# Articles for Zoom October 19, 2025

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## Items for the October 19, 2025 Meeting -> Summaries

1. The A.I. Prompt That Could End the World (NYT) – Click4PDF – AI Summary - How much do we have to fear from A.I., really?
2. The plastic inside us: how microplastics may be reshaping our bodies and minds (Guardian) – Click4PDF – AI Summary - The particles are in our blood, brains and guts – and scientists are only beginning to learn what they do.
3. How A High-Tech Chair Could Revolutionize Cancer Radiation Therapy (Forbes) – Click4PDF – AI Summary - Startup Leo Cancer Care is transforming proton radiation treatment with a simple idea: having patients sit up instead of lying down. Now hospitals that include Stanford and McLaren are lining up to buy dozens of machines.
4. Google's AI Cracks a New Cancer Code (Yahoo News) – Click4PDF – AI Summary - Google DeepMind said Wednesday that its latest biological artificial-intelligence system has generated and experimentally confirmed a new hypothesis for cancer treatment, a result the company calls "a milestone for AI in science."
5. Carbon Dioxide Levels Jumped by a Record Amount, U.N. Says – Click4PDF – AI Summary - Surging emissions from wildfires may have been behind the increase, which was the largest since modern measurements began more than half a century ago.
6. Private equity takeover of hospitals led to rise in Medicare emergency patient deaths, says study – Click4PDF – AI Summary - Study found seven more deaths per 10,000 patients in private equity hospitals' versus non-private equity hospitals. [*Ed. Note: During the discussion there were questions about this article that were answered by AI Queries. See Questions from HCUUF October 19, 2025 meeting*]

## Items for the October 12, 2025 Meeting -> Summaries

1. G.O.P. to Gen Z: Pay Double for Health Insurance or Go Without (NYT) – Click4PDF – AI Summary - If Democrats don't win the shutdown fight, millions of young Americans may lose coverage because of higher prices.
2. What is 'abundance' liberalism, and why are people arguing about it? (Guardian) – Click4PDF – AI Summary - A new book, Abundance by Ezra Klein and Derek Thompson, has sparked debate with its provocative claim that progressive public policy in the US is broken

3. Dandelion root shows promise in fighting cancer (AI Inquiry) - Dandelion root is being investigated for its potential anti-cancer properties, but it's far from being a proven cure.
4. Do cells use electricity as memory for shaping the body? (LinkedIn) – Summary - A fascinating new modelling paper in Cell Reports Physical Science (Manicka & Levin, 2025 https://lnkd.in/evrRNbgf) suggests that tissues may exploit long-range bioelectric fields to lay down pre-patterns for morphogenesis (the biological process that gives shape to living organisms).
5. Bow to the Emperor - We Asked 50 Legal Experts About the Trump Presidency (NYT) – Click4PDF – AI Summary - Before the election, the New York Times surveyed the legal establishment about what a second Trump term could mean for the rule of law. A year later, they're very, very worried.

## Items from the October 5, 2025 Meeting

1. American Women Are Leaving the Work Force. Why? (NYT) – Click4PDF – AI Summary - With the gutting of a federal agency, the Trump administration is asserting their view of women's place in society.
2. Mourn, or Else (NYT) – Click4PDF – AI Summary - Trump is known for saying a lot of things that he can't or won't back up. This time, the threats are real.
3. 4 vaccines linked to a lower risk of dementia (WaPo) – Click4PDF – AI Summary - Some vaccine-preventable diseases are linked to accelerated brain atrophy and increased dementia risk years down the line.
4. New Treatment Shows Promise for Huntington's Disease (NYT) – Click4PDF – AI Summary - A gene therapy injected into patients' brains slowed progression of the disease by 75 percent, preliminary findings reported.
5. To Treat Prostate Cancer, There Are More Options Than Ever (NYT) - Click4PDF – AI Summary - It's among the most common cancers affecting older men. But a diagnosis today isn't always what it seems.

