

express



! EMERGENCY ALERTS

Emergency Alert

BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL.

HOW TO REACT TO THE UNTHINKABLE

A missile-alert error that sparked a doomsday panic in Hawaii reveals how ill-prepared most people are for a potential nuclear attack **13**



Marking MLK Day

King's children criticize Trump for comments on African countries **10**



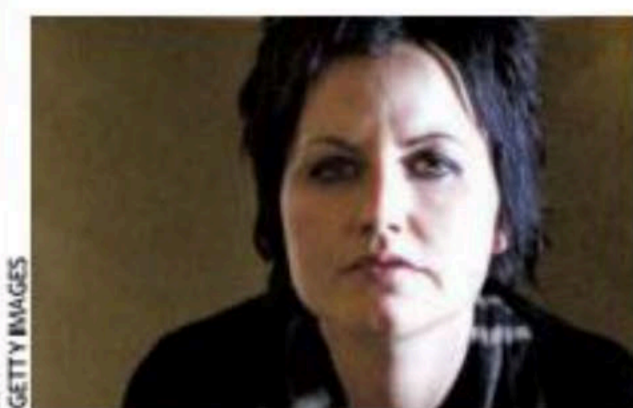
ALAN DE VAIN

Safety failure

Metro says a broken rail likely caused a Red Line train to go off track **4**

Thrifty spenders

Playoff teams show the Redskins it's possible to win with a cheap QB **15**

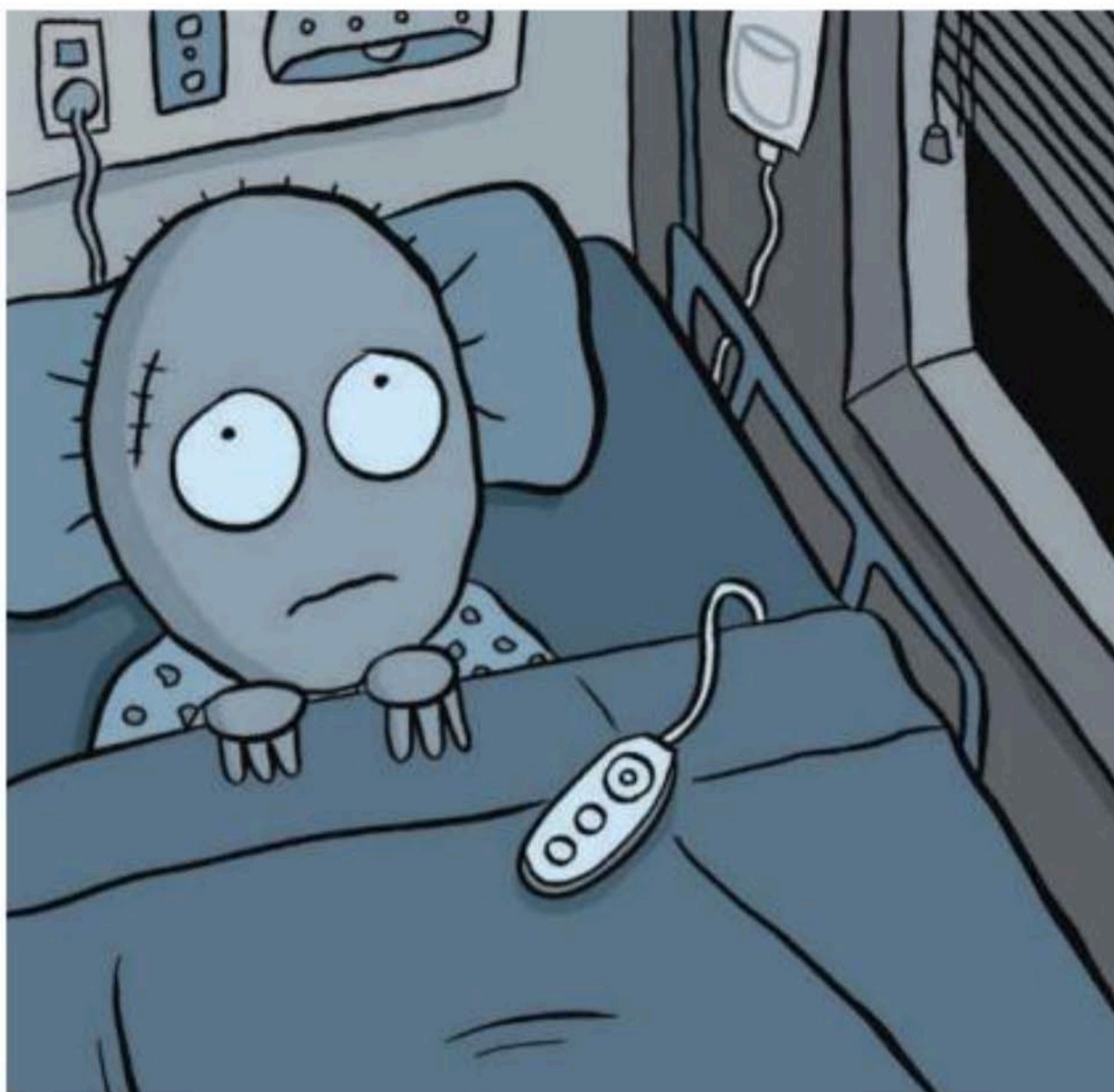


GETTY IMAGES

Rock icon

Dolores O'Riordan, 46, of The Cranberries dies suddenly Monday **20**

fit+wellness




BEN CLASSEN/ILLUSTRATION FOR EXPRESS

Why do we have to play together?

Q. I'm in my 30s and my sister Sarah and I are much more compatible in personality than our other sister, Jen. Jen just doesn't click with us. Every time Sarah and I do things together, my parents seem hurt. My mother tells us we should "include" Jen as if we are 5. My father reminds us that "family is everything." How do I stop feeling guilty for this? **FEELING LIKE A CHILD**

Forgiving yourself for "falling short" in a parent's eyes is a common challenge. Does Jen know they fixate on this, and what is her reaction? It sounds like it could be condescending and infantilizing for her; might she need a say? If you give your parents more of what they dream of when you are together — engaging in traditions they like, showing interest in Jen since you don't see each other as