Panel on immigration reform focuses on women and families

BY ANNA TSE

Congresswoman Katherine Clark held a panel on immigration reform at Cambridge College on July 21. The six other panelists were immigration experts who shed light on the impact of immigration reform on children and families.

One topic was Gov. Deval Patrick’s decision to house up to 1,000 unaccompanied children for four months, who are currently being detained at the U.S. border. Most of the children have fled drug violence in El Salvador, Guatemala and Honduras.

“I support Gov. Deval Patrick’s decision to work with federal officials to find ways to help the children caught up in this urgent humanitarian crisis,” Clark said. “No matter one’s politics, we should all be able to agree that these children need a safe, secure location where they can receive the care they need in the short term and access to legal representation to determine which children are refugees.”

More than 80 individuals attended the event. Some expressed a desire to help, including naturalized citizens who emigrated from other countries.

Since 2013, more than 57,000 children have crossed into the country over the southern border. “While these children are in U.S. custody, we must ensure the agencies responsible for their care have the resources they need, and that the costs associated with this care are not borne by the states that extend a hand to help,” Clark said.

Patrick said the federal government would cover all expenses for the children. Military base Camp Edwards in Cape Cod and Westover Air Reserve Base in Chicopee both offered to house these children, but only one of the two sites will take them in.

“Pushing for immigration reform is important for everyone, both legal and illegal immigrants, because it will give a sense of security to immigrant communities,” said panelist Tram Nguyen from Greater Boston Legal Services.
Global perspective shapes lieutenant governor candidate Mike Lake

BY LING-MEI WONG

For Mike Lake, the lieutenant governor’s role is more than the governor’s second-in-command. “The lieutenant governor is not just a liaison to governor, but a liaison to the rest of world, for people around the globe to know our assets,” Lake said. “We opened our Quincy office on April 1, but we have been offering services in the community for almost two years to great response. Our Quincy-based adult education program ranked third in the entire state last year, and our youth program attracted more than 40 middle and high school students to engage in leadership development, academic activities, and community service. We have been engaging with our partners and constituents in Quincy, and learning how to be a supportive member of this community. Soon, BCNC will increase offerings to support more families.”

In 2012, BCNC received a five-year contract with the Mass. Department of Elementary and Secondary Education to launch an adult education program in Quincy. This program currently serves more than 60 ESOL students. BCNC Quincy’s Youth Center serves more than 40 students, offering homework tutoring, enrichment activities and leadership programs, focusing on communication and critical thinking. BCNC also serves more than 15 families through its Family Service Program.

BCNC volunteer William Zhang said, “(BCNC) is a supportive program that helps immigrants, because they don’t know how to speak English. They don’t know what kind of society they are living in.”

Boston Chinatown Neighborhood Center opens location in Quincy

BY SCARLETT WU

Boston Chinatown Neighborhood Center (BCNC) held an opening ceremony for its new Quincy location at 275 Hancock Street on July 15. About 100 people attended the ribbon-cutting ceremony and reception.

Speakers included Quincy Mayor Thomas Koch, Quincy City Councilor-at-large Michael McFarland, Selina Chow, board president of BCNC and Giles Li, executive director of BCNC. District Representative Katherine Shea presented BCNC with a Certificate of Special Congressional Recognition on behalf of Congressman Stephen Lynch.

Headquartered in Boston’s Chinatown, BCNC has been expanding its impact on the Asian community since its formation in 1969. The new location in Quincy is part of a strategic plan, which will provide adult education, youth and family service programs to serve the community.

Li said, “We opened our Quincy office on April 1, but we have been offering the same opportunities that a child in the Berkshires has,” he said. Lake advocates for an educational pipeline from universal preschool to retirement for adults.

Lake wants the world to know about Massachusetts beyond Harvard University — that it is home to top talent, biotechnology and sustainable energy. “The universities we’re famous for are the base of a talent pool companies are looking for,” Lake said. “It’s our competitive advantage.”

Being inclusive is one of Lake’s priorities, winning him endorsements from the Democratic Minority Caucus and former Gov. Michael Dukakis. His campaign staff is 20 percent Asian American women, which he takes pride in and promises to bring to state office.

