MBTA proposes fare increase for July

BY LING-MEI WONG

The Massachusetts Bay Transportation Authority held a public hearing on proposed fare increases by an average of 5 percent on April 22 at the State Transportation Building.

Bus and subway CharlieCard fares will increase 10 cents for adults and five cents for seniors. Any MBTA fare increases are capped at 5 percent, based on Transportation Finance legislation enacted July 2013.

“The MBTA is the fourth largest transit agency in the United States,” said Joseph Cosgrove, MBTA director of development. Because of Boston’s public transit, more people use it instead of driving to work downtown, he said.

To make up for the MBTA’s budget deficit, the fare increase is expected to boost fare revenue by 4 percent or bring in $20 to $24 million, Cosgrove said. Ridership is projected to decrease less than 1 percent due to the fare increase.

Louise Parker, a senior member of the T Rider Union, spoke against the MBTA proposed fare increases during the public hearing on April 22 at the State Transportation Building. (Image courtesy of Ling-Mei Wong.)

Governor candidates Baker, Grossman and McCormick attend Asian American forums

BY LING-MEI WONG

The seventh gubernatorial forum with Charlie Baker took place April 14 at Viet-Aid in Dorchester, while the final forum with Jeff McCormick took place April 16 at the Metropolitan Community Room in Chinatown. The “Corner Office” forums are organized by Gov. Patrick’s Asian American Commission and sponsored by 25 Asian American organizations.

Mass. Treasurer Steve Grossman returned to Chinatown for a second town hall meeting April 23 at the Metropolitan.

Charlie Baker

Baker is the Republican candidate on his second run for governor. His platform focused on job creation, education and strengthening communities.

“ar can’t be a strong Commonwealth without strong communities,” Baker said. “Communities have identities, fundamental to who they are and where they live. I will work with communities around main streets.”

Baker worked in public office as Mass. secretary of administration and finance and secretary of health and human services. He was CEO of Harvard Vanguard Medical Associates.

Baker’s promise to work with the existing tax base differentiated him from the other gubernatorial candidates. “I’m the only person to say if state tax revenue grows, local aid needs to go to cities and towns,” he said.

“The state budget has gone up six percent, but it has cut funds to cities and towns.”

SEE GOVERNOR ON PAGE 2

Happy New Year!

The only bilingual Chinese-English Newspaper in New England
GOVERNOR: Forums discuss transportation, gaming, housing

CONTINUED FROM PAGE 1

Gaming in Massachusetts should be limited to one casino, Baker said. However, as more casinos are being built, he would work to understand their impact on local businesses and the state lottery.

Jeff McCormick

The candidate McCormick was the eighth and final speaker of the gubernatorial series. He is the cofounder of venture capital firm Saturn Partners, which funded Constant Contact and Boston Tours.

"I’m the product of typical Irish immigrant roots," McCormick said. "I’m proud to say over the last 20 years, I’ve built many companies and jobs."

McCormick grew up in upstate New York and played lacrosse while at Syracuse University. While he has not held public office, he said his analytical skills and willingness to listen distinguish him.

"Energy is a tremendous opportunity," McCormick said, citing alternative energy and improvements to traditional energy as possible drivers of state job growth.

Boston Marathon attracts record turnout

By Ling-Mei Wong

The 118th Boston Marathon took place April 21, attracting 36,000 entrants or 9,000 participants than 2013. Meb Keflezighi, 38, was the first American man to win the race since 1983. Kenyan Rita Jeptoo won the women’s race in 2:18:57, a course record.

Boston Chinatown Neighborhood Center (BCNC) was represented by Brendan Greally of Boston, 37, and Chloé Poon of Somerville, 21, and Julia Kuo, 26, who represented BCNC in 2013, ran in the marathon again as they were turned away from the finish line due to the bombings.

"The Boston marathon is a celebration for the city, or new strength," Poon said. "We can’t let last year put a cloud over this year."

A moment of silence commemorated the 2013 victims Krystle Campbell, Lingzi Lu and Martin Richard. A fourth victim, MIT police officer Sean Collier, was shot by the Tsarnaev brothers who are accused of carrying out the attack.

Greaally and Poon trained for the marathon since January 2014. Poon had run half-marathons before, while Greally decided to run after the 2013 marathon.

"There’s a lot of thinking in 3.5 hours about why you’re doing this," Greally said. "It’s more a mental struggle than a physical one. Your body can keep running if the mind tells it to."

Greaally and friends and other runners at Faneuil Hall after his run.

BCNC was awarded two marathon bibs from the John Hancock Non-Profit Marathon Program. Each runner must raise $5,000, with Poon and Greally setting a record at $20,902 as of April 22.

Chinatown meeting roundup: TCC, CNC

By Ling-Mei Wong

Chinatown groups met to discuss real estate developments, education and community health.

The Chinatown Coalition met April 10 and the Chinatown/South Cove Neighborhood Council met April 21.

TCC

The TCC met at the Boston Chinatown Neighborhood Center for its monthly meeting. A project update on improving Tremont Village, an affordable housing complex, was given by Anggie Liou, director of real estate, Asian Community Development Corporation (ACDC).

Ayyanna Pressley, Boston city councilor-at-large, talked about her work with liquor license reform, trauma support services and the Committee on Healthy Women, Families and Communities. To promote sex and health education for Public Boston Schools, she will host the second Empowerment Day on sexual violence on April 26 at Northeastern University.

South Cove Manor Nursing and Rehabilitation Center board director Helen Chin-Schlichte reported the new facility at Quincy Point is almost completed, with the ribbon-cutting ceremony taking place April 22.

The Greenway Conservancy is hiring, said Jesse Brackenbury, the new executive director. More information is available at www.roseenknedgreenway.org/jobs.

