

Calendar 【日历】

Fri, Sep 23 【星期五, 9月23日】

Football vs Fremont, JV 4 PM, Varsity 7 PM, Football Field 【美式足球对抗赛, 与 Fremont 比赛, JV 队伍, 下午4点开始, Varsity 队伍, 晚上7点开始, 在足球场】

Sun, Sep 25 【星期日, 9月25日】

Choir Concert & Potluck, 4 PM, Spangenberg 【合唱团演唱会及家长自带食物的聚餐, 下午4点开始, 在 Spangenberg 大礼堂】

Wed, Sep 28 【星期三, 9月28日】

Tech Night for Parents, 7 PM, Library 【为家长打造的科技之夜, 晚上7点开始, 在图书馆】

Band & Orchestra Boosters Meeting, 7:15 PM, Room P-2 【乐队和交响乐团的促进会议, 晚上7点15分开始, 在 P-2 教室】

Karly

Mon-Thu, Oct 3-6 周一至周四, 10月3日至6日

4-Day-Week Schedule (see [Calendar](#)) 这个星期只有四天, 本周的计划见 日历 [Calendar](#)

Wed, Oct 5 星期三, 10月5日

PiE Parents Evening (for new families), 7 PM, Spangenberg PiE 父母之夜 (针对新家庭)。晚7点, 在 Spangenberg 剧院

Thu, Oct 6 周四, 10月6日

Wind Ensemble & Symphonic Band Concert, 7:30 PM, Paly PAC 管乐团及交响乐团乐队音乐会, 晚7:30 PM, 在 Paly 高中 PAC

Fri, Oct 7 周五, 10月7日

NO SCHOOL - Staff Development Day 学生不上课 - 教师培训日

Gunn

Back to School Family Concert and Potluck 返校日家庭音乐会及聚餐

Sun, Sep 25, 4 PM, Spangenberg 9月25日, 周日, 下午4点, Spangenberg 剧院

Choir families are invited to the annual Back to School Family Concert and Potluck this Sunday. Singers arrive at 3:00, parents drop off potluck dishes at 3:45 near the main office of the school, and the concert begins in Spangenberg at 4:00. After the concert, join other choir families in front of the main office for a potluck feast. Please bring your favorite potluck dish to share (enough to feed 15 people). You can find more information on Schoology. If you would like to get involved, the Hospitality Committee would also

love volunteers - 2 people to set up at 3 PM and 4 people to help clean up. Please contact Lea Bowmer (leabowmer@comcast.net) if you would like to help. See you there!

这个星期天我们邀请合唱团的家庭参加每年的返校家庭音乐会和聚餐。歌手们3:00到达，家长们在3:45把饭菜放在学校的办公室附近，音乐会4:00在Spangenberg剧院开始。演唱会结束后，请加入其他的合唱团家庭来参加学校办公室前面的聚餐会。请带上你最喜欢的饭菜分享（足够15人的量）。你可以在Schoology找到更多的信息。如果你想参加准备活动，接待委员会很需要志愿者帮忙 – 2位在3pm帮忙布置，4人帮忙清理。如果您想帮忙，请联系Lea Bowmer（leabowmer@comcast.net）。不见不散！

Support Gunn's Seniors and Order Your Farm Fresh Pies from Gizdich Ranch

支持Gunn的毕业生，从Gizdich牧场订购新鲜的馅饼

Order now thru Oct. 20; Pick-up on Thu, Nov 3, 3:30 - 5:30 PM, Gunn High School Bat Cave

现在开始订购，直到10月20日截止；星期四11月3日下午3:30 - 5:30 PM 可以来取，在Gunn Bat Cave取货

Order delicious Gizdich Ranch Pies before Oct. 20 for your holiday gatherings, and help raise funds for Gunn's Class of 2017 Senior Picnic, Grad Night Celebration and scholarships for Seniors to attend those events. The pies come frozen and are made locally at Gizdich Ranch in Watsonville. Buy an extra pie and donate it to a special teacher or staff member! For the Gizdich Pie Order Form and more information, click [here](#). Any questions? Contact mginx@sbcglobal.net. The Gunn class of 2017 thanks you!