## Items from the September 28, 2025 Meeting

1. 'The Game Is Rigged': Elizabeth Warren on America's Next Story (NYT) – Click4fPDF - How Republicans harnessed the story Democrats didn't — and won't — embrace. – AI Summary
2. If Only We'd Fight as Hard to Save Our Democracy as Ukrainians Are Fighting to Save Theirs (NYT) – Click4PDF - Ukrainians know that they can no longer count on an American democracy to save them.
3. Trump Appointees Roll Back Enforcement of Fair Housing Laws (NYT) – Click4PDF - Interviews and internal documents show that signature civil

rights protections in housing are being dismissed as ideologically driven and D.E.I. in disguise.

4. How to Avoid a Root Canal (NYT) – Click4PDF - The dental procedure is one of the most dreaded. Here are six of its most common causes.
5. Sushi Is Bigger Than Ever in America. There's One Main Reason (NYT) – Click4PDF - In the past, sushi was a niche of the seafood market. Today, it is the fastest growing segment.
6. TBD

## Items From September 21, 2025 Meeting

1. Charlie Kirk's Legacy Deserves No Mourning (TheNation) – Click4PDF - The white Christian nationalist provocateur wasn't a promoter of civil discourse. He preached hate, bigotry, and division.
   *Ed. Note: The page numbers say there are seven pages but for the PDF I printed the first four and not the last three which contain other material.*
2. Mittelman: To stop gun violence, clamp down on its choke point (BDC) – Click4PDF - Today's public debate on gun control centers on distribution. This is not the basic problem. The crux of the matter is production. To curb gun deaths, sturdy guardrails must be placed on producers. If gunmakers were subject to strict limits, there would be few guns to distribute. Without weapons, killing would diminish significantly.
   *Ed. Note – I asked the Edge Copilot AI about this. See the question and results at the link to this PDF*.
3. E.P.A. Keeps Polluters on the Hook to Clean Up 'Forever Chemicals' – Click4PDF - The decision came despite an effort by a former industry lawyer who is now at the E.P.A. to reverse the regulation.
   *Ed. Note – Be sure to check the last paragraph of this article. Things here are not all positive as they might seem from the title.*
4. Can Hybrid Grapes Solve the Climate Change Dilemma for Wine Makers (NYT) – Click4PDF - It's a fringe movement so far, but hybrids have proven they can make good wine and may be better able to withstand climate change and disease.

## Items From September 14, 2025 Meeting

1. A Pill to Heal the Brain Could Revolutionize Neuroscience – NYT – Click4PDF - Neurologists are exploring medications that would help the brain recover after a stroke or traumatic injury
2. Throwaway Plastic Has Corrupted Us (NYT) – Click4PDF - Disposable plastics have profoundly reshaped the way we eat, shop, raise children and understand hygiene and progress.

3. American Health Care Gets a Lot Wrong; Here's What It Gets Right (NYT) – Click4PDF - For one thing, Americans get new cancer drugs way before Europeans.
4. This Economy Might Be a New Normal (NYT) – Click4PDF - Economic data suggests labor supply and immigration changes are affecting job growth. The Federal Reserve can't fix that, but Trump can.
5. Why Are More Older People Dying After Falls? – Click4PDF - Some researchers suspect that rising prescription drug use may explain a disturbing trend