CNC

The CNC met at the Chinese Consolidated Benevolent Association for its monthly meeting. ACDC presented again on improvements for Tremont Village.
Event Calendar

Where the Mountain Meets the Moon
April 25 to May 11
Wheelock Family Theatre 180 Riverway
Boston, MA 02215
Wheelock Family Theatre presents the East Coast premiere of Grace Lin’s Newbery honored novel about one Chinese girl who embarks on a journey. For tickets, please call (617) 879-2300 or visit https://web.ovationtix.com/trs/pr/924436.

Free home care info clinic
Every Saturday 9 a.m. to noon
1 Billings Road, #328
North Quincy, MA 02171
Multicultural Home Care offers free advice and assistance to folks who have questions regarding home health services for their elders. If you have questions regarding how to get a visiting nurse, physical therapist, home health aide or homemaker, feel free to come to the Quincy office on Saturdays. For more information, please call (617) 479-8880 or (617) 285-9636.

Tianamen in history and memory
Saturday, April 26
9 a.m. to 6 p.m.
Fong Auditorium, Boylston Hall, Harvard Yard
Cross-generational panels including survivor Fang Zheng, whose legs were crushed when a tank drove over him from behind while he was watching from Tiananmen Square on June 4, and other 1989 student leaders and survivors. Please visit the website for more information: www.hks.harvard.edu/tiananmen/. First-time home buyer class
April 26 to April 27
9:30 a.m. to 3:30 p.m.
38 Oak Street
Boston, MA 02116
Asian Community Development Corporation will hold its first-time home buyer class. With accomplishment of the two-day class, students will get their first-time home buyer certificate, which is issued by the government and will be valid for three years. Middle or low income residents can apply for affordable housing with this certificate, and enjoy benefits such as loans and low prepayment, which can be 3 percent of the house price. Class fee is $40 for contact: (617) 482-2380 x 208, or CHOP@asiaucdc.org. Homegrown shorts
Saturday, April 26
9:45 a.m. to 9 p.m.
446 Tremont Street
Boston, MA 02116
Please join us to watch a collection of outstanding locally produced short films. The screening is free and open to public.

Free monthly legal clinic
Thursday, April 25
9:30 a.m. to 3:30 p.m.
Quincy Asian Resources Inc.
285-9638.
(617) 472-2200 or e-mail info@quincyasianresources.org.
Newton Taiwan Day
Saturday, May 3
11 a.m.
90 Lincoln Street
Newton, MA 02461
The American Red Cross and Taiwan Youth Chamber of Commerce of New England will host a blood drive. Conveniently located only 5 minutes walk from Newton Highland Station this event is held with Newton Taiwan Day. If you are generally healthy, at least 17 years of age, weigh at least 110 lb, please make an appointment by calling 1-800-REDCROSS or visiting http://gosa.gl/m51FwF.

MIT Asian Dance Team
Sunday, May 4
4:00 p.m. — 6:00 p.m.
Kreeg Auditorium
Massachusetts Institute of Technology
Come see amazing fun and dynamic styles including Dai, Xinjiang, Han, contemporary, and classical Chinese, as well as hip-hop and pop performances.

Tickets: $5 for MIT affiliates, $7 for non-MIT affiliates ($10 at the door) or online reserve at www.eventbrite.com/e/mit-asian-dance-team-spring-2014-showcase-checkmate-tickets-1155147445

Chinatown Safety Committee meeting
Wednesday, May 7
6:30 p.m.
Doubletree Hotel
821 Washington Street
Boston, MA 02111
The Chinatown Safety Committee meeting will be held at the Doubletree Hotel. The public is welcome to attend.

Seamstress/Stitcher
Full-Time
Some experience required Must have working papers and English Speaking a plus.
Flagraris, Inc.
30 Alston Street,
Grovella, MA 02143
(617) 776-7549

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Mashpee – short waiting list
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Section 8 and MRVP welcome! Call 508-477-6202 X206 for an application.
Sampan | NEWS April 25, 2014

Harvard professor Peter Bol gave a lecture on the Tang classic “Yingying Zhan” on April 14 at Harvard’s Education Portal in Allston. (Image courtesy of Candice Chen.)

Harvard professor uses literature to teach Chinese history online

BY CANDICE CHEN

On April 14, Harvard professor Peter Bol, vice provost for advances in learning and the Charles H. Carswell professor of East Asian languages and civilizations, presented a lecture on the famous Tang tragedy “Yingying Zhan” at Harvard’s Education Portal in Allston. The lecture is part of a massive open online course (MOOC) titled ChinaX, a course about Chinese history and culture hosted by HarvardX.

“Yingying Zhan,” written by Yuan Zhen during the Tang Dynasty, recounts the love story between 16-year-old Cui Zhen and 21-year-old Zhang Sheng. Sheng fell in love with Yingying but abandoned her, and the two finally broke up. In his lecture, Bol described the significance of the story’s specific time and location as well as the dynamics of specific social classes, all of which make “Yingying Zhan” helpful for understanding the Tang Dynasty.

While the seventh to 17th century period in China is Bol’s area of expertise, ChinaX offers a diverse and varied curriculum. The course, which was put together by Bol, aims to not only attract Americans who are interested in Chinese history, but also Chinese students who want to learn about their country’s history from a new perspective. “We want to let students in China know how the United States sees their history,” he said.

More than 42,000 users are currently enrolled in ChinaX, 71 percent of which are outside of the United States. In 2012, Harvard and Massachusetts Institute of Technology created edx, a not-for-profit online classroom. It offers online courses from MIT, Harvard, the University of California-Berkeley, the University of Texas and other universities and has about four million learners from all over the world.

