Articles for HCUUF Zoom October 11, 2026

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Items for the October 11, 2026 Meeting

1. Scientists Untangle the Biology of an 'Undruggable' Cancer Gene (NYT) – Click4PDF – AI Summary - Found in 70 percent of cancers, the gene is seen as a grand orchestrator, but has been surprisingly difficult to stop.
2. It Can Keep Cancer in Remission. Why Is No One Talking About It? (NYT) – Click4PDF – AI Summary - Despite mounting evidence that exercise programs can improve cancer outcomes, access to them remains limited.
3. Clinical Trial Indicates A.I. Chatbots Could Aid Urgent Care (NYT) – Click4PDF – AI Summary - Nearly 100 patients discussed their maladies with a Google bot, called AMIE, before meeting with physicians.

Below the Fold

- As GLP-1s reshape America, questions and new uses emerge (PBSNH) – AI Summary - As GLP-1s reshape America, questions and new uses emerge [*Ed. Note:* We discussed this topic at our last meeting. This expands on what we discussed (including the gila monsters). This is part of a series. Links to other episodes: Oct 6, Oct 7, Oct 8]
- The Science That Has Oil Companies Running Scared (NYT) – Click4PDF – AI Summary - However the U.S. Supreme Court rules, the work of holding oil companies accountable for climate change has a bright future. [*Ed. Note:* This is the Boulder lawsuit]

Items for the October 4, 2026 Meeting

1. A New Type of Small Nuclear Reactor Gets the Green Light in Tennessee (NYT) – Click4PDF – AI Summary - It's only the second time that American regulators have approved a next-generation commercial reactor for construction. Big hurdles remain.
2. What Trump's rollback of fuel economy standards means for drivers (PBSNH) – AI Summary - The Trump administration is rolling back federal fuel economy standards for new vehicles. The move reverses policies meant to increase fuel efficiency to encourage greater use of electric vehicles.
3. This Screw Is Needed for Missiles and Planes. Buying One Can Take Years (NYT) – Click4PDF – AI Summary - As the Trump administration scrambles to increase the production of munitions, these special screws are expensive and hard to source.

4. In Old NASA Data, Scientists Find a Surprising New Type of Cosmic Object (NYT) – Click4PDF – AI Summary - The discovery of "hypersoft" X-ray beacons could help solve some mysteries about the universe.

Items for the September 27, 2026 Meeting

1. Nursing Home Beds Are Becoming More Scarce (NYT) – Click4PDF – AI Summary - As the oldest baby boomers turn 80, researchers worry there won't be enough room in nursing facilities for a rapidly graying nation.
2. How abortion drug restrictions make it harder to treat other conditions (PBSNH) – AI Summary - For more than 25 years, mifepristone has been approved for abortion in the U.S. But mifepristone and a similar drug have also been proven to treat conditions like uterine fibroids and endometriosis. As anti-abortion groups lobby to further restrict these drugs.
3. Carney Lays Out His Vision for Breaking Canada's Reliance on U.S. (NYT) – Click4PDF – AI Summary - In a wide-ranging interview, the Canadian leader laid out a detailed vision for breaking his country's dependency on the United States.

Below the Fold

- Researchers explore new uses for abortion-related drugs (PBSNH) – AI Summary - For years, mifepristone and similar drugs have been used to treat uterine fibroids and endometriosis. Now researchers are exploring whether these drugs could have other uses in women's health, including preventing some cancers. But the politics and restrictions surrounding these drugs could affect the research.

Items for the September 20, 2026 Meeting

1. How Trump Is Wielding Power to Stifle Speech (NYT) – Click4PDF – AI Summary - President Trump has harnessed agencies across the government to curtail press freedoms, a sweeping campaign that free speech advocates say will have lasting effects.
2. New maps reveal massive gaps in access to affordable birth control across the U.S (NPR) – There are 21.4 million women in the U.S. who need subsidized birth control living in a county somewhere with limited access. [*ed. Note:* Failure to deal with this increasing problem is part of the administrations continuing effort to defund Title X]
3. Montana Ban Would Strike at Political Spending, and the Supreme Court (NYT) – Click4PDF – AI Summary - A measure aimed at stemming the tide of corporate money in politics will be on the November ballot. Opponents say it violates a high court ruling.

Below the fold:

Articles for HCUUF Zoom October 11, 2026

- Blame Ronald Reagan (NYT) – Click4PDF – AI Summary - We are suffering the consequences of the conservative revolution that began in the 1980s.
- Book Review: Clearing the Air by Hannah Ritchie review – practical climate optimism (Guardian) – While available since 2025 in the UK, "Clearing the Air: A Hopeful Guide to Solving Climate Change" (Amazon Link) was only recently published in the U.S.
- Clear retribution: dismay as key Alzheimer's study cancelled amid Trump attacks on science (Guardian) – AI Summary - Participants in Pittsburgh may never learn the results of their cognitive tests – and funding cuts that target 'DEI' have the potential to delay vital diagnoses.

Items for the September 13, 2026 Meeting

1. The 92-Year-Old Mathematician and the Teenage Apprentice (NYT) – Click4PDF – AI Summary - Joan Birman thought her major discoveries were behind her. Then came an email from a young neighbor — a girl who knew little but wanted to learn.
2. Early Data Indicates an A.I. Generated Drug Could Slow Aging (NYT) – Click4PDF – AI Summary - Artificial intelligence was used to help develop a drug candidate, rentosertib, for a rare lung condition. Its maker says the drug also seems to reduce the biological hallmarks of age.
3. August Ties the Record for Earth's Hottest Month on the Books (NYT) – Click4PDF – AI Summary - Sweltering summer temperatures put last month on par with July 2023 for global warmth, scientists said. More records could be broken in the months ahead.

Below the Fold

- T.S.A. Opens Door to Meet Mom at the Airport Gate, for Some (NYT) – Click4PDF – AI Summary - At more than a dozen U.S. airports, T.S.A. PreCheck members can now apply to enter the secure area, even if they're just going to meet someone on a flight.
- A 20-Minute Workout for Aging Well (NYT) – Click4PDF – AI Summary - These exercises can help you get up off the floor more comfortably, an important skill as you get older.

Items for the September 6, 2026 Meeting

1. European River Cruises Upended as Drought and Low Water Take a Toll (NYT) – Click4PDF – AI Summary - The Danube and Rhine are at record lows this summer, disrupting hundreds of cruises that have become an increasingly popular part of Europe's tourism industry.
2. What the Third Reich Can Teach Us About America Today (NYT) – Click4PDF – AI Summary - In "53 Days," the historian Timothy W. Ryback

shows how the Nazis used democratic means to destroy German democracy.

3. Psilocybin May Prevent Nerve Damage Caused by Chemotherapy, Study Finds (NYT) – Click4PDF – AI Summary - The preliminary research was conducted in mice, but scientists were optimistic the results would apply to humans. Clinical trials begin this month.