**Items From September 7, 2025 Meeting**

1. Medicare Will Require Prior Approval for Certain Procedures (NYT) – Click4PDF - A pilot program in six states will use a tactic employed by private insurers that has been heavily criticized for delaying and denying medical care
2. Chagas disease, long considered only a threat abroad, is established in California and the Southern U.S. (LAtimes) – Click4PDF - A deadly disease appears in California — again. The illness tends to lie dormant for years, making itself known only when its victim keels over via heart attack, stroke or death.
3. New mRNA Cancer Vaccine Delivers Stunning Results, Sparks Universal Treatment  Hopes (SciTechDaily) – Click4PDF - A new experimental mRNA vaccine has shown the ability to awaken the immune system and wipe out tumors in mouse studies, raising hopes for a universal cancer vaccine
4. Drug Reduces Mysterious Particle Involved in Heart Attack Risk (NYT) – Click4PDF - The Eli Lilly drug caused a major drop in the blood levels of Lp(a), but further research is needed to show that it will prevent heart attacks and strokes
5. Once a Death Sentence, This Heart Condition Is Finally Treatable (NYT) – Click4PDF - A quiet revolution in care is helping patients with cardiac amyloidosis, a form of heart failure that long stumped doctors.
6. FDA Approves Novel Non-Opioid Treatment for Moderate to Severe Acute Pain – This is the sodium ion channel interrupting drug foreshadowed in an earlier HCUUF meeting. There was also a 9/4 Fresh Air interview of Dr. Sanjay Gupta on the topic "How Does Pain Work?" wherein he discusses Journavx (suzetrigine) and his new book "It Doesn't Have to Hurt: Your Smart Guide to a Pain-Free Life".

**Items from August 31, 2025 Meeting [no formal meeting]**

***Note that the entries under this heading are for your info only as we will be having a potluck on August 31, 2025 and will not have a***

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***formal meeting per se. If you want to discuss any of these at the Sep 7 meeting, let me know.***

1. We Cannot Let America Abandon Female Veterans (NYT) – Click4PDF - The V.A. expanded women's health benefits in 2022. The Trump administration wants to reverse that.
2. The Real Reason Americans Worry About Trade (NYT) – Click4PDF - Behind the pushback to global trade is a deep economic anxiety that a meager social safety net has caused in the United States.
3. The Public Health Disaster Everyone Saw Coming – Clic4PDF – He [Secretary Kennedy] is trying to fully dismantle the nation's vaccination apparatus, regardless of what science says or what most people want.
4. In a Hotter World, Some People Age Faster, Researchers Find (NYT) – Click4PDF - Exposure to heat waves over just two years could add up to 12 extra days of age-related health damage
5. Scientists Perform First Pig-to-Human Lung Transplant (NYT) – Click4PDF - Researchers in China placed a lung from a genetically modified pig into a brain-dead man, with mixed results
6. Mediterranean Diet Reduces Diabetes Risk, Study Shows (NYT) – Click4PDF - Strong evidence suggests that following the diet, cutting calories and exercising lowers the chances of developing diabetes for those with metabolic risk factors
7. London's Sexiest Produce Star Is a Cabbage (NYT) – Click4PDF - Hispi cabbage is affordable, trendy and a menu staple in restaurants across the British capital

## Items From August 24, 2025 Meeting

1. Why doesn't the US. have five-minute EV charging? (NYT-NL) – Click4PDF - China is dominating the electric vehicle market globally, accounting for more than 70 percent of global manufacturing in 2024, according to the International Energy Agency. Its E.V. makers have pulled ahead of U.S. car companies on both price and technology
2. A Common Weight Loss Drug Can Treat Severe Liver Disease, F.D.A. Says (NYT) – Click4PDF - Wegovy has been approved for use among the growing number of Americans who have MASH (metabolic dysfunction-associated steatohepatitis)
3. Scientists made mini-lungs and intestines, called organoids, to learn how these organs develop and function (NIH Research Matters) - Scientists made mini-lungs and intestines, called organoids, to learn how these organs develop and function. (From NIH Research Matters)
4. Why a Kiwi May Be the Perfect Snack (NYT) – Click4PDF - The fiber-rich fruits are packed with nutrients. Here's how they may benefit your health

5. How Ian Fleming and His Spy Scheme Inspired a Broadway Show (NYT) – Click4PDF - The musical "Operation Mincemeat" tells the story of an absurd feat of deception dreamed up by this spy-turned-novelist. His real acts of espionage were even wilder

