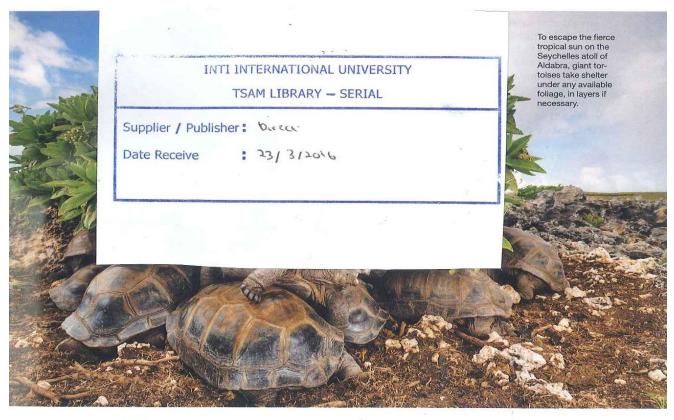


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### Return of the Seychelles

Ecological restoration gives nature a second chance in this Indian Ocean island nation. By Kennedy Warne Photographs by Thomas P. Peschak

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#### Waste Not, Want Not

About a third of the planet's food goes to waste—some because it's not picture-perfect.

By Elizabeth Royte Photographs by Brian Finke

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#### The Cold Rush

With howling winds and subzero temperatures, even a melting Arctic is a brutal place to work.

By Joel K. Bourne, Jr. Photographs by Evgenia Arbugaeva

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### The Other Iraq

Kurds in northern Iraq have created an oasis of prosperity and peace. Will ISIS destroy it?

Photographs by Yuri Kozyrev

#### 124 Proof | Tsunami Memories

Survivors of Japan's 2011 tsunami pose amid remnants of their flooded-out lives.

By Jeremy Berlin Photographs by Alejandro Chaskielberg

On the Cover The large amount of U.S. food that's wasted includes produce that is "perfectly edible even if it's less cosmetically attractive," says the Natural Resources Defense Council. Photo by Hans Gissinger

Corrections and Clarifications Go to ngm.com/more.