



Ginger Tea is a soothing drink

By Sara Moulton
The Associated Press

With the arrival of the cold-and-cough season, you may be thinking about cooking up a big batch of chicken soup as a cure for what ails us. I love the stuff, too, but I suggest stocking up on some fresh ginger root instead. Ginger, of course, is one of the many flavors to be found in a stir-fry Asian dish or Indian curry. But used in larger quantities than specified for those recipes, it can become quite spicy. Of all the home remedies out there, I have found tea, prepared with fresh ginger, to be the most effective.

Ginger Tea is easy to make (and is much cheaper than chicken soup). Essentially, there's nothing to do but chop up some fresh ginger root, combine it with water, and let it simmer. When you're done, you're looking at a potent, clean-out-your-sinuses beverage that's ready to sip. I've provided a recipe below, but there's no need to be so formal. You can wing it and you'll be fine.

When making the tea, you might imagine that the first task would be to peel that gnarly ginger root. In fact, it's not necessary. Just rinse it well and slice off any bruised spots, then chop it and pile all the chunks into a small saucepan. The more finely it's chopped, the better — but half-inch chunks are good enough. Cover the ginger root with one inch of cold water, then bring the tea to a boil. (Starting with cold water pulls out more of the ginger flavor than starting with hot water.) The longer you simmer it, the stronger it becomes. So take a sip after 15 minutes or so and, if you approve, strain out the liquid. You can drink it straight up or embellished with honey and lemon — or even a pinch of cayenne.

If one potful of the tea doesn't entirely vanquish your cold, you can return the chunks to the saucepan, add fresh water, and repeat the process. A single crop of chopped ginger can keep a pot going all day.

Ginger Tea

Start to finish: 25 minutes (10 hands-on)
Servings: 4

4 ounces fresh ginger root
1 1/2 tablespoons honey, divided, or to taste
4 lemon wedges

Rinse the ginger, cut off any bruised spots, and cut into roughly 1/2-inch pieces. In a medium saucepan, combine the ginger with four cups cold water and bring the mixture to a boil. Reduce to a simmer, cover partially, and simmer for 15 minutes. Taste, and if strong enough, strain and pour into mugs. Add one teaspoon honey or more if desired to each portion and serve with a wedge of lemon.

Nutrition information per serving: 47 calories (2 calories from fat); 0 g fat (0 g saturated, 0 g trans fat); 0 mg cholesterol; 4 mg sodium; 12 g carbohydrate; 1 g fiber; 7 g sugar; 1 g protein.

Filipino WWII veterans awarded Congressional Gold Medal

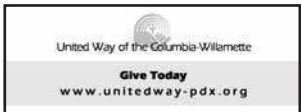
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ship to thousands of Filipino veterans and later extended VA benefits to them. The 2009 stimulus law authorized the lump-sum payments, although in some cases missing or poor records blocked the payments from being made.

"After bravely serving our country, it is frankly shameful that these veterans had to fight so hard for what they were promised," Hirono said.

Today, only 18,000 Filipino veterans are still alive.

"We are living in tumultuous times, and we have many disagreements," Hirono said, "but we agree that it is our responsibility as public servants and Americans to honor each veteran in the same way they honored our country."



Asian talent shines in NWSL's fifth season

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2017 pushed Williams to the bench, so the Dash traded her to Seattle in August.

Seattle already had a capable keeper in Haley Kopmeyer, but Williams started instead of Kopmeyer in three of the team's four final matches, allowing just two goals. The Reign may make further moves to clarify Williams's situation, but she certainly seems to have the edge to be Seattle's starting keeper when 2018 begins.

Seattle midfielder Rumi Utsugi and forward Nahomi "Naho" Kawasumi both signed within two weeks of each other in June of 2016. Naho led all Seattle forwards in minutes played, and it's easy to see why. Her six goals ranked third for the club, her nine assists were best in the league, and her combined total tied for third in the NWSL.

Utsugi led all Reign midfielders in passing accuracy, ranking second among the same group in minutes and games played. Seattle missed the playoffs this season with a fifth-place finish, and this Asian trio will be essential if they hope to get to the postseason in 2018.

Sky Blue FC has only one Asian player, but she is an all-time great. Often the team leader in scoring, forward Samantha Kerr was voted the 2017 NWSL Most Valuable Player during a season in which she shattered several NWSL scoring records.

The 24-year-old Kerr, an Australian with Indian heritage, began her career with the Western New York Flash, scoring six goals in 2013 before leading the team with nine goals in 2014. Despite missing time in 2015 and 2016 with Sky Blue, Kerr still led the team in scoring both seasons.

In 2017, Kerr went from being best on her team to best in the league. She scored 17 goals, setting a NWSL single-season record, and her 43 career goals is also the most ever.

Kerr's 17 goals include the NWSL's first-ever four-goal game, two hat tricks, and a brace — and, incredibly, none scored via penalty shot. Her career marks of 43 goals and 15 assists combine for 58 points, which is also the best in NWSL history. Sky Blue hopes the league's most prodigious scorer ever can lift them to the playoffs in 2018.

In last year's NWSL final, Hawai'i native Caprice Dydasco of the Washington Spirit tore a ligament in her knee that kept her off the pitch for several months at the beginning of this season. She still played in 16 matches, but Washington allowed 48 goals, second-worst in the league, falling from 2016 finals runner-up to last place. They will need a full season of Dydasco if they hope to rebound in 2018.

Japanese native Yuki Nagasato of the Chicago Red Stars can sympathize with Dydasco. This past May, Chicago signed Nagasato, who has made her mark as a goal-scoring forward with top-notch clubs in Japan, Germany, and England. Soon after her signing was announced, however, doctors discovered a minor knee injury, and Nagasato returned to Japan to rehabilitate.

Nagasato returned in August, started three games for the club, and appeared in four more, notching a goal and two assists. The Red Stars made the playoffs this season, but suffered a last-minute loss to North Carolina. Next season, Nagasato should bolster a Chicago offense that could only muster 33 goals this season, sixth overall during the regular season.

The NWSL has already proven itself by being the longest-lasting U.S. professional women's soccer league. And like other American professional leagues, it's also proven that having stars with Asian roots is essential to that success.

To learn more, visit <www.nwslsoccer.com>.



SUCCESSFUL FIFTH SEASON. The National Women's Soccer League's fifth year concluded in October with the Portland Thorns as champion. Athletes (pictured top to bottom) who played during the 2017 season included Mana Shim (#6), Naho Kawasumi (#36), Sam Kerr (#20), and Caprice Dydasco (#3). (AR Photos/Jan Landis)

