FROM The Washington Post

THE 7

GET CAUGHT UP

Monday, November 16, 2026

1. Transportation Secretary Sean Duffy refused to apologize for a weekend of flight chaos.
The latest: Duffy blamed previous administrations for not investing in the air traffic control system after a 4½-hour ground stop Friday led to the cancellation of thousands of flights.
What caused the issue? Officials pointed to the failure of a router in Arkansas. Nevertheless, Duffy said U.S. infrastructure is secure and schedules should return to normal today.

2. President Donald Trump is facing a complicated week of diplomacy.
Why? He is set to meet with China's Xi Jinping and Russia's Vladimir Putin in China. But, following the midterm elections, his influence has been seriously weakened.
His relationship with Nvidia's ousted CEO also hobbles him: Jensen Huang had extraordinary access to Trump. And Trump benefited financially from Nvidia's success.
SNL's take: The show opened by poking fun at Huang's reported affairs.

3. Democrats are urging each other not to squander their midterm election wins.
At a conference last week: Presidential contenders, strategists and other party insiders gathered to celebrate midterm success. But some fear blowing the opportunity.
An example to follow? Annie Andrews was the first Democrat to win a Senate seat in South Carolina since 1998. A carefully plotted outreach to Republicans was key to her victory.

4. Tulane found a student responsible for sex assault. A law school admitted him anyway.
The case: Tate Weston was granted a diploma by Tulane while the school was investigating him for rape. He then enrolled in Washington and Lee University's law school in Virginia.
Why it matters: Weston's path through schools highlights what experts say are gaps in college disciplinary systems that can allow accused students to graduate, transfer or enroll.

5. Three high-profile moments have refocused attention on the death penalty.
This year: Christa Pike survived her execution. Plans to live-stream the Fort Hood shooter's execution were scrapped. And Gov. Gavin Newsom (D) moved to empty California's death row.
Taken together: These moments have led to new calls to end executions. Others are recommitting to capital punishment, embracing execution methods that had been largely abandoned.

6. GLP-1 drugs can cause serious complications that few know about.
For millions of patients: GLP-1 drugs have been safe and effective, delivering important health benefits for those struggling with obesity, diabetes, heart disease and more.
However: Some uncommon problems are coming to light, mostly involving severe gastrointestinal injuries. While the issues are rare, doctors want people to be aware of them.

7. Eggs vs. oatmeal: Which breakfast is better for you?
Both get a thumbs-up from dietitians: But neither is perfect. Eggs are protein-rich but lack fiber, while oats have fiber but less protein.
The verdict: It depends what you need. Oats have the edge when it comes to your gut health, but eggs have nutrients oats can't offer. See the benefits and drawbacks of each here.



Vocabulary 16/11/2026

1. Sean Duffy - Secretary of Transportation
2. truce - ceasefire
   to hobble - to walk in an awkward way
3. to squander - to waste opportunities by not using them to your advantage
   to scold - to speak to someone angrily
   Pete Buttigieg (D) - former Transportation Secretary
   Josh Shapiro (D) - Governor, Pennsylvania
4. Tulane - private university in New Orleans, Louisiana
   Cameron Lewis - female student at Tulane
   Tate Weston
   Lee University
   to enroll - to register
   to plead guilty - to formally admit that you committed a crime
5. Christa Pike
   Gov. Gavin Newsom (D), California
   death row - the place in prison where prisoners wait to be killed as punishment
   Gallup - international consultants (company)
6. GLP1 - a natural hormone that is produced after a person has eaten
   intestinal - related to the intestine, the long tube that food passes through after the stomach
7. fiber - (here) Ballaststoff (BE: fibre)

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