



Tuesday, May 19, 2026

1. President Donald Trump said he called off an attack on Iran to give talks more time.

In a post on Truth Social: Trump said leaders in the Middle East asked him to “hold off” on a strike planned for today in light of “serious negotiations” on a possible peace deal.

What now? The U.S. is still prepared to launch “a full, large-scale assault” on Iran if negotiations fail, Trump said. He added that the leaders asked for “two or three days.”

A gripping account: The Post spoke to two sailors attacked in the Strait of Hormuz.

2. Three men were fatally shot at the Islamic Center of San Diego.

Yesterday morning: Two teenage suspects opened fire at the city’s largest mosque, police said, killing three people, including a “heroic” security guard who saved lives.

The investigation: The suspects, males ages 17 and 18, were found dead in a car from apparently self-inflicted gunshot wounds. The attack is being treated as a hate crime.

3. A \$1.8 billion fund that could help Trump allies was created in a highly unusual deal.

Yesterday: Trump’s agreement to drop his lawsuit against the IRS established a fund to compensate people who claim to have been targets of a “weaponized” justice system.

Legal experts panned the fund: Some said it was a product of self-dealing. One ethics watchdog described it as “one of the single most corrupt acts in American history.”

4. A major brush fire erupted yesterday outside Los Angeles County.

The latest: The Sandy Fire has grown to more than 1,300 acres and forced the evacuation of about 10,000 homes. Offshore winds have been driving flames across the hillsides.

In related news: Scientists are poised to abandon a worst-case projection for global warming. Climate skeptics are celebrating the move — experts explained the reality.

5. An American tested positive for Ebola.

What to know: The man, a doctor who has been working in Congo, is being taken to Germany for treatment along with six other Americans who are high-risk contacts.

Should you be worried? The risk to the U.S. remains low, but experts warn that this latest Ebola outbreak could become extraordinarily difficult to contain.

6. The EPA proposed repealing limits on “forever chemicals” in drinking water.

The risk: If finalized, the plan would end Biden-era restrictions of four toxic PFAS compounds. PFAS have been linked to cancer, immune system problems and infertility.

You can reduce your exposure: We asked environmental health experts for advice. They shared seven tips, like filtering drinking water and replacing nonstick pans.

7. Science could help you fall asleep faster.

Feel tired this morning? Get a better rest tonight with six science-backed tips. They include using a fan, wearing socks to bed and trying a special breathing exercise.

An extra piece of advice: Keep your phone out of the bedroom. A new study found that nearly half of teenagers in the U.S. are losing critical sleep to phone use after midnight.



Vocabulary 19/05/26

1. on the brink - at the point where a new or different situation is about to begin
2. SWAT team - Special Weapons And Tactics team
- self-inflicted - if an injury or problem is self-inflicted, you have caused it yourself
3. IRS - Internal Revenue Service (US tax authority)
4. brush fire - a fire that is difficult to control and often spreads quickly, involving small, low bushes or the rough land they grow on
- Sandy Fire - the name given to the fire
- Ventura County
5. Dr Peter Stafford
- to contain - (here) to keep something harmful within limits
6. EPA - Environmental Protection Agency
- PFAS - forever chemicals
- to repeal - to withdraw, to make invalid

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