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# COLORADOAN

MONDAY, OCTOBER 12, 2026 | COLORADOAN.COM

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There is no print edition of the paper today, but you can find today’s puzzles, comics, national news and sports here in the eNewspaper.



## REBRANDING NICOTINE

Nicotine is the primary driver of tobacco addiction in the form of cigarettes, vapes and most other forms of commercial tobacco. The greatest health risks arise when tobacco is burned, which generates thousands of toxic substances.

PHOTOS BY GETTY IMAGES

### Movement touts addictive drug as beneficial, but dangers persist

**Hasmeena Kathuria**  
University of Wisconsin-Madison  
THE CONVERSATION

An ironic development emerging alongside the “Make America Healthy Again” movement is the portrayal of nicotine as a wellness and performance-enhancing product. Across social media, podcasts, wellness communities and tech startups, prominent wellness personalities and other influencers are portraying nicotine as a misunderstood compound whose potential benefits have been overshadowed by its negative association with cigarette smoking.

As a result, nicotine is being repositioned from an addictive substance linked to tobacco use to a natural product that can be used for everything from improving focus to protecting against cognitive decline. This trend includes use of nicotine alone in noncombustible products such as nicotine pouches, or in combination with caffeine and nootropics, which are substances marketed to enhance cognition.

As a pulmonary physician-scientist who studies nicotine addiction and the health consequences of tobacco and nicotine products, I am concerned about claims that nicotine can enhance wellness, productivity and cognitive performance.



Nicotine, in products such as nicotine pouches, is being repositioned from an addictive substance linked to tobacco use to a natural product that can be used for everything from improving focus to protecting against cognitive decline.

**Distinguishing between  
nicotine and tobacco**

Some of these claims stem from the observation

See **NICOTINE**, Page 3A

## Kennedy launches new push on vaccine injuries

HHS to study,  
document reported  
health problems

**Ahmed Aboulenein**  
REUTERS

WASHINGTON – Health Secretary Robert F. Kennedy Jr. last week launched an agencywide effort to study and document any health problems reported after vaccination, the Department of Health and Human Services said on Oct. 8.

The initiative is the latest step by Kennedy, who spent years questioning vaccine safety and founded an anti-vaccine group before taking office, to reshape federal immunization policy.

The American Academy of Pediatrics says childhood vaccines are studied in placebo-controlled and comparison-group trials and monitored for safety after approval.

The federal Vaccine Injury Table lists 14 compensable injuries across 16 vaccine types under the Vaccine Injury Compensation Program, a no-fault system in which claimants file against

See **KENNEDY**, Page 2A



Health and Human Services Secretary Robert F. Kennedy Jr., who spent years questioning vaccine safety and founded an anti-vaccine group before taking office, has taken steps to reshape federal immunization policy. KYLIE COOPER/REUTERS FILE

## Clock fight pits science vs. politics

Disagreement persists  
on which time to adopt

**Doyle Rice and Jeanine Santucci**  
USA TODAY

Daylight is already fading, and soon Americans will set back the clocks, too. But this year, political support is building for doing away with seasonal time changes by switching to permanent daylight saving time.

That would be a mistake, scientists say.

A new report echoes a chorus of scientific research saying that permanent standard time is the best solution for eliminating the dreaded twice-yearly clock change.

People might enjoy daylight saving time for its later sunsets throughout the year. But standard time’s earlier sunrises are more in line with our body clocks, leading to better sleep and mood, authors of the report said.

For now, most of the nation is scheduled to set the clocks back Nov. 1, ending daylight saving time and returning to standard time. [All states except Arizona

and Hawaii currently follow daylight saving time.]

The new analysis reviewed evidence on the public health implications of establishing permanent standard time and permanent daylight saving time. Though the analysis is Canadian, coauthor Ralph Mistlberger said it can be applied to the United States and much of the research reviewed was conducted in the United States.

“Morning light is the primary environmental time cue that aligns our biological

See **CLOCK**, Page 2A



Most of the nation is scheduled to set the clocks back Nov. 1, ending daylight saving time and returning to standard time. CAROLINE BREHMAN/REUTERS

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