Below the fold

- Can Democrats Learn to Dream Big Again? (NYT) – Click4PDF – AI Summary - In "Abundance," Ezra Klein and Derek Thompson prod fellow liberals to think beyond their despair over Trump's return to power.
- The Start-Up That Helps People Die (NYT) – Click4PDF – AI Summary - Medical aid in dying is now legal in New York. A team of clinical professionals decided to create a practice to help their clients die on their own terms.
- Scientists Find More Than 1,000 Genetic Variants Linked to Personality (NYT) – Click4PDF – AI Summary - More than one million genomes helped identify DNA variants linked to extroversion, agreeableness, neuroticism and more. Researchers measured how those traits influenced how people lived.

Items for the August 30, 2026 Meeting

1. The Summer the Ticks Took Over (NYT) – Click4PDF – AI Summary - A scientific and civilizational horror story.
2. F.D.A. Approves Drug Poised to Transform Care for Pancreatic Cancer (NYT) – Click4PDF – AI Summary - In a key clinical trial, patients who got the pill, daraxonrasib, lived twice as long as those who got chemotherapy.
3. The Russia Threat (Newshour) – AI Summary - Latvia's foreign minister warns of Russian sabotage acts in Europe (7m 24s)

Below the Fold

- Trump EPA aims to exempt datacenters from disclosing air pollution, advocates warn (Guardian) – Click4PDF – AI Summary - Trump administration proposes new rule to dismantle requirement for datacenters to publicly report air pollution
- This Year's Record-Breaking El Niño in 3 Charts (NYT) – Click4PDF – AI Summary - With air and sea surface temperatures already breaking records, this year's episode is on track to be the strongest in living memory.
- A Melting Glacier in Nepal Was a Time Bomb. There Are More to Come. (NYT) – Click4PDF – AI Summary - A geologist reflects on the disaster

and explains why rapid warming will make deadly glacial floods far more common.

Items for the August 23, 2026 Meeting

1. Fast-moving fires can scorch forests. They may never grow back, research finds (CPR) – AI Summary - Fast-moving wildfires have ripped through millions of acres of North American forests in the last decade. New research shows that those fires change landscapes so severely that forests may never grow back.
2. U.S. approaches staggering $40 trillion in debt (PBS Newshour) – AI Summary - National debt nears $40 trillion: How we got here and why it matters (5m 33s)
3. A New mRNA Vaccine Could Prevent Skin Cancer From Returning (NYT) – Click4PDF – AI Summary - Moderna and Merck say the experimental vaccine prevented the return and spread of the cancer in high-risk melanoma patients.

Below the Fold

- Why Is It So Hard to Build the Thing Our Entire Power Supply Depends On? (NYT) – AI Summary - Transformers are the linchpin of modern civilization. A single one can take five years to build. [*Ed. Note:* Due to the interactive nature of the article the PDF was useless but I was able to get an AI Summary]
- Trump moves to end 'roadless rule' that protects millions of forest acres (Independent) – Click4PDF – AI Summary - The U.S. Forest Service is filing a proposal to overturn the so-called roadless rule enacted during the final days of Bill Clinton's presidency
- What the Newest Research on Wildfire Smoke Tells Us (NYT) – Click4PDF – AI Summary - Scientists have found that people are being exposed to more toxins than previously known

Items for the August 16, 2026 Meeting

1. He Saw Specialist After Specialist. He Died When No One Gave Him a Flu Shot (NYT) – Click4PDF – AI Summary - The Trump administration has dismantled the agency that helps research make its way into medical practice.
2. Half of Patients With Advanced Lung Cancer Don't Get Treatment, Study Finds (NYT)) – Click4PDF – AI Summary - New drugs have made America's deadliest cancer more treatable than ever. So why aren't they reaching patients?
3. Top Science Body Deletes Climate Chapter From Judges' Manual (NYT) – Click4PDF – AI Summary - The National Academies of Sciences,

Engineering and Medicine had been under pressure from Republican leaders, including President Trump. [*Ed. Note:* See also the PBS Newshour segment Trump administration ends funding for Arctic climate report]

Below the Fold

- A.I. Is Finding Sperm Where Doctors Couldn't (NYT) – Click4PDF – AI Summary - New technology may make it easier for men with extremely low sperm counts to have biological children.
- This Year's El Niño Is Huge and Already Changing the World (NYT) – Click4PDF – AI Summary - The recurring climate phenomenon is expected to peak later this year, but it is already causing dry spells and crop failures on three continents.

Items for the August 9, 2026 Meeting

1. 6 dementia symptoms that can show up years before a diagnosis (WaPo) – Click4PDF – AI Summary - Changes to sleep and walking can begin long before cognitive issues.
2. Appeals Court Says E.P.A. Cannot Block Billions in Climate Grants (NYT) – Click4PDF – AI Summary -The funds have been frozen since early in President Trump's second term.

Below the Fold

- Darwin Was Right: These Plants Are Carnivores (NYT) – Click4PDF – AI Summary - Scientists have proved that a species of plant covered with sticky hairs is carnivorous, confirming Darwin's 150-year-old hunch.
- Snack-Sized Workouts, Big Results: Why Consistency Beats Duration (VH) – AI Summary - The all-or-nothing mindset around fitness is quietly fading.
- 5 things you might not know about the brown recluse n (UofAzNews) – AI Summary - Few spiders elicit as much fear as the brown recluse, but most people are far less likely to run into one or get bitten than they think, according to U of A researcher Matthew Cordes.

Items for the August 2, 2026 Meeting

1. Can This New Enzyme Turn Back the Clock in the Human Body? (NYT) – Click4PDF – AI Summary - In a recent study, scientists devised a way of reversing the buildup of compounds that lead to some age-related diseases.
2. The Impending, Inescapable Deluge of A.I. (NYT) – Click4PDF – AI Summary - The number of A.I. chips that provide the computing power to advance the fast-evolving technology is doubling every nine months.

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- Are You Hydrated? Take Our Quiz and Find Out (NYT) – Click4PDF – AI Summary - Is coffee dehydrating? And 11 other questions about your daily fluid needs.
- What Geriatric Emergency Departments Do Differently (NYT) – Click4PDF – AI Summary - These specialized units can help keep older patients out of the hospital, lower their health care costs and more.

Items for the July 26, 2026 Meeting

1. Trump Attacks Nation's Top Scientific Body Over Climate Chapter in Manual (NYT) – Click4PDF – AI Summary - The president joined Republican officials who slammed the National Academies of Sciences for a chapter about climate science in an educational guide for judges.
2. This Is Why Our Fresh Produce Keeps Making Us Sick (NYT) – Click4PDF – AI Summary - Cyclospora outbreaks are just a small part of a much larger food safety crisis linked to fresh produce.
3. 'Too Rare to Care'? A New Center for Rare Diseases Hopes to Change That (NYT) – Click4PDF – AI Summary - A new nonprofit wants to streamline gene therapy for diseases often avoided by pharmaceutical companies — making treatment more like a routine procedure than a bespoke drug.