Greendale Village in Needham
Affordable Housing Lottery
www.s-e-b.com

Two 3BR Townhomes for $112,600*
Two 3BR Townhomes for $121,400*

This is a lottery for the 4 affordable Townhomes at Greendale Village sold at affordable prices to households with incomes at or below 50% of the area median income. The first affordable homes will be ready in the summer of 2016. All affordable homes feature between 1,800-2,100 livable square feet and have 3 bedrooms, two and a half bathrooms, master bedroom with walk-in closet, central air conditioning, Anderson double-hung Low-E Insulated Glass windows, laundry room (washers and dryers not included), and garage parking for one car.

The Maximum Income Limits for Households are as follows: $37,650 (2 people), $42,350 (3 people), $47,050 (4 people), $50,850 (5 people) and $54,600 (6 people).

* A Mortgage Pre-Approval of at least $160,000 is required with the application. As the condo fees for the affordable units are $300/mo and $400/mo (depending on the unit), the buying power required to purchase one of these homes is the same as the buying power required to purchase a home that is $160,000 and has no condo fees. Therefore households must be pre-approved for $160,000 as mortgage pre-approvals generally do not consider condo fees. Please talk to your lender for more details.

For more information on the Development, the Units or the Lottery and Application Process or for reasonable accommodations for persons with disabilities, please visit www.s-e-b.com/lottery or call 617.782.0000 (press 1 for homeownership, then press 1 for Greendale Village). Applications and Required Income Documentation must be postmarked not later than 2 pm on June 24th, 2014.

A Public Info Session will be on May 20th, 2014 at 6 pm in Powers Hall in Needham Town Hall (1471 Highland Ave). The lottery will be on July 8th in the same location.

Applications and Information also available at the Needham Public Library on 1139 Highland Ave (Hours: M-Th 9-9, F 9-5, Sa 9-5, Su 1-5).

POSITION AVAILABLE
EXECUTIVE DIRECTOR

The Millbury Housing Authority is seeking a qualified housing professional to be responsible for 210 units of State-aided Public Housing, including 146 conventional elderly/handicapped units, 23 congregate units, 38 family units and three units under the Massachusetts Rental Voucher Program.

Minimum requirements include: at least four years’ experience in public or private housing or a closely related field; knowledge of the principles and practices of housing management, finances and maintenance systems in public or private housing; at least one year’s experience overseeing three or more staff persons; excellent written and verbal communication skills; knowledge of laws regulating State housing programs; experience working with people of various socio-economic backgrounds; the ability to earn certification as a public housing manager from a HUD approved organization or certification as a Massachusetts Public Housing Administrator (MPHA) from a DHCD approved certification program within one year of hire. Excellent computer skills are required. A bachelor’s degree in a related field may be substituted for two years of experience.

The executive director is the chief administrator of the housing authority with the responsibility of planning, administering, directing, supervising and coordinating all phases of the Authority’s operations including maintenance, accounting, security and tenant relations.

Salary range is $46,300 to $52,000 commensurate with experience and qualification. Minimum hours per week - 37 ½ between 8:00 a.m. and 5:00 p.m. Monday through Friday.

Resumes from qualified individuals will be accepted until 2:00 P.M., Friday, May 30, 2014. and should be addressed to Ms. Barbara Blavackas, Chairman, Millbury Housing Authority, 89 Elm Street, Millbury, MA 01527. Please mail envelope RESUME. Late resumes will not be accepted. The Millbury Housing Authority is an Equal Opportunity Employer.

H Mart opens in Cambridge

BY MARY ‘MOLLY’ FINN

H Mart opened its second Mass. location in Cambridge on April 24. (Image from H Mart’s Facebook page.)

H Mart in Central Square, Cambridge, held a grand opening on April 23. The line formed out the door before the ribbon cutting, stretching a block. H Mart is a chain of Asian supermarkets present in 11 states. The store offers a range of Asian groceries and cuisine. Additionally, the food court has a café, pastry shop, ramen bar and hot curry shop.

The opening ceremony attracted Cambridge city officials, H Mart management and a live band, which marched through the aisles.

Cambridge City Mayor David Maher said the opening of H Mart provided 100 new jobs for the community.

Patrons enjoyed samples throughout the store in its first hours. The Cambridge supermarket at 581 Massachusetts Avenue is the second of two locations in Massachusetts, with the first location in Burlington. Store hours are between 7 a.m. and 12 a.m.

May is Asian American Heritage Month!
Local health care providers help community sign up for health insurance coverage

BY LING-MEI WONG

President Barack Obama announced April 17 that 8 million Americans signed up for health insurance coverage under the Affordable Care Act (ACA), also known as “Obamacare.” This exceeds the White House target of 7 million individuals, with 28 percent of those enrolled 18 to 24 years old. Young healthy people will make health care premiums affordable for individuals who need more medical attention.

This goal was not possible without help from local health care providers. From completing applications to translating federal ACA material, these providers went above and beyond to help clients and patients get health care coverage.

“We helped 3,300 families complete health insurance applications,” said Frances Ma, social service manager at South Cove Community Health Center. South Cove has four sites in Chinatown and Quincy, serving the Chinese-American community in Cantonese, Mandarin and Toisanese. It also has Vietnamese and Cambodian interpreters on site. Most of the ACA materials had to be translated into Chinese from English, which helped fly their videos on slideshows in Mandarin and Cantonese. Its staff needed to complete training to be certified application counselors, so patients could get signed up before the March 31 deadline.

“We did outreach at August Moon Festivals in Boston and Quincy and also reached out to other organizations, such as the Greater Boston Gold Girls of America Asian Chinese Student Association and American Chinese Christian Educational and Social Services (ACCESS),” Ma said. “South Cove wants to help the Chinese community and these agencies performed workshops for their clients, so more people understand the importance of the changes.”

