

# Trump Gives Russia an INF Ultimatum. And Ukraine bars Russian military-aged men.

[From Russia With News \(Discontinued\)](#)

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"From Russia With News" is a news and analysis podcast produced by Moscow Times journalists.

The United States has issued Russia an ultimatum: start complying with the INF missile treaty, or we're out. Russian military expert Alexander Goltz explains why this could come as a relief to Moscow. And we speak to journalist Natalia Vasilyeva about how Ukraine's recent ban on Russian men has complicated life along the border.

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