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Affordable senior apartments located on the beautiful grounds of Admiral’s Hill in Chelsea, this active senior housing co-op is within walking distance to shopping, banks, churches, and is on the MBTA bus line.

Features such as:

• Scenic view of the Boston skyline
• Plenty of space for outdoor relaxation
• Transportation to Stop & Shop
• New beauty parlor, shops & a flea market close-by
• Well-maintained library
• Emergency response person always available

Social activities include:

Bingo, Lunches, Holiday Parties & More !!

Affordable housing for seniors

www.csi.coop

1-800-225-3151

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Rent is based on 30% of income (income limits apply) to qualified seniors 62 and older. And for persons 18 and over who are mobility impaired requiring the special design features of accessible units.

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**Event Calendar**

**Chatime 10th Anniversary**
July 25 to July 27
10 a.m. to 11 p.m.
31 Harrison Avenue
Boston, MA 02111

Come celebrate with Chatime on July 25 to 27 and get free upgrade to large from regular when you purchase any Chatime drink! In addition, we will introduce our new drink Earl Grey Milk Tea and distribute free samples from noon to 1 p.m. and 6 p.m. to 7 p.m. during the 10th Anniversary weekend.

**Bodhi meditation blessing and energy healing seminar**
Saturday, July 26
10 a.m. to 12:30 p.m.
Hilton Boston/Woburn
Room: Salon E & G
2 Forbes Road
Woburn, MA 01801

Bodhi Meditation was created by Master Jin-Bodhi. It is a simple and unique way to learn meditation. Fill yourself with energy and compassion from the universe and regain a happy life. Free, contact Julia at (617) 490-7036 or huogong.bodhi@gmail.com for more information.

**Good Neighbor ESL classes**
Saturdays, July 26 to August 23
3 to 4 p.m.
308 West Squantum Street
North Quincy, MA 02171
Learn basic English. The fee is $15. For more information, call (617) 426-5711.

**Central Massachusetts Chinese Language School registration**
Every Sunday
2 to 4 p.m.
Spring semester ends June 1, Fall semester starts Sept. 7
Hastings Elementary School
111 E. Main Street
Westborough, MA 01581

Central Massachusetts Chinese Language School is open for Fall registration. Please come for a free trial class, from kindergarten to adults. For more details, please visit cmcls.org.

**Liberty Mutual Insurance Invitational 11th Annual Golf Getaway**
July 27 to 28
Lake Winnipesaukee Gold Club
Hilton Boston/Woburn
10 a.m. to 12:30 p.m.
Newton, MA 02145

**City of Newton & NEW HOME BUYER ASSISTANCE GRANTS**

**APPLICATION PERIOD:**
August 11, 2014 to September 22, 2014, 5:00PM

**INFORMATIONAL SESSION:**
August 25, 2014, 7:00 PM
Newton City Hall Cafeteria
1000 Commonwealth Avenue
Newton, MA 02145

**Maximum Housing/Condo Price**

<table>
<thead>
<tr>
<th>Approved # of Bedrooms</th>
<th>Maximum Grant Available</th>
<th>Estimated Maximum Sale Price</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>$115,000</td>
<td>$208,000 - condo</td>
</tr>
<tr>
<td>2</td>
<td>$130,000</td>
<td>$220,000 - single family</td>
</tr>
<tr>
<td>3</td>
<td>$150,000</td>
<td>$230,000 - single family</td>
</tr>
</tbody>
</table>

**ELIGIBILITY REQUIREMENTS:**
- Must be income-eligible first time homebuyer
- Asset limit to $75,000 per household
- Household income must be below the following maximum limits:

<table>
<thead>
<tr>
<th>Household Income</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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<tr>
<td>Maximum Income</td>
<td>47,450</td>
<td>54,200</td>
<td>61,000</td>
<td>67,750</td>
<td>73,200</td>
<td>78,760</td>
<td>$84,050</td>
<td>$89,450</td>
</tr>
</tbody>
</table>

**New Durham, New Hampshire Registration form (PDF) and Schedule of Events:**


**For more information about housing, sponsorship, and donation opportunities, contact Jean Quintal at (617) 482-2380 #203.**

**Chinatown crime blotter for July 11 to 16**

**BY THE BOSTON POLICE DEPARTMENT**

All reports are submitted by the Boston Police Department. The time period is from July 11 to July 16, for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

**Disturbing the peace**
July 11, 1:30 a.m.: The suspect was arrested on Harrison Avenue on a charge of disturbing the peace. The officers heard loud noise coming from his motorcycle. They attempted to issue him a citation. He became loud and belligerent. He was placed under arrest and transported to the police station.