Tufts Medical Center has helped patients navigate federal health insurance requirements. “Our financial coordination team has reached out to our existing patient base to offer assistance in signing up for the best product offered to suit their medical needs,” said Shawnnessy Malcolm, financial coordination supervisor at Tufts MC. “We also have provided them with directions and information on a more precise avenue to contact MassHealth or the Health Connector on their own, in order to get the information they may need without our assistance, if they choose.”

Tufts MC patients with additional questions can make an appointment with the financial coordination team, preferably a few weeks before their doctor’s appointments. Malcolm said, “The Tufts Asian Access Program operates on weekdays from 8:30 a.m. to 5 p.m. for non-English speaking, or limited English-speaking individuals in the Asian community. Interpretation help is also available on the weekends.

One challenge for health care providers was the online Health Connector’s downtime. “CeltiCare Health set up and ran enrollment events helping people through the application process individually, because the website was down for much of the time and many people found the application hard to complete,” said Joanne Casino, manager of marketing and communications at CeltiCare Health.

Another challenge was educating members about the necessity to sign up through the Health Connector and reapply so their coverage would continue. “Each person needs to take action to make sure they have health insurance coverage,” Casino said. “The fastest way is to go to Masshealthconnector.org and choose the type of insurance you need (individuals and families). People who need government assistance to help pay for health insurance can apply at any time.”

Legal residents are qualified to apply online under the ACA. While open registration ended March 31, new immigrants can still apply for coverage online.

How acupuncture, herbal remedies and lifestyle changes can make a difference in Type 2 Diabetes

BY YI LUO, ACUPUNCTURIST, LAC, NCCAOM DIPLOMA, SPONSORED BY HARVARD PILGRIM HEALTH CARE’S EASTERN HARMONY PROGRAM

Early detection and treatment of diabetes can decrease the risk of developing complications to the eyes, heart, blood vessels, nervous system, teeth and gums, feet or skin, kidneys or hands and feet. The following symptoms of diabetes are typical of diabetic patients:

• Frequent urination
• Thirst
• Hunger despite normal diet
• Extreme fatigue
• Blurry vision
• Cuts/bruises that are slow to heal
• Tingling, pain or numbness in the hands or feet

However, some people have Type 2 diabetes, a condition characterized by high blood glucose levels caused by either a lack of insulin or the body’s inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults, but can appear in young people.

Chinese medicine looks to improve or treat these symptoms. According to the theory of Chinese medicine, diabetes has three symptom levels:

The Upper Level may involve lung “heat” issues, which cause thirst, restlessness, dry coughing, dry skin, hoarseness, dry red tongue with or without cracks, a thin yellow tongue coating and a rapid pulse in the limbs.

The Middle Level may involve stomach “fire,” which causes excessive appetite and constant hunger, the desire to drink cold liquids, a burning sensation in the chest, constipation, a red tongue with thick yellow coating and a slippery-forceful rapid pulse.

The Lower Level may involve a kidney Yin deficiency, causing excessive urination, dry mouth at night, night sweating, sore back and aching bones, red-peeled tongue and deep-thread-rapid pulse. Another lower-level symptom involves a deficiency of both Yin and Yang of the kidney, resulting in murky urine, especially at night, soreness and weakness of the lower back and knees, aversion to cold, weariness, impotence, a pale red tongue with teeth marks and a white tongue coating and a deep-thread-weak pulse.

Acupuncture can help treat diabetes-related symptoms and complications to improve healing and the quality of life. In our wellness practice, we usually recommend that if you have diabetes you may need both acupuncture treatment and herbal formulas, while also modifying eating habits, emotions, time management, sexual activities and exercise. This approach usually shows some improvement in symptoms within four months.

Acupuncture can help improve energy levels. Increased energy levels can motivate you to become more physical and active, which can in turn lead to increased bone density and strength. It can also help reduce stress and anxiety.

Studies and clinical tests show that acupuncture can help lower blood glucose content; regulate the appetite, thirst and urine, improve motor skills and blood flow; and alleviate pain. It may also improve the body’s use of insulin, as well as muscle strength and blood pressure.

Herbal remedies may also be effective in managing diabetes as they may help balance the body’s PH levels and control weight and blood sugar levels.

Nutritional supplements used in our practice are anti-toxins and antioxidants, which can repair healthy cells and lead to symptom relief. They may also help improve heart health, balance cholesterol levels and glucose levels and promote healthy skin and visual and nerve health.

For lifestyle management, our practice recommends that patients with diabetes avoid cold drinks, soda and preservatives, because they make it more difficult for our bodies to digest “real” food. They can also lead to weight gain and other health diseases. You should also eat healthy, which means watching your portions and including fruits, vegetables, lean meats, low-fat cheeses and whole grains in your diet.

For more information about diabetes, visit www.diabetes.org or www.harvard-pilgrim.org/diabetes.

For more information on traditional Chinese medicine, acupuncture or herbal supplements, visit www.eastwayherbs.com or contact Yi Luo at (617) 792-2136.

The content of this article represents the views of the author and does not necessarily represent the views of Harvard Pilgrim Health Care. Always consult your healthcare provider before starting a new treatment or discontinuing an existing treatment, or if you have questions regarding your medical condition.
Vacuuming often can reduce indoor allergens, which affect air quality. (Image courtesy of ten.) Doing so can help you control dust mite particles and animal dander. If dust is disturbed from furniture, hard surfaces and carpet, those allergens can become airborne and reduce indoor air quality.

Many people seek refuge indoors this time of year, when outdoor air is full of pollen and other allergens. For allergy sufferers, however, the air indoors can prove to be just as problematic.

