

4 | Conversation  
6 | For the Record

## The Brief

News from the U.S. and around the world

7 | War in Syria escalates

8 | European Parliament to review daylight saving time

12 | Ian Bremmer on the future of South African President Jacob Zuma

13 | Facebook confirms test of a downvote button

14 | Earthquake strikes Taiwan

## The View

Ideas, opinion, innovations

17 | When men can't silence women

18 | A top U.S. naval commander in the Pacific on tracking North Korea

19 | How to respond to a rude person

21 | Jennie Willoughby, a former wife of White House staffer Rob Porter, speaks out

22 | Kehinde Wiley and Amy Serrano on painting Barack and Michelle Obama's portraits



## The Features

### The Voters Trump Forgot

Why the President's base is still with him

By Molly Ball 24

### The Business of Human Smuggling

It's boom times for those moving people illegally across borders

By Karl Vick and Lisette Poole 30

### Puerto Rico from Above

Harrowing images of the U.S. territory's slow recovery from Hurricane Maria

By Justin Worland, photographs by Ricardo Arduengo 38

### The 2018 Winter Olympics

As the politics recede, the athletes take center stage at PyeongChang

By Sean Gregory and Alice Park 84

### Jordan Peele on Culture, Race and Fear

A conversation with the Oscar-nominated director of *Get Out*

By Eddie S. Glaude Jr. 90

## Time Off

What to watch, read, see and do

95 | Natalie Portman stars in *Annihilation*

98 | *Black Panther* reviewed

100 | New political drama *The Looming Tower*

103 | A reading list for Black History Month

106 | My connection to the Berlin Wall

108 | 9 Questions for entrepreneur Chris Hughes

< 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

VOL. 191, NO. 7-8 | 2018

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



## THE LONGEVITY REPORT

Cutting-edge research from  
the frontiers of longevity

### Long View

What it takes to live the good life after 90

By Jeffrey Kluger and Alexandra Sifferlin **46**

### A Fragile Hope for Alzheimer's

A drug that may halt the disease is in  
trial testing

By Alice Park **54**

### The Big Chill

Meet the people who swear by the  
healing powers of frigid plunges

Photographs by Radek Kalhous **64**

### You Asked

From "How do I make peace with dying?"  
to "Is an anti-aging pill on the horizon?"

By TIME staff **72**

### Clues from the Animal Kingdom

What scientists are learning about the  
creatures with the longest life spans

By Jamie Ducharme **82**



### 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.

TIME (ISSN 0040-781X) is published by Meredith Corporation weekly, except for two skipped weeks in January and one skipped week in March, May, July, August, September and December due to combined issues.  
**PRINCIPAL OFFICE:** 225 Liberty Street, New York, NY 10281-1008. Periodicals postage paid at New York, N.Y., 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. 40110178. Return undeliverable Canadian addresses to: Postal Station A, P.O. Box 4322, Toronto, Ontario M5W 3G9. GST No. 888381621RT0001. © 2018 Meredith Corporation. 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](http://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](mailto: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. ♦♦♦**

RADEK KALHOUS—MFRN