Below the Fold

- How Can I Build Muscle as I Age? (NYT) – Click4PDF – AI Summary - Building and maintaining muscle gets harder in midlife. But it's still possible, if you follow a few basic principles.

Items for the July 19, 2026 Meeting

1. 90 percent of U.S. adults have this syndrome (WaPo) — but most have never heard of it – Click4PDF – AI Summary - New guidelines may soon make the disorder known as CKM syndrome a common diagnosis
2. California & Other States Officially Sue to Block Paramount From Buying Warner Bros. Discovery (CCnews) – AI Summary - A coalition of twelve states led by California has filed a lawsuit seeking to prevent the completion of Paramount's proposed eighty-one billion dollar acquisition of Warner Bros. Discovery
3. Trump, Ending Decades of Protection, Opens Wild Habitats to Drilling and Mining (NYT) – Click4PDF – AI Summary - The rule change ends a safeguard that had been in place for 50 years and could hasten the demise of imperiled animals

Below the Fold

Articles for HCUUF Zoom October 11, 2026

- The American E.V. Has Been Crushed. Will It Take the U.S. Auto Industry With It? (NYT) – Click4PDF – AI Summary - The largest U.S. automakers have backed away from electric vehicles, even as global sales are booming. The decision may make them obsolete
- How Worried Should You Be About Eating Lettuce? (NYT) – Click4PDF – AI Summary - We didn't need an outbreak of a nightmare stomach bug, but here we are [*ed. Note:* I included this as an illustration of the problems of under funding public health]

Items for the July 12, 2026 Meeting

1. Extreme Dizziness but No Headache? It Could Be a Vestibular Migraine (NYT) – Click4PDF – AI Summary - One expert calls it "the most common disease you've never heard of."
2. BMW Will Build a New Electric S.U.V. in South Carolina (NYT) – Click4PDF – AI Summary - The German company is doubling down on electric vehicles even as other automakers pull back after acknowledging billions of dollars in losses
3. Trump Administration Pays Duke Energy $129 Million to Halt Offshore Wind Farm (NYT) – Click4PDF – AI Summary - It was the fourth such deal struck by the administration to get companies to forfeit their offshore wind leases

Below the Fold

- Trump Administration Rolls Back Dozens of Gun Regulations (NYT) – Click4PDF – AI Summary - Critics say the administration is weakening public safety. Proponents say regulations would be where they were before President Joseph R. Biden took office
- At Trump's Direction, Federal Agencies Are Abandoning Discrimination Cases (NYT) – Click4PDF – AI Summary - President Trump has tried to scale back anti-discrimination regulations that date back decades. Federal agencies have heeded his call
- U.S. to Overhaul Radiation Safety Rules to Spur Nuclear Expansion (NYT) – Click4PDF – AI Summary - The Nuclear Regulatory Commission plans to end longstanding guidance that radiation exposure be "as low as reasonably achievable"

Items for the July 5, 2026 Meeting

1. Doctors Thought It Was Asthma. A.I. Flagged a Serious Heart Problem (NYT) – Click4PDF – AI Summary - Artificial intelligence programs can spot patterns in electrocardiograms that humans miss. Now, one program is going to be widely available — for free — to doctors.

2. What Older Adults Should Know About GLP-1s as Medicare Coverage Expands (NYT) – Click4PDF – AI Summary - A Medicare pilot beginning Wednesday will broaden access to medications like Wegovy and Zepbound. There are unique risks for those over 65
3. IBM Says It Has Found a Way to Keep Shrinking the Technology Inside Chips (NYT) – Click4PDF – AI Summary - Industry leaders had worried that innovations in chip miniaturization were no longer possible.

Below the Fold

- A Guide to Medicare's New Coverage for Obesity Drugs (NYT) – Click4PDF – AI Summary - What you should know about the federal government's pilot program offering GLP-1s solely for weight loss.

Items for the June 28, 2026 Meeting

1. As Europe Warms, Scientists Ask: How Much Hotter Could Summers Get? (NYT) – Click4PDF – AI Summary - Records are being broken for the second time in a month, leading scientists to probe the upper limits of what the warming climate can dish out.
2. Could Lowering Inflammation Treat Depression? (NYT) – Click4PDF – AI Summary - Psychiatrists think inflammation may be at the root of some people's illness. How to treat it is an open question.
3. Buildings May Soon Have 'Immune Systems' That Fight Airborne Disease (NYT) – Click4PDF – AI Summary - Following the pandemic, the federal government is spending $150 million on new technology to ensure clean indoor air. Here's what scientists are pursuing.

Items for the June 21, 2026 Meeting

- **NO Zoom Meeting Today**
- See the PBS News Hour site for full episodes each weekday as well as individual segment videos. If you prefer YouTube, PBS News Hour is also available there.

Items for the June 14, 2026 Meeting

1. Private Medicare Plans Often Deny Access to Rehab Care, Analysis Shows (NYT) – Click4PDF – AI Summary - Two reports by U.S. investigators reveal how Medicare Advantage is quick to reject requests for short-term nursing home or inpatient services.
2. China's Rise in Drug Development Looms Over U.S. (NYT) – Click4PDF – AI Summary - Clinical trials in China are getting attention at an international oncology gathering in Chicago. China's surging biotechnology industry is fueling alarm that U.S. dominance in the field is waning.

3. New OMB rule could break science in the United States (SubStack) – Click4PDF – AI Summary - What a new proposed rule from OMB could mean, and how you can help

Below the Fold

- Bright City Lights Might Be Making Your Allergies Worse (NYT) – Click4PDF – AI Summary - Light pollution prompts plants to shed pollen longer and stronger, according to new research.
- When Bees Attack: Tips for Surviving an Earlier Swarm Season (NYT) – Click4PDF – AI Summary - Experts discuss the threat and how to escape aggressive bees. Hint: Don't jump in water.

Items for the June 7, 2026 Meeting

1. Ozempic may be reshaping the brain, scientists say (WaPo) – Click4PDF – AI Summary - GLP-1 drugs may be rewiring circuits involved not only in appetite but in emotion, desire and beyond.
2. Democrats Pledge to Fight Trump's Removal of Ocean Monitors (NYT) – Click4PDF – AI Summary - The Trump administration is dismantling a $368 million deep-ocean observation system that monitors marine ecosystems and the effects of climate change. See also the PBS Newshour segment Trump administration dismantles ambitious ocean monitoring program (includes transcript).
3. E.U. Steps Up Ocean Monitoring as Trump Administration Backs Away – Click4PDF – AI Summary - Days after the U.S. said it would kill a network of ocean monitors, European officials pledged to invest more in their version, calling it a "necessity."
4. Plunging global oil supplies threaten to push fuel prices even higher – Click4PDF – AI Summary - Even if the war in Iran ends soon, energy executives warn, consumers face more pain.