Dust that collects in a home contains common household allergens such as dust mite particles and animal dander. If it is disturbed from furniture, hard surfaces and carpet, those allergens can become airborne and reduce indoor air quality. Doing so can help you control dust mite particles and animal dander. If dust is disturbed from furniture, hard surfaces and carpet, those allergens can become airborne and reduce indoor air quality.

To maximize your cleaning efforts while reducing allergens, consider these simple tips:

• Dust hard surfaces regularly with moist cloths or dry dusting cloths designated to trap and lock dust.
• Wash your bedding and linens often. Doing so can help you control dust mites in your home. Dust often. Although cleaning can sometimes trigger allergic reactions by releasing dust into the air, vacuuming floors once or twice a week will reduce surface dust and allergens. Make sure your vacuum has a high efficiency air filter to capture dust.
• Protect yourself when doing housework by wearing a mask. After cleaning, consider leaving for a few hours to avoid allergens in the air.
• Reduce pet dander. If you have allergies, don’t keep pets with feathers or fur, such as birds, dogs and cats in your home. Animal saliva and dead skin, also known as pet dander, can cause allergic reactions. If you already have a pet, keep it out of the bedroom.
• Shut out pollen. Inspect your windows for a film of pollen on the frame. Prevent pollen from entering your home by keeping windows and doors closed.

More than 70 million Americans suffer from asthma and allergies. If you’re one of them, be proactive. A cleaner home is a healthier home.

Tummy trouble: The most common bacteria in the world

BY ALLEN HWANG, MD, TUFTS MEDICAL CENTER

The most common bacterial infection in humans is caused by an organism called Helicobacter pylori (H. pylori). H. pylori causes an infection of the lining of the stomach and small intestines. More than 50 percent of the world’s population harbors this bacterium. While the rate of infection in the United States is lower than the world average, immigrants from Asian countries such as China, Japan, Korea, Malaysia, Singapore, Taiwan and Vietnam can have rates of infection as high as 80 percent.

The infection is usually acquired early in life, and without treatment, is persistent. Chronic infection can lead to a number of different complications. H. pylori is the leading cause of stomach and small intestinal ulcers. Even more worrisome, it is the leading cause of stomach cancer, the second most common cancer in the world. It can also cause intestinal lymphoma, a white blood cell cancer.

While it has yet to be determined how H. pylori is transmitted, research shows that it is likely transmitted through exposure to the saliva or feces of those who are infected. The infection usually affects many members of a household, suggesting person-to-person transmission.

Most people who are infected with H. pylori have no symptoms. However, in some patients, it can cause a number of symptoms, including:

1) Pain in the upper belly
2) Bloating
3) Feeling full after only small amounts of food
4) Lack of appetite
5) Nausea and vomiting
6) Dark or black-colored bowel movements
7) Fatigue

People with those symptoms should seek medical attention even if testing for H. pylori is recommend- ed. A number of tests are available to make the diagnosis, including blood and stool tests. Your physician may also recommend an upper endoscopy if there is a possibility of ulcers or cancer.

Fortunately, there are good treatment regimens for H. pylori that consist of three to four medications taken simultaneously for two weeks. They are easily tolerated and very effective. Eradication of the bacterium improves healing of ulcers, if present, and decreases the risk of stomach cancer and white blood cell cancers of the intestine.

If you have any questions about H. pylori, you can schedule an appointment with Doctor Hwang by calling (617) 636-5883.

Allen Hwang, MD, is double-board certified in internal medicine and gastroenterology. He is an assistant pro- fessor of medicine at Tufts Medical Center in the division of gastroenterology.

Mark the Dates!

Chinatown
Ccba
90 Tyler Street
Thursdays, 11 am – 1 pm
May 8
June 12

Boston Water and Sewer is Coming to Your Neighborhood

A Boston Water and Sewer Commission Community Services Department representative will be in your neighborhood at the place, dates, and times listed above.

Our representative will be available to:

• Accept payments. (Check or money order only—no cash, please.)
• Process elderly or disabled persons discount forms.
• Arrange payment plans for delinquent accounts.
• Resolve billing or service complaints.
• Review water consumption data for your property.
• Explain BWSC customer programs.

Need more information? Call the Community Services Department at 617-989-7000.

Voke Lofts
23 Salisbury Street, Worcester, MA 01608

Brand New – Smoke Free
1, 2 & 3 Bedroom Affordable Apartment Community!

Now Accepting Applications for Initial Lease-up by Lottery for the following programs 30% AMI and the 60% AMI.

Voke Lofts is an 84 unit mixed income community, with two affordable programs which consist of: 9 units within the 30% AMI program; (5)-1Br, (3)-2Br, and (1)-2Br wheelchair accessible; 33 units within the 60% AMI program; (19)-1Br, (1)-1Br hearing impaired, (2)-1Br wheelchair accessible, (10)-2Br and (1)-3Br.

Applications will be available beginning May 20, 2014:

Applications must be mailed to: Voke Lofts, P.O. Box 2204, Worcester, MA 01613

Maximum

Minimum

30% AMI

60% AMI

1 person

$10,400

$15,940

2 Person

$15,467

$21,160

3 Person

$19,535

$25,900

4 Person

$24,603

$31,230

5 Person

$28,671

$36,770

6 Person

$32,739

$40,310

60% AMI Rents 1 Bedroom $52

30% AMI Rents 1 Bedroom $55

60% AMI Rents 2 Bedroom $59

30% AMI Rents 2 Bedroom $63

All Rents Include: Heat & Hot Water

Central Air

60% AMI Rents 3 Bedroom $1,132

30% AMI Rents 3 Bedroom $1,204

Applications Available at the following Locations:

Voke Lofts, 23 Salisbury Street, Worcester, MA 01608, weekdays 2pm to 5pm.

Chinatown Center in the division of gastroenterology.
What is medical marijuana?

