



Monday, April 13, 2026

**1. President Donald Trump announced a naval blockade of Iran.**

**This weekend in Pakistan:** More than 20 hours of talks between the U.S. and Iran, led by Vice President JD Vance, failed to yield a peace deal.

**What now?** Trump's blockade of ships from Iranian ports, meant to pressure Iran to give up its nuclear program, could derail the two-week ceasefire and increase oil prices.

**Last night:** Trump attacked Pope Leo XIV, a critic of the war, calling him "weak" and "terrible."

**2. Rep. Eric Swalwell suspended his campaign for California governor.**

**Why?** Multiple women have accused the Democrat in recent days of sexual misconduct, including sexual assault. He denies the allegations. The House may move to expel him.

**In other election news:** The Iran war and rising gas prices are dimming Republican hopes for the midterms. In one crucial district, voters grilled their Republican lawmaker in a town hall.

**3. Viktor Orban conceded defeat in Hungarian elections.**

**For 16 years:** Orban ruled Hungary with increasing authoritarianism and became an icon for populist conservatives worldwide. He was defeated by a center-right candidate.

**Even JD Vance couldn't save him:** The U.S. vice president campaigned for him last week. Orban is an ally of both Trump and Russian President Vladimir Putin.

**4. More is being revealed about how the U.S. DOGE Service actually worked.**

**In recent months:** Depositions and public record requests have uncovered how Elon Musk's government-cutting project operated with little oversight, relied on ChatGPT and more.

**More administration news:** Trump appointees at the EPA are holding up approvals of PFAS, also known as "forever chemicals." It's a sign of MAHA's influence.

**5. More Americans are millionaires than ever before, but many don't feel rich.**

**Average net worth in the U.S. is over \$1 million per household:** About 1 in 6 families surpass the seven-figure mark, data shows. But millionaires told The Post why they feel middle class.

**The challenge:** Rising prices have chipped away at the value of a million dollars, which stretches about as far as \$480,000 did 30 years ago. And the wealth gap is widening.

**6. It's about to feel like summer in some parts of the U.S. as drought worsens.**

**From the Plains to the Northeast:** High temperature records are forecast to be neared, tied or broken at about 600 locations this week.

**If you really like weather:** The Post's veteran storm chaser created a simple guide to tornadoes of every kind, from mile-wide monsters to skinny ropes.

**7. Studies show you can cut your cancer risk by exercising.**

**Meet Mikkael Sekeres:** The oncologist started exercising to cut his risk of heart disease, but later discovered that his healthy habit also reduced the risk of these cancers.

**Too tired to exercise?** The Post compiled a list of seven expert tips to help you find the energy for a workout, like taking a power nap beforehand or exercising with friends.



Vocabulary 13/04/26

1. to derail - (here) to prevent a plan or process from succeeding
2. Eric Swalwell
3. to concede - to admit, often unwillingly, that something is true  
authoritarianism - the belief that people must obey completely and not be allowed freedom to act as they wish  
Peter Magyar - designated prime minister of Hungary
4. deposition - a formal written statement made or used in a law court
5. to chip away at sth. to gradually reduce sth. so that it becomes smaller or weaker
6. The (Great) Plains - a dry area east of the Rocky Mountains
7. Mikkael Sekeres

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