Below the Fold

- Musical phenom introduces an old instrument to new audiences - The pipe organ is typically associated with formal concert halls, church music and traditional works by Baroque composers like Bach. But one musician, Anna Lapwood, is broadening the instrument's reputation and has gotten millions of people to tune in.

Items for the May 31, 2026 Meeting

1. One-and-Done Heart Disease Prevention? Scientists Show It May Be Possible (NYT) – Click4PDF – AI Summary - A single infusion of an experimental gene-editing drug seemed to reduce LDL long-term in a

small trial. The results may point to something "curative," one expert said.

2. Why the Ebola and Hantavirus Outbreaks Have Confounded Scientists (NYT) – Click4PDF – AI Summary - The types of Ebola and hantavirus worrying officials are very different from the species identified decades ago, raising new questions about how to respond.
3. Experimental Drug Yields Dramatic Weight Loss – Click4PDF – AI Summary - People who got the injection, retatrutide, lost 28 percent of their body weight on average after 80 weeks, Eli Lilly said.

Below the fold

- Justice Dept. Is Said to Open Criminal Inquiry of E. Jean Carroll Over Trump Lawsuits (NYT) – Click4PDF – AI Summary - The investigation is said to center on whether Ms. Carroll committed perjury in civil lawsuits against Donald J. Trump, whom she accused of sexual assault.
- I Drool in My Sleep. Is That Normal? (NYT) – Click4PDF – AI Summary - Saliva is important for our health, but even a little dribble can be embarrassing. Experts explain why it happens.

Items for the May 24, 2026 Meeting

1. We're not ready - US lags on pandemic preparedness after Covid experts say (Guardian) – Click4PDF – AI Summary - Experts say slashed funding and growing misinformation are some of the greatest challenges facing public health
2. Trump and His Advisers Clearly Haven't Actually Read Thucydides (NYT) – Click4PDF – AI Summary – The war has revealed the true puniness of Trump's power. [*Ed note:* When a few days ago I first saw the Stephen Miller interview my first thought was "I bet he hasn't even read Thucydides' book on the Peloponnesian wars." However, I too missed the deeper parallels that Lydia Polgreen, NY Times opinion columnist, draws between then and now. If Miller knew them he would never have used this reference.]
3. Nothing Beats Polarization Like Civics Education – Click4PDF – AI Summary - Ten years ago, only one in four Americans could name the three branches of government. By 2025, seven in ten could.

Below the fold

- Victory+'s Free Streaming Alt-Casts Are Delivering Major Viewership Growth for the NWSL (CCNews) – AI Summary – Alt-Casts are being increasingly used to drive live event viewership

- Denmark's green energy investments shield it from shock (PBS News Hour) – Video Clip: How Denmark's wind and solar investments shield it from global energy turmoil (8m 29s)

Items for the May 17, 2026 Meeting

1. Hantavirus Vaccines and Treatments Are in the Pipeline (NYT) – Click4PDF – AI Summary - But it has been hard to attract interest in medical interventions for viruses that have not been considered a top public health priority, scientists say.
2. How an 'Impossible' Idea Led to a Pancreatic Cancer Breakthrough (NYT) – Click4PDF – AI Summary - An experimental drug, daraxonrasib, is the first to substantially extend the lives of patients with pancreatic cancer in a clinical trial.
3. Paramount Hopes to Dominate Cable TV By Creating an Empire of 50+ Cable TV Channels (CCNews) – AI Summary – Paramount (legally "Paramount, a Skydance Corporation") was acquired/merged by Skydance creating a media giant controlled by David Ellison with financing from his father, Larry Ellison (founder of Oracle). The Ellisons now seek increased dominance by winning the battle against Netflix for the acquisition of Warner Brothers Discovery (pending regulatory approval). Recall that these are the people who fired Stephen Colbert and are close to Donald Trump.
4. This Approach to Addiction Will Cost Lives – Click4PDF – AI Summary - The Trump administration is going after harm reduction. [*Ed. Note:* This was such a fundamental and outrageous case of ignoring data and applying ideology I just could not leave this one out]

Below the fold

- Verizon, AT&T, & T-Mobile Launch a Joint Partnership To Standardize Wireless Service From Space (CCNews) – AI Summary
- Inside Trump's self-dealing presidency (NPR) - AI Summary - Since taking office, President Trump's wealth has grown by at least $1.4 billion. There have been overseas real estate projects, a Trump phone that doesn't exist and a Trump-branded cryptocurrency. Conflicts of interest or corruption?

Items for the May 10, 2026 Meeting

1. As Wildfire Risks Rise, Forest Service Shutters Labs That Study Them – Click4PDF – AI Summary - A research lab in Washington State tracks ecological changes in a warming climate and provides scientific guidance for forest managers. It is one of 57 such facilities being shuttered.

2. These Countries Embrace E.V.s to Avoid Oil Price Shocks – Click4PDF – AI Summary - People in Costa Rica and other Latin American, Asian and African countries are increasingly buying electric vehicles to avoid spiking fuel prices.
3. Trump Administration Will Pay More Energy Firms to Cancel Wind Farms – Click4PDF – AI Summary - In exchange, the companies will invest in oil and gas projects, echoing an earlier deal with the French energy giant TotalEnergies.

Items for the May 3, 2026 Meeting

1. Meet the New Leader of the Free World (NYT) – Click4PDF – AI Summary - Ukraine Has Picked Up the Torch America Dropped; the world is looking to Volodymyr Zelensky for leadership.
2. It's the Age of Electricity and America Isn't Ready (NYT) – Click4PDF – AI Summary - Our grid is too old and our supply of electricity too small. If we don't meet this moment, we will face an impoverished future. [*Ed. Note:* The PDF is not as clean as usual due to the interactive features in the original article.]
3. A new therapy has the potential to cure hundreds of diseases and even reverse aging (NYT) – Click4PDF – AI Summary - A new therapy has the potential to cure hundreds of diseases — and even reverse aging.
4. The Great Ozempic Experiment (NYT) – Click4PDF – AI Summary - Science needs to keep up, or use of the drug may spin out of control. . [*Ed. Note:* The PDF is not as clean as usual due to the interactive features in the original article.]

Below the fold

- The FCC is Forcing Disney to Renew Its ABC Broadcast TV Licenses Early after the Jimmy Kimmel Controversy (CCNews)
- The FCC Adopts New Rules to Prevent Scam Calls (CCNews)
- Netflix Launches Vertical Videos on Mobile (CCNews)

Items for the April 26, 2026 Meeting

1. I Went to China to See Its Progress on A.I. We Can't Beat It. (NYT) – Click4PDF – AI Summary - China has worked around export controls by training AI models on foreign data centers and by stacking less-powerful chips to achieve high performance. [*Ed note:* See also a related episode from The SpillOver]
2. Our Tax System Should Make You Furious (NYTIMES podcast transcript) – Click4PDF – AI Summary - The tax expert Ray Madoff explains why the American tax system is broken, and how to make it fairer.