**Assault and battery with a deadly weapon**
July 12, 2 a.m.: The officers responded to Tyler Street on a report of a fight in progress. Upon arrival, the officers observed the front door shattered and the inside of the place in disarray. Upon further investigation, the officer arrested two suspects. One suspect was arrested for striking the victim with a bottle, and the other suspect was arrested for striking the victim with a belt.

**Armored robbery**
July 12, 5 a.m.: The victim reported he was robbed at gunpoint on Avenue de Lafayette by an unknown black male. The suspect took his cell phone and computer.

**Assault with a deadly weapon**
July 15, 7 p.m.: The victim reported while walking on Boylston Street, a suspect punched him in the face, then pulled out a knife and pointed it at him. The suspect placed under arrest and transported to the police station. The victim declined medical treatment.

**Assault and battery with a deadly weapon**
July 16, 2:59 p.m.: The victim reported while walking on Beach Street, an unknown black male slashed his face with a box cutter. The victim was transported to the hospital by Emergency Medical Services.
Suffolk County Sheriff Steven Tompkins recently attended the Chinatown Resident Association meeting at the Josiah Quincy School. At the meeting, residents discussed issues of importance to the Chinatown community with a particular focus on public safety.

The Boston Chinatown Resident Association was formed in 1999 to increase public safety. At the meeting, residents of the community taking the initiative in voicing their concerns.

“It’s great to see members of the community coming together to proactively address their needs,” said Sheriff Tompkins. “Civic engagement is extremely important and it is part of what holds communities together. When I think about the people in my facilities who will be returning home back, I realize how important it is for them to have communities they can return to that will encourage them to remain active and foster their personal and professional development.”

Former New England Patriots player Patrick Chung hosted the second annual Summer Music Academy For Real Teens (SMART) Pep Rally on July 10 at the Josiah Quincy School. SMART is hosted with the Boston Chinatown Neighborhood Center (BCNC).

The event featured celebrity guests and youth performances. With hosts Chung and Maverik of radio station JAMN 94.5, the pep rally included performances by Phunk Phenomenon, a hip-hop dance crew; Luie Bello, a local singer-songwriter; Fame or Juliet, a local teen eclectic hip-hop troupe, and more.

To encourage youth to develop their passion for learning and creating music, Chung and local celebrities interacted with the audience.

This is the second year BCNC will host the SMART summer camp. SMART is a free program for all attendees. Participants are Boston-area youth between 12 and 15 with a passion for music. It takes place from July 7 through August 15 this year. The six-week intensive academy allows a select group of 30 greater Boston youth to learn from and work with professional musicians in building their music skills, while developing lasting connections with others across geographic and cultural boundaries.

“We’re excited to welcome music students from all levels and backgrounds to join us once again for SMART,” Chung said. “I’m thrilled we can offer the opportunity for music students to follow their passions.”

SMART is a learning experience unlike any other. The goal of SMART is to improve cross-community relations among young musicians in Boston. It works toward this goal by providing intensive music education in a community-based setting with diverse participants and staff, representing the range of racial, linguistic, and socio-economic backgrounds present in Boston. Other than core classes, such as songwriting and media literacy, youth will be able to connect and develop intercultural competence through teambuilding activities, outdoor excursions and various recreational activities and field trips. They use a curriculum that honors the many different life experiences of young people.

For more information about SMART, please visit http://chungchanginglives.org/programs.
Asian Community Development Corporation (ACDC) Chinatown Walking Tour will take you and your friends and family along the path of the early Chinese immigrants. Visit the sites where the Chinese first pitched their tents and where they made their permanent settlement. Learn about the struggles of the Chinese community and the changing landscape of Chinatown. Explore the myriad of bakeries, teahouses, live poultry markets and unique shops along our walk. ACDC’s 90-minute tour of Chinatown will leave you with a lasting impression of this diverse and vibrant neighborhood.

