

FOOD



<< MEATBALLS

Nothing says the beginning of warmer days like a dish made with lamb. C2

FRIED CHICKEN

This oven-baked version of a family favorite will please mindful eaters. C6

INSIDE



EAT WITH THE SEASONS

Embrace spring with these peak fruits, vegetables



ARTICHOKES

Depending on where you live, the mighty artichoke might flash into season for a brief moment in spring. The intimidating thistle is one of the great vegetables, its edible parts including the inner stem, heart and yellow tips at the leaf bottoms. True, artichokes take some work to prepare. But with experience, the ritual of trimming them can become fun.

BY CHRIS MALLOY
REALSIMPLE.COM

Spring has returned, meaning you don't have to eat another root vegetable for months if you don't want to. If you eat with the seasons (and hey, even if you don't), few events on the food calendar beat when those first asparagus spears appear at the market. They signify that you have a wonderful stretch of fresh produce ahead of you; a months-long run

through a rainbow of fruits and vegetables is about to begin.

In reality, that run begins as more of a walk. Spring produce comes into season slowly—one here, one there, one delicate vegetable at a time. What's available when and where will vary, to some degree, by region. But here's what to look for, generally, now that the season has turned and spring's first crops are arriving.



STRAWBERRIES

A watershed moment in the progression of spring produce is the end-of-season arrival of tiny strawberries that actually recall berries, not the watery monsters from the supermarket. Though you can do a whole lot with strawberries, you probably already know that you don't have to do more than rinse and eat them right from the crate.



RADISHES

A dark horse among spring produce, radishes are great because they are affordable and come in many forms, flavors and colors. Farmers' market vendors might carry several varieties, with the peppery sizzle coming through in slightly different ways. Look for French breakfast, lime, black, watermelon and Easter egg radishes. Subjected to heat, the peppery notes mellow (and the leaves can also be cooked). Slivered and used raw, a pound of radishes can go a long way.

ASPARAGUS ♪

The arrival of asparagus marks the coming of spring produce in full force. Buy thin spears if you can; they're more tender and won't require peeling. Store your bundles upright in a jar of water. Asparagus has serious versatility, thriving in both star and supporting roles. Its delicate season typically lasts into June.



MUSHROOMS (ESPECIALLY WILD MORELS)

Though excellent mushrooms can sprout in climate-controlled indoor grow houses year-round, some truly fantastic wild mushrooms start to pop in spring. Morels, which have a dark, earthy nuttiness, are some of the very best. They have smooth pale stems and tall caps that look like elongated nectarine pits. But don't forage them yourself, as mushrooms are highly dangerous unless identified by a pro. Instead, rely on your local market farmer or forager.

RHUBARB ♪

In mid-to-late spring, rose-tinted stalks of rhubarb make their appearance. This comes as a delight to the subset of shoppers who want to make pies, galettes, bread puddings and other sweet baked preparations.



PEAS

In late spring, plain old green peas drop again, reminding the world of how much more delicate and all-around better they are than their frozen cousins. The pairing of peas and mint creates one of the great spring flavor teams.



PHOTOS FROM ISTOCKPHOTO

A croque monsieur is for any time of day

BY AMELIA RAMPE
THEKITCHN.COM

A croque monsieur is a delicious toasted sandwich made with humble ingredients commonly found in a French pantry. It's traditionally made with pain de mie (white sandwich bread), ham, cheese, and béchamel. The sandwich is layered with the ingredients then baked in the oven until the edges are crisp, the cheese is melty, and the top is golden-brown in spots. It's quick and easy to make

A croque madame is a variation of croque monsieur that has a fried or poached egg on top. It is said that the egg represents a woman's hat.

and a great dish for any time of day.

What does croque monsieur mean?

The word "croque" is **SEE MONSIEUR, C3**



JOE LINGEMAN / TNS

Toast up a classic French sandwich made with creamy béchamel, Gruyere cheese and ham until golden and melty.

New memoir from San Diego author serves up a feast for life

SAN DIEGO—One of the first times food spoke to her, Madhushree Ghosh was 7 years old and being tempted by a guava.

It was the last of the three guavas Ghosh's father had brought home to the family, and while she knew in her dutiful-daughter heart that she should probably wait to share it with the rest of the household, the guava had other ideas.

"To this day," Ghosh writes in her new memoir, "I swear the peyaara (guava) said, 'Eat me. Eat me now.'"