BY KENNY SU-FUNG YIM

With Massachusetts voters’ approval of marijuana for medical purposes in 2012, it will soon be available as a drug therapy option in the state once legislation passes through Mass. bureaucracy. According to federal law, recreation-
al marijuana is illegal and is listed as a category 1 drug in the U.S. Controlled Substance Act.

Why use marijuana medically? It has proven benefits as an appetite stimulant and for pain relief. According to a review of studies published in June 2012 in “Nature Reviews,” cannabinoids have been shown to reduce tumor growth in animal models, along with reducing side-effects like nausea and vomiting caused by cancer chemotherapy.

For pain relief, marijuana is effective for treating neuropathic pain seen in spinal cord injury, diabetes and multiple sclerosis, among other illnesses. A double-blinded study published in December 2012 in “The Journal of Pain” found that low doses of vaporized marijuana alleviated treatment-resistant neuropathic pain. Further studies showed that cannabis can augment the analgesic effects of opiates, and other traditional pain drugs, which causes 15,000 deaths annually due to overdose.

Massachusetts has its own legislation that allows the humanitarian medical use of marijuana in chapter 369 of the acts of 2012. The Health and Human Services Department of Massachusetts has a rigorous process for registration of marijuana dispensaries. As of January 2014, 20 out of 35 Mass. dispensary licenses have been verified, the second stage in a five-stage process set to finish in summer 2014.

Every county in Massachusetts is permitted to have up to five dispensaries. Two are in the pipeline in Boston. Recently, a medical marijuana dispensary gave a presentation about moving into the Theater District, not far from Chinatown. Good Chemistry of Massachusetts, which expanded into Colorado in 2010, gave a presentation about moving into the greater Boston area. Good Chemistry proposed that dispensary management office be located in a building, not on the premises. This is a lottery for the 7 affordable Townhomes being built at Walden Woods that will be sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready in the spring of 2014.

For more information on the Development, the Units or the Lottery please call 617.782.6900 or visit www.s-e-b.com/lottery. Applications and Information also available at the Scituate Town Library at 85 Branch Street. The Lottery for eligible households will be held on June 24th at 6 pm.

Dispensaries will implement security measures to keep those without a prescription from obtaining marijuana. Good Chemistry proposed that dispensary management office be located in a building, not on the premises. This is a lottery for the 7 affordable Townhomes being built at Walden Woods that will be sold at affordable prices to households with incomes at or below 80% of the area median income. The first affordable homes will be ready in the spring of 2014.

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Community workshop explores elder abuse

BY LING-MEI WONG

A workshop on elder abuse hosted by senior service provider Springwell and the Greater Boston Chinese Golden Age Center took place April 16 at the Boston Chinese Evangelical Church campus at Newton. The seminar was presented in Cantonese and Mandarin.

Elder abuse can be physical, sexual or emotional, said Lili Mei, program director for treating neuropathic pain seen in seniors, “My purpose is to share how to handle or a lack of running water. Finally, financial abuse involves a family member or someone close to the senior who commits the senior’s physical state deteriorating or a decrease in self-awareness. A sign of personal neglect is falling behind bills and rent, resulting in the senior being evicted. Another sign is an unhygienic environment, such as extreme hoarding or a lack of running water, causing the possibility of affecting one’s life is another sign of personal neglect.

Economic abuse can involve money and property, such as taking advantage of a senior to sign over the deed of a house without the senior’s informed consent. Another instance is substituting products the seniors use with cheaper ones, without the elder’s consent. Most abusers who commit economic abuse are unemployed.

Investigating abuse

Reported cases of senior abuse are investigated by social workers over a 30-day period with at least two interviews with the elder. While obvious cases of physical and sexual abuse must be reported to the district attorney (DA), the DA will rarely press charges without the elder’s consent. As many cases involve the senior’s family, seniors may be unwilling to press charges and seek mediation for mental issues or substance abuse treatment instead, Evans said.

The elder is our boss. We follow their lead,” Evans said.

Hadley West Apartments

Wait list opening for Non-Elderly Disabled Applicants and their families

Applicants must be non-elderly and disabled between the ages of 18—49 and meet both HUD and property eligibility requirements regarding income and unit size.

• One and Two Bedroom Apartments
  • Rent is based upon 30% of income
  • Heat and hot water included, community room, and on-site laundry
  • Max. income Guidelines are published by HUD, based on family size and are subject to change:

<table>
<thead>
<tr>
<th>Income Level</th>
<th>Guideline</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Person</td>
<td>$44,750</td>
</tr>
<tr>
<td>2 Person</td>
<td>$57,550</td>
</tr>
<tr>
<td>3 Person</td>
<td>$63,900</td>
</tr>
</tbody>
</table>

Applicants will be provided upon request and when number decreases and date & time stamped up to 1 pm in the office. Applicants will be notified in writing within 30 days regarding the status of their application. Visit or call the management office for more information and/or assistance with the application process.

515 Hadley West Drive
Haverhill, MA 01832
Phone: 978-373-9571
Fax: 978-241-7965
TTY/TDD users dial 711 or 800-439-2370 (TTY/TDD)
Office Hours: Mon, Wed & Friday 9:00 am through 4:00 pm and 1:00 pm to 4:00 pm
Equal Housing Opportunity
Stavis Seafoods, Inc., a leading seafood importer, distributor and marketer of premium quality branded seafood in Boston is looking for a cash salesperson and a night shift production supervisor.

### Cash Sales Desk
The Cash Sales role is to maximize sales and profits by servicing the walk-in trade by providing seafood knowledge and excellent customer service. This includes but is not limited to the following position responsibilities.

