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Japan's Kaori Sakamoto competing on Feb. 12 at the 2018 Winter Olympics in PyeongChang, South Korea

Photograph by Tatyana Zenkovich—EPA-EFE/REX/Shutterstock

# TIME

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The annual swim in the Vltava River in Prague on Dec. 26, 2016



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### GET OUT A PENCIL

For this week's cover on how to live a longer, fuller life, we created an actual puzzle: the first interactive cover in TIME's 94-year history. By solving it, you'll discover some of the many healthy-aging secrets that are tucked inside this double issue—from the unexpected benefits of religion, to a new treatment attempting to finally address one of the most painful aspects of aging, to the best reason yet to live in a noisy, crowded city. The maze was created by Post Typography, a creative design agency in Baltimore and New York. Good luck, and enjoy the journey.

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**WAR GAMES**

RE “THE NEW NUCLEAR Poker” [Feb. 12]: The Trump Administration plans to develop terrifying new weapons. World leaders fear that we are on a dangerous slide into total annihilation of humanity. By lowering the threshold for using nuclear weapons, Trump’s new plan belies any claims that the U.S. is committed to arms control and nonproliferation. While we never miss an opportunity to waggle our fingers at other regimes developing weapons of mass destruction, we never hesitate to squander taxpayer money on our own.

*Jagjit Singh,*  
LOS ALTOS, CALIF.

MAKING AMERICA GREAT IS a commendable goal for a country that is already the world’s superpower. Its achievements in engineering, science, space and technology are the marvel of the world. Your article shows the darker side of this technology. Make no mistake, the development of tactical nuclear weapons, together with crippling sanctions, are not targeted to affect only heads of states and governments—but also ordinary men, women and children the world over. Makes me wonder whether this development will make America the great bully again.

*Prasanna Dahanayake,*  
YENNORA, AUSTRALIA

THOUGH THE JAPANESE atomic bomb survivors are rapidly dying off, we as humanity should not be collectively amnesiac and let history repeat itself. Nuclear weapons, be they strategic or tactical, do not belong with us.

*Tetsuro Umeji,*  
KUDAMATSU CITY, JAPAN

**WAR AND PEACE**

RE “CAN DONALD TRUMP Accept a Defeat in Afghanistan?” [Feb. 12]: President Trump needs to understand this: war may be an instrument of policy, but it is an instrument singularly prone to loss of control, an instrument so blunt and ungraduated that its use can never guarantee the intended outcome. Its only justification is peace. The object of every just war must be to wage peace and not to revel in it like one cocksure of its outcome.

*Hornng Ginn Wong,*  
SINGAPORE

**TRUTH SPEAKS FOR ITSELF**

RE “IS POLAND REWRITING Its WWII History?” [Feb. 12]: A country that is ready to openly discuss the darkest chapters of its history does not need a special law for it. The fact that many Polish collaborators helped the Nazis in Poland is indisputable. It is, however, also an undebatable fact that neither the Polish state nor the whole Polish people are



guilty of participation in the Holocaust. Given that such a simple truth does not require legal adjudication, one needs to question the Law and Justice Party’s intent in passing a law on the interpretation of history. Every country has the right to “historical truth.” Such truth, however, is not legitimized through definition by a regime but through historical research.

*Tom Klingenheben,*  
BONN, GERMANY

**A REFUGE IN INK**

RE “THE IMPORTANCE OF Darkness in Kids’ Books” [Feb. 12]: Years ago, I wrote a self-help book for children that presented thorny situations kids often face. Before it was published, the editors wanted to take out the page on “if someone touches you in an uncomfortable way.” They asked, “What if the adult reading the book

with the child is the abuser?” My reply: “Well, then, by all means, let’s protect the abuser!” The category remained. So, high praise to Matt de la Peña for writing, “I can’t think of a safer place to explore complex emotions for the first time than inside the pages of a book.”

*Tova Navarra,*  
MIDDLETOWN, N.J.

**DISTORTED VIEW**

RE “5 QUESTIONS” [Feb. 12]: I’m intrigued by the British-Indian sculptor Anish Kapoor’s understanding of Hindu arts, values and sensibilities regarding depictions of nudity. He knows that to get the attention of the Western media he has to speak against his own people. Kapoor is either misinformed or simply does not have a sense of judgment.

*Dipendra K. Sinha,*  
SAN FRANCISCO

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‘HE WANTS JUSTICE ONLY WHEN IT’S IN HIS FAVOR.’

EMMA ARBUTHNOT, judge, upholding the U.K. arrest warrant for WikiLeaks founder Julian Assange, who has been living in the Ecuadorian embassy in London since 2012 to avoid prosecution for publishing classified U.S. documents

**\$5 million**

Amount that a Maine dairy company will pay its drivers after a judge ruled that the lack of **one Oxford comma** in a list of tasks legally exempt from overtime pay meant their work wasn't covered by the law



**8 hr.  
7 min.**

Length of the address with which U.S. House minority leader Nancy Pelosi set a new record for **longest continuous speech** in the chamber, per the Office of the Historian

‘They should get back to baby pictures.’

SUSAN WOJCICKI, YouTube CEO, reacting to Facebook's new video strategy, which could compete directly with YouTube

**1,100**

Estimated weight, in pounds, of an unexploded World War II-era German bomb discovered during construction work near the London City Airport; the airport reopened after the bomb was detonated in a controlled explosion on Feb. 14



**Guacamole**  
Shark Tank investors put \$400,000 into the expansion of an avocado-themed restaurant

GOOD WEEK  
BAD WEEK

**Hummus**  
A drought in India has led to a chickpea shortage and a price hike in Britain

‘There’s pretty clear evidence that the Russians meddled.’

GEORGE W. BUSH, 43rd U.S. President, discussing the 2016 presidential election in a speech at an economics summit in Abu Dhabi

‘I HIGHLY RECOMMEND IT. IF YOU EVER HAVE THE OPTION, COME TO THE OLYMPICS. IT’S, LIKE, A FUN TIME.’

ADAM RIPPON, Team USA figure skater, in an interview with NBC's Andrea Joyce following his performance in the team skate event

‘If you want to talk, we’ll talk.’

MIKE PENCE, U.S. Vice President, suggesting he's open to negotiating directly with North Korea, though he said the U.S. "maximum pressure campaign" would also continue