Community:

Heredity typically affects pattern balding, which happens slowly and in predictable patterns.

Community:

Ambassador of Ivory Coast highlights ties with Qatar during the official opening ceremony of the embassy in Doha.

Toni Morrison, the first African American woman to win the Nobel Prize in literature, leaves behind a towering legacy. P2-3

Cuisine:

Three-layered Hummingbird cake has stood the test of time. Page 6

Showbiz:

Del Toro champions Mexican roots, immigration at Walk of Fame. Page 15
Remembering Toni Morrison

“Love is never any better than the lover. Wicked people love wickedly, violent people love violently, weak people love weakly, stupid people love stupidly, but the love of a free is never safe. There is no gift for the beloved. The lover alone possesses his gift of love. The loved is shorn, neutralised, frozen in the glare of the lover’s inward eye.”

— The Bluest Eye (1970)
Toni Morrison, the Nobel laureate whose seminal works highlighted the black experience, died on Monday, leaving behind a profound legacy that stretches far beyond the written word.

"Toni Morrison has done for the American novel what Shakespeare did for theatre — she is that important, she is that influential," said Carla Kaplan, Northeastern University Distinguished Professor of American Literature.

There’s a certain sense in which she reinvented our relationship to the American novel, and certainly has reshaped what it means to engage with history and to engage with one another." Morrison died Monday night at Montefiore Medical Center in New York after a brief illness, her family said. She was 88.

"Toni Morrison passed away peacefully last night surrounded by family and friends," her family said. "The consummate writer who treasured the written word, whether her own, her students or others, she read voraciously and was most at home when writing."

Though Morrison was nearly 40 when her first novel, The Bluest Eye, was published, she rose to prominence in the literary world, writing 11 novels, along with children’s books and essays. She won the Pulitzer Prize in 1988 for Beloved, and became the first black woman to win the Nobel Prize in Literature in 1993.

The daughter of a welder and a domestic worker, Morrison was born Chloe Ardelia Wofford in Lorain, Ohio, near Cleveland. She was encouraged by her parents to read and to think, and was unimpressed by the white kids in her community. Recalling how she felt like an "aristocrat," Morrison believed she was smarter. She was an honour student in high school, and attended Howard University to be among black intellectuals.

Boston University lecturer Mary Anne Boelcke says, who teaches a class on Morrison's work, described her prose as having a "lyrical" yet "forceful voice." Boelcke recalled the first time she heard Morrison speak; admitting her "image of this incredible, strong, poetic voice, which was dedicated to illuminating the lives and history of African Americans in Beloved and other books."

In addition to winning the Nobel Prize in 1993, Morrison received the Presidential Medal of Freedom in 2012 from then-President Barack Obama. He took to Twitter on Tuesday to call her "a national treasure."

"Toni Morrison was a national treasure, as good a storyteller, as captivating, in person as she was on the page. Her writing was a beautiful, meaningful challenge to our conscience and our moral imagination. What a gift to breathe the same air as her, if only for a while. — Barack Obama (@BarackObama)

Former president Bill Clinton called her "a world-class human being" whose words "stirred out souls and challenges our consciences to confront injustice, large or small, wherever it exists."

Meanwhile, Oprah Winfrey had convinced Morrison to let her novel Beloved be adapted into a 1998 film. Winfrey starred and Jonathan Demme directed. On Twitter, Winfrey called Morrison "our conscience. Our seer. Our truth-teller."

Tennis legend Billie Jean King wrote, "May she rest in power" Others, including Apple CEO Tim Cook and presidential candidate Beto O’Rourke, honoured the writer by taking to social media to more directly share their favourite quotes from Morrison’s writing or interviews — words that expressed her belief in the power of words, freedom, fearlessness, love and beauty.

"If you surrender to the air, you can ride it. Rest in paradise. — beyoncé wrote on her website."

Morrison was a critic of President Donald Trump and penned an essay for the New York Review of Books in 2016, saying that many of his supporters were white voters who were disturbed by the "cultural privileges." "On Election Day, how eagerly so many white voters — both the poorly educated and the well-educated — embraced the shame and fear sowed by Donald Trump," she wrote.

Former president Bill Clinton said: "He licked his lips. 'Well, if you want my opinion — I don't! She said: 'I have my own.'" — Beloved (1987)

"Love is never any better than the lover. Wicked people love wickedly, violent people love violently, weak people love weakly, stupid people love stupidly, but the love of a free person is never safe. There is no gift for the beloved. The lover alone possesses his gift of love. The loved is shorn, neutralised, frozen in the glare of the lover’s inward eye." — The Bluest Eye (1970)

"The function of freedom is to free someone else." — 1979 speech at Barnard College

"Perhaps that’s what all human relationships boil down to: Would you save my life? or would you take it?" — Song of Solomon (1977)

"I never asked Tolstoy to write for me, a little coloured girl in Lorain, Ohio. I never asked Joyce not to mention Catholicism or the world of Dublin. Never. And I don’t know why I should be asked to explain your life to you." — From a 1979 interview

"Don’t ever think I fell for you, or fell over you. I didn’t fall in love, I rose in it." — Jazz (1992)

"At some point in life the world’s beauty becomes enough. You don’t need to photograph, paint or even remember it. It is enough." — Tar Baby (1981) — TNS

Morrison won the Pulitzer Prize in 1988 for Beloved, and became the first black woman to win the Nobel Prize in Literature in 1993.
Question: Can anything be done for hair loss that is likely hereditary? If so, what should I look for when choosing a hair regrowth product?