## Items from August 17, 2025 Meeting

- A Dangerous Escalation of the Science Wars (NYT) – Click4PDF – People whose life's work is to protect the nation have targets on their backs.
- How Trump Is Undoing 80 Years of American Greatness (NYT) – Click4PDF - The U.S. risks not just being left behind, but out of the game entirely
- The Problem Is With Men's Sperm (NYT) – Click4PDF - Environmental toxins may be depleting male fertility. It's time to raise awareness in a major way
- For Some Patients, the 'Inner Voice' May Soon Be Audible (NYT) – Click4PDF - In a recent study, scientists successfully decoded not only the words people tried to say but the words they merely imagined saying

## Items from August 10, 2025 Meeting

- You Are Contaminated (NYT) – Click4PDF - The toxic byproducts of human civilization are everywhere. Even in our bodies.
- RFK Jr. announces end to some mRNA contracts, including for flu, covid (WaPo) – Click4PDF - The targeting of the vaccine technology once considered revolutionary follows intense criticism by conservatives and anti-vaccine activists.
- How RFK Jr.'s mRNA crackdown affects vaccine making and future pandemics (WaPo) – Click4PDF - The Trump administration is terminating biodefense research funding for mRNA projects, raising concerns about the nation's ability to fight future pandemics.

## Items from Augusst 3, 2025 Meeting

- COVID-19 could reignite cancers (CPR) - Researchers at the University of Colorado Anschutz Medical Campus have found that respiratory viruses — like COVID-19 or the flu — can wake up dormant cancer cells in the lungs.
- He Was Getting Weaker and More Confused. Could It Be His Drinking? (NYT) – Click4PDF - The middle-aged man had received weeks of treatment before a doctor figured out what was missing. [Really? Copper?]
- How Can I Be Sure My Clothes Aren't Made in a Sweatshop? (NYT) – Click4PDF - As more luxury brands are exposed for manufacturing

pipelines involving exploitative labor conditions, our critic offers tips for finding ethically made clothes.

- Judges Keep Restrictions on L.A. Immigration Arrests, in Setback for Trump Agenda (NYT) – Click4PDF - An appellate panel upheld a finding that federal agents appeared to rely exclusively on race and other factors, such as speaking Spanish, in making arrests.

**Items from July 20, 2025 Meeting**

- How the Risks of Drinking Increase in Older Age (NYT) – Click4PDF - Alcohol can present health problems for even light or occasional drinkers.
- Measuring aging with brain scans (NIH) - Researchers developed a way to measure how fast a person is aging from a single brain scan

**Item from July 13, 2025 Meeting**

- Why we should 'lift heavy' as we get older (Telegraph) - With the importance of amassing muscle in later life only just coming to light, here's why it's never too late to start weight training

**Item from July 6, 2025 Meeting**

- This Is the Birthright Reckoning That America Needs (NYT) – AI Summary, Click4PDF - What makes someone an American?

**Items from June 15 2025 Meeting**

- Ocean with David Attenborough – AP Review, stream on Disney+ or Hulu
- The Future of AI: Predictions, Possibilities, and Sci-Fi Dreams with Otto Dobretsberger – This presentation was on June 11. When the video becomes available I'll link it in. Here's a link to the description (not sure how long that will remain available). If you want to look for it before I update this then it will likely be here or here.
- Fertility rates are falling. Is the smartphone to blame? (NYT) – Click4PDF, YouTube – Is there a population crash in the future?
- Charging Your E.V. May Be Getting Easier, Even if It's Not a Tesla (NYT) – Click4PDF - It is becoming easier to find fast chargers for electric vehicles, and they are more likely to work — and not just for Teslas.
- Each Person Has a Unique 'Breath Print,' Scientists Find (NYT) – Click4PDF - Every breath you take, they really may be watching you.