请在10月20日之前为您的假日聚会订购美味的Gizdich牧场的馅饼，并同时帮助Gunn的毕业生筹集资金以用于毕业生野餐，毕业之夜的庆祝活动，以及一些奖学金使得毕业生能否参加这些活动。馅饼送来时是冷冻的，是在位于Watsonville的Gizdich牧场本地制造的。你也可以额外多购买一个馅饼，捐赠给一个特殊的老师或工作人员！关于从Gizdich订购馅饼派的订单和更多信息，请点击这里，[here](#)。如果有任何问题，请联系mginx@sbcglobal.net。Gunn2017届的毕业生都很感谢您！

Palo Alto College Fair - Volunteers Needed Palo Alto大学博览会 – 需要志愿者

Mon, Oct 10, 6-8:30 PM, Bow & Titan Gyms 周一，10月10日，晚6-8 : 30 PM, Bow & Titan体育馆

The Palo Alto College Fair is open to all Gunn High School and Palo Alto High School students as well as students from local high schools. To make this event a success we need volunteers in many capacities ranging from set up to hospitality to registration and

tear down. Most volunteer spots are two hour shifts and many volunteers are need during the day before the event starts. Use [this link](#) to sign up. Students welcome. Questions? Call or email Donna Pioppi at dpioppi41@yahoo.com or [\(650\) 494-2087](tel:6504942087).

Palo Alto的大学展示会对所有Gunn和Palo Alto高中的学生开放，对附近其它高中的学生也开放。为了使本次活动成功，我们在许多方面需要很多志愿者，从开始的布置，招待登记，到最后的摊位拆除等等。大多数志愿者的需求是两个小时的时间段，很多都是在白天活动开始前需要志愿者。请使用此链接进行注册[this link](#)。我们也欢迎学生志愿者。如果有问题，请电话或电子邮件联系Donna Pioppi, dpioppi41@yahoo.com或 (650) 494-2087。

Homecoming is the Week of October 17 10月17日的这一周是返校周

Homecoming is a tradition in American high schools. It is a great opportunity for ALL students, including shy and uncertain ones, to feel connected to their school. Students who do not want to be in the spotlight or take on big jobs can gain connection just by rooting for their fellow classmates competing in inter-class competitions, or helping put flowers on the float. We hope all students and parents will attend the homecoming football game. Parents sit in the Parents Only section. This is a great chance for our entire Gunn community to witness a lot of fun and show our school spirit. To find out more about Homecoming Week activities, click [here](#). Go Titans!

返校是美国高中的传统。这对所有学生都是一个很好的机会来感受他们和学校的联系，包括害羞的人和犹豫不定的人。那些不想要成为关注焦点的，或者不想承担很重要工作的学生，可以暗暗帮助自己同学的班际比赛，或者帮助摆花等等。我们希望所有的学生和家长都来观看足球比赛。家长坐在父母指定席位。这是我们整个的Gunn的社区一起见证很多乐趣，展示我们校风的一个很好的机会。要了解更多关于返校周活动的信息，请点击此处[here](#)。Titans加油！

Caroline 2020

Save the Date: Parent Ed Night with Dr. Dan Siegel

预留您的时间：Dan Siegel医学博士的家长教育之夜

Wed, Nov 16, 7-8:30, Paly PAC, 50 Embarcadero Rd, Palo Alto

时间地点：11月16号周三，晚上7点到8点半，Paly 行为艺术中心（Performing Art Center），50 Embarcadero路，Palo Alto

Save the date for a Parent Ed night with Dr. Dan Siegel. Co-sponsored by Paly and Gunn PTSA. Click [here](#) for more information about Dr. Siegel, and stay tuned for ticketing information and more details!