Answer: Hair loss often is caused by a combination of heredity and aging. Treatments that may slow that type of hair loss and help regrow hair, including over-the-counter therapies such as shampoos, are available. And they can be effective.

On average, people lose about 50 to 100 hairs every day. Because new hair grows in at the same time, this hair loss usually doesn’t cause noticeable thinning of scalp hair. The cycle of hair growth, shedding, and regrowth can be disrupted for several reasons. Family history, medical conditions and medication, and hormonal changes all can lead to hair loss. Stress also can cause hair loss.

Heredity typically affects pattern balding. This type of hair loss usually happens slowly and in predictable patterns, a receding hairline and bald spots in men, and thinning hair along the crown of the scalp in women. If your hair loss follows these patterns, it’s likely hereditary. Over-the-counter remedies are a reasonable first step to combat this type of hair loss.

The most common hair loss treatment you can buy over the counter is a medication called minoxidil. It comes in liquid, foam and shampoo forms. To be most effective, apply the medication to the scalp twice daily. Products with minoxidil help many people maintain the hair they still have, and it can regrow up to about 10% of lost hair.

The extra-strength liquid form of this medication is what’s typically recommended for patients with pattern baldness. It can be used by men and women. The liquid is easier to apply directly to the scalp than the foam, which often is absorbed by the hair. The shampoo isn’t ideal because many people don’t have time to shampoo their hair twice a day, and the force of shampooing can stress the hair, causing additional hair loss.

To retain the benefits of the medication, you will need to continue using it regularly. If you stop using it, the hair you’ve regrown may fall out, and you’re likely to return to the rate at which you were losing hair before you began treatment. Another way to help reduce hair loss is to be gentle with your hair. Decrease shampooing to two or three times a week. Use a light touch when brushing and combing, especially when your hair is wet. A wide-toothed comb may help prevent pulling out hair. Avoid tight hairstyles, such as braids, buns or ponytails. Try not to twist, pull or rub your hair. Avoid harsh treatments such as curling irons, straightening irons and hot-oil treatments.

Prescription treatments also are available for pattern balding hair loss. The medication finasteride has been shown to effectively regrow men’s hair. For women, hormone therapies that help balance the levels of estrogen and testosterone often can maintain hair and decrease loss. If over-the-counter remedies and self-care steps aren’t enough to decrease your hair loss, or if you’re concerned that your hair loss may be the result of a different underlying problem, such as a medication you take, talk to your health care provider or make an appointment to see a dermatologist.

– Mayo Clinic News Network
Cold medicines are not for little kids

Marie McCullough

Experts agree that little kids, especially babies, should not be given over-the-counter cough and cold medicines. But studies have reached conflicting conclusions about whether doctors have been following or flouting that guidance.

Now, a national study by Rutgers University researchers suggests doctors have curbed their use of most, but not all, categories of children’s cold remedies.

The study, published recently in JAMA Pediatrics, analysed data from paediatric visits to hospital emergency rooms, doctor’s offices, and clinics to see how often physicians recommended cough and cold medications, either by writing prescriptions, providing the drugs, or directing parents to buy drugstore versions.

While it may be hard for parents of sniffling children to accept, a huge body of evidence shows that over-the-counter cold remedies don’t help and can occasionally be harmful, leading to rapid heartbeats, difficulty breathing and even death.

Between 2002 and 2015, doctors recommended dramatically fewer cough suppressants, cough expectorants, and decongestants, with the number per 1,000 visits falling from 38 to 15. But they recommended slightly more antihistamines; the number grew from 15 to about 19 per 1,000 visits.

“We were surprised to see that antihistamines rose, since that is not effective for colds,” said Daniel B. Horton, the Rutgers paediatrician and epidemiologist who led the study. “But as a doctor and parent, I understand the urge to want to do something when a kid is sick. It’s sometimes easy to forget that colds are self-limiting conditions and the best medicine is time.”

Although the researchers did not separate over-the-counter products from prescription medications, they did break out cough and cold medicines containing the opioids codeine or hydrocodone. Opioid products were infrequently prescribed over the 14-year period and usage had been shrinking before and even decreased since 2008.

Thousands of children wind up in emergency rooms each year because of accidental overdoses of cold medicines, although research shows this problem has decreased since 2008.

That year, the FDA strongly recommended against giving over-the-counter cold remedies to children under age 2. Around the same time, manufacturers voluntarily relabelled their products for use by children age 4 and older, and the American Academy of Paediatrics advised against use by children under age 6.

On its website, the AAP says the best way to treat a young child’s cold is with acetaminophen or ibuprofen to reduce fever and aches, a mist vapouriser to ease congestion, ibuprofen to reduce fever and aches, and a bulb syringe plus saline nasal spray to clear stuffy noses.

“Don’t underestimate the power of TLC,” it says. – The Philadelphia Inquirer/TNS

Eating a larger proportion of plant-based foods and a smaller proportion of animal-based foods may help reduce your risk of having a heart attack, stroke or other type of cardiovascular disease,” said study lead researcher, Casey M. Rebholz, Assistant Professor at Johns Hopkins University, US.

Published in the Journal of the American Heart Association, the researchers reviewed a database of food intake information from more than 10,000 middle-aged US adults who were monitored from 1987 through 2016 and did not have cardiovascular disease at the start of the study.

Those who ate the most plant-based foods overall had a 16 per cent lower risk of having a cardiovascular disease such as heart attacks, stroke, heart failure and other conditions; 32 per cent lower risk of dying from a cardiovascular disease and 25 per cent lower risk of dying from any cause compared to those who ate the least amount of plant-based foods. – IANS

Stress in middle age increases Alzheimer risk in women

Stressful life experiences such as divorce, death of a loved one or job loss may lead to a greater memory decline and raise the risk of Alzheimer’s disease among the middle-aged women, says a new study.

The study’s findings, published in the International Journal of Geriatric Psychiatry, showed that stress hormones play an uneven gender role in brain health and align with well-documented higher rates of Alzheimer’s disease in women than men.

According to the Alzheimer’s Association, one in 6 women over age 60 will get Alzheimer’s disease, compared with 1 in 11 men. At present, there are no proven treatments that prevent or halt progression of the disease.

“We can’t get rid of stressors, but we might adjust the way we respond to the stress, and have a real effect on brain function as we age,” said Cynthia Munro, Professor at Johns Hopkins University, US.

“Although our study did not show the same for men, it sheds further light on the effects of the stress response on the brain with potential application to both men and women,” she added.

For the study, Munro and her team used data collected on over 900 participants, 63 percent of the participants were women. Participants were of an average age of 47.

The researchers suggested that the ongoing stress may have more of a negative impact on brain functioning than distinct traumatic events.

“A normal stress response causes a temporary increase in stress hormones like cortisol, and when it’s over, levels return to baseline and you recover. But with repeated stress, or with enhanced sensitivity to stress, your body mounts an increased and sustained hormone response that takes longer to recover,” said Munro. “We know if stress hormone levels increase and remain high, this isn’t good for the brain’s hippocampus – the seat of memory,” Munro added.

The researchers say that stress reduction has not received a whole lot of attention compared with other factors that may contribute to dementia or Alzheimer’s, and that it might be worth exploring the stress management techniques as a way to delay or prevent disease. – IANS

Eat more plant-based foods for better heart health

Eating more plant-based foods and fewer animal-based foods may be linked to better heart health and a lower risk of dying from cardiovascular diseases, a new study suggests.

“Eating a larger proportion of plant-based foods and a smaller proportion of animal-based foods may help reduce your risk of having a heart attack, stroke or other type of cardiovascular disease,” said study lead researcher, Casey M. Rebholz, Assistant Professor at Johns Hopkins University, US.

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If you have never fallen in love with a cake, think twice before you savour this treat, there is no doubt that you will not love this cake. It is a perfect blend of warming flavours, wholesome ingredients and an element of surprise which sets it apart from your everyday cakes. Hummingbird cake is a layered cake with pineapple, banana and spices popular in Southern United States. Whenever and whosoever formulated this cake for the first time, the concept was very clear to them – to make a unique cake with a mass appeal with multiple and popular flavour profiles. The combination of tropical fruit and cinnamon has stood the test of time. You can prepare the cake and consume it next day for an even better texture than the preparation day. This three-layered cake is moist and carries a unique flavour profile that never disappoints. I often state it as a perfect marriage of banana bread and pineapple and spices. Although there is no carrot in this cake yet the cake is much lighter than the carrot cake and has a spicy, sweet and satisfying tart flavour to it. Carrot cake has been one of my favourites since long time till I tasted the hummingbird cake. I have a room for banana, pineapple and spices and I don’t think that this time my favourite is changing anytime soon.

Hummingbird cake originated from United States but its true roots are from Jamaica where the hummingbird is the national bird. The name of this cake is misleading and you might think of the cute little, quick, beautiful bird. But the cake is exactly opposite of it and is hardly a delicate affair. In its most famous incarnation, it is a dense, cinnamon scented layer cake packed with tropical fruit, lavished with cream cheese frosting and topped with pecans. The texture with the fruit, nut, and spice combo strike the same comfort chords such as carrot, zucchini and banana breads. It truly has an American taste and feel that is why it is a popular potluck choice, backyard parties and birthday favourite. One more reason to love this cake is that it is easy to prepare and combines the flavours of banana bread, pineapple upside down, carrot cake and frosted spice cake all in one. It also reminds me of an old-fashioned cake which will surely remind you of home.