often — it may lessen their "Our three daughters aren't all BFFs, so we've failed!" mindset. You can keep the "love" part of your relationship with Jen strong by doing sisterly stuff (extra-nice birthday cards, etc.) that don't necessitate spending time together. Beyond that, it's a matter of giving yourself permission to live your life on your terms.

 Send questions to Dr. Andrea Bonior at baggage@wpost.com. Andrea is a licensed clinical psychologist and hosts a live chat Tuesdays at 1 p.m. at washingtonpost.com. Your questions may be used in the chats.

DR. ANDREA BONIOR | BAGGAGE CHECK

I'm really sick ... and really scared

Q. No one ever addresses this issue: anxiety about a health problem that is real, rather than health anxiety about a potential problem. What do you do with anxiety about an actual problem? **WONDERING**

With all our cultural focus on hypochondriac-ish behavior ("A Google search says I have Bitcoin Disease!"), what often gets lost is that for people living with very real illnesses, their anxiety can be all-consuming too. In fact, it's something that therapists see a lot. So, yes, therapy: Just because anxiety is justifiable doesn't mean it can't be helped with treatment. Like the depressive

symptoms of grief, stress from a health condition is natural and human, but can still very much be worked on. In these cases, cognitive behavioral therapy would involve being realistic about the challenges of the situation, and finding ways to cope much better and exert more autonomy. That leads to increased hope, more resilience and better day-to-day emotional tools in managing the illness.