请大家为Dan Siegel博士的家长教育之夜预留出点时间吧！这是一项由Paly与Gunn家委会联合举办的活动。若想了解有关Siegel博士的情况请点击[此处](#)，并且关注随后的入场券信息以及进一步的详情！

FROM THE PREVIOUS ISSUE:

上期发表过的内容：

Tech Night for Gunn Parents

Gunn家长的科技之夜

Wed, Sep 28, 7-8:30 PM, Library

9 28 7 8 Gunn

The expansion of Gunn's 1/1 Learning Program to our 10th and 11th grade classes is helping to ensure every student has access to educational content while also giving teachers the freedom to integrate technology into their lessons. Here is the [program documentation](#) about goals and expectations for the program, information on costs of replacement, possible insurance information, and more. Presentation by Chris Bell (Technology Integration TOSA-teacher on special assignment), Jack Ballard (Assistant Principal for Technology and STEM), and Darene Feldstein (Gunn Tech/Support). Read more [here](#).

Gunn的一对一学习计划已经扩大到包括10与11年级的课程了，其目的是为了保证每位学生都能获得教学内容，同时也让老师能够在课程中加入科技应用。以下是这个计划的文档，提供了这个计划的目标与预期的效果、置换的费用、尚未确定的保险信息等等。由Chris Bell（负责科技整合的老师），Jack Ballard（负责科技与理工课程的副校长），和Darene Feldstein（负责Gunn的技术支持）讲解。以下是更多详情。

Focus on Success Needs Volunteer Geometry & Econ Tutors

“致力于成功”项目需要几何与经济学课程的学生助教

The Focus on Success Program needs a volunteer tutor for Geometry and one for Economics. Tutors need to come once a week during period B: Monday at 10:00, Wednesday at 8:25 or Thursday at 11:25. If you can assist these students, please reply to Norma Hesterman (nhesterman@pausd.org) or teacher, Kristen Owen (kowen@pausd.org) as soon as possible.

“致力于成功”（FOS）这个项目现在需要学生义工担任几何与经济学课程的助教，每周一次在B课时辅导有需要的学生。B课时时段：周一10：00，周三8：25，或者周四11：25。如果你能帮到这两门课，请尽快与Norma Hesterman（nhesterman@pausd.org）或者Kristen Owen（kowen@pausd.org）联系。

New PTSA eDirectory

新的家委会在线名录

Looking to connect with an old friend, or a new parent you just met? This year, Gunn PTSA began using UpToUs for electronic Directory and community messaging. The directory is password protected and you have control over the information you want viewable by others. You can access the eDirectory and may view/change your information, preferences or privacy settings at anytime by signing in to [UpToUs](#) with your current Infinite Campus address. Printed copies of the directory are no longer available. For questions, contact gunndirectory@gunnpta.org. The PTSA eDirectory information is replaced each year, so any modifications you make are not automatically communicated to PAUSD's Infinite Campus system. To make permanent changes to your information or privacy preferences, contact infinitecampus@pausd.org.

你在寻找Gunn校内的老朋友或者刚认识的家长的信息吗？今年Gunn家委会开始在UpToUs上提供了在线名录和信息交流系统。这个系统有用户名和密码以保护隐私，而且可以自己设定所要披露的信息内容。你随时可以用Infinite Campus的用户名和密码登录UpToUs，进入在线名录更改个人信息，选择所需内容以及设定隐私级别等。家委会不再提供家长名录的打印件。如有问题请联系gunndirectory@gunnpta.org。家委会在线名录每年只更新一次，所以在线名录上更改的信息不能在PAUSD的Infinite Campus上同步看到，需要联系infinitecampus@pausd.org更改相关信息。

Richard

PAUSD & PTAC

PAUSD School Board Candidate Forum

Sat, Oct 1, 10 AM-12 PM (doors open at 9:30 AM), Jordan Middle School Gymnasium, 750 N. California Ave, Palo Alto

This is a wonderful opportunity to meet the candidates who are running for PAUSD School Board. This forum will focus on issues that impact outcomes for historically underrepresented families and students with special needs. Learn about candidates' priorities and ask any questions that you have.