Tips for a perfect hummingbird cake
Always use fresh pineapple as it will impart more flavour than the canned one
Always use a scale to measure all the bakery recipes as the accurate recipe will result in a better product

Hummingbird Cake
Ingredients
- All purpose flour 3 cups
- Powdered sugar 2 cup
- Baking soda 1 tsp
- Salt 1 tsp
- Canola oil 1 ½ cup
- Eggs 3 nos.
- Pineapple 1 no
- Ripe banana 2 cup
- Pecans 1 cup
- Cream cheese 250gm
- Unsalted butter 1gm
- Icing sugar 1lb.
- Vanilla extracts 1 tsp

Method:
Preheat the oven to 350 Degree Fahrenheit and grease and dust flour in two cake pans.
Sift flour, baking soda and salt, add powdered sugar and combine them in a mixing bowl.
In a separate bowl whip eggs and keep aside.
Combine pineapple, banana and pecan in a separate bowl and keep aside.
Add the flour mixture to the egg mixture slowly, using a spatula combine to a smooth batter, add the fruit mixture and stir using the spatula.
Pour the prepared batter in the lined cake pans and bake in preheated oven for an hour or until a toothpick inserted in it come out clean.
Remove the cake from the oven and allow it to cool on a cooling rack.
Prepare the frosting by blending together the cream cheese, butter, sugar and vanilla until smooth.
Slice the prepared cake and spread the prepared icing between the cake layers, on the top and sides of the cake.
Garnish with the remaining crushed walnuts and serve cold.

APPEALING: The unique Hummingbird cake carries a mass appeal.

Three-layered Hummingbird cake has stood the test of time.
German hospital experiments with animal robot therapy

Interacting with animals has been shown to have real benefits for stroke patients. But what about robot animals? A hospital in Germany is introducing some of its patients to Lizzy, a robot cat, to see how they respond, writes Jeanette Bederke.

At first glance, Lizzy looks like a normal cuddly toy – until she unexpectedly miaows, wiggles her ears and turns her head. An elderly stroke patient at the rehabilitation hospital in Wolletsee, eastern Germany, watches her and eventually reaches out a tentative hand to stroke her red fur. When the electronic toy begins to purr, the patient smiles and speaks to it. “You need a brush,” she tells Lizzy. Christian Brueggemann, Head of Neurology at the Reha-Klinik der Gesellschaft fuer Leben und Gesundheit (GLG), looks on and nods his head approvingly.

“The feedback from our seriously ill patients has been really good whether it’s people with severe difficulty in moving, orientation disorders, neurological illnesses or those who cannot speak. Lizzy touches them emotionally so it’s easier to establish contact with the sick person,” he says, admitting that he’s not personally a cat lover.

Janine Belde, Deputy Director of care at the hospital, is also convinced of the positive effects of the toys. “Animals are well received, particularly by older patients. Mostly they bring back memories of their own pets, whom they miss. With very stressed patients, they noticeably relax,” she says, also pointing to her experience of using real therapy dogs. For hygiene reasons, real dogs aren’t allowed in all areas of hospitals because the risk of infection is too great, according to Brueggemann and Belde.

Strictly speaking, that also goes for Lizzy. “You can’t take her fur off to wash it. But when she’s been stroked by lots of hands, that’s really necessary,” says Brueggemann.

That’s why the cat is just an experiment for the moment. Animal therapy robots that fulfil the necessary requirements and are very realistic cost between 1,500 and 2,000 euros (1,690 and 2,250 dollars), according to the hospital.

“Before we spend the money we should see what effect Lizzy has first,” says Brueggemann – who, like Belde, has been won over by the robots. Often, staff don’t have enough time to give patients individual attention. “Because we have private rooms in the hospital, patients who are bedridden sometimes feel lonely” says Bege. Lizzy is a bit of entertainment for them.

But they’re also aware that there’s plenty of criticism of the robots. “Animal robots replace neither people nor therapy. It’s just an aid to come into contact with affected patients,” says the head of neurology.

But there are some therapeutic effects, says occupational therapist Katja Siebolt. “Stroking unconsciously helps train the fine motor skills of the hands,” she says.

The state health ministry in Brandenburg has no information about the use of therapy robots in hospitals but says it assumes that will change soon. “If people are talking about the use of modern aids in health and care institutes, that’s certainly included,” says spokeswoman Gerlinde Krahnert.

Michael Jacob, Director of the State Association of Hospitals (LKB), has no qualms about the robots, explaining that anything that helps patients is a good thing.

“A robot is an instrument. It’s the responsibility of the doctor how it is used for therapy. So their use can really make sense and have benefits,” he says. He hasn’t heard of any other hospitals in Brandenburg making use of the robots but welcomes the decision of the Wolletsee hospital to experiment and try to improve the experience of patients.

“Animals are well received by patients at another GLG hospital in nearby Prenzlau. ‘These experiments have shown us that the use of robot-based play therapy is meaningful. We can influence treatment positively, increase the satisfaction of patients and relieve staff,’ says GLG administration director Petra Leiste, adding that the company wants to invest in therapy robots in the coming years as it switches to increased digitalisation.” – DPA
Polar bears live in the Arctic and are actually marine mammals. They have adapted to a life dependent on the sea.

Polar bears primary food source is seals, but they must wait for the sea ice to form to be able to hunt.

Polar bears feed almost exclusively on the calorie-rich fat of the seals they hunt.
Polar bears can swim 50 miles per day, but they require sea ice to rest and find food.

Despite being an apex predator, 9 out of 10 hunts are unsuccessful.