The Chinatown Walking Tour is ACDC’s cultural education and preservation program. ACDC tours are led by our board members, staff and A-VOYCE youth leaders. Our guides share their insights and their personal connections to Chinatown. They cover significant Chinese holidays and explain some of the local traditions. ACDC hopes that instilling groups with the history and culture of this unique community, this will compel them to return to Chinatown. To round out the Chinatown experience, we also offer dim sum and dining experiences to tour groups.

Visit www.asiancdc.org or email tours@asiancdc.org for more information on fees and schedules. Should you have further questions, please do not hesitate to call (617) 482-2380 x 203. ACDC is a nonprofit organization and all proceeds from the Walking Tours support ACDC’s A-VOYCE youth programming.

Did you know that Boston’s Chinatown is one of the oldest in the nation? Asian Community Development Corporation’s (ACDC) Chinatown Walking Tour will take you and your friends and family along the path of the early Chinese immigrants. Visit the sites where the Chinese first pitched their tents and where they made their permanent settlement. Learn about the struggles of the Chinese community and the changing landscape of Chinatown. Explore the myriad of bakeries, teahouses, live poultry markets and unique shops along our walk. ACDC’s 90-minute tour of Chinatown will leave you with a lasting impression of this diverse and vibrant neighborhood.

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Did you know that the SBA has a program designed to help small, disadvantaged businesses compete in the federal marketplace? The 8(a) Business Development Program offers a broad scope of assistance eligible small businesses.

Am I eligible?
Generally, to be approved into the 8(a) program and become certified, your small business must be owned and controlled at least 51 percent by socially and economically disadvantaged individuals who are American citizens. You should also be able to demonstrate potential for business success and possess good character.

What are the benefits?
Once certified, you can take advantage of specialized business training, counseling, marketing assistance and high-level executive development provided by the SBA and our resource partners. You may also be eligible for assistance in obtaining access to surplus government property and supplies, SBA-guaranteed loans, and bonding assistance for being involved in the program. You can also receive sole-source contracts (up to a ceiling of $4 million for goods and services and $6.5 million for manufacturing).

While SBA helps 8(a) firms build their competitive and institutional know-how, the agency also encourages you to participate in competitive acquisitions.

What else should I know?
Participation in the 8(a) Program is divided into two phases over nine years: a four-year developmental stage and a five-year transition stage; the overall goal of which is to graduate 8(a) businesses that will go on to thrive in a competitive business environment. To learn more about eligibility, how to apply and more, you can visit the SBA website at www.sba.gov/contracting.

South Cove Manor receives $300,000 from Bank of America

BY SOUTH COVE MANOR NURSING HOME

Representatives of the Charles H. Farnsworth Trust, Bank of America, N.A., Trustee, recently visited the newly completed South Cove Manor at Quincy Point. The Trust made a lead gift of $300,000 to South Cove Manor’s capital campaign. Pictured (left to right) are: South Cove Manor Board Chairman Richard Lu; Michelle Larine, philanthropic relationship manager for Bank of America; South Cove Manor co-founder and co-chair of the capital campaign Helen Chin Schlichte; Phung Pham, philanthropic relationship manager for Bank of America; South Cove Manor President and CEO Dick Wong; and Susana Lui, South Cove Manor board member and senior vice president at State Street Bank. (Image courtesy of South Cove Manor.)

How does SBA help socially and economically disadvantaged small businesses?

BY NORMAN ENG, U.S. SMALL BUSINESS ADMINISTRATION

Flowers by Valli is one of many small businesses in the United States. (Image courtesy of Angela Radulescu.)

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Save your spit! Why saliva (spit) is important for your teeth and overall health

BY KRISTINA HATZIPETROU, TUFTS UNIVERSITY SCHOOL OF DENTAL MEDICINE STUDENT

What is dry mouth?
Dry mouth is a condition where you often feel that you do not have enough saliva in your mouth. (Some have described it as feeling like you have cotton balls in your mouth). Your dentist may refer to dry mouth as xerostomia (ZEER-oh-STOH-mee-ah). Dry mouth has many causes such as diet, medications, certain diseases, cancer treatment, and even stress. Common symptoms of dry mouth include a burning feeling of your tongue, bad breath, food sticking to the inside of your mouth, and difficulty swallowing.

Why is saliva so important?
According to Dr. Athena Papas, professor and director of the Oral Medicine Division, Tufts University School of Dental Medicine, “Saliva is the blood supply to the mouth. Without it, gums and teeth are at extreme risk.”

Saliva is important because it provides moisture in your mouth, washes out bacteria, helps digest food, and provides nutrients to your teeth, gums, tongue, and inner cheeks. Without saliva, the risk of developing cavities and other infections in your mouth is higher, which can lead to more serious health problems.

What can you do to improve your dry mouth?
Dry mouth should not be ignored because it affects your overall health and wellness. The good news is there are ways that YOU can help:
• Keep a clean mouth-Brush your teeth twice a day with a fluoride toothpaste. Bacteria like to coat the tongue of people with dry mouth so brush the surface of your tongue as well. Also, floss at least once a day.
• Rinse with baking soda and water-If your mouth becomes too acidic, your teeth may become weak putting them at higher risk for cavities. Add one teaspoon of baking soda to a standard (16.9 ounce) bottle of water. Rinse with the solution and spit after eating any acidic foods (such as fruits, sodas and more). This will help keep your mouth less acidic.
• Vitamin E oil or olive oil- Rub a small amount of oil on the inside of your mouth, as this will help provide some lubrication and help heal parts of your mouth that may be irritated.
• Sip small amounts of water- Take small sips to keep your mouth moist, but do not take big gulps of water. Gulp can wash out good bacteria in your mouth.

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How to stay in control of your asthma

BY THE AMERICAN LUNG ASSOCIATION

Are you having trouble doing everyday tasks like household chores, walking up stairs, playing with your kids? Do you have side effects from your asthma medicine? Are you following a treatment plan, but still can’t seem to catch your breath? These are three good reasons to follow-up with your health care provider.

Controlling asthma means taking your medication correctly, as directed, and changing things in your life that make your asthma worse. If you have asthma, coping with common symptoms like coughing, wheezing and that dreadful feeling when you can’t get enough air into your lungs can be a recipe for disaster.

No one should have to struggle to breathe. You can avoid asthma attacks and related symptom flare-ups by making time to see your doctor at least once a year and more often if you are experiencing symptoms.

Get health insurance

Let’s face it; visiting your doctor and taking asthma medication can be expensive especially if you don’t have health insurance. Thanks to the Affordable Care Act, not having health care coverage no longer needs to keep you from receiving the medical care you need and deserve. If you are still trying to decide which health care plan is best for you and your asthma care, the American Lung Association has a number of resources to help. The American Lung Association’s Lung HelpLine is staffed with certified enrollment counselors who are standing by seven days a week at 800-586-4872 (1-800-LUNG-USA).

Recognize asthma symptoms

Many people living with asthma believe that coughing and shortness of breath are just a normal part of having asthma, but by avoiding the things that make your asthma worse and with the right treatment plan in place, you can be symptom-free.

If you have symptoms, don’t put off seeing your health care provider. Make talking about your asthma symptoms a standard part of your office visit. Over the course of the next week, keep a journal of your symptoms. Also, make note of where you are when you experience symptoms. For example, could your workplace be making you sick? Here are a few tips to help you get started:

• Daytime symptoms: How often do you have asthma symptoms during the day, such as: coughing, wheezing, chest tightness or shortness of breath?
• Nighttime symptoms: Do you wake up at night with asthma symptoms, such as: coughing, wheezing, chest tightness or shortness of breath?
• Rescue inhaler Use: How often do you use your rescue inhaler to relieve asthma symptoms?
• Activity level: Do you have difficulty performing normal activities, such as: walking, climbing stairs, daily chores or playing with the kids?

Next, make an appointment to see your health care provider and share this information with him or her. It’s possible to be active and healthy with asthma. If you feel your symptoms are holding you back, visit your health care provider or make a call to the Lung HelpLine, so we can help you find an effective asthma management plan.