Childcare, light refreshments and Spanish translation provided. This forum is sponsored by Parent Advocates for Student Success, the Palo Alto Community Advisory Committee for Special Education, and the Palo Alto Council of PTAs. Contact palaltocac@gmail.com with any questions.

PAUSD & PTAC

PAUSD校董事会候选人论坛

星期六，10月一号，早上10-12点（9点半开门），Jordan 中学体育馆，750 N. California Ave, Palo Alto

大家不要错过这个当面见到PAUSD学区校董事会候选人的好机会。这次的论坛主要关注以前代表性不足的家庭以及需要特殊关注的学生们。在这里，你能了解各个候选人所关注的问题，也可以提出自己的问题。

届时会有西班牙文翻译，有人照看小孩，还将提供点心。此论坛由帮助学生成功的家长倡导者，帕洛阿尔托社区特殊教育咨询委员会，以及PTA帕洛阿尔托委员会赞助。如有问题请联系paloaltocac@gmail。

PAUSD is excited to present a variety of workshops this school year for both English speakers and non-English speakers. Here is a list of the upcoming workshops/classes. We hope to see you there!

Alcohol and Drug Education Workshop for Parents

Tue, Oct 4, 6-7:30 PM, PAUSD Board Room, 25 Churchill Ave, Palo Alto

This workshop will review the impact drugs and alcohol have on the development of the adolescent brain, and what parents can do if they suspect their child is using drugs or alcohol. Target audience: secondary parents. For information and to register, click [here](#). Presented by: Unity Care.

This workshop will also be available in Spanish on the same date and time:

PASUD学区这个学年将为能讲英语的以及其他语种的人士推出一系列的专题讲座。以下是即将举办的专题讲座/课程。我们期待你的到来！

为家长们举办的有关酒精与毒品的教育讲座。

时间地点：周二，10月4号晚6点到7点半，PAUSD会议室，25 Churchill Ave, Palo Alto

讲座将向家长展示酒精和毒品对青少年大脑发育的影响，并且告诉家长如果觉察到孩子吸毒或者喝酒的话该如何处理。目标听众：平时与自己孩子接触较少的家长们。点击此处报名或者了解更多详情。此讲座由Unity Care提供。

这个讲座在当天的同一时段还会有西班牙语的。

Other workshops for non-English-speaking parents:

Enhancing Healthy Families & Healthy Kids (in Mandarin)

Thursdays, Oct 6-Nov 3, Gunn High School

Parents will learn how they can continue to open the lines of communication, encourage cooperation and explore ways on how to help their student develop problem-solving skills. Target audience: K-12. For information and to register, click [here](#). Presented by: Asian Americans for Community Involvement (ACCI).

This workshop will also be available in these languages:

Korean: Fridays, Oct 7-Nov 4, Gunn High School

Spanish: Miércoles, Oct 19-Nov 16, Gunn High School

为不讲英语的家长们准备的其他专题讲座：

增强健康的家庭和孩子（以中文普通话讲课）

每周四，10月6号到11月3号，Gunn校内。

家长们将学到如何维持交流、鼓励合作、研究怎样帮助孩子们提高解决问题的能力。

目标听众：K-12家长。报名或者更多详情请点击此处。由亚裔参与社区活动组织ACCI所举办。

此系列的讲座还有如下语言的：

韩语：每周五，10月7号到11月4号，Gunn。

西班牙语：每周三，10月19号到11月16号，Gunn。

Jasmine

Renaming Schools Advisory Committee Community Townhall Meeting 重命名学校 咨询委员会社区对话会议

*Mon, Oct 17 or 24, 6:30-8:30 PM, Palo Alto High School Media & Arts Center, 50
Embarcadero Rd, Palo Alto*

To rename or not to rename any of Palo Alto's schools, that is the question the Renaming Schools Advisory Committee will begin to answer during its first townhall meeting in October. Renowned historians and educators with expertise in the Eugenics era, some of whom have actively provided their expertise in renaming efforts at other schools, will discuss if there is a rationale to consider renaming PAUSD schools whose namesakes were actively involved in Eugenics. The panelists will discuss how to evaluate a person's controversial legacy in historical context, the learning opportunities this debate provides, and how renaming or not renaming might affect the school community. The townhall meeting is intended to stimulate community discussion on this important topic, and will close with a Q&A session. Everyone in the community is welcome, please invite your friends and neighbors.

