

# EDITORIAL

*Loss in life and love is inevitable. It is not measured or mimicked. We each feel it as we do and deal with it as we can.*

## When grief knocks...you must answer



MABLE HASTINGS

I guess in truth, we all leave suddenly when we go. No matter the circumstance, when the time comes to lose a loved one expected or not, we are rarely if ever prepared and while the end may have been looming in the distance, it always feels like death snuck up behind us and robbed us blind. Ill prepared we collapse in shock and sadness and selfishly we question everything on this level and beyond. I suppose that is where our beliefs and faith are either born or destroyed. In time, we rise again. We wade through the memories and we both celebrate and mourn the days long gone and never to return.

Many of us, me included, cling to every fragment of the "known" and safe. This provides some sort of comfort and

justifies the tears that enter our body and leave as they wish with no rhyme or reason. When we expect to cry we are strong and stoic and when we are least prepared a bout of despair rises from our chest and throat into an inappropriate justification that we are human and we feel.

Loss in life and love is inevitable. It is not measured or mimicked. We each feel it as we do and deal with it as we can. No recipe is quite the same and the result does not taste the same nor look like we might have thought or been told that it should. Even Julia Child could not combine the ingredients of grief and put forth a recipe for the perfect heart break. A slug of wine, a glass or bottle cannot remove the bite of loss. The effects remain until we find our own way...

Elizabeth Kubler-Ross has written wonderful books about death as have other wise folk but, deep inside I know that I am the author of my own story. I refuse to tell others how and what to feel but instead prefer merely to listen. Sometimes in another's experiences, there is a morsel of wisdom that can be tucked away for future reference.

With the recent loss of a loved one, grief moved into our home with arms of suitcases for a good long stay. An un-

wanted guest, she walks the floors at night unable to sleep and keeps me awake. While anxious for her to leave, I know that she is here until I ask her to depart and neither one of us is ready for that. So, for now, we sit up way too late and sip our tea in silence; uncomfortable strangers who don't want to get to know each other too well.

Almost two weeks have passed and I am still in disbelief. Apparently there are stages of grief...I still feel that I am standing on the arrival platform at a train depot. I have along way to go...the only comfort is that time is all that helps and I have plenty of that, right?

That being said, I find myself constantly trying to figure out what to do with time and to find a distraction. Focusing on grief and knowing how to be a good host seems to be difficult as it feels like I am wasting time on an emotion that I wish would not come to visit again. I don't want to be too hospitable to this discouraging guest.

As grief adjusts the cushions on the sofa to her liking, I am too exhausted to argue. I sigh, a deep exhausted intake of air and she glances my way. I leave the room and she follows. In sleep there is temporary escape and minimal relief. I open my eyes and she has left the room

but I find her in the next room not far away; no longer in my face with her nose pressed to mine.

In time, she will pack up and take her burdens to someone else's door. And what shall I do? Well, I will find a way to cope and move forward as I know I must in the knowledge that while I have lost and others have lost, we are left behind to live life. The simple fact is that life as we knew it is over and done never to be the same. It now takes on a different shape and we are called to live and love and laugh and cry and grieve and rise...one moment at a time until our own time comes and we exit stage left in our destined way, leaving someone behind to deal with grief as she lands on their doorstep.

I think as I write this, I can here her packing in the other room. She has left a long list of "to do's" on the refrigerator. She will be leaving soon but the trace of her perfume will no doubt linger here for months. She will be gone and then alone, I will find my own way with all the time in this world. And like a family recipe is moulded and shaped as it is passed to the next generation, my grief will be done in my own way.

## Commentary

### Trump's 'Muslim ban' order may be another con job

By Frank Nixon

U.S. President Donald Trump signed another executive order Jan. 27. This order suspends all entry to the U.S. from seven Muslim-majority countries in the Middle East. The countries are Syria, Iraq, Iran, Yemen, Somalia, Sudan and Libya.

At first glance, the ban looks like a bold and decisive step to secure the homeland from Islamic extremism, but to many observers it's just the latest example of Trump's predilection to deceive, deflect and distract – another con job, because the list also protects and promotes his business interests in the Middle East.

Critics have noted that Trump's list does not include other Muslim-majority

countries where the Trump Organization has done business or pursued potential deals, which include two luxury towers operating out of Istanbul, Turkey.

Sadly, Turkey has been rife with Islamic extremism leading to widespread carnage and bloodshed. Since 2015, more than 400 people have been killed in major attacks throughout the country, according to a New York Times report on Jan. 5.

Other countries excluded from the Muslim ban, where Trump has ongoing and active business ties, are Egypt, Saudi Arabia and the United Arab Emirates, the home countries of all but one of the nineteen 9/11 hijackers.

The world should not be surprised by Trump's latest confidence trick. After all, the president implicitly admits to being

a con man in his book *The Art of the Deal*, which could easily have been titled *The Art of the Con*. The book is full of examples of how Trump misleads ("truthful hyperbole") and manipulates people to take advantage of them.

Recently, Trump's critics have moved forward with legal action due to the numerous and on-going conflict of interest allegations. The watchdog group Citizens for Responsibility and Ethics in Washington D.C., or CREW, filed a lawsuit alleging that Trump's business holdings violate the Emoluments Clause of the Constitution, which makes it illegal for government officials to "accept of any present, Emolument, Office, or Title, of any kind whatever, from any King, Prince, or foreign State."

Could this eventually lead to the impeachment of Trump?

Allan Lichtman, a political historian who teaches at the American University in Washington, thinks so. "The Republicans are nervous about Donald Trump," said Lichtman, in part. "He is loose cannon. Nobody knows what he really believes or really where he stands."

#### 9/11 Hijackers by country:

- American Airlines Flight 11
- Mohamed Atta - Egypt, tactical leader of 9/11 plot and pilot
- Abdul Aziz al Omari - Saudi Arabia
- Wail al Shehri - Saudi Arabia
- Waleed al Shehri - Saudi Arabia
- Satam al Suqami - Saudi Arabia
- United Airlines Flight 175
- Fayez Banihammad - United Arab Emirates
- Ahmed al Ghamdi - Saudi Arabia
- Hamza al Ghamdi - Saudi Arabia
- Marwan al Shehhi - United Arab Emirates, pilot
- Mohand al Shehri - Saudi Arabia
- American Airlines Flight 77
- Hani Hanjour - Saudi Arabia, pilot
- Nawaf al Hazmi - Saudi Arabia
- Salem al Hazmi - Saudi Arabia
- Khalid al Mihdhar - Saudi Arabia
- Majed Moqed - Saudi Arabia
- United Airlines Flight 93
- Saeed al Ghamdi - Saudi Arabia
- Ahmad al Haznawi - Saudi Arabia
- Ziad Jarah- Lebanon, pilot
- Ahmed al Nami - Saudi Arabia

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