

## Not one-size-fits-all: How to use retirement savings

Spending money too fast can leave you short, but being frugal can add stress. **In Money**

## Hallmark Christmas cruise offers a lot of heart, spirit

Fans on sold-out ship mingle with network stars and celebrate with family and friends. **In Life**

## Bills QB moves up on MVP list after upset

Josh Allen, who has never won the NFL award, takes over top spot of USA TODAY's rankings from Ravens quarterback Lamar Jackson. **In Sports**

# USA TODAY

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MARK KONEZNY/IMAGN IMAGES



Vladimir Putin updated Russia's nuclear doctrine after Ukraine used U.S. weapons on targets within Russia. VYACHESLAV PROKOFYEV VIA REUTERS

## Ukraine uses US missiles in Russia

### Putin lowers country's bar for nuclear response

Cybele Mayes-Osterman  
USA TODAY

WASHINGTON – Ukraine carried out its first strike using long-range U.S.-provided missiles on Tuesday. Later, Russian President Vladimir Putin lowered the bar for Russia's use of nuclear weapons.

A U.S. official confirmed Tuesday that Ukraine had launched its first strikes with ATACMS missiles under a new policy approved by the Biden administration. The official spoke on condition of anonymity to describe the use of the Army Tactical Missile System, which can strike targets nearly 200 miles from its ground-based launch site.

Congress received notification beforehand that Biden was lifting the restrictions, a senior congressional aide said on Tuesday.

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## Climate change experts gird for policy fight with Trump

Trevor Hughes  
USA TODAY

Climate-change experts facing a second Trump presidency that's widely expected to downplay the risks of a warming world are looking to Democratic governors and mayors to again pick up the mantle, along with some environmental nonprofits.

During his first term, President Donald Trump prioritized oil and gas development and softened efforts to fight climate change, including withdrawing from the Paris Climate Accords. He has promised to again prioritize the nation's economy over fighting climate change.

"We need states and cities and business and organizations to step up just as we did in 2017," said Gina McCarthy, who oversaw the Environmental Protection Agency under President Barack Obama and is now the co-chair of

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# 'Giant snow gun' set to hit Pacific Northwest



A snow plow passes a chaining area along Oregon Route 58 on Monday. PHOTOS BY CHRIS PIETSCH/USA TODAY NETWORK



Paul Collis takes a break from shoveling at Shelter Cove Resort on the shore of Odell Lake east of Oakridge, Ore., as snow moves through the Cascade Range.

A rapidly intensifying winter storm known as a bomb cyclone is brewing near the Pacific Northwest.

Damaging gusts, feet of mountain snow and heavy rain is forecast this week in parts of California, Oregon and Washington. A bomb cyclone is a potent cold-season coastal storm that's so-named due to its explosive strength.

The storm is dragging an atmospheric river along with it, a plume of moisture-filled air that "will act like a massive fire hose of rain at low elevations and a giant snow gun over the high country," AccuWeather said.

In other parts of the nation, powerful storms are expected to bring heavy snow and gusty winds to the Great Lakes, central Appalachians and the Northeast while rain and flash flooding is forecast for the Gulf Coast.

— USA TODAY

For the latest weather updates, go to [usatoday.com](http://usatoday.com).

## As smoking declines, disparities remain

### Despite progress, more deaths can be prevented

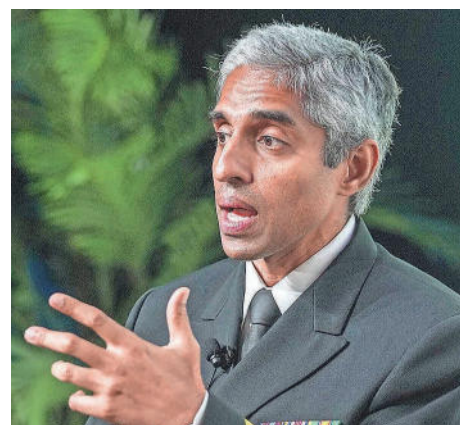
Ken Alltucker  
USA TODAY

Adult and youth smoking rates this decade have dipped to the lowest levels on record. Despite this progress, the nation's top doctor is warning about stubborn disparities that remain among the 36 million adults and 760,000 kids who smoke.

U.S. Surgeon General Vivek Murthy released a report Tuesday saying that cigarette smoking is more common among American Indian and Alaska Native people than other racial and ethnic groups. People living in poverty are more than twice as likely to smoke than those who earn non-poverty wages. Black people, lower-income populations and people with less education are more likely to be exposed to secondhand smoke.

Because cigarette smoking and secondhand smoke kill nearly half a million people each year nationwide, Murthy said an accelerated effort is needed to limit disparities in smoking rates and reduce secondhand smoke.

"What's at stake are the lives of our kids and adults across America," Murthy told USA TODAY. "Tobacco is the leading cause of preventable death in



RICARDO B. BRAZZIELL/USA TODAY NETWORK

**"Tobacco is the leading cause of preventable death in the country."**

Vivek Murthy  
U.S. surgeon general

the country – 490,000 lives we lose every year to tobacco-related disease. Despite all the progress we've made, that remains the truth today."

**Nicotine limits and menthol ban**

The report called for limiting the nicotine in cigarettes and other tobacco

products to "minimally addictive or nonaddictive levels." Such a move could prevent more than 33 million people from starting to smoke and prevent 8 million deaths by 2100, it said.

The report also calls for banning menthol cigarettes and flavored cigars. It says menthol products "increase the likelihood of tobacco initiation, addiction, and sustained use" and are "disproportionately used by Black people, Native Hawaiian and Pacific Islander people, women and people who identify as lesbian, gay, or bisexual."

The Biden administration stalled an effort to finalize a Food and Drug Administration rule to ban menthol cigarettes. The ban was supported by tobacco control groups who want to reduce smoking deaths. The tobacco industry and groups that get funding from it opposed the ban.

The surgeon general's report cited 2023 research that projected a nationwide ban on the sale and marketing of menthol cigarettes would prevent up to 654,000 deaths in the next four decades.

Murthy said the report reiterates a call to finalize the federal menthol ban and limit nicotine in tobacco products.

"These are the kinds of measures that can dramatically accelerate our movement toward the tobacco

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