**Position Responsibilities**
- Enter cash sales orders for walk-in trade
- Collect cash/checks for cash sales, keeping the cash drawer balanced with the cash sales invoices
- Make outgoing phone calls to key cash accounts regarding product availability and to take advance cash orders
- Educate cash sales customers regarding Stavis items
- Work with credit manager to collect on bounced checks for cash sales
- Visit customer sites to gain knowledge of their sales markets

**Required Proficiencies**
- Ability to work in a fast paced loud environment
- Able to work with a diverse customer base
- Proficient with data entry and Microsoft Office
- Excellent verbal and written communication skills
- Some knowledge of the seafood industry

Please send resumes to hr@stavis.com

### Night Shift Production Supervisor
The Night Shift Production Supervisor is responsible for the oversight of the Salmon production line and fulfillment of nightly projected production needs.

**Position Responsibilities**
- The Night Shift Production Supervisor will perform the following tasks:
  - Monitor production line staff to ensure accuracy and product integrity.
  - Communicate raw material and finished weights to Night Shift Manager accurately to ensure production orders can be completed in a timely manner.
  - Maintain sanitation to Stavis standards.
  - Communicate with Night Shift Manager on a nightly basis staffing needs based on the workload.
  - Perform duties per Stavis HACCP procedures, Safety Rules and SSOP.
  - Make pickups and deliveries at air freight cargo facilities as well as transfer stations when needed.

**Required Proficiencies**
- A Candidate for the job must:
  - Be able to lift more than 50#.
  - Be certified on high reach and other dock equipment.
  - Be able to work in a loud fast paced environment
  - Be able to work in a wet and cold environment
  - Have fresh seafood product knowledge.
  - Follow SSOPs and HACCP guidelines.
  - Be able to communicate with other departments.

Please send resumes to hr@stavis.com

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**MASSACHUSETTS BAY TRANSPORTATION AUTHORITY**

**NOTICE TO BIDDERS**

Electronic proposals for the following project will be received through the internet using Bid Express until the date and time stated below, and will be posted on www.bidx.com forthwith after the bid submission deadline. No paper copies of bids will be accepted. Bidders must have a valid digital ID issued by the Authority in order to bid on projects. Bidders need to apply for a digital ID with Bid Express at least 14 days prior to a scheduled bid opening date.

Electronic bids for MBTA Contract No. B01CN01, REHABILITATION OF SAVIN HILL OVERPASS, BOSTON, MASSACHUSETTS, CLASS 1, GENERAL TRANSIT CONSTRUCTION and CLASS 4B, CONCRETE BRIDGE SUPERSTRUCTURE- PROJECT VALUE - $1,514,000.00, can be submitted at www.bidx.com until two o’clock (2:00 p.m.) on May 21, 2014. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

The work consists of stabilizing Savin Hill Overpass, which includes filling the Main Tunnel, the Northeast, Northwest, Southeast, and Southwest Structures with Low Density Concrete Fill (LDCF). The work also includes constructing two reinforced concrete walls to retain fill at both ends of the Main Tunnel and the construction of the reinforced concrete fascias. Other work includes repairing concrete walls that exhibit concrete spalls and cracks and removal and transportation of abandoned track.

The DBE Goal is 5%. This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Additional information and instructions on how to submit a bid are available at http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

On behalf of the MBTA, thank you for your time and interest in responding to this Notice to Bidders

Massachusetts Bay Transportation Authority

Beverly A. Scott, Ph.D.
MBTA General Manager and
Rail and Transit Administrator

Richard A. Davey
MassDOT Secretary and CEO

April 18, 2014
Leonardo da Vinci

Leonardo da Vinci was the perfect representative of The European Renaissance. He was a genius painter, scientist, inventor, sculptor, mathematician, biologist, philosopher and so on. Fifty hun-
dreds years after his death, people are still researching and trying to learn more about him. His homeland, Italy, even regards him as the symbol of their culture.

Da Vinci left many creations for the world. He painted the angel in Verroc-
chio’s “The Baptism of Christ,” and although he only assisted Verrocchio in the facial expression, the soft tingue of the angel overshadowed the entire piece and Verrocchio. Other important and famous creations include “Mona
na of the Rocks,” created in Milan and now hanging in the Louvre Museum, Paris, “The Last Supper,” a fresco cre-
ated on the wall of the dining room of Grey’s monastery in Milan, and the fa-
mous “Mona Lisa.” The “Mona Lisa,” “The Virgin, and Child with St. Anne” and “St. John the Baptist” were Da Vinci’s favorite creations and he kept these three paintings with him wher-
ever he went, even when he moved to France in his old age. All three works are currently in Paris.

Of Da Vinci’s many creations, the Mona Lisa left the deepest impression on the world. Even now, people won-
der who the real person in painting is. Most people speculate that the real

women on that painting was the young wife of a noble named Gioconda. Da Vinci worked on the painting for a total of four years. During that time, Mona Lisa’s child died. Upset, she refused to smile. To make her smile and finish the painting, Da Vinci asked musicians and comic actors to perform for her. When the painting was done, many people were captured by the mysterious smile on Mona Lisa’s face.

The “Mona Lisa” is an unbel-
vievable feat for Da Vinci. He spent four years on it, showing serious consider-
ation and patience. And the mysteri-
ous smile on Mona Lisa’s face dem-
strated Da Vinci’s excellent and soft painting skill, or how a smile could capture the love of so many people. As a symbol of aesthetics and philosophy, the “Mona Lisa” has become the object of imitation for surrealistic painters. Da Vinci’s superb skill made her smile mysterious and soft, and even a little bit strange. Many people have guessed that at the expression Da Vinci was trying to convey, some people feel kind and soft, some people feel strict, and other people feel sad and ridiculous. The use of contrast makes her face and mouth even more elusive. In short, the “Mona Lisa” is one of Da Vinci’s superb cre-
ations, and he not only influenced Italy during that particular time, but also the whole world.

