trump’s Best Hope](#) – [Click4PDF](#) – An interesting article about Trump’s Chief of Staff
- [How Trump Will Fail \(NYT\)](#) – [Click4PDF](#) – I don’t usually read David Brooks but he has some good points in this article. I particularly like this: “You can tell what kind of conservative a person is by discovering what year he wants to go back to”
- [A nanoparticle-based wireless deep brain stimulation system that reverses Parkinson’s disease \(Science\)](#) – [Click4PDF](#) - “...a photothermal wireless deep brain stimulation nanosystem capable of eliminating α -synuclein aggregates and restoring degenerated dopamine neurons in the substantia nigra to treat Parkinson’s disease.”

Items from January 19, 2025 Meeting

- Presentation: Morgan Cobb, Theatre SilCo, Vivo
- Joanne: Review of upcoming meetings
 - February 9, 2025 3:30 PM - Special Voting Pre-Meeting
 - Approve 2025 donations
 - Dissolve HCUUF
- Discussion: Name of New group. Bill would like to keep HCUUF as our acronym as that will make the transition easier administratively. We need to decide what UU means in the new context (see <https://uufwd.com/newname> for possibilities). Then we need to

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decide what the final "F" means. I'd suggest "Friends" as a nod to the origins of the early UU ministers.

- [You Don't Get Disasters Like the Palisades Fire Without Human Failure \(NYT\)](#) – [Click4PDF](#) – "Global warming has already remodeled the risk landscape in California and well beyond, making gigafire burns and urban firestorms like this one so much more likely. But so has housing policy, which has directed much more development into the path of fire across the vast tinderbox of the American West."
- [How Religious Schools Became a Billion-Dollar Drain on Public Education \(NewYorker\)](#) – [Click4PDF](#) – A nationwide movement has funneled taxpayer money to private institutions, eroding the separation between church and state.
- [Climate Forward - Plant-based meat's identity crisis \(NYT\)](#) – Climate Forward is an NYT newsletter. Among other stories and links this edition has a good article on the progress of plant-based meat's ability to substitute for animal flesh.

Items from January 12, 2025 Meeting

- [Colorado Gov Polis State of the State Video \(KOAA\)](#)
- [North Carolina Supreme Court May Decide a Supreme Court Election \(NYT\)](#) – [Click4PDF](#)
- [The New Rasputins \(The Atlantic\)](#) – [Click4PDF](#) – Anti-science mysticism is enabling autocracy around the globe.
- [The Great Capitulation \(NYT\)](#) – [Click4PDF](#) – Tech Oligarchs flock to Trump.
- [Virtual Colonoscopy \(NIH\)](#) – A CT scan but not as effective

Items from January 5, 2025 Meeting

- Testing for Bird Flu
 - ["We should have learned our lesson from COVID" for bird flu testing, Dr. Leana Wen says \(CBS\)](#)
- [Norovirus Outbreaks Are Rising Nationwide, C.D.C. Says](#)
- [2024 Science Highlights from the NIH Director's Blog](#)
- [Loveland's 34th Annual Mountaintop Matrimony](#)
- [Travel Changes for 2025](#)
 - Real ID finally goes into effect; new entry requirements for the UK and the EU
- [Through a Glass Darkly - Welcome to 2025 \(Substack\)](#)

Items from December 29, 2024 Meeting

- [French sailing cargo vessel to launch in January \(NPR\)](#)
- [Religion Has Been in Decline. This Christmas Seems Different \(NYT\)](#)

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- [America's New Catholic Priests: Young, Confident and Conservative \(NYT\)](#)
- [Donald Trump Is Vulnerable \(NYT\)](#)
 - [Musk in Die Welt \(Substack\)](#)
- [A Woman With a Rare Gene Mutation Fights to Avoid Her Mother's Fate \(NYT\)](#)
- [Preventing Food Poisoning \(NIH\)](#)
- [NIH Research Matters](#)