3. Judge Halts Trump Actions Aimed at Throttling Renewable Energy – Click4PDF – AI Summary - The Interior Department had imposed restrictions on wind and solar projects across the country, prompting developers to sue.
4. Two Drugs Stir Hope for Treatment of Deadly Pancreatic Cancer – Click4PDF – AI Summary - In separate small clinical trials, two treatments showed promise that they could help patients with one of the most dire diagnoses in oncology.

Items for the April 19, 2026 Meeting

1. Nexstar eliminates diversity in national news on local stations it owns (CCNews) – AI Summary - Nexstar is Ending National News From Sources Like NBC on Local News Casts on ABC, CBS, FOX, & NBC Stations As It Replacing It With National NewsNation Content. [*Ed. note:* The AI Summary is two pages as the AI offered some additional analysis that I copied]
2. 3 Years After a Landmark Law, Some Pregnant Workers Still Don't Get Basic Accommodations (NYT) – Click4PDF – AI Summary - Companies have denied requests from women asking to sit during work or take extra breaks, leading some of them to develop health complications or take unpaid leave.
3. Paramount Will Soon Own Over 50 Cable TV Channels & Many of The Most Watched Channels Once it Buys Warner Bros. Discovery (CCNews) – Click4PDF – AI Summary – The right wing leaning organization that fired Stephen Colbert continues its media takeover.
4. Japan's Cherry Blossom Database, 1,200 Years Old, Has a New Keeper (NYT) – Click4PDF – AI Summary - The remarkable catalog of dates is one of the longest-running records of climate change. Its creator died, setting off a search for a successor.

Items for the April 12, 2026 Meeting

1. Doctors Couldn't Help Them. They Rolled the Dice With A.I. – Click4PDF – AI Summary - Some women with complex chronic illnesses are using chatbots to search for diagnoses or relief from their symptoms.
2. U.S. Bird Populations Continue Alarming Decline (Audubon) – AI Summary - The 2025 U.S. State of the Birds report revealed continued widespread declines in American bird populations with 229 species requiring urgent conservation action. A landmark 2019 study documented the loss of 3 billion birds in North America over 50 years.
3. Federal Agency Unveils Three Potential Osteoarthritis Treatments (NYT) – Click4PDF – AI Summary - With funding from ARPA-H, three teams of

researchers have regrown bone and cartilage, even entire knees, in animal studies. Human trials are not far off.

Items for the April 5, 2026 Meeting

1. Measles Is Roaring Back. We Are Not Ready (NYT) – Click4PDF – AI Summary - Pediatric emergency medicine and intensive care are struggling. Many doctors today have never seen a measles or polio case in their practice.
2. Judge in DirecTV/State AG Suit Blocks Major Media Consolidation (CCNews) – Click4PDF – AI Summary - U.S. District Judge Troy Nunley issued a temporary restraining order that prevents the Nexstar and Tenga from integrating their operations for at least two weeks.
3. Colorado Public Radio and partners win First Amendment case against Trump administration (CPR) – Click4PDF – AI Summary – The court agreed that the Trump administration's executive order, "Ending Taxpayer Subsidization of Biased Media" violated the First Amendment, affirming what we have long believed: independent journalism must remain free from government interference or retaliation.
4. Remember the Oil Shocks of the '70s? This Is Going to Be Worse. Much Worse (NYT) – Click4PDF – AI Summary - Higher oil prices and limited supply will accelerate a turn toward cleaner technologies, especially in Asia and Europe.

Items for the March 29, 2026 Meeting

1. What to Know About Electric Cars When Gas Prices Are Surging (NYT) – Click4PDF – AI Summary - War in Iran has disrupted global oil supplies, which is prompting some car shoppers to look for ways to climb off "the gas-price roller coaster."
2. 4 Things Ophthalmologists Wish You Knew About Your Eyes (NYT) – Click4PDF – AI Summary - For starters: They can get sunburned.
3. Trump Killed an Effort to Secure Our Technological Future (NYT) – Click4PDF – AI Summary - The administration is further weakening the country's position in the critical semiconductor sector.

Items for the March 22, 2026 Meeting

1. Tim Kaine Is Forcing the Iran War Debate From the Minority (NYT) – Click4PDF – AI Summary - Senator Tim Kaine, Democrat of Virginia, has found a way to repeatedly occupy floor time and force all senators to take votes challenging President Trump's use of military force.
2. Democrats Hammer Trump on 'Energy Affordability' as Iran War Continues (NYT) – Click4PDF – AI Summary - A new Senate report argues the Trump administration has also pushed costs up by stifling clean

energy. [*Ed. Note:* "… 354 clean energy projects have been delayed, blocked or been forced to lay off workers…"]

3. The Weather Is Getting Wilder, and Some See a Dire Signal in the Data (NYT) – Click4PDF – AI Summary - Several of the Earth's systems are changing faster than predicted as global temperatures rise, scientists say.

Below the fold March 22, 2026

1. This Is the Moment Adam Smith Has Been Waiting For (NYT) – Click4PDF – AI Summary - Some of the clearest guidance for this economically distressing moment comes from a book published 250 years ago: "The Wealth of Nations," by Adam Smith, who put optimism about people at the center of his economic philosophy.
2. The Descendant, a book by Linda Stasi – Was The Godfather inspired by her Colorado family of Italian immigrants? See the Linda Stasi interview on Colorado Matters 3/19/2026. In the interview she also refers to lack of general knowledge about the Ludlowe Massacre (Wikipedia) and how much has our history been whitewashed already.
3. In Ski Towns, a Bad Snow Year Is Worsening Wildfire Fears (NYT) – Click4PDF – AI Summary - A record-breaking snow drought has residents worried about much more than slushy slopes.

Items for the March 15, 2026 Meeting

1. The Smart Home Never Quite Worked. Now It's Getting an A.I. Reboot (NYT)– Click4PDF – AI Summary - Amazon and Google think that artificially intelligent assistants like Alexa+ and Gemini will speed up the process of setting up a smart home, but many problems remain unsolved.
2. GLP-1s don't just quell addiction cravings. They stop them from forming in the first place (NatGeo) – Click4PDF – AI Summary - This revelation could cut addiction-related deaths by 50 percent.
3. How Healthy Is Cabbage? (NYT) – Click4PDF – AI Summary - Don't let its unassuming looks deceive you. [*Ed note:* links to recipe PDFs are in the AI Summary]
4. 36 Hours in Grand Junction, Colo (NYT) – Click4PDF – AI Summary -This western Colorado city is drawing more than just outdoor enthusiasts with its small but growing destination-dining scene, new hotels and expanded arts programming
5. Trump Administration Readies Plans to Dismantle Renowned Science Lab (NYT) – Click4PDF – AI Summary - Proposals include transferring a supercomputer to the University of Wyoming and shifting a space weather lab to a private company. [*Ed. Note:* Trump's attacks on Colorado (NCAR) continue]