High calorie meals they consume out on the sea ice get polar bears through the lean summer months where they essentially live off their fat reserve until the sea ice returns.
Family divisions are exposed at Aretha Franklin estate hearing

By Brian McCollum

Atorneys for Aretha Franklin’s heirs locked into sometimes heated battle recently over control of the singer’s estate.

But near the end of a lengthy and multifaceted hearing at Oakland County Probate Court that at one point had nine attorneys conferring with Judge Jennifer Callaghan at her bench, the judge asserted her own control over matters, placing the estate’s administration under court supervision.

That means the court will now have a hands-on role with many major decisions in the Queen of Soul’s estate matters, such as sales of property. Franklin’s niece Sabrina Owens remains the personal representative for the estate.

It was the biggest resolution in a day that saw accusations and insinuations flying, revealing deepening divisions among Franklin’s surviving family members nearly a year after her death. Some family onlookers Tuesday occasionally scoffed and groaned indignantly under their breath as various attorneys stepped up to speak.

The judge also agreed to allow a handwriting expert to examine three wills ostensibly penned by Franklin, found this spring in her home. Erich Speckin, hired by the singer’s son Kecalf Franklin, testified it will take him about three hours to analyze the documents with gear including a microscope and electrostatic device.

Other family members may also enlist their own handwriting analysts.

The three-hour proceeding introduced several key revelations, including that more than $350,000 already has been distributed by the estate to Franklin’s four sons, and that $178,000 was stolen from the singer via bank fraud months before her August 2018 death.

The estate has earned $1.1 million from the gospel documentary Amazing Grace, attorney David Bennett told Judge Callaghan.

But he indicated that negotiations with MGM have snagged over a planned Queen of Soul biopic starring Jennifer Hudson.

“That (film) is more problematic (because of what MGM is offering),” Bennett said. MGM has announced a planned 2020 release for the film.

Discussing Franklin’s personal property — including items of potential historical significance — he said former president Barack Obama has asked for the famed hat worn by the singer at his 2009 inauguration.

Unidentified parties in Detroit have also inquired about items for a potential museum display, Bennett said.

Picking up where the last probate hearing left off in June, an attorney for Kecalf Franklin, the late star’s youngest son, argued that he should have more input in estate decisions.

Charlene Glover-Hogan said the authority of current estate representative Sabrina Owens should be “restricted” until the status of the handwritten wills is resolved. She argued that Kecalf Franklin should be alerted to all property transfers and potential contracts.

Glover-Hogan contended that Owens has not provided Kecalf Franklin up-to-date information on estate dealings, and said Owens authorized the release of Amazing Grace contrary to wishes Aretha Franklin expressed when she was alive.

She also said Bennett has failed to provide promised documents detailing estate finances.

Bennett shot back, saying Kecalf Franklin has declined to sign a nondisclosure agreement that would keep those financial details out of the public eye.

“Ms. Franklin was a very private person,” Bennett said.

Bennett defended Owens’ work, saying she has skillfully navigated a knotty landscape left by an entertainer who “never had an accounting system” while alive. He cited $750,000 in uncashed checks Franklin once stored in her purse for months.

He said Owens also has been operating with a prudent eye on potential creditor claims, including a suit filed by the Internal Revenue Service.

“What has she done that’s been bad?” Bennett said.

“I do not believe (Kecalf) Franklin has the capacity to be a personal representative,” Bennett told the court.

An attorney for Clarence Franklin, the singer’s eldest son, also spoke emphatically in support of Owens on Tuesday and argued that Kecalf Franklin should not replace her.

Family members in the courtroom Tuesday included two of the singer’s sons — Edward and Kecalf — along with niece Owens and cousin Brenda Corbett. Two of Franklin’s grandchildren were on hand.

Tuesday’s hearing followed a flurry of court filings that reveal lines being drawn among Franklin’s heirs: In June, youngest son Kecalf asked the court to name him the estate’s personal representative, replacing Owens. He’s been supported in that effort by second-eldest son Edward.

Ted White, Franklin’s third son and a longtime guitarist who goes by Teddy Richards, has backed Owens in her role while asking to be named co-representative.

And the guardian for the Queen of Soul’s eldest son, Clarence, who has special needs, has stepped up in favour of Owens.

In petitions filed last week, Jon Munger asked the court to deny Kecalf and Teddy’s requests to represent the estate.

“This (film) is more problematic with many major decisions in the Queen of Soul’s estate matters, such as sales of property.

DISPUTES: Franklin’s estate administration is now under court supervision, which means that the court will now have a hands-on role with many major decisions in the Queen of Soul’s estate matters, such as sales of property.

“Kecalf Franklin, throughout his life, has not exhibited or displayed any ability or inclination to support himself and lacks the financial knowledge or ability to act as a fiduciary,” read the filing on behalf of Clarence.

Following the hearing, Kecalf Franklin handed a written statement to the Free Press and other media saying he is in “pursuit of Justice for the Queen.”

“Our mother has enriched the world with music, art and service of activism more than half of her life,” the statement read in part.

“The loss of our mother has traumatised our family. Despite our grief, we find ourselves in a battle to defend and protect this legacy against those who wish to disrespect, slander and exploit it.”

—Detroit Free Press/TNS
Sudoku is a puzzle based on a 9x9 grid. The grid is also divided into nine (3x3) boxes. You are given a selection of values and to complete the puzzle, you must fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9 and none is repeated.

**Solution**

1 3 5 8 4 2 9 6
7 1 3 5 8 4 2 9 6
4 6 9 3 2 1 7 8 5
2 8 5 9 7 6 4 1 3
8 9 6 1 5 2 3 4 7
5 2 1 4 6 8 9 5 2
6 3 7 8 4 5 9 2 1
9 4 2 6 1 7 5 3 8
3 7 8 2 9 6 4 5 1

Sudoku puzzles are created to be solvable in a reasonable number of moves. The grid is divided into nine 3x3 boxes, and the goal is to fill each box with the digits 1 to 9, ensuring that each digit appears exactly once in each row, column, and 3x3 box.

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**Super Cryptic Clues**

**Across**
1. After bad scare finish climb again (8)
2. Joy has broken toenail (7)
3. Crack only found outside civic centre (5)
4. Unmask former partner with model (6)
5. Old fuel may make you miserable (7)
6. Conscious of a town in Herts (5)
7. Require sound massage (5)
8. American taking a long time in customs (6)
9. Football team always getting 100 (7)
10. Criminal getting in under house (7)
11. They fly although they are powerless to do so (7)
12. A devil from France, I conclude (5)
13. Eminent performer in some art form! (7)
14. Football team always getting 100 (7)
15. Girl with land in South America first off (6)
16. Criminal getting in under house (7)
17. Pilots remain at sea (6)
18. Good accommodation for newlyweds? (6)
19. Greek poet’s pigeon? (5)
20. A girl in distress - something sought by knights (5)
21. Soldier in uniform (7)
22. A girl in distress - something sought by knights (5)
23. Eminent performer in some art form! (7)
24. Stone and silver devoured (5)
25. Sheep to drive home (3)
26. Little bird sitting comfortably (6)

**Down**
1. Joy has broken toenail (7)
2. Crack only found outside civic centre (5)
3. Unmask former partner with model (6)
4. Old fuel may make you miserable (7)
5. Conscious of a town in Herts (5)
6. Require sound massage (5)
7. American taking a long time in customs (6)
8. Football team always getting 100 (7)
9. Criminal getting in under house (7)
10. Girl with land in South America first off (6)
11. Greek poet’s pigeon? (5)
12. A girl in distress - something sought by knights (5)
13. Eminent performer in some art form! (7)
14. Stone and silver devoured (5)
15. Sheep to drive home (3)
16. Little bird sitting comfortably (6)

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**Solution**

1 3 5 8 4 2 9 6
7 1 3 5 8 4 2 9 6
4 6 9 3 2 1 7 8 5
2 8 5 9 7 6 4 1 3
8 9 6 1 5 2 3 4 7
5 2 1 4 6 8 9 5 2
6 3 7 8 4 5 9 2 1
9 4 2 6 1 7 5 3 8
3 7 8 2 9 6 4 5 1

**Wordwatch**

**pedantic** (puh-DAN-tik)
MEANING: adjective: Characterized by an excessive, narrow adherence to rules without practical judgment.
USAGE: “And another cleric, William Gipps, the father of the Picturesque movement, drew up a list of pedantic instructions on how to view the landscape. He quickly became the subject of satire.”

**cordillera** (kor-dul-EE-ruh)
MEANING: noun: A chain of mountains or mountain ranges.
ETYMOLOGY: From Spanish cordillera, diminutive of cuerda (cord), from Latin chorda (cord), from Greek khorde (gut).
Earliest documented use: 1704.
USAGE: “There is a cordillera of laundry, an artificial Christmas tree still working its way back into the storage closet, a hockey bag putrefying at the bottom of the stairs.”

**bondieuserie** (bon-DYOO-zuh-ree)
MEANING: noun: A piece of banal religious art, devotional object, ornament, etc.
ETYMOLOGY: From French bondieuserie (religious knick-knack), from bon (good) + dieu (god). Earliest documented use: 1941.
USAGE: “Extant churches were ‘cleansed’, stripped of altars, stained glass, paintings, and dubious bondieuserie.”

**pareidolia** (per-eye-DOH-lee-uh)
MEANING: noun: The tendency to see a specific pattern or meaningful images in random stimulus.
ETYMOLOGY: From German Pareidolien, from Greek para- (along) + eidolon (image), from eidos (form, idea). Ultimately from the Indo-European root weid- (to see), which also gave us wise, view, supervise, wit, eidetic, eidos, vidimus, previse, hades, guy, invidious, and wizard. Earliest documented use: 1962.
USAGE: “Perhaps pareidolia explains how changing clouds inspired widespread reports of armies in the sky during the political upheavals of the 1600s.”

**akratic** (uh-KRAT-ik)
MEANING: adjective: Characterized by weakness of will that results in acting contrary to one’s better judgment.
USAGE: “Smoking causes cancer, heart disease, stroke, emphysema, you name it. Too many young people, especially young women, are taking it up without any real understanding of the risks, and when they do understand the risks they are akratic – they just can’t help themselves.”