Items for December 22, 2024 Meeting

- Health Related Items
 - [2024 NIH Research Highlights: An End-Of-Year Review](#)
 - [Printer Friendly \(PDF\) Full Version](#)
 - [ChatGPT-Like AI Tool Promises to Speed Treatment Advances and Free Doctors' Time by Matching Patients with Clinical Trials](#)
 - [A Mysterious Health Wave Is Breaking Out Across the U.S.](#)
 - [F.D.A. Approves Weight Loss Drug to Treat Obstructive Sleep Apnea \(NYT\)](#)
- Events/Politics
 - ['The Six Triple Eight' Review: Tyler Perry Salutes the Greatest Generation \(NYT\)](#) – Available now on Netflix
 - [How Democrats Lost Their Way on Immigration](#)
- Reference: Indoor Clean Air / Air Quality – Key to epidemic/pandemic control
 - [It's Airborne \(Medium\)](#)
 - [Equivalent Clean Airflow Rates from ASHRAE 241 Control of Infectious Aerosols \(Part 2\) \(Medium\)](#)
 - [Using CO2 concentration to measure air change rate \(Sauermann\)](#)

Items from December 15, 2024 Meeting

- The Shooting and Big Healthcare
 - [Three Columnists Wrestle With the Lionizing of Luigi Mangione](#)
 - [As anger at UnitedHealthcare boils over, Americans pay more than ever for health insurance \(CBS\)](#)
 - [Examining the factors that play into the high rate of insurance denials \(NPR\)](#)
 - [How the murder of UnitedHealthcare's CEO illuminated anger over health insurance \(MSNBC\)](#)
 - [This is the real reason most Americans file for bankruptcy \(CNBC\)](#)
- Other Items of Interest

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- [AI System Has Potential to Differentiate Brain Cancer from Healthy Tissue During Surgery within Seconds \(NIH\)](#)
- [Minnesota and New Jersey Sue Glock Over Lethal Add-On for Guns](#)
- The NY Times is offering a digital subscription at \$1 per week <https://www.nytimes.com/subscription?campaignId=7Q87L>
It's billed \$4 every 4 weeks and after a year it goes up to \$25.
If you just sign up for a login you get some free articles every month.

Items from December 8, 2024 Meeting

- [The Rage and Glee That Followed a C.E.O.'s Killing Should Ring All Alarms](#)
- [Study Suggests New Experiences Can Refresh Memories of Past Events, with Implications for Understanding PTSD \(NIH\)](#)
- [Sorry, California – Gov. Polis claims Colorado is now the top state for EV adoption \(CPR\)](#)
- [Ozempic has a surprising side effect: Drinking less alcohol \(NatGeo\)](#)
- [Long a 'Crown Jewel' of Government, N.I.H. Is Now a Target](#)
- [Nations Fail to Reach an Agreement on Plastic Pollution](#)
- [Inside the Supreme Court Ethics Debate: Who Judges the Justices?](#)

Items From December 1, 2024 Meeting

- [Inside the Plastic Industry's Battle to Win Over Hearts and Minds](#)
- [What Your Blood Type Says About Your Health \(AARP\)](#)
- [Inside your body, aging unfolds at remarkably different rates](#)
- [Nursing Home Industry Wants Trump to Rescind Staffing Mandate](#)

Items from November 24, 2024 meeting

- [Discovery of Culprit Behind Scars in Heart Failure Points to Possible Treatment Target \(NIH\)](#)
- [Nature's 'Swiss ArmyKnife': What Can We Learn From Venom?](#)
- [Ozempic Could Crush the Junk Food Industry - But It Is Fighting Back](#)
- The Current Political Situation
 - [John Balassa] What are ways of feeling less better about the political situation? Nothing has worked for me so far.
 - [John Balassa] Since the levers of political power are almost all in the hands of MAGAs or conservative republicans, what can we do to help?
 - [Jared Polis Wants to Win Back the Hippies](#)
- [Are Hot Showers Bad for Your Skin and Hair?](#)

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- [For Reference] The Colorado Department of Public Health and Environment (CDPHE) has provided a new single source for respiratory virus data.
 - UCH Article: <https://www.uchealth.org/today/colorado-new-real-time-dashboard-tracks-local-illnesses-with-wastewater-data>
 - CDPHE report: <https://cdphe.colorado.gov/viral-respiratory-diseases-report>
 - CDPHE Wastewater data: <https://cdphe.colorado.gov/covid-19/wastewater>
 - CDPHE - Get a Copy of Your Immunization Records: <https://cdphe.colorado.gov/immunization/for-the-public/get-a-copy-of-your-records>