Articles for HCUUF Zoom October 11, 2026

Items for the March 8, 2026 Meeting

1. Less and less a novelty, home oxygenation is growing in Colorado's high country (CPR) – AI Summary - More of Colorado's high-country dwellings are being outfitted with a technology aimed at thwarting the state's most regarded health hazard: elevation.
2. States Move to Limit Access to H.I.V. Treatment (NYT) – Click4PDF – AI Summary - Citing rising costs and shortfalls in federal support, about 20 states are toughening eligibility requirements for patients in drug assistance programs.
3. The Big Problem With Tariffs Isn't the Rates. It's the Corruption (NYT) – Click4PDF – AI Summary - The president still has a lot of leeway to impose tariffs. That's an invitation for businesses to curry favor with him.
4. An Assertive Supreme Court Turns to Curbing State Courts (NYT) – Click4PDF – AI Summary - Liberal justices accused their colleagues of expanding use of the emergency docket again in two orders issued this week.

Items for the March 1, 2026 Meeting

1. Chip Disaster That Silicon Valley Has Long Ignored (NYT) – Click4PDF – AI Summary - If China invades Taiwan and cuts off its chip exports to American companies, the tech industry and the U.S. economy would be crippled. [*Ed. Note:* I think it actually would be *much* worse than that]
2. Measles hit decades-high levels last year, and this dangerous, highly contagious virus is surging again (UCHealth) – Click4PDF – AI Summary - Why is measles so dangerous? Does it spread more easily than the viruses that cause flu, COVID-19, Ebola and polio? And who should get vaccinated to prevent measles?
3. What Brontë Country Tells Us About Britain Today (NYT) – Click4PDF – AI Summary - West Yorkshire, where the original "Wuthering Heights" was written, offers a window into the forces that are disrupting British politics.
4. The quest to engineer a silk that's stronger than steel (NatGeo) – Click4PDF – AI Summary - It already exists in the natural world. Now, thanks to breakthroughs in genetic engineering, scientists have created "supersilk." And it's poised to upgrade far more than our clothing.
5. To Extract Hot Water From the Earth, a Plan to Pipe It In First (NYT) – Click4PDF – AI Summary - Developers are using a new geothermal technology in Germany to produce clean energy.

Items for the February 22, 2026 Meeting

1. Vaccine Makers Curtail Research and Cut Jobs (NYT) – Click4PDF – AI Summary - Federal policies under Robert F. Kennedy Jr. that are hostile

to vaccines have "sent a chill through the entire industry," one scientist said.

2. 6 Versions of 'Wuthering Heights,' 6 Very Different Depictions of Passion (NYT) – Click4PDF – AI Summary - From Merle Oberon and Laurence Olivier to Margot Robbie and Jacob Elordi nearly a century later, the onscreen connection between Cathy and Heathcliff has taken many turns.
3. 7 Moves to Improve Your Balance and Overall Strength (NYT) – Click4PDF – AI Summary - These exercises challenge one side of your body at a time. Practicing them can make daily tasks easier.

Items for the February 15, 2026 Meeting

1. Are You Aging Well? Try These Simple Tests to Find Out (NYT) – Click4PDF – AI Summary - They can't guarantee future health, but they can tell you the trajectory you're on.
2. 3 Policy Moves Likely to Change Health Care for Older People (NYT) – Click4PDF – AI Summary - Two regulatory rollbacks, along with a new A.I. experiment in Medicare, raise some worrisome questions.
3. The Finance Industry Is a Grift. Let's Start Treating It That Way (NYT) – Click4PDF – AI Summary (two pages) - Regulating the industry is useful. Shaming it is crucial.
4. America Isn't Ready for What AI Will Do to Jobs (TheAtlantic) – Click4PDF – AI Summary - Does anyone have a plan for what happens next? [*Ed. Note*: For example, see AI is Going To Replace Employees At Local ABC, CBS, FOX, & NBC Stations, Leading to Layoffs (CCNews)].
5. F.D.A. Refuses to Review Moderna Flu Vaccine (NYT) – Click4PDF – AI Summary - The vaccine maker's shots involve the successful Covid vaccines' RNA technology. Health Secretary Robert F. Kennedy Jr. has broadly rejected it, canceling millions of dollars in research projects.

Items for the February 8, 2026 Meeting

1. Major Changes Are Coming to Local ABC, CBS, FOX, & NBC Stations If The FCC Approves New Rules – Here Is What Could Change (CCNews) – Click4PDF – AI Summary - In a move that could reshape the landscape of local television broadcasting, the Federal Communications Commission (FCC) is actively considering revisions to its longstanding ownership rules, potentially allowing media companies to own more stations in the same market, including affiliates of major networks like ABC, CBS, FOX, and NBC.
2. New York City Partners with W.H.O. as U.S. Withdraws From Global Effort (NYT) – Click4PDF – AI Summary - City health authorities are joining a network that counters new pathogens and emerging outbreaks.

3. How PFAS harm our health — and why they're everywhere (PBS) – [*ed. Note:* Video -> no pdf or AI Summary] - The so-called forever chemicals helped spur innovation, but they're also insidious to human health.
4. America Officially Leaves the Paris Climate Agreement. For the Second Time (NYT) – Click4PDF – AI Summary - The United States is the only country to pull out of the global agreement among nations to fight climate change. European diplomats say the U.S. reputation is suffering.

Items for the February 1, 2026 Meeting

1. The Hidden Risk to the Housing Market (NYT) – Click4PDF – AI Summary - America is facing a looming economic crisis that few people are talking about, and most citizens are not even aware of: a housing market collapse driven by increasingly devastating natural disasters. [*Ed. Note:* For example, Excel needs to bury or reinforce it's most vulnerable power lines – expensive.]
2. This A.I. Tool Is Going Viral. Five Ways People Are Using It (NYT) – Click4PDF – AI Summary - Claude Code generates computer code when people type prompts, so those with no coding experience can create their own programs and apps.
3. Microsoft Continues to Spend Big on A.I. While Profit Jumps 60% (NYT) – Click4PDF – AI Summary - The company said on Wednesday that revenue in the most recent quarter was $81.3 billion, but its share price dropped more than 7 percent in after-hours trading.
4. 4 Parkinson's disease symptoms that can show up decades before a diagnosis (WaPo) – Click4PDF – AI Summary - Many people think of a tremor as the quintessential warning sign of Parkinson's disease. But other symptoms — many of them not involving changes in movement — can appear much earlier than what's known as a resting tremor.
5. The Trump administration has secretly rewritten nuclear safety rules (NPR) – Click4PDF – AI Summary - The Trump administration has overhauled a set of nuclear safety directives and shared them with the companies it is charged with regulating, without making the new rules available to the public, according to documents obtained exclusively by NPR.
6. New Video Analysis Reveals Flawed and Fatal Decisions in Shooting of Pretti (NYT) – Click4PDF - A frame-by-frame assessment of actions by Alex Pretti and the two officers who fired 10 times shows how lethal force came to be used against a target who didn't pose a threat.
7. ICE Expands Power of Agents to Arrest People Without Warrants (NYT) – Click4PDF – AI Summary - An internal memo changed the standard from whether people are unlikely to show up for hearings to whether they could leave the scene.