So she ate the guava, keeping a (slightly) guilty silence

COMMENT

Karla Peterson

when her sister, Didi, started looking for it. More than 40 years later, Ghosh is still engaged in a deep dialogue with food. But this time, she is not keeping the conversation to herself.

On April 4, the San Diego writer and oncology diagnostics strategist made her publishing debut with a memoir that uses food and food memories as a way to talk about so many other things.

SEE PETERSON, C3

HEALTH



« FAMILY TRAVEL

Take a younger cousin or nephew to one of these five fun treks, like fly fishing. C5

BOOK NOTE

Oprah picks prison memoir as her latest book club selection. C4

INSIDE

HOW DOES 988 WORK?

Effective crisis care is a call away

BY LILA SEIDMAN
LOS ANGELES TIMES

Help for a mental health crisis is now just three digits away: 9-8-8. Early data show that people are increasingly reaching out to a national mental health hotline launched July 16 as an easy-to-remember alternative to 911. But how does it work? And is it “friendly”?

THE BASICS

Instead of being directed to police, callers (or texters) are connected to compassionate listeners trained to talk about crises ranging from suicidal thoughts to drug addiction. They can even advise people who aren't in crisis but hope to help a struggling friend. It's free and staffed around the clock.

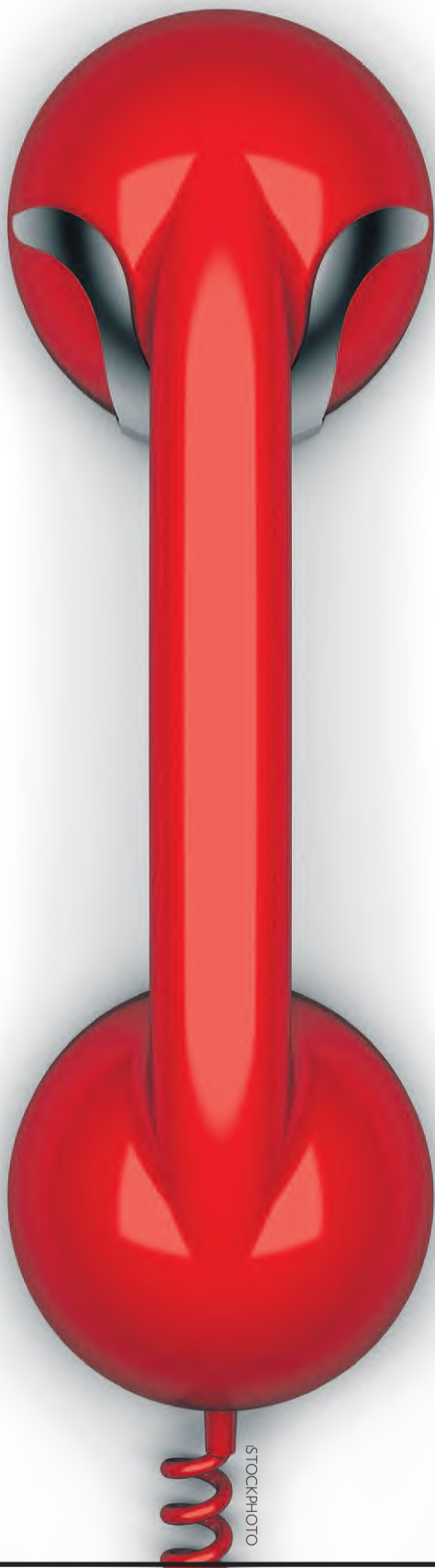
“We want to make sure that we're giving people effective evidence-based care in a crisis, rather than giving them care that results in them cycling through incarceration, hospitalization, emergency department visits, over and over again, which has historically been how we've addressed crisis in this country,” said Hannah Wesolowski, chief advocacy officer for the National Alliance on Mental Illness.

Before 988 went live, those seeking help had to dial a 10-digit 800 number to reach the National Suicide Prevention Lifeline. Calls to that number—800/273-TALK—will still be answered.

A BUMP IN USAGE

In August, the hotline's first fully operational month, its overall volume—including calls, texts and chats—jumped 45% across the country, compared with the same month last year for the Lifeline, according to the U.S. Department of Health and Human Services.

Meanwhile, the average time it took for a response decreased year over year



from 2 1/2 minutes to 42 seconds. The Substance Abuse and Mental Health Services Administration, a part of Health and Human Services, oversees the hotline.