Chat with Dr. Andrea! Today at 1 p.m., Dr. Andrea Bonior, who has been helping readers with her Baggage Check column since 2005, will host the fifth installment of her new weekly live chat series. Submit any questions you have for Dr. Andrea's discussion at wapo.st/baggage-live01-16 and your query may be answered during the chat. (EXPRESS)

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entertainment

Dolores O'Riordan of The Cranberries dies

International icon, 46, passed away suddenly in London on Monday

1971-2018

Dolores O'Riordan, who fronted the Irish alternative band The Cranberries that became an international sensation in the 1990s, died Monday. She was 46.

O'Riordan "died suddenly" in London, where she had been for a short recording session, according to a statement released by the band. The cause of death hasn't been made public.

"No further details are available at this time," the statement read. "Family members are devastated to hear the breaking news and have requested privacy at this very difficult time."

The Cranberries, known for hits including "Zombie" and "Linger," formed in 1989 in Limerick. The group's 1993 debut album, "Everybody Else Is Doing It, So Why Can't We?," became a huge commercial success. Since its founding, the band has released seven studio albums and sold more than 40 million copies worldwide.

Irish President Michael D. Higgins released a statement offering condolences and noting O'Riordan and The Cranberries' "immense influence on rock and pop music in Ireland and internationally."

O'Riordan was born Sept. 6, 1971, and wrote her first song at



Dolores O'Riordan's unique voice came to characterize the band's sound.

age 12. "If I started to sing, then all the others in the room would stop and listen," she told Rolling Stone in 1995. "I always had a strong Irish accent, too. People often ask me why I sing with a strong Irish accent. I suppose when I was 5 years old, I spoke with a strong Irish accent, so I sang with one, too."

O'Riordan joined guitarist Noel Hogan, bassist Mike Hogan and drummer Fergal Lawler when she replaced departing frontman Niall Quinn in what was then called Cranberry Saw Us. The first song O'Riordan wrote with the band was "Linger."

The Cranberries went on a hiatus in 2003 and O'Riordan

released two solo albums. The group reunited in 2009.

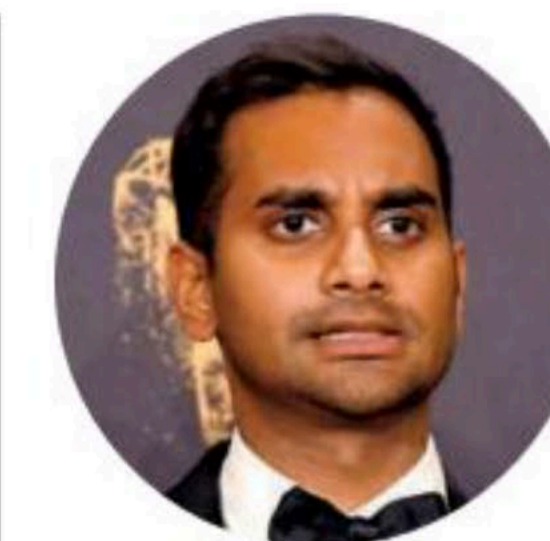
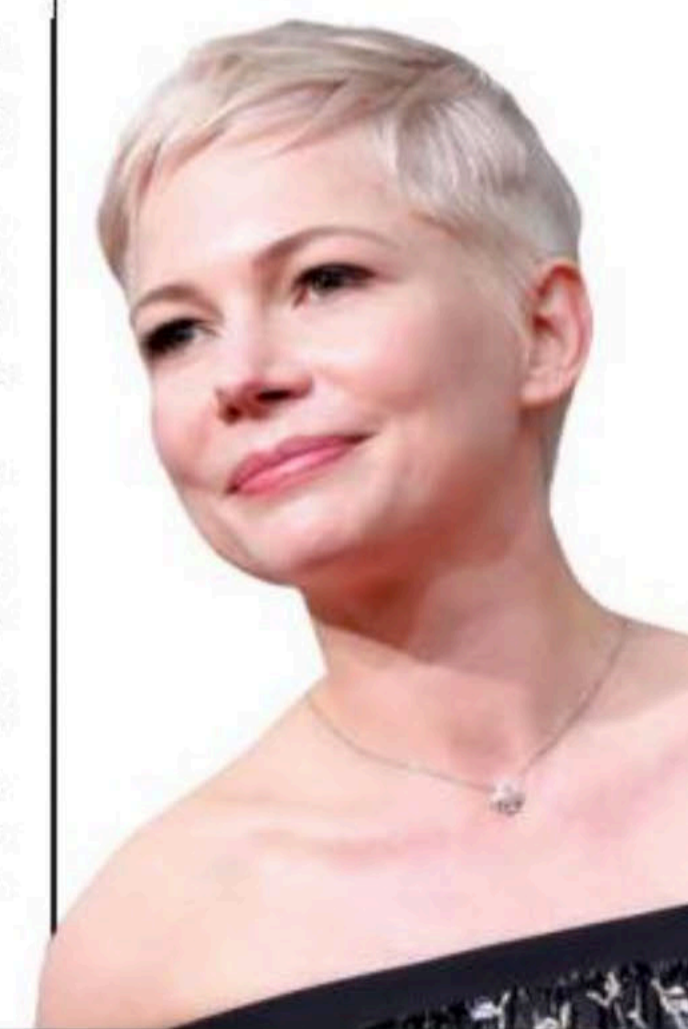
In April 2017, The Cranberries released a compilation album that included acoustic versions of their hits. Several months later, the band canceled most of its summer and fall tour dates due to "O'Riordan's recovery from her ongoing back problem."

On Dec. 20, O'Riordan posted a message on the band's Facebook: "Feeling good! I did my first bit of gigging in months at the weekend, performed a few songs at the Billboard annual staff holiday party in New York with the house band. Really enjoyed it! Happy Christmas to all our fans!! Xo." ELAHE IZADI (THE WASHINGTON POST)

verbatim

"My fellow actresses stood by me and stood up for me, my activist friends taught me to use my voice, and the most powerful men in charge, they listened and they acted."

MICHELLE WILLIAMS, in a statement after Mark Wahlberg and the two actors' agency announced a joint donation of \$2 million to the Time's Up fund in the wake of an outcry over Wahlberg and Williams' pay disparity for "All the Money in the World" reshoots



Ansari responds to misconduct accusation

ALLEGATIONS

Comedian Aziz Ansari has responded to allegations of sexual impropriety detailed in a weekend report, saying in a statement that his encounter with a woman "by all indications was completely consensual."

In a piece published Saturday on babe.net, a 23-year-old photographer from Brooklyn described a date with the comic that allegedly ended with him forcefully kissing her in his home and repeatedly trying to have sex. She told the outlet it was "painful" watching Ansari accept his Golden Globe while wearing a Time's Up pin in support of combating sexual harassment and assault in the workplace.

"I believe that I was taken advantage of by Aziz," the woman told babe.net. "I was not listened to, and ignored. It was by far the worst experience with a man I've ever had."

Ansari confirmed, via his statement, that he had met the woman at a September party and went on a date that ended with sexual activity.

"The next day, I got a text from her saying that although 'it may have seemed okay,' upon further reflection, she felt uncomfortable," he said. "It was true that everything did seem okay to me, so when I heard that it was not the case for her, I was surprised and concerned. I took her words to heart and responded privately after taking the time to process what she had said." ELAHE IZADI (TWP)



SOMEONE SEE IF MARKLE'S AVAILABLE

Lifetime making Meghan Markle and Prince Harry movie

A film chronicling the romance between Prince Harry and American actress Meghan Markle is in the works at Lifetime, the cable network revealed Sunday at the TV critics' 2018 winter press tour. Entertainment Weekly reported that "Harry & Meghan: The Royal Love Story" does not yet have an official release date, but the network is aiming for May in the lead-up to the couple's royal wedding on May 19. (EXPRESS)