The purpose of the Water Main Flushing Program is to improve drinking water quality for residents and businesses.

Water Main flushing will take place between the hours of

10:00 P.M. and 6:00 A.M.

The flushing process may cause discolored water and a reduction in pressure. The discolored water will be temporary and is not harmful. If the condition persists, please call BWSC’s 24 Hour Service at (617) 989-7000.

BWSC appreciates your patience as we work to improve the quality of drinking water we will provide to the residents and businesses of Boston.

If you have any questions, contact BWSC’s Night Operations Manager at (617) 989-7002 or visit our website @ www.bwsc.com.

Housing Opportunity at Alvah Kittredge House

Alvah Kittredge House is a rehabilitated five unit residential redevelopment project in Fort Hill, Roxbury.

All units in the developments are two bedrooms. Three (3) units will be listed at market rate & Two (2) units are affordable housing opportunities.

The rental units are available to eligible tenants for occupancy on July 1, 2014.

Monthly rent for each market unit will be $2150, plus utilities.

Monthly Rent for each affordable unit will be $1361, plus utilities.

Maximum Income Limit for the 2 Affordable Units:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>70% of median income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 person</td>
<td>$46,100</td>
</tr>
<tr>
<td>2 persons</td>
<td>$65,300</td>
</tr>
<tr>
<td>3 persons</td>
<td>$83,900</td>
</tr>
<tr>
<td>4 persons</td>
<td>$95,850</td>
</tr>
<tr>
<td>5 persons</td>
<td>$111,300</td>
</tr>
</tbody>
</table>

Applications for the affordable units will be available from May 13 to May 17, 2014 and may requested to be sent by mail or via email from Certified Property Management 1195 Beacon Street Brookline, MA 02446 robin@propertymanager.com

Applications for the market rate units will be available May 13th & distributed until tenants are accepted. To obtain an application for a market rate units please contact: robin@propertymanager.com

Applications available in person:
May 13th from 2pm-7pm at Historic Boston Incorporated, 20 East St Roxbury, MA 02119

Deadline for completed applications for the affordable units is May 27, 2014 to be postmarked and mailed to Certified Property Management by that date to the above address.

Affordable units: Selection by lottery. Preference for families with Child(ren) under age 6. Preference for households with at least one person per bedroom.

Income, asset, use and occupancy restrictions apply.

For more information call Certified Property Management 617-738-6606 x208

Reasonable accommodations made. An open occupancy building.

College Corner: What good schools look for

This is where the “intangibles” come in. The first is the application essays. These are critical because they are often the only place in the student’s portfolio where the student is more than a set of numbers. This is where students make the case for why they should be admit-
ted and what they can contribute to their class.

The second critical “intangible” is the activities that the student has en-
gaged in. What these schools look for is high achievement and/or leadership characteristics. Since most of these schools think their graduates will lead the worlds of business, government, and the professions, (and they are often right) the qualities students show in their activities and the way they are displayed in the admissions essay often make the crucial difference.

Remember, good schools look at the whole student, not just grades and test scores. Outstanding achievement in other areas is equally important and sometimes even more important. In our upcoming columns, we’ll be discussing all of the issues outlined here and other information that will help you make bet-
ter planning decisions for college.

Leonardo Radomile has served on a Harvard admissions committee and taught in the co-curricular program at the Harvard Kennedy School. He is the winner of multiple teaching awards including a Harvard Club Award. He serves as the managing director of the Cambridge Learning Center which spe-
cializes in elite college admissions. He can be contacted at info@cambridge-
learningcenter.org.

Boston Water and Sewer Commission

(wbSC)

980 Harrison Avenue
Boston, MA 02119

WATER MAIN FLUSHING NOTICE
ROXBURY AND SOUTH END

Boston Water and Sewer Commission will begin Water Main Flushing in Roxbury area starting:

April 23, 2014 through May 30, 2014

The boundaries for the area being flushed are: Kneeland Street to the North, Malcolm X Boulevard to the South, Albany Street at Union Park Street to the East and Huntington Avenue at Longwood Avenue to the West.

The purpose of the Water Main Flushing Program is to improve drinking water quality for residents and businesses.

Applications available in person:
May 13th from 2pm-7pm at Historic Boston Incorporated, 20 East St Roxbury, MA 02119

Deadline for completed applications for the affordable units is May 27, 2014 to be postmarked and mailed to Certified Property Management by that date to the above address.
Did you know that immigrants are found to have higher business ownership formation rates than non-immigrants? A study from the Small Business Administration (SBA) Office of Advocacy using data from the 2007 Survey of Business Owners found that roughly one out of 10 immigrant workers owns a business and 620,000 immigrants start a business each month.

Along with the celebration of Asian American Pacific Islander (AAPi) Heritage Month, the SBA is celebrating National Small Business Week by hosting special events at the local and state levels throughout the week of May 12 to 16.

First designated by President John F. Kennedy in 1963, National Small Business Week recognizes the small business community’s contribution to the American economy and society. These events will honor and present awards to local entrepreneurs and those who support and champion small business.

This year, Boston has been chosen as one of three cities nationwide to host a day of special events — free to public and those who support and champion small business.

For a foodie like me, there’s no denying the temptation of finding out what the hype around O Ya is all about. From being named the best restaurant in the United States, having one of the 10 best restaurants, it sounds like O Ya has it all, but does it really?

I went into O Ya with big expectations, delighted with everything I tasted. The refreshing watermelon pearls, cucumber mignonette: This one is a mouthwatering starter. The refreshing water melon pearls and cucumber mignonette enhanced the light creaminess of the Kumamoto Oyster and they were a perfect combo.

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