**Items from June 8 2025 Meeting**

- Unmarked Vans. Secret Lists. Public Denunciations. Our Police State Has Arrived (NYT) – Click4PDF -

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- 22 young Americans sue Trump on climate actions: 'A death sentence for my generation' (Hill) – Click4PDF –
- Driverless Semi Trucks Are Here, With Little Regulation and Big Promises (NYT) – Click4PDF –
- Silicon Valley Is at an Inflection Point (NYT) – Click4PDF –
- Trump, Bashing the Federalist Society, Asserts Autonomy on Judge Picks (NYT) – Click4PDF –
- Trump's War on Nature Is Up Against a Powerful New Resistance Movement (NYT) – Click4PDF –
- Drug-Defying Breast Cancers Spotted Early in Blood Test Study (NYT) – Click4PDF –
- More coming soon … maybe

**Items from June 1, 2025 meeting**

- Medicaid Cuts Over the Years JPG (Graphic from All In with Chris Hayes) – The latest budget bill is by far the worst.
- I Was Obama's Budget Director. It's Time to Worry About the National Debt – Click4PDF - Annual federal budget deficits are running at 6 percent of G.D.P. or higher, compared with well under 3 percent a decade ago. The government is now projected to spend more on interest payments than on defense, Medicaid or Medicare. See also The Ezra Klein Show, What Trump's 'Big, Beautiful Bill' Is Really Doing (YouTube). If the so called "Big Beautiful Bill" becomes law in it's present form the huge increase in the national debt will trigger an automatic huge reduction in Medicare.
- Senate Republicans Kill California's Ban on Gas-Powered Cars – Click4PDF – In a highly significant vote with paradigm changing ramifications the Senate used the long avoided "nuclear option" to bypass the filibuster allowing approval with just a majority vote.
- How Electric Vehicles are Targeted by the Republican Policy Bill – Click4PDF - The Trump administration is also planning to roll back Biden-era fuel emissions and efficiency rules.
- One Type of Mammogram Proves Better for Women With Dense Breasts - Click4PDF – Contrast-enhanced mammography identified three times as many tumors as ultrasound scans. But it is not widely used for screening in the United States.
- Trump Orders Faster Build-Out of Nuclear Power Plants – Click4PDF - Mr. Trump directed the nation's nuclear safety regulator to speed up approvals for new reactors. There is some concern about possible compromises of safety or that this may interfere with existing congressional directives to speed up the process and actually take longer.

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## Items from May 25, 2025 meeting

- Alzheimer's disease could be prevented by antiviral drug already on market (Fox) – Click4PDF – Researchers discover that HIV medication may prevent up to 60,000 US Alzheimer's cases yearly
- A Toxic Pit Could Be a Gold Mine for Rare-Earth Elements (NYT) – Click4PDF – Researchers hope to extract valuable metals to increase U.S. production of rare earths
- Apple Unveils Brain-Computer Interface Technology, Aiming to Transform Device Interaction (Cord Cutters News) – Click4PDF – Brain-computer interfaces (BCIs),unveiling a technology could redefine how humans interact with devices.
- GM's New Battery Will Cut The Cost Of Its Electric Trucks By Over $6,000 (Forbes) – Click4PDF – a new type of battery uses more of the cheap material manganese and much less of expensive metals cobalt and nickel while still offering a long driving range
- A Ministroke Can Have Major Consequences (NYT) – Click4PDF – "…neurologists put the risk of a subsequent stroke within 90 days at 5 percent to 20 percent, with half that risk occurring in the first 48 hours"
- An Expensive Alzheimer's Lifestyle Plan Offers False Hope, Experts Say (NYT) – Click4PDF - Thousands of people have paid for Dale Bredesen's unconventional program to reverse Alzheimer's symptoms. The medical establishment says there's little to no proof it works.

## Items from 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.

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- Is Jeff Bezos Selling Out the Waskhington 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.

## 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.

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## 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.

## 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"

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- 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.
- 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.

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## 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.
- 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.

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## 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)
- 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 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.

# Articles for Zoom October 19, 2025

- 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)
  - 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

# Articles for Zoom October 19, 2025

- 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
  - 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)

# Articles for Zoom October 19, 2025

- 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?
- [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