FROM The Washington Post

THE 7

GET CAUGHT UP

Friday, October 30, 2026

1. President Donald Trump scrapped planned rallies in two Senate battlegrounds.
This weekend: Trump was set to appear in Kansas and Iowa, but the events were abruptly canceled. He will instead hold "telerallies" in nearly 20 states, Republican officials said.
As we enter the campaign's final stretch: Republicans are bracing for losses. If they lose big, brash 37-year-old Trump strategist James Blair risks becoming the scapegoat.
As for Democrats: They believe an old Trump tactic will help them win.

2. Ohio governor candidate Vivek Ramaswamy took a controversial attack ad off air.
The latest: Ramaswamy (R) has discontinued the ad featuring the estranged mother of his Democratic opponent Amy Acton. The ad sparked anger and dredged up trauma for Acton.
In other battleground states: Darline Graham (R) is increasingly endangered in her Senate race in South Carolina. In Florida, retirees from the Midwest may help turn the state blue.

3. A general ousted by Pete Hegseth was referred for possible criminal prosecution.
Earlier this week: Army Lt. Gen. Brett Sylvia was fired without explanation. His removal coincides with the defense secretary's broader purge of top military officers.
What's new? The Pentagon said it made a criminal referral in an alleged leak case. When asked about the case yesterday, Trump appeared to be unaware Sylvia is a man.

4. A judge will hear arguments today on whether Trump's arch should proceed.
Ahead of the hearing: The leader of the Vietnam Veterans of America said he was misled before the group endorsed Trump's arch. Officials have tried to rally support from veterans.
At the Kennedy Center: A small, little-known Minnesota firm has been hired to oversee Trump's planned renovations. The surprising choice mystified the D.C. design community.
Yesterday: An unusually low flyover by the president's plane startled D.C. residents.

5. Patrick Stewart, the Shakespearean actor and "Star Trek" star, died aged 86.
What we know: Stewart died after a "brief and poignant journey" with Alzheimer's and Lewy body dementia, according to a statement posted yesterday on his social media accounts.
In honor of his passing: The Post republished a chat Stewart had in 2023 with Ann Hornaday, the longtime Post film critic who also recently passed away. It's full of wit and wisdom.

6. An obscure website has become a major force in the election information machine.
It's called Ballot Brief: Built using AI, it has become a stunning success and is often cited by chatbots such as ChatGPT. However, The Post identified numerous mistakes on the site.
In other AI news: An emerging type of hack by AI agents could turn trusted websites into potential threats. Experts recommend keeping yourself safe by following five steps they suggest.

7. Does marijuana help or hinder sleep? A new study found a surprising answer.
Millions of people use cannabis to help them sleep: Edibles, gummies, tinctures and other products that contain the drug's active compounds are widely promoted as sleep aids.
However: Cannabis may actually worsen your sleep in some cases, the study said. While people who use marijuana may fall asleep faster, they can experience "micro-awakenings."



Vocabulary 30/10/26

1. to scrap - to discontinue a plan
   Roger Marshall (R)
   Adam Hamilton (D)
   Ashley Hinson (R)
   Josh Churek (D)
2. Vivek Ramaswamy (R)
   Amy Acton (D)
   to dredge up sth. - to talk about something bad or unpleasant that happened in the past
3. Lt. Gen. Brett Sylvia
   to refer - to direct someone to a different place
4. U.S. District Judge Tanya S. Chutkan
   to rally - to come together to provide support
5. Patrick Stewart
   poignant - causing a very sharp feeling of sadness
   Ann Hornaday
6. Ballot Brief - name of the website
   Ben Torres Ezrick

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