Articles for HCUUF Zoom October 11, 2026

Items for the January 25, 2026 Meeting

1. Can exercise and anti-inflammatories fend off aging? A study aims to find out (NPR) – Click4PDF – AI Summary - There's a new study underway to test whether it's possible to fend off age-related diseases with a novel combination of high-intensity interval training and anti-inflammatory medicines and supplements.
2. Another PBS Station is Shutting Down After Federal Budget Cuts (CC News) – Click4PDF – AI Summary - In a significant setback for public media in northwest Ohio, WBGU-TV, the PBS affiliate operated by Bowling Green State University, has **announced** it will cease broadcasting PBS content after June 30.
3. Bill Asks CoPilot about GLP-1 Addiction Treatment Status – Looks promising: Alcohol – real results, Tobacco – early positive hints, Drugs – still preclinical.
4. Trump's 'Board of Peace' Would Have Global Scope but One Man in Charge – Click4PDF – AI Summary - The initiative is the latest example of the president's dismantling the post-World War II international system and building a new one, with himself at the center. [*ed. Note:* Personally I think it his start on building a post-presidential world authority]

Items for the January 18, 2026 Meeting

1. The MAGA Plan to Take Over TV Is Just Beginning (NYT) – Click4PDF – AI Summary - Under Trump, the F.C.C. has used obscure regulatory powers to crack down on network TV. Some conservatives are pushing back. [ed. Note. See also Sinclair is Trying to Buy More ABC, CBS, FOX, & NBC (CCDaily) and Fox31 Owner Buying 9NEWS Parent (Westword)]

2. The FDA Often Doesn't Test Generic Drugs for Quality Concerns, So ProPublica Did (ProPublica) – AI Summary - Because the Food and Drug Administration doesn't routinely test generic drugs for quality, ProPublica engaged an independent lab to assess three of the most widely used medications in the U.S.

3. E.P.A. to Stop Considering Lives Saved When Setting Rules on Air Pollution (NYT) – Click4PDF – AI Summary - In a reversal, the agency plans to calculate only the cost to industry when setting pollution limits, and not the monetary value of saving human lives, documents show.

4. Literary Arts Fund created to rekindle a love for reading (PBSNews) – Click4PDF – AI Summary - According to a recent study, reading for pleasure has fallen by 40% in the last 20 years, continuing a long-running downward trend. By many measures, reading skills for both students and adults continue to fall.

5. Microsoft Pledges Community First AI Datacenter Model In United States To Shield Residents From Higher Electricity, Water Costs (ESGNews) – Click4PDF – AI Summary - Microsoft commits to internalizing AI datacenter energy and water costs to prevent higher residential utility bills in host communities.

Items for the January 11, 2026 Meeting

1. Vaccines Are Helping Older People More Than We Knew (NYT) – Click4PDF – AI Summary - Many shots seem to have "off-target" benefits, such as lowering the risk of dementia, studies have found.
2. Cheap Solar Is Transforming Lives and Economies Across Africa (NYT) – Click4PDF – AI Summary - Chinese panels are now so affordable that businesses and families are snapping them up, slashing their bills and challenging utilities.
3. The Cost of Disability (NPR Newsletter) – AI Summary - People with disabilities talk about what they call "the disability tax." It's the idea that there are added costs to living with a disability. 35 years after ADA, people with disabilities still find hotels unaccommodating.
4. Trump's Cuts Are About to Make Health Care Even Worse (NYT) – Click4PDF – AI Summary – The nation cannot afford further deterioration in health care, and proposed cuts would accelerate decline at a moment when the system is already struggling.

Items for the January 4, 2026 Meeting

6. CDOT announces plans to start Exit 203, Colorado Highway 9 in Frisco project in April 2026 (SDN) – Click4PDF – AI Summary - Getting off and on Exit 203, exiting Dillon Dam Road and even getting to Whole Foods Market from certain directions will look different in Frisco a few years from now.

7. Dec. 30, 2025: Colorado researcher on drug that holds promise for treating Alzheimer's; Denver's missed climate goals (CPR) – Audio Only – AI Summary - There's promising new research out of Colorado in the effort to treat Alzheimer's disease. The study focused on the drug Leukine, which is already on the market to treat other disorders. [ed. Note: See also Long-approved drug shows promise in slowing neuron loss in Alzheimer's disease (News-Medical.net) – Click4PDF – AI Summary].

8. A Heartbreaking Essay, Delivered Fully Formed (NYT) – Click4PDF – AI Summary - When Tatiana Schlossberg submitted an essay to The New Yorker, it had not been assigned or even expected. It was accepted immediately and barely edited.

9. A Battle with My Blood (NewYorker) – Click4PDF – AI Summary - When I was diagnosed with leukemia, my first thought was that this couldn't be happening to me, to my family by Tatiana Schlossberg.

Items for the December 28, 2025 Meeting

1. Trump Halts 5 Wind Farms Off the East Coast – Click4PDF – AI Summary - The Interior Department said the projects posed national security risks, without providing details. The decision imperils billions of dollars of investments. [ed. note: A video report of this was also featured on the 12/22/2025 edition of PBS News Hour]
2. Flu is hitting Colorado hard, but it's easier than ever to test and vaccinate at home (CPR) – Flu is prevalent in Colorado. There are home tests in local stores and a nasal vaccine (FluMist).
3. Why I Am Resigning (TheAtlantic) – Click4PDF – AI Summary - A federal judge explains his reasoning for leaving the bench. [ed. Note – interesting history and issues with Trump's weaponization of the legal system make this an interesting read]

Items for the December 21, 2025 Meeting

1. Audio Interview: Siddhartha Mukherjee on understanding cancer now (NPR/on-point) – AI Summary - In 2011, Siddhartha Mukherjee won the Pulitzer Prize for his biography of cancer, "The Emperor of All Maladies" (Book AI Summary`). Now, he's back with an update on how our understanding of cancer has advanced — and what lies ahead.
2. Ramaswamy Challenges Conservatives on Surging Bigotry on the Right – Click4PDF – AI Summary - The leading Republican candidate for Ohio governor is calling out his party for rising intolerance, including against Indian American immigrants and their children, like him.