*17 24 6 30-8 30 Palo Alto & , 50
Embarcadero Rd, Palo Alto*

重命名学校咨询委员会将在10月份的首次对话会议期间开始回答重命名或不重命名帕洛阿尔托的学校的问题。在优生学方面有经验著名历史学家和教育家,他们中的一些人已经积极提供他们的专业知识在重命名其他学校,将讨论是否有理由考虑重命名PAUSD不愧是积极参与优生学的学校。小组成员将讨论如何评估一个人的有争议的遗留在历史背景下,这个争论提供了学习的机会,以及如何重命名或不重命名可能会影响学校的社区。对话会

议旨在刺激社区讨论这一重要主题,并将关闭问答环节。在社会上每个人都是受欢迎的,请邀请你的朋友和邻居。

Community

Sign the Petition to Save VTA 35 & 88 Bus and Outreach Service for Palo Alto 签署请愿书保存VTA 35和88总线并为帕洛阿尔托外展服务

Cuts or changes are being considered for the VTA 88 and 35 buses in Palo Alto. Federal funding for paratransit is tied to VTA bus lines, so we may lose paratransit too. If approved, these changes may be implemented next summer. Learn more here <http://nextnetwork.vta.org/> and see the concept maps <http://nextnetwork.vta.org/busconcepts>. Sign the petition at <http://tinyurl.com/Save-35-88-Outreach> to request that, as part of VTA's Next Network, the VTA retain and expand service to Gunn High School, retain the VTA 35 and 88 buses, not make reductions in Outreach paratransit service, and work with the City of Palo Alto and Gunn High School PTSA to identify better solutions for our community.

正在考虑削减或更改在帕洛阿尔托的VTA 88路和35路公交车。联邦基金用于辅助客运系统与区域公交线路,所以我们可能会失去辅助客运系统。如果得到批准,这些变化可能明年夏天实现。了解更多 <http://nextnetwork.vta.org/> 和查看地图 <http://nextnetwork.vta.org/busconcepts>。签署请愿书在 <http://tinyurl.com/Save-35-88-Outreach> 作为VTA的下一个网络的一部分,VTA保留和扩大为Gunn高中服务,保留VTA 35和88路公交车,不使减少推广辅助客运系统服务在帕洛阿尔托市和PTSA的GUNN高中为我们的社区找出更好的解决方案。

El Camino Youth Symphony Orchestra Fall Auditions El Camino 青年交响乐团秋季试演

Sept, Palo Alto

The El Camino Youth Symphony is inviting young, motivated musicians with at least one year of private lessons to audition for our preparatory orchestras! ECYS offers after-school music programs for all levels of ability, from our Chamber Players Orchestra for students just beginning their musical journey to the Senior Symphony, where players challenge themselves with professional-level repertoire. The orchestra program begins in the fall and runs through the spring, and groups meet weekly for rehearsal.

Contact loribingham@ecys.org to learn about setting up an audition.

Visit <http://www.ecys.org> for more information.

九月, *Palo Alto*

*El Camino*青年交响乐团邀请年轻,有活力的, 并且至少有一年的私人课程的音乐家为我们预备乐团试镜! ECYS为所有级别提供了课后音乐课程,从刚刚开始他们的音乐之旅的管乐队学生到高级交响乐,玩家挑战自我的专业人士。管弦乐队计划在秋季开始,贯穿整个春天,满足每周排练。联系loribingham@ecys.org了解更多。有关更多信息,请访问 <http://www.ecys.org>。

Linda

PreSchool Family 70th Anniversary Celebration

学前班家庭70周年庆典

Sun, Sep 25, 3-5 PM, Grendell School, 4120 Middlefield Rd, Palo Alto

9 25 3 00-5 Grendell 4120 Middlefield Rd, Palo Alto

PreSchool Family is turning 70. Celebrate with classroom visits, alumni class photos, and refreshments. Alumni and Current Families welcome. Hosted by Friends of PreSchool Family. For more information, visit psf.pausd.org.