— wordsmith.org
Over 3 cups of coffee per day may trigger migraine: Study

Coffee lovers, please take note. Drinking three or more servings of caffeinated beverages a day increases the risk of migraine.

In a study published in the American Journal of Medicine, researchers evaluated the role of caffeinated beverages as a potential trigger of migraines. They found that, among patients who experience episodic migraine, one to two servings of caffeinated beverages were not associated with higher odds of migraine headache occurrence on that day or the following day.

“While some potential triggers – such as lack of sleep – may only increase migraine risk, the role of caffeine is particularly complex, because it may trigger an attack but may also help control symptoms, caffeine’s impact depends both on dose and on frequency,” said Elizabeth Mostofsky from Harvard University.

During the study, 98 adults with frequent episodic migraine completed electronic diaries every morning and every evening for at least six weeks. Every day, participants reported the total servings of caffeinated coffee, tea, soda and energy drinks they consumed, as well as filled out twice daily headache reports detailing the onset, duration, intensity, and medications used for migraines since the previous diary entry. Participants also provided detailed information about other common migraine triggers, including medication use, alcoholic beverage intake, activity levels, depressive symptoms, psychological stress, sleep patterns and menstrual cycles.

To evaluate the link between caffeinated beverage intake and migraine headache occurrence on the same day or on the following day, researchers used a self-matched analysis, comparing an individual participant’s incidence of migraines on days with caffeinated beverage intake to that same participant’s incidence of migraines on days with no caffeinated beverage intake.

The researchers further matched headache incidence by days of the week, eliminating weekend versus week day habits that may also impact migraine occurrence.

Self-matching also allowed for the variations in caffeine dose across different types of beverages and preparations.

“One serving of caffeine is typically defined as eight ounces or one cup of caffeinated coffee, six ounces of tea, a 12-ounce can of soda and a 2-ounce can of an energy drink,” Mostofsky said.

Those servings contain anywhere from 25 to 150 milligrams of caffeine, so we cannot quantify the amount of caffeine that is associated with heightened risk of migraine. However, in this study, self-matched analysis over only six weeks, each participant’s choice and preparation of caffeinated beverages should be fairly consistent,” Mostofsky added. — IANS

ARIES

March 21 — April 19

Control issues in your home are apt to be of concern today, Aries. Be careful about feeding into others’ misconceptions of the situation. You’re dealing with powerful, opinionated forces that aren’t going to want to budge. Someone may have a warped view of the true issue at hand. Lay all the facts on the table before you start drawing any conclusions.

CANCER

June 21 — July 22

If you’re experiencing emotional upheaval, Cancer, you may take heart in knowing that other people are going through their own emotional turmoil as well. You will know that you aren’t alone in your quest for emotional stability. Share your feelings with others instead of shutting them up inside. It will help you feel better.

LIBRA

September 23 — October 22

Most of the time you deal with the facts. Libra. Facts are things you can grasp, categorise, and make rational sense of. Unfortunately, today some of your facts may be challenged by one of the things you fear most – intense emotions. The ensuing friction is like dealing with apples and oranges. You may find it hard to find any common ground from which to negotiate.

CAPRICORN

December 22 — January 19

You’re in a difficult position. Things aren’t exactly what they seem, Capricorn. Your emotions run the show today, and you may jump from one extreme to the other. There’s a good chance that much of what you experience is based on misinformation. Don’t get so caught up in the drama that you fail to recognise the truth of the situation.

TAURUS

April 20 — May 20

You may feel nostalgic as you look through photo albums, rearrange furniture, and remember past times, Taurus. Your mind will touch on emotional events that you may not have fully dealt with at the time they happened. Old feelings that you thought were gone could well show up and bring tears to your eyes. Honestly face these feelings now instead of stuffing them back down for another decade.

LEO

July 23 — August 22

You may feel like someone’s giving you the third degree, Leo. You sense that you’re being accused of something and that you need to defend your feelings and actions. Try not to fall into this trap. Don’t let self-doubt sneak into the situation just because someone else questions your way of life. No one but you fully understands your situation.

SAGITTARIUS

November 22 — December 21

Don’t automatically assume that people are going to understand your needs, Sagittarius. Your emotions may be powerful today, and you could end up scaring people away instead of drawing them closer simply because you act irrationally and emotionally instead of reasonably and civilly. Be careful about targeting your frustration at the people who can help you the most.

AQUARIUS

January 20 — February 18

When faced with an emotionally intense situation, you’re likely to flee, Aquarius. You’d rather change the subject to something more lighthearted. This form of escapism is doing nothing to solve the problem. In fact, by avoiding the emotional topic, you’re only creating more friction than if you just approached the problem directly.

GEMINI

May 21 — June 20

You could be operating based on an assumption that’s only a partial representation of the truth. In your effort to think about only the good side of the situation, Gemini, you may not see the entire truth. There’s a downside to everything. Feelings of anger, frustration, and even loneliness may go along with it.

VIRGO

August 23 — September 22

Today may be filled with “I told you so!” You could find fault with others who haven’t dealt with the truth of a situation. Be careful about accusing someone of the very thing that you’re guilty of, Virgo. Penetrating emotions will cut to the heart of the matter, and there will be no way to escape the hole you dig for yourself. Don’t criticise others when until you take an honest look at yourself.