Didi Hirsch Mental Health Services, which leads the crisis call response for most of Southern California, said its call volume doubled the day 988 went live.

The number has fallen off since, but the West Los Angeles agency said that, as of Sept. 12, its overall volume since the July launch has increased by 27%. Texts shot up 176%, and chats decreased by 20%. Calls have increased 27%.

“This is a good thing. This means people are calling. They are understanding that 988 is there to help,” Didi Hirsch Chief Executive Lyn Morris said. It sounds warm and fuzzy, but what about the fine print?

How do I access 988 services?

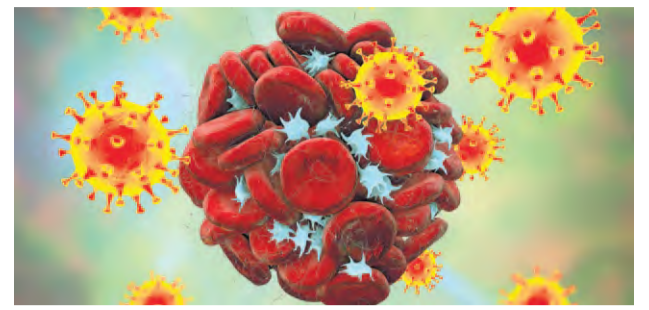
Anyone in the U.S. can call or text 988. There is also an online chat option, 988lifeline.org/chat.

Didi Hirsch offers English- and Spanish-speaking crisis counselors 24/7. Korean speakers are available during peak evening hours and there is support for the deaf and hard of hearing. Check the website, didihirsch.org, for details.

Who will pick up or respond?

A crisis counselor trained in suicide prevention and handling other

SEE 988, C3



ISTOCKPHOTO

Those who got COVID are at a higher risk of blood clot-related issues, which can last for 49 weeks after.

Study: Clot risk high after COVID

BY MICHAEL MERSCHEL
AMERICAN HEART ASSOCIATION NEWS

People who got COVID-19 had a higher risk of dangerous blood clots for close to a year later, according to a large new study on the aftereffects of a SARS-CoV-2 infection during the period before vaccines became available.

As seen in previous studies, COVID-19 was linked to a sharply increased risk of blood clot-related issues—including heart attack and stroke—immediately after diagnosis compared to people who never had COVID-19. But the new study found that risk remained higher for some problems up to 49 weeks later.

At that point, the risk of deep vein thrombosis—clots that form in large veins—was nearly double in people who'd had COVID-19 compared to those who had not, according to the study published recently in the American Heart Association journal Circulation.

The study used data collected anonymously from 48 million people—nearly every adult in England and Wales—in Great Britain's National Health System from January 2020 until the day before COVID-19 vaccines were made available that December.

The findings reinforce the message that for people who have cardiovascular conditions, “taking established preventative medications and managing your risk factors is even more important now

ANALYSIS: HOSPITALIZED COVID VICTIMS MAY HAVE MORE HEART ISSUES

BY TEDDY ROSENBLUTH
THE CHARLOTTE OBSERVER

People hospitalized for COVID-19 were more likely to have heart failure after their discharge than those hospitalized for another reason, a Duke University study published recently found.

The study's findings, published in Nature Communications, support a growing body of research that suggests some people infected with COVID-19 go on to develop long-term heart problems.

Using health records of more than 580,000 patients admitted to U.S. hospitals, Duke researchers tracked how often those who had COVID went to the hospital for heart issues in the year after their discharge. They

SEE HEART, C2

than it was before the pandemic,” said Jonathan Sterne, the study's senior author and a professor of medical statistics and epidemiology at England's University of Bristol.

The study looked at

SEE CLOTS, C2

Research says mom's weight may cue ADHD

BY ANAGHA RAMAKRISHNAN
THE ATLANTA JOURNAL-CONSTITUTION

More than 6 million children in America are affected by ADHD, according to the Centers for Disease Control and Prevention. Yet, two new studies show how birth conditions may increase the likelihood of developing this mental disorder.

A recent study published in the Journal of Clinical Endocrinology & Metabolism found women with gestational weight gain and diabetes were two times more likely to give birth to a child with ADHD than mothers without obesity. From 1991 through 2008, the researchers studied 1,036 children whose mothers had gestational diabetes and weight gain.