Premenstrual syndrome and Chinese medicine

BY MELANIE CHERNG, LIC. AC. MAOM, EASTWAY WELLNESS (BROOKLINE, WELLESLEY, NORWOOD, DANVERS AND BOSTON)

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What is premenstrual syndrome (PMS)?

Premenstrual syndrome includes a variety of symptoms related to a woman’s menstrual cycle. These symptoms usually appear one to two weeks before your period (menstruation or monthly bleeding) and disappear after your period begins. Women can experience some or all of the following symptoms: mood swings, irritability, depression, fatigue, poor concentration, headaches or migraines, dizziness, breast tenderness, acne, increased pain, difficulty sleeping, night sweats, food cravings, low back pain, abdominal cramping, bloating, edema, loose stools or constipation. Some women only experience a few of these symptoms occasionally and mildly. For others however, the symptoms are much more severe and can impact their ability to function.

What are the causes?

The causes of PMS are unclear but it seems to be influenced by the hormonal changes that occur during a woman’s menstrual cycle and affect some women more strongly than others. Mood changes may be attributed to chemical changes in the brain. Stress, depression, and high alcohol or caffeine intake may increase symptoms.

How can acupuncture help?

Acupuncture can help relieve premenstrual symptoms by stimulating points that influence and regulate liver qi, relieve pain, nourish qi and blood, and calm the mind. The Chong Mai and Ren Mai are also often used to regulate the period and, in turn, alleviate premenstrual symptoms. When liver qi and blood deficiency are present, a Chinese herbal formula can sometimes be used.

One symptom of premenstrual syndrome is abdominal cramping. (Image courtesy of Esther Simpson.)

What are common treatment options?

Conventional approaches to treating premenstrual syndrome usually involve lifestyle changes and medication. Getting regular exercise, eating a well-balanced diet including fruits, vegetables, and whole grains and avoiding food with high levels of salt (sodium), caffeine and alcohol can help regulate hormones, which in turn provides symptom relief. Additionally, getting enough sleep and learning strategies to cope with stress, such as yoga, meditation or breathing exercises, can also help alleviate symptoms.OFFICE HOURS FOR SPONSORS

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Restaurant Review: Shangri-la

BY WEI-ZHOU CHANG

Shangri-la isn’t much to look at, with eight tables and spare walls. That doesn’t stop patrons from lining up out the door every weekend, with parking spots long gone by noon. The crowds at this nondescript restaurant let you know you’ve arrived at the right place.

The service can be spotty and the décor is far from luxurious. However, Shangri-la’s authentic Taiwanese small plates can’t be beat.

I ordered the simplest “you tiao,” or deep-fried dough pulled into long sticks, with soymilk. The soymilk was rich, warm and had just the right amount of sweetness, putting supermarket soymilk to shame. It was the perfect complement for the crispy fresh-made “you tiao,” which did not suffer from stininess or sogginess. The owner told me the “you tiao” and soymilk are made from scratch each morning, which brought out the fragrant notes of soybeans.

My friend loves buns and is addicted to Shangri-la’s “yin si juan” or silver thread rolls. The dough is pulled into threads like noodles, then covered in a dough wrapper that is steamed, baked or fried. It is a Northern Chinese treat that is crisp on the outside and soft with dough “threads” on the inside. Shangri-la’s fried silver thread rolls combine crunch and tenderness irresistibly.

We ordered two succulent appetizers, shredded dried tofu and cold cuts of pig ears with tripe. The tofu was refreshingly cool with a hint of salt, perfect for the summer heat. And the cold cuts were expertly made: the crisp pig ears and sliced tripe were set off by fiery spices. The owner told us the cold cuts are sliced by hand each day, for freshness and marvelous flavor. The cold cuts must be enjoyed in the store, before they get mushy.

Despite being halfway full, Shangri-la’s beef noodles are a must. Unctuous beef tendon and generous slices of meat contrast with sweet pickles, coming together for a satisfying bowl that is not too greasy. The noodles and meat are served in a spicy broth, with the slight taste of herbs making it just perfect.

My Taiwanese friend was impressed with Shangri-la’s authentic flavors and couldn’t wait to come back. We were full and paid just $12 a person. The menu has many more mouthwatering treats, which are best sampled with a group of friends.