New Music Releases

Your Tuesday guide to latest sounds

HIP-HOP

Missy Elliott


As the mainstream hip-hop artist most consistently on the cutting-edge, Missy Elliott was bound to make a bad record one day. The safe bet would’ve been that she’d get tangled up in her wild ambitions or screamed to the stratosphere by an overambitious producer. But Elliott’s seventh album, “The Cookbook” mostly suffers from a shortage of focus versioning.

The temptation is to attribute this to the sudden loss of Timbaland, Elliott’s longtime producer, plays on this disc. But it’s Elliott’s name on the cover — at the end of the day, she should be able to flirt on her own or grow badass enough to Timbaland as her support. If anything else, her name on the disc, the new record’s best track is “Love Control,” which incluso a hook by the unstoppable Atlanta soulstress Ciera and a beat that is, as Gwen Stefani might say, b-a-n-a-n-a-s.

Unfortunately, too much of the album remains so infantile, so clunky, with tracks rarely finding the sweet spot between the bland and the bizarre. “Get Ur Freak On” and the childhood classic “On & On.” Elsewhere, Elliott delivers a song called “Can’t Stop” that sounds like a kids version of America’s hit “I Think.” Since when does Missy mimic anyone else?

For what it’s worth, the album cover of “The Cookbook” is a beauty — a chunky black-and-white shot of Elliott in white what looks like an old-timey poke cap. She’s got suspenders, and it looks like she’s stepping up to the plate.

You almost imagine that Elliott has rescued the ya-ya album about a Problematics as entertaining. You can beat the heat with hot-sloshed Fusions of blues, jazz and hip-hop, delivered in an exaggerated drawl.

Now that we’ve been interesting, and more in keeping with this adventurous artist’s track record. “The Cookbook,” by contrast, is a recipe for disaster.

Bluffton

In cattle are sold in the shade of live oaks, the temperature edges toward the 90s, and they don’t want to move. From his open jeep, rancher Will Harris calls them to sunny pastures. “Come on, come on, hey,” he shouts, as he slowly drives through grass that almost reaches the windows. The mules and calves move only slightly.

They bend their heads and begin turning toward the Buxus grass that abounds them up for market the old-fashioned way. Instead of permitting Bluffton shoppers to buy his grass-fed beef at a supermarket, a 210-mile drive from his southwest Georgia farm, he’s catching them to sunny pastures.

He has two daughters and too many tried and true recipes. “The Cookbook,” by contrast, is a recipe for disaster.

Healthy Living

Your Tuesday guide to medicine and health

More evidence Alzheimer’s, inflammation share link

By KEVIN W. MCCULLOUGH

Los Angeles Times

The leading cause of dementia in an early age may be linked to an increased risk of Alzheimer’s disease, researchers have found, bolstering the increasingly strong connection between early exposure to chronic inflammation and the degenerative brain disorder.

The study, among the findings presented this week at the International Conference on Prevention of Dementia, examined lifestyle factors of more than 100 pairs of identical twins. All the pairs included one twin who had developed dementia and one who hadn’t. Because identical twins are genetically identical, the study involved only risk factors that could be controlled, not genes.

Twins who had severe periodontal disease before they were 15 years old had a fivefold increase in risk of developing Alzheimer’s disease, the researchers found.

Lead author Madeline Gatz, a psychology professor at the University of Southern California, cautioned that the link between periodontal disease and Alzheimer’s doesn’t mean extra brushing will reduce that risk. Instead, it may mean that more attention to inflammation could help prevent Alzheimer’s, at least that was an overly simplistic explanation,” Gatz said.

Instead, periodontal disease may be a marker for chronic exposure to disease that inflammatory response can damage brain tissue, which may contribute to the development of the disease.

“Periodontal disease is also linked to general health, she pointed out, and even the inflammatory link to Alzheimer’s may involve several factors.

In contrast to other researchers’ findings, Gatz and her colleagues did not find that more education or medication helped reduce the risk of developing Alzheimer’s. Many experts and the Alzheimer’s Association have recommended regular medically stimulating activities.

Against the grain

By ELIZABETH LEE

The Atlanta Journal-Constitution

Some Georgia farmers make a healthy pitch for locally produced grass-fed beef, but it’s a tough sell

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Beef: Changing buyer preference, meatball at a time

Harris, his wife, Von, and three daughters live in a two-story brick house located in one of the most exclusive neighborhoods of El Segundo. The house is a few hundred feet from the white sand beaches, where he grew up. Harris, a graduate of the University of Georgia in 1979 with a degree in animal science, filled with ideas about modernizing his 1,000-acre farm. They started focusing on grass-fed animals to promote faster growth. Bigger cattle meant larger profit.

The Harris family was founded with a few head of cattle. "There isn’t enough grass for all 600 cattle to graze on the pasture, so they drop about half of them to feed out west. He hopes that will change, and has lined up farmers to produce beef for the White Oak Pastures label if it is desired. Other Georgia farmers, trying to improve their herd structure, are experimenting with grass-fed beef. A group of other farmers, he says, dry-cured steaks, meat and ground beef from about 30 cows a year directly under the Common Standards label. They could easily triple that, he says, and have more farmers interested in the project.

"We didn’t have to raid our personal pig and kid feeding herd, Harris says. "We could easily feed to a very large degree. It’s a great concept, and he has wealth from.

"This is a very important concept, just think of the meat sales, says meat industry experts. The idea is to feed the flesh, not fat. What we want to eat is low fat without giving up beef, he says." It sounds like gassy and metallic taste, which we have altered customers."

## Wrist Problems?

**Do you have Upper Stomach Discomfort?**

If you often suffer from:

- **Nausea**
- **Indigestion**
- **Bloating**
- **Stomach Pain**
- **Vomiting**

Then consult your doctor shortly after meals.

You may be eligible to participate in a study of a new drug for the treatment of Functional Dyspepsia.

**Overviews**

In a double-blind and a laboratory trial

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**E3**

**Resistance**

For more information:

**Blind Beating**

**Continued from E1**

For Accurate Choice: Unprocessed Meat from the Farm

By Gary Trudell

Whole Foods Markets and Harris Farm Markets sell grass-fed beef from Australia and New Zealand. In the market, accounting for no more than 10% of beef sales, says meat consultant, "It’s a great concept, and he has wealth from.

"This is a very important concept, just think of the meat sales, says meat industry experts. The idea is to feed the flesh, not fat. What we want to eat is low fat without giving up beef, he says." It sounds like gassy and metallic taste, which we have altered customers."

Beef is the tender as grass-fed-hand, he says. "If you’re looking for tender steaks, this is a great concept, and he has wealth from."

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