



Data center operators consider curbing power

INSIDE, 5A

The Record Herald

MONDAY, OCTOBER 12, 2026 | THERECORDHERALD.COM

PART OF THE USA TODAY NETWORK

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.



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.

Distinguishing between nicotine and tobacco

Some of these claims stem from the observation that nicotine is a naturally occurring plant compound found primarily in tobacco and in nightshade vegetables such as tomatoes, potatoes and eggplant in trace amounts. Proponents of nicotine use also draw on studies suggesting that nicotine can affect certain aspects of cognition and brain function.



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.

However, extending these findings to broad claims about productivity, brain health, longevity or wellness goes well beyond what has been shown in human studies.

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, including carcinogens, carbon monoxide and fine particulate matter. Repeated exposure to these combustion products can cause cancer, chronic obstructive pulmonary disease, cardiovascular disease and numerous other smoking-related illnesses.

See NICOTINE, Page 3A

ICE secretly tracking protesters

Records reveal ‘Agitator Log’ kept in Minnesota

Nick Penzenstadler
USA TODAY

Michael Khalili always suspected his work tracking federal immigration officers in Minneapolis would land him on the federal government’s radar. The photos agents took of his car and face had to go somewhere.

Those fears became real when his status with Global Entry, a pre-screened flyer program, was revoked a day after an exchange in March with Immigration and Customs Enforcement. He then faced secondary airport screening when returning to the United States from an international trip this fall.

Now he has proof. USA TODAY sued ICE under the

See ICE, Page 5A

Trump takes suit against Clinton to Supreme Court

Andrew Chung
REUTERS

President Donald Trump asked the U.S. Supreme Court on Oct. 9 to revive his dismissed lawsuit against his 2016 Democratic rival Hillary Clinton accusing her of conspiring along with former FBI Director James Comey and others to rig that year’s election by linking his campaign to Russia.

The Republican president filed his appeal after a federal judge threw out the case and imposed nearly \$1 million in sanctions against Trump and one of his lawyers for bringing a “frivolous” suit. A federal appeals court subsequently upheld the dismissal and sanctions.

Trump’s lawyers wrote in the appeal that Supreme Court review of the case is needed in order to protect the

See LAWSUIT, Page 3A



Find Out How Much Equity You Have in Your Home
Make a Plan to Put It to Work

Call, Scan, or Visit
877-240-3751
addressUSA.com

Scan or call today for your FREE Equity Report.

Subscriber-only eNewspaper
The eNewspaper is an electronic copy of your print newspaper. Enjoy every page by going to therecordherald.com/enewspaper or scan this code on your mobile device. You will also find late news and sports in the bonus sections. Check it out today!



Volume 179 | No. 170
To subscribe 888-448-5905
©2026 \$1.50

