

FOOD + EVENTS + DESTINATIONS & MORE

# SPOTLIGHT

*the best of the*  
**BAY AREA**

## 70 years of dance in Menlo Park

*Menlo Park Academy of Dance*

Founded in 1947, Menlo Park Academy of Dance is celebrating 70 years of teaching dance to generations of students on the Peninsula. And registration for its fall classes begins this Friday.

"We're still carrying on the tradition of teaching the dance community in Menlo Park and the surrounding areas," said studio owner and director Sarah-Jane Measor. "There are students whose parents came here and their aunts and cousins."



While its focus is on classical ballet, the school also offers classes in other styles, including jazz, contemporary, tap, lyrical, hip hop, and musical theater. Classes are offered for all ages at every level, from beginning to advanced, and children as young as 3 years old can begin to learn (and love) dance with the studio's pre-dance and pre-ballet classes. Students are signed up to classes on a month-to-month basis, and many take more than one.

"We have a lot of students that do a lot of classes," said Measor. "You get a wide variety."

The school encourages all students to develop a love of dance, whether their goal is exercise and enjoyment or a more serious dance commitment. Accredited by the Royal Academy of Dance and boasting a roster of talented and experienced instructors, Menlo Park Academy of Dance has the technical chops to prepare serious students for dance scholarships and advanced programs.

One of the teachers at the school is Michael Lowe, co-founder and artistic director of the local professional dance company Menlowe Ballet. The studio is proud to be the official school of the company and students are invited to audition for the children's parts in Menlowe Ballet's annual "It's a Wonderful Nutcracker." Many of the school's other instructors are also former professional dancers.



Photo credit: Eric Raeber

***"We're still carrying on the tradition of teaching the dance community in Menlo Park and the surrounding areas"***

**MENLO PARK ACADEMY OF DANCE**

1163 El Camino Real, Menlo Park  
(650) 323-5292  
www.menloparkacademyofdance.com

Kong before coming to the U.S. and falling in love with teaching. In addition to her role as the school's director, she still takes a very hands-on instructor role, teaching more than twenty classes per week.

The school offers classes in two buildings in downtown Menlo Park on El Camino Real and has two new studios on Bohannon Drive set to open in late August. Registration for fall classes starts this Friday, and fall classes begin on Aug. 28. For more information and to register for classes, go to [www.menloparkacademyofdance.com](http://www.menloparkacademyofdance.com) or call (650) 323-5292.

"We offer an all-around dance education at a very high level," said Measor.

Owner and dance teacher Sarah-Jane Measor began her career in her native England, where she received her training. She then danced professionally in Hong

### LOCAL BUSINESSES IN YOUR NEIGHBORHOOD

#### BURLINGAME

### Make your next business lunch a lobster lunch

Want to try something a little different for your next business lunch? You can show your employees just how special they are with a lobster rolls, crab melt sandwiches, shrimp tacos and other great seafood plates from New England Lobster Market & Eatery.

The Burlingame eatery specializes in individually boxed lunches and they can customize catering orders to fit your needs. From traditional Maine lobster platters with chips, coleslaw, bread and butter, to shrimp Louie and fish tacos, they've got it all. And they even deliver for free in their local area!

If you really want to take the lunch to the next level (and skip the cleanup), host your next business lunch in their private conference room, which holds up to 40 people. Your colleagues and clients will love it.

For more information about catering or private events, call Danny Rosa at (650) 873-9000.

**NEW ENGLAND LOBSTER COMPANY**  
824 Cowan Rd, Burlingame  
(650) 443-1559



#### MOUNTAIN VIEW

### Banish those acne scars

Fighting acne is bad enough, but sometimes, even after it's gone, you're left with unsightly scarring. But don't worry — Dr. Duke Khuu can help.

A board-certified dermatologist who earned his medical degree from Stanford University, Dr. Khuu uses his Vbeam Perfecta laser to minimize acne scarring. The laser targets and removes redness in the skin. A built-in cooling device in the laser minimizes pain, and the treatments are quick and effective. Patients with milder redness are advised to have three to six laser sessions, and a dramatic difference can be seen in just a few days.

In addition to the laser sessions, Dr. Khuu can also treat acne or acne scarring with blue-light therapy, extraction or chemical peels. He also recommends microdermabrasion to polish the skin and reduce the appearance of scars.

A specialist in both medical and cosmetic treatments, Dr. Khuu and his staff provide a one-stop shop for all dermatological care needs. For more information, call (650) 969-5488.



**KHUU DERMATOLOGY**

889 Castro Street,  
Mountain View  
(650) 969-5488

#### MOUNTAIN VIEW

### New to Bamboo Garden? Start with the XLB

Xiao long bao.

Sure, there are a lot of other things — delicious things — you can order at Bamboo Garden in Mountain View. But you have to start somewhere, and if you're a newcomer to the place, that's where you start.

Also known as soup dumplings, the Shanghai-style xiao long bao (aka "XLB") are minced pork and a bit of vegetables and a generous amount of broth, all in a thin but firm dumpling wrapper. You pick up the dumpling by the nubby top with your chopsticks and put it in your soup spoon. Poke a hole, let a little of the soup out and slurp it from the spoon. If you want, put a dab of dark brown vinegar and some ginger on top and eat your dumpling. There will be more soup inside, and it will be steaming hot.

This is what the regulars order at the popular and affordable Chinese restaurant, and it's easy to see why. Other popular dishes include the tea-smoked duck and the signature rice with pork in an oyster-soy sauce served in a section of hollowed-out bamboo. If you're looking for recommendations, owner Kathleen Guo is happy to oblige.



**BAMBOO GARDEN**

108 Rengstorff Ave.,  
Mountain View  
(650) 967-7334