PISCES

February 19 — March 20

With your psychic abilities, you’re liable to shed some light on issues in which the truth has been unclear for quite a while, Pisces. You can use your sensitivity to cut to the heart of the matter and expose the truth. This kind of behaviour probably won’t come without friction from others. You can almost guarantee that it will. Don’t let it faze you. It’s important to reveal the truth.
Del Toro champions Mexican roots, immigrants at Walk of Fame

By Christi Carras

Director Guillermo del Toro wants immigrants to know they are always welcome at his star on the Hollywood Walk of Fame.

Singer Lana Del Rey, Star Wars director J.J. Abrams and more gathered along Hollywood Boulevard on Tuesday to celebrate Del Toro and his career, which includes directing and producing credits on films such as the original Hellboy and 2018 Oscar best picture winner The Shape of Water.

Del Toro showered his supporters with waves and hugs throughout the events leading up to the unveiling of the 2,669th star, which he dedicated to all immigrants, celebrating his Mexican roots in a statement above his newly unveiled star. Other letters to immigrants and Mexico by letter to immigrants and Mexico by

When people say you dwell in great fear – great fear and divisions are complete fantasies. If we come together, to realise that those divisions are complete fantasies. It’s used to tell us that we’re all different, that we shouldn’t trust each other. And that’s happened right now because I can tell, to all of you – all immigrants from every nation – that you should believe in the possibilities and not the obstacles, ever.

“Do not believe the lies they tell about us,” he continued. “Believe in the stories you have inside and believe that we all can make a difference and we all have stories to tell, and we all can contribute to the art and the craft and the world in a helpful way we see fit.”

Appreciating different experiences and backgrounds emerged as a common thread throughout the event. Del Toro and Abrams both praised Del Toro’s commitment to diverse, sympathetic storytelling.

“It’s a big day for Hollywood Boulevard because today we’re choosing to honour somebody who’s honoured something very important in his own life and work, and that’s his own unique style of storytelling,” said Del Rey, who performs a cover of Season of the Witch in the director’s latest project, Scary Stories to Tell in the Dark. “In a culture of sameness, he’s completely himself, and that’s the greatest lesson I get from all of his tales. It’s a beautiful thing to be reminded that being different is to be celebrated.”

Abrams recalled feeling envious of his contemporary’s “pure genius” and “gorgeous talent” when they first met nearly 30 years ago at the start of their careers, before Pan’s Labyrinth and The Devil’s Backbone earned Del Toro worldwide critical acclaim.

“You are a mind-bendingly brilliant creator, a multidisciplinary artiste, a curator of the most remarkable collection of art – a man who celebrates otherness and tells stories of unlikely unusual heroes with hearts almost as large as his own,” Abrams said.

“His creations are often wild and twisted and sometimes terrifying, but this man I love – my only slightly older Mexican brother – this genius I admire, is one of the sweetest human beings you will ever meet. I love you.”

True to his humble reputation, Del Toro spent the first half of his acceptance speech complimenting Del Rey, Abrams and others. He eventually did get around to acknowledging his own accomplishments while celebrating his Mexican roots in a statement against hatred and fear.

“Right now, we are in a moment of great fear – great fear and great division,” he said. “It’s used to divide us. It’s used to tell us that we’re all different, that we shouldn’t trust each other. And these lies make us easier to control and make it easier to hate each other. But the antidote to that is to come together, to realise that those divisions are complete fantasies. When people say you dwell in fantasy, I say, ‘I don’t! Politicians do!’” Del Toro concluded his love letter to immigrants and Mexico by kissing and waving a Mexican flag above his newly unveiled star. Other presenters and attendees included Pacific Rim actor Clifton Collins Jr., Hollywood Chamber of Commerce President Rana Ghadban and Los Angeles City Council Member Mitch O’Farrell.

Also on hand were the cast and director of Scary Stories to Tell in the Dark, which hits theatres Friday (today). – Los Angeles Times/TNS
Ivory Coast ambassador highlights ties with Qatar

The official opening of the Ivory Coast embassy in Doha was held on Wednesday evening turned into a get-together where different members from the diplomatic corps in Qatar got a chance to network and greet each other.

A felicitous launching ceremony was organised by the embassy of Ivory Coast as Dr Abdul Kadir Cisse, ambassador of Ivory Coast, where his wife invited a host of ambassadors, diplomats, Qatari dignitaries and media.

The ceremony started with the national anthems of the two countries. The Ivorian ambassador made a welcome note speech and highlighted the prospects of the bilateral ties with Qatar. Then a cake-cutting ceremony was held. Ibrahim Yousif Abdullah Fakhro, Qatar Ministry of Foreign Affairs Department of Protocol director, was also present on the occasion.

Speaking on the occasion, Ambassador Cisse said: "Six months after our existence in Doha, without false modesty, we can declare that bilateral co-operation between Ivory Coast and Qatar is going well and in the right direction.

"The main Ivorian-Qatari Joint Committee, whose initial leg of activities are scheduled to take place in 2020, will make it possible to assess the progress made and explore new fields of co-operation between the two friendly nations." - Dr Abdul Kadir Cisse, ambassador of Ivory Coast