Items for the December 14, 2025 Meeting

1. PBS Is Shutting Down Service In an Entire State After Losing Federal Funding (CordCutters) – Click4PDF – AI Summary - The Arkansas Educational Television Commission voted on December 11, 2025, to end its partnership with the Public Broadcasting Service (PBS), effective July 1, 2026.
2. Why One Man Is Fighting for Our Right to Control Our Garage Door Openers (NYT) – Click4PDF – AI Summary - If companies can modify internet-connected products and charge subscriptions after people have already purchased them, what does it mean to own anything anymore?
3. The G.O.P. Wanted 'Mama Bears.' It Got Something More Unruly (NYT) – Click4PDF – AI Summary - Trump didn't invent misogyny, but he's leaning into it.

4. That '70s Dessert – Click4PDF – AI Summary - This holiday, I'm leaning into retro charm with cherry yum-yum, one-day fruitcake and sock-it-to-me-cake.

Items for the December 7, 2025 Meeting -> Summaries

1. An investor called $140,000 the new poverty line. Experts disagreed but said he had a point (WaPo) – Click4PDF – AI Summary - Michael Green's tally of the costs of raising a family in the U.S. today is going viral, even if some economists scoff at his math
2. These very hungry microbes devour a powerful pollutant (WaPo) – Click4PDF – AI Summary – This article highlights a fascinating intersection of biology and climate science: using nature's own methane-devouring microbes as a potential ally in fighting global warming.
3. A 20-Minute Workout to Build Strength for Everyday Tasks (NYT) – Click4PDF – AI Summary - Practicing these pushing and pulling exercises can make daily movements feel more comfortable.

Items from the November 30, 2025 Meeting -> Summaries

1. EPA Approves Four New Pesticides That Qualify as PFAS (CivilEats) – Click4PDF – AI Summary - Despite MAHA promises to reduce chemical exposures, experts warn the Trump administration is approving a wave of 'frightening' pesticides.
2. Recycling Lead for U.S. Car Batteries Is Poisoning People (NYT) – Click4PDF – AI Summary - We went to Nigeria, where recycling plants are extracting lead for use in American and European car batteries — at a terrible human cost. *Ed. Note – Due to the dynamic interactive properties of this article it did not convert well to PDF resulting in lots of white space and an unusually large file.*
3. A Different Type of Dementia Is Changing What's Known About Cognitive Declines (NYT) – Click4PDF – AI Summary - On its own, LATE dementia is less severe than Alzheimer's, but in combination, it makes Alzheimer's symptoms worse, scientists say.

Items for the November 23, 2025 Meeting -> Summaries

1. A Cancer Diagnosis Brings a New Season of Grief to the Kennedy Family – Click4PDF – AI Summary - Tatiana Schlossberg, a daughter of Caroline Kennedy, revealed a terminal cancer diagnosis in an essay published on the anniversary of her grandfather's assassination.

Items for the November 16, 2025 Meeting -> Summaries

1. Stinking, Spongy, Dark, Huge: A Spider Web Unlike Any Seen Before (NYT) – Click4PDF – AI Summary - A pitch-black cave in the Balkans is

home to what researchers say is a singular work of cooperation by two usually-hostile species of spider.

2. 5 Minutes That Will Make You Love Alto Saxophone (NYT) – Click4PDF – AI Summary - Almost no other instrument seems so synonymous with jazz as the sax. Listen to some classic alto playing from Charlie Parker, Cannonball Adderley, Sonny Stitt and more greats.
3. New Pill From Merck Could Slash Cholesterol Levels, Trials Show (NYT) – Click4PDF – AI Summary - The drug targets the PCSK9 protein, and could give millions of people a more affordable option to reduce their heart disease risk.
4. 4 surprising cancer symptoms you should know about, according to an oncologist (WaPo) – Click4PDF – AI Summary - One patient felt chest pain after drinking wine. It turned out to be Hodgkin lymphoma.

Items from the November 9, 2025 Meeting -> Summaries

1. Global Warming Made Hurricane Melissa More Damaging, Researchers Say – Click4PDF – AI Summary - Climate change enabled the storm to churn faster and grow more quickly, a rapid analysis found.
2. Is Melatonin Bad for Your Heart? Here's What to Know – Click4PDF – AI Summary - Headlines this week have raised alarms about the popular sleep supplement.
3. To Ease Sciatica, Keep Moving – Click4PDF – AI Summary -It's important to not only identify this painful condition correctly, but find exercises you can comfortably do.
4. Trump Officials Accused of Bullying Tactics to Kill a Climate Measure – Click4PDF – AI Summary - Nations were poised to approve the first fee on pollution from ships. That's when the Trump administration began the threats.
5. At a Climate Summit Without the U.S., Allies and Rivals Call for Action – Click4PDF – AI Summary -The calls for action on opening day stood in sharp contrast to the position of the President Trump, who has called global warming a "con job."

Items from the November 2, 2025 Meeting -> Summaries

1. Life Lessons from (Very Old) Bowhead Whales (NYT) – Click4PDF – AI Summary - A gene that helped bowheads adapt to frigid Arctic waters also granted them extraordinary longevity. Could it help aging humans become more resilient?
2. The Secrets of a Healthy Snack (NYT) – Click4PDF – AI Summary - These expert tips and homemade recipes (sweets included) will help satisfy every craving.

3. Are Some Sugars 'Less Bad' Than Others? (NYT) – Click4PDF – AI Summary - We asked experts if sweeteners like honey, maple syrup and agave nectar are better options.
4. Take a Look at Rare Photos of Red Lightning in New Zealand (NYT) – Click4PDF – AI Summary - Three photographers were able to capture the red sprite phenomenon, when lightning flashes above thunderstorms, in high definition against the Milky Way.

Items for the October 26, 2025 Meeting -> Summaries

1. Mental exercise can reverse a brain change linked to aging, study finds (NPR) – AI Summary - Scientists are reporting the first compelling evidence in people that cognitive training can boost levels of a brain chemical that typically declines with age.
2. Vision Restored Using Prosthetic Retinal Implant (NYTIMES) – Click4PDF – AI Summary - The device could help a million people with a severe form of macular degeneration to be able to see enough to read (*Ed. Note*: 1st generation device with obvious paths to great improvement)
3. Should You 'Feed a Cold and Starve a Fever'? (NYT) – Click4PDF – AI Summary – NY Times asked experts if the adage is true.
4. American Wins International Chopin Piano Competition (NYT) - Click4PDF – AI Summary – In Warsaw, a 27-year-old pianist from Massachusetts beat out 180 competitors to win what some call the Olympics of the piano world.

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 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.

Articles for HCUUF Zoom October 11, 2026

- 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?

Articles for HCUUF Zoom October 11, 2026

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 -
- 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.

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.
- 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

Articles for HCUUF Zoom October 11, 2026

- 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.

Articles for HCUUF Zoom October 11, 2026

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.

Articles for HCUUF Zoom October 11, 2026

- 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.

Articles for HCUUF Zoom October 11, 2026

- 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)

Articles for HCUUF Zoom October 11, 2026

- 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.
- 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
    - 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

Articles for HCUUF Zoom October 11, 2026

- 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?

Articles for HCUUF Zoom October 11, 2026

- [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