



Monday, March 23, 2026

1. Iran does not appear ready to give in, despite heavy losses.

Why? It is betting it can ratchet up global economic pain. Some U.S. and Israeli officials see a battle for the Strait of Hormuz, a critical waterway, as the war's possible endgame.

As energy prices rise: U.S. natural gas exporters are emerging as one of the war's big winners. And spiking gasoline costs are hitting Americans hard — some more than others.

2. President Donald Trump said he is sending ICE agents to U.S. airports today.

Why? Officials said ICE will help TSA agents as they deal with long security lines. But the move also appears designed to pile pressure on Democrats to agree to a funding deal. TSA lines are miserably long.

3. Two pilots were killed in a collision at New York's LaGuardia Airport.

Late last night: A passenger plane struck a firefighting vehicle as it was landing on the airport's runway, authorities said. Dozens of passengers were injured.

What else to know: The incident forced the closure of the airport for an investigation. The FAA issued a ground stop at LaGuardia until at least this afternoon.

4. Trump installed a Christopher Columbus statue on White House grounds.

Look familiar? It's a reconstruction of a statue dumped by protesters into Baltimore's harbor in 2020. The addition is part of Trump's efforts to remake the presidential campus.

Across the capital: Trump has made major changes and is planning more. Post art critic Philip Kennicott says Trump is the biggest threat to D.C. architecture since the War of 1812.

5. Casey Means's nomination to become the nation's top doctor has stalled.

Last spring: Means was picked to be surgeon general in a win for the MAHA movement, but she is yet to assume the role. Some key Republicans question her medical credentials.

This week: The White House is facing a deadline to nominate a CDC director. The nominee will have to deal with complicated vaccine politics.

6. Environmental risks could contribute to an increase in cancer rates.

What to know: It may be impossible to avoid all cancer-causing chemicals and pollutants in the environment. One oncologist identified the four exposures he's most worried about.

They include: Radon, a radioactive gas given off by rocks, soil and water, which you can test your home for, and microplastics, which you can limit your exposure to.

7. This man is on a quest to age better than his parents.

Twenty years ago: Columnist Steven Petrow started a list of things people do as they age, including his own parents, that he considered "stupid." It reached over 100 items.

Now, at nearly 70: He has more sympathy for his parents' decisions and recommends five key rules for healthy aging, including staying active and letting go of stubbornness.



Vocabulary 23/03/26

1. to ratcheted sth. up - to increase sth. in controlled stages over a period of time
Strait of Hormuz
Marine - US Marine Corps soldier
2. TSA - Transportation Security Administration
unprecedented - never happening happened or existed in the past
standoff - situation in which agreement in an argument does not seem possible
3. La Guardia - one of three NYC airports (JFK, Newark)
Jazz Aviation - Canadian Airline
FAA - Federal Aviation Administration
4. reckoning - a calculation that you make
5. Casey Means
to stall - to delay
MAHA - Make America Healthy Again
CDC - Centers for Disease Control and Prevention
6. Mikkael Sekeres, MD - (Doctor of Medicine)
7. Steven Petrow
stubbornness - being determined to do what you want and refusing to do anything else

To subscribe to The 7, go to <https://www.washingtonpost.com>