Of those children, 13% were diagnosed with ADHD. Although



MACIEJ M. BOGACZ / ISTOCKPHOTO

Being obese and diabetic while pregnant may cause mental issues, like ADHD, in the child.

a mother's weight gain played a role in the likelihood of children developing mental health problems, the risk didn't occur

SEE ADHD, C2

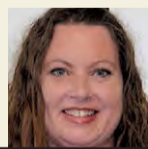
Anxiety disorders can be managed with care and a plan

THE WORLD feels pretty heavy these days, doesn't it? And if that's left you feeling anxious, you're not alone.

Throughout the COVID-19 pandemic, Americans reported feeling

HEALTH MATTERS

Amy Umble



anxious quite frequently. We've all had those moments of anxiety—when

we're worried about something or dreading an event.

But for many people, anxiety is more than fleeting. When distress or panic interrupt daily life, an anxiety disorder is a likely cause. Before

the pandemic, about 20% of Americans had anxiety disorders. That number jumped 25% during the pandemic, and we don't know what the long-term effects will be.

Anxiety disorders

SEE HEALTH MATTERS, C2



DREAMSTIME

Better ways to stop the migraine pain

BY DEB BALZER
MAYO CLINIC NEWS NETWORK

Migraine is a genetic neurologic disease that often goes undertreated. It's more than a typical headache. Sometimes migraine headaches come with pain

so intense they can interrupt day-to-day activities.

The good news says Dr. Amaal Starling, a Mayo Clinic neurologist, is newer migraine headache treatment options are available that are more effective and better tolerated.

“Migraine is abnormal function in the brain. And this abnormal function results in abnormal sensory processing,” says Starling.

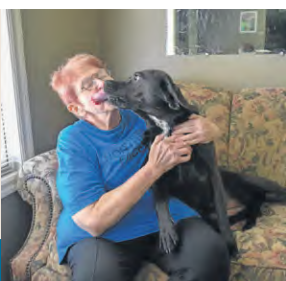
And the most common sensation processed is

SEE MIGRAINE, C2



COPING WITH GUN VIOLENCE
TAKE ACTION TO TREAT FEAR
C1

< **HEALTH**



REUNITED AFTER FLOOD
OWNER SAYS DOG WOKE, SAVED HER
A13

< **NATION**



FAMILIAR FACE ATOP OPEN
MCILROY SHARES LEAD WITH HOVLAND
B1

< **SPORTS**

The Free Lance-Star

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WEATHER: HIGH 89, LOW 73. **B6**

FREDERICKSBURG, VA. FOR 24-HOUR UPDATES, GO TO **FREDERICKSBURG.COM**

SUNDAY, JULY 17, 2022

ABOUT THE CLINIC

To honor Robert Patterson's legacy of wanting to help others, the Living Water Community Clinic will name Exam Room No. 1 in his honor. Donations can be made online at livingwaterclinic.life or through the mail at Living Water Community Clinic, Box 583, Locust Grove, VA 22508.

The clinic is for uninsured adults in Orange, Spotsylvania and Culpeper counties and is open each Thursday at 5 p.m. at 32345 Constitution Highway, Suite P, Locust Grove. The phone number is 540/854-5922.

While Patterson's story is "the most shining example," said Dr. Mike Evans, a clinic volunteer, of someone whose spiritual and medical needs were met, he's among more than 63,000 uninsured or underinsured Virginians who were helped in similar facilities last year, said Rebecca Butler, a spokesperson for the Virginia Association of Free & Charitable Clinics.

"Our clinics make it possible for vulnerable patients to regain their health, care for their families and contribute to their communities," Butler said, adding the clinics provided more than \$129 million worth of health care services.



TRISTAN LOREI / THE FREE LANCE-STAR

Robert Patterson says he's happy as he enters what could be the final phase of his life. His only desire is to let others know of the medical and spiritual help he received from the Living Water Community Clinic.

CANCER PATIENT FINDS COMFORT IN COMMUNITY CLINIC

'Near the end of his journey, he's at peace'

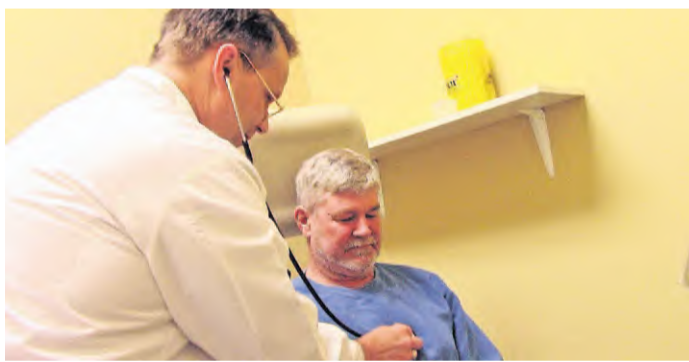
BY CATHY DYSON
THE FREE LANCE-STAR

Robert Patterson has terminal cancer and pain so fierce, he said it feels like there's a knife in his stomach.

But no one would know it by the look on his face or the tone of his conversation. Terry Maple, a Lake of the Woods Church chaplain who's become Patterson's driver, Bible reader and best buddy during what may be the last months of the sick man's life, said he's never heard him complain.

"There's not a word of negativity that comes out of Robert's mouth and that's absolutely amazing," Maple said. "Whereas you hear some people, 'Oh, why is it me?' he's accepted it and he's living with it."

As he's battled nausea from chemotherapy and dizziness from pain medicine, Patterson has been determined to leave a legacy. He wants others to know how he found healing—of the mind, body



PROVIDED

Patterson was first seen six years ago at the Living Water Clinic by Mike Evans, a physician's assistant.

and soul—at the Living Water Community Clinic in Locust Grove.

"I just hope this will help at least let one person, even if it's just one, see what ya'll have done for me," he said about those who donate their medical, counseling or administrative skills to the clinic. "I think other people need to know that there is good organizations out there, Christian organizations, that



TRISTAN LOREI / THE FREE LANCE-STAR

Patterson has dizzy spells and fell as he opened the clinic door to visitors.

want to help people."

For the last six weeks, Debbie McInnis, the clinic's executive director, has worked to schedule an interview between The Free Lance-Star and Patterson when he felt up to it. Ongoing chemo sessions knocked him down, and he had to repeatedly cancel the interview. He got so sick, he was hospitalized and then moved in with his sister, Gale Patterson in Spotsylvania County.

When he was able to be interviewed, he was alert and smiling. His color looked good and his head was full of curly gray hair. He joked that others have told him he's got the "purtiest hair they've ever seen in their lives."

He watched the traffic from the front porch, grateful for the chance to meet new people and share his story.

"When you think you're going to be talking to someone on their deathbed, you

SEE PATTERSON, A16



TRISTAN LOREI / THE FREE LANCE-STAR

Cassandra Singleton stands outside the Lloyd F. Moss Free Clinic.

FORMER MOSS CLINIC PATIENT WORKING AS STAFF MEMBER

BY CATHY DYSON
THE FREE LANCE-STAR

When patients at the Lloyd Moss Free Clinic in Fredericksburg come into Cassandra Singleton's office for help with paperwork, she knows exactly what they're going through.

Not long ago, Singleton was on the other side of the desk. She was a patient at the free clinic from 2011–17, after she moved to Virginia and didn't have a job or health insurance. Since November, she's worked as office

SEE SINGLETON, A16



EVGENIY MALOLETKA / ASSOCIATED PRESS

A man stands in front of his destroyed home after Russian shelling in Chuhuiv, Ukraine.

Russia steps up attacks across Ukraine's cities, towns

BY CARA ANNA
ASSOCIATED PRESS

KRAMATORSK, Ukraine—Russian forces fired missiles and shells at cities and towns across Ukraine on Saturday after Russia's military announced it was stepping up its onslaught against its neighbor. Ukraine reported at least 17 more civilians killed.

Russian Defense Min-

ister Sergei Shoigu gave "instructions to further intensify the actions of units in all operational areas, in order to exclude the possibility of the Kyiv regime launching massive rocket and artillery strikes on civilian infrastructure and residents of settlements in the Donbas and other regions," his ministry said Saturday.

Russia's military campaign has been focusing on the eastern Donbas, but the new attacks hit areas in the north and south as well. Kharkiv, Ukraine's second-largest city, has seen especially severe bombardments in recent days, with Ukrainian officials and local commanders voicing fears that a second full-scale Russian assault

on the northern city may be looming.

At the same time, President Volodymyr Zelenskyy urged Ukrainians not to fall for Russia's attempts to scare them with warnings of horrendous missile attacks to come, which he said were aimed at dividing Ukrainian society.

SEE UKRAINE, A16