学龄前家庭正在转向70周年.庆祝活动包括教室参观, 校友班级照片和点心。校友和当前的家庭都欢迎。由学龄前家庭之友主办。欲了解更多信息, 请访问 psf.pausd.org。

Project Safety Net Meeting

项目安全网络会议

Wed, Sep 28, 4-6 PM, Rinconada Library, Embarcadero Room, 1213 Newell Rd, Palo Alto

9 28 4-6 Rinconada Embarcadero 1213 Newell Rd, Palo Alto

Are you interested in reducing youth mental health stigma and supporting youth voice? Please join us at our next Project Safety Net (PSN) meeting where you will have the opportunity meet and hear from members in our community who have the same interest. At this month's meeting, PSN is honoring September is Suicide Prevention Awareness Month. We will be featuring a Crisis Text Line (<http://www.crisistextline.org/>) that provides free crisis intervention via SMS message. You will also hear about upcoming events and trainings. RSVP [here](#). Project Safety Net (<http://www.psnpaloalto.com/>) is a collaborative community network held together by a common interest of fostering youth well-being in Palo Alto. Sign-up for its newsletter [here](#).

您是否对减少青少年心理健康的耻辱和支持青年的声音有兴趣? 请在我们的下一个项目安全网 (PSN) 会议加入我们的行列, 你将有机会遇见具有相同兴趣的我

们的社区成员。在本月初的会议上，PSN定九月是预防自杀宣传月。我们将发行一个危机文本行 (<http://www.crisistextline.org/>)，它通过短信免费提供危机干预。你还可以听到即将举行的活动和培训。RSVP在[这里](#)。项目安全网 (<http://www.psnpalalto.com/>) 是促进青年福祉，把帕洛阿尔托的共同利益结合在一起的协作社区网络。在[这里](#)注册获取它的时事通讯。

Media Rules: Healthy Connections in the Digital Age

介质规则：在数字时代健康连接

Fri, Sep 30, 7-8:30 PM, Stanford University Memorial Auditorium, 551 Serra Mall, Stanford

09 30 7-8 30 PM

551 Serra Mall, Stanford

Do you feel that media is all-consuming and rules your family life? Navigating technology can feel like uncharted and unprecedented territory for parents. How can we effectively manage media use when the rules of engagement seem to be constantly changing? Join us to explore how adults and kids can establish healthy connections and positive relationships in the digital age. Speakers are Madeline Levine, Catherine Steiner-Adair, and Denise Pope. Adults \$10; students free. Details & tickets: <http://www.challengesuccess.org/media-rules/>

你觉得媒体都费时又掌管着你的家庭生活？导航技术可以感觉是父母未知的和前所未有的领土。我们怎样才能有效地管理媒体使用，当参与规则似乎在不断变化？加入我们探索成人和孩子们如何能建立在数字化时代的健康联系和积极的关系。演讲人是Madeline Levine, Catherine Steiner-Adair, 和Denise Pope。成人\$ 10;学生免费。详情及门票：<http://www.challengesuccess.org/media-rules/>

Paly PAC Groundbreaking Gala Celebration

Palo alto高中PAC突破性的庆祝晚会

Sat, Oct 1, 2:30 PM & 7:30 PM, Palo Alto High School Performing Arts Center, 50 Embarcadero Rd, Palo Alto

星期六，10月1日，下午2:30和下午7:30，Palo alto高中表演艺术中心，50 Embarcadero Rd, Palo Alto

Come celebrate Paly's new Performing Arts Center! The Groundbreaking Gala will showcase students from Paly's drama, vocal music and instrumental programs as they all perform together in this beautiful space- for the first time. Every student who is involved in Paly's performing arts program will have at least one opportunity on stage at this very special opening. In addition, there will be several guest speakers and performers, plus intermission refreshments in the soaring main lobby. The gorgeