

FOOD + EVENTS + DESTINATIONS & MORE

SPOTLIGHT

the best of the
BAY AREA

PALO ALTO HUMANE SOCIETY

Story Contest Champions Bonds Between Humans, Animals

The Palo Alto Humane Society is holding a short story contest for 7th- and 8th-graders in Santa Clara, San Mateo and Santa Cruz counties. The students are invited to become "Ambassadors of Compassion" by writing an original fiction or nonfiction story on the theme of animals and people helping each other.

The winning author will be awarded \$500 and have his or her story published and professionally illustrated in a book by the animal welfare organization. Two runners up will also receive \$200 each.

"All the Palo Alto Humane Society's education programs are really geared toward helping young people create a better society that is ethical towards animals," said executive director Carole Hyde.



Carole Hyde, Executive Director

"We think that the acts of researching and writing that will be involved in creating stories will help students develop an awareness in animal welfare and they will become ambassadors of compassion and agents of change."

She noted that there are many ways animals help people, from providing companionship, therapy and healing to farm work, rescue work and support

for first responders and soldiers. Stories may involve humans and animals helping each other physically or emotionally.

PAHS has long advocated for the welfare of animals, and they also support pet owners who need financial assistance to pay for veterinary services for their animals.

Their contest is now in its third year. Last year's winner, Los Altos eighth-grader Aaron Huang, took the prize with his story "The Sun." The story is told from the point of view of a breeding dog at a puppy mill operation. At the end of her life she is finally given the dignity of a name by a boy in the breeders' family.

"The dog brought out humanity in the boy and created a bond in such a place where there aren't these kinds of bonds," said Hyde. "The story is sophisticated, and the message is nuanced."

Last year's second-place winners were Alix Bride and Rebecca Kapilof, both of Los Altos. Bride's story was about a young man who is helped by a butterfly to connect to his mother's spirit, and Kapilof's about a man suffering from Alzheimer's who finds comfort in his dog. Kaelin Wang Hu of Palo Alto took third place with a story about a dog hero from World War I and Sarina Fernandez-Grinshpun of Mountain View received an honorable mention for her personal essay about her volunteer experience.

PALO ALTO HUMANE SOCIETY
(650) 424-1901 paloaltohumane.org



Aaron Huang proudly holds his winning certificate from the 2020 PAHS story writing contest. Photo by Robert Huang.

Stories must be original, be between 800 and 1,000 words and must be submitted by midnight on May 31. Complete competition guidelines and a submission form may be found at www.paloaltohumane.org. You can also call (650) 424-1901 for more information.

LOCAL BUSINESSES IN YOUR NEIGHBORHOOD

MOUNTAIN VIEW

Dr. Khuu Can Treat Excessive Sweating

If you suffer from excessive sweating, you know that it's a serious matter — and so does Dr. Duke Khuu, who can give you the help you need and make it stop.

Dr. Khuu, a board-certified dermatologist who earned his medical degree from Stanford University, uses Botox to treat excessive sweating, which is also known as hyperhidrosis. After the area to be treated is numbed with a topical cream, a few drops of Botox are injected under the skin. Botox blocks the nerve impulses from reaching the area, leaving the sweat glands deactivated. The improvement can be dramatic.

"Don't hide anymore; come and get it treated," said Dr. Khuu.

While the treatment may need to be repeated every three to six months, it's important to know that it's a medical condition that is usually covered by insurance. To find out more about how Dr. Khuu can help you, call his office at (650) 969-5488.



KHUU DERMATOLOGY
889 Castro St. Mountain View
(650) 969-5488
khuuderatology.com

BURLINGAME

Your New Favorite Happy Hour

Short on cash but love seafood? No problem.

Just drop by New England Lobster Market & Eatery during their happy hour every weekday from 3 to 6 p.m. They've got you covered with \$2 beers and \$2 oysters. It's pretty hard to get more affordable than that, and you can relax at one of the picnic tables in their huge outdoor patio.

And speaking of going easy on the wallet, did we mention that you can take your vaccination card there any day of the week to get a free cup of their famous lobster corn chowder? It's just one way they'd like to say thank you for helping us all get back to normal.

If you want to make their awesome happy hour your new normal, check them out at 824 Cowan Road in Burlingame. You can find their menu and other info at newenglandlobster.net.



NEW ENGLAND LOBSTER MARKET & EATERY
824 Cowan Road, Burlingame
(650) 443-1559
newenglandlobster.net

LOS ALTOS

Compassionate Expert Care for Leg Vein Issues

If you suffer from frequent leg pain, numbness, heaviness or other discomfort, go see Dr. Hardeep Ahluwalia at California Vein & Vascular Centers.

A board-certified vascular surgeon, Dr. Hardeep Ahluwalia is also a compassionate and attentive doctor who is ready to give you the expert care you deserve. He personally sees every patient and performs all procedures at his Los Altos office and three other South Bay locations.

"We're a small boutique practice," he said. "We know everyone by first name, and everyone gets personalized service."

He diagnoses and treats all kinds of venous and arterial conditions (which often make themselves known in the legs), including spider and varicose veins and peripheral arterial disease. His patients say Dr. Ahluwalia listens carefully and clearly explains every procedure. And most of all, they praise his bedside manner and quick, minimally invasive treatments.

"It was over before I knew it," said one patient.

Call (866) 344-1094 to schedule an appointment with California Vein & Vascular Centers or go to www.cvvcenters.com for more information. Se habla Español? Llama (650) 229-2223.



Dr. Hardeep Ahluwalia

CALIFORNIA VEIN & VASCULAR CENTERS
658 Fremont Ave., Los Altos
(650) 209-5843 cvvcenters.com

PALO ALTO

Robert Gets Palo Alto Commons Residents Out and About

Palo Alto Commons + The Avant is thrilled to congratulate their April Employee of the Month, Robert Ullrich!

Robert is one of the drivers for the Palo Alto senior living communities and has been working in both communities for seven years.

"Working here is great, and being able to help residents feel right at home every day is so fulfilling," says Robert. "I also feel good knowing that we have a great team here."

Palo Alto Commons + The Avant provides a full transportation program daily for residents for doctors office visits, shopping outings and/or personal errands. The transportation program is included in the monthly fee at both communities. During the pandemic, drivers offered complimentary personal shopping and medication pick-ups.

Palo Alto Commons + The Avant offers premier independent living, assisted living and memory care residences with restaurant-style meal service and tons of amenities. To find out more, call (650) 468-2788 or go to www.paloaltocommons.com.



Robert Ullrich

PALO ALTO COMMONS
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