

The Year Ahead

POWER

Jeh Johnson, LGBT rights, El Niño, Paul Ryan, Nancy Pelosi 48

SPORTS

Stephen Curry, Dave Roberts, the 2016 Summer Olympics 72

INVENTION

Satya Nadella, Riccardo Tisci, NASA, Jennifer Doudna 96

CULTURE

Adele, Gen Z, Elizabeth Strout, O.J. Simpson, *The X-Files* 118

HEALTH

The latest science on what you should eat. A TIME primer 145



Gymnast Sam Mikulak practices in the U.S. Olympic Training Center

6 | From the Publisher
9 | Conversation
14 | Verbatim

The Brief

News from the U.S. and around the world

17 | Ted Cruz steps up his ground game

21 | The Arab Spring's fifth birthday

23 | Life as a Muslim woman in Virginia

25 | The Fed raises interest rates

26 | Does your mood affect your health?

30 | How to find a job after you retire

The View

Ideas, opinion, innovations

33 | Ian Bremmer on our G-zero world

36 | Five guest commentaries

45 | Joe Klein: Of Dems and doves

150 | Anniversaries we'll note in 2016

151 | Joel Stein's 2016 predictions

152 | 2016 news quiz

Gillian Anderson, page 142



On the cover:

Photograph by Erik Madigan Heck for TIME

TIME (ISSN 0040-781X) is published weekly, except for two combined issues in January and one combined issue in February, April, July, August, September and November by Time Inc. **PRINCIPAL OFFICE:** 225 Liberty Street, New York, NY 10281-1008. Periodicals postage paid at New York, NY and additional mailing offices. **POSTMASTER:** Send all UAA to CFS (See DMM 507.1.5.2); **Non-Postal and Military Facilities:** send address corrections to TIME Magazine, P.O. Box 62120, Tampa, FL 33662-2120. Canada Post Publications Mail Agreement No. 40110175. Return undeliverable Canadian addresses to: Postal Station A, P.O. Box 4322, Toronto, Ontario M5W 3G9. GST No. 888381621RT0001. © 2015 Time Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited. TIME and the Red Border Design are protected through trademark registration in the United States and in the foreign countries where TIME magazine circulates. U.S. Subscriptions: \$49 for one year. **SUBSCRIBERS:** If the Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within two years. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. **CUSTOMER SERVICE AND SUBSCRIPTIONS:** For 24/7 service, visit time.com/customerservice. You can also call 1-800-843-TIME; write to TIME, P.O. Box 62120, Tampa, FL, 33662-2120; or email privacy@time.com. **MAILING LIST:** We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please call or write us. **PRINTED IN THE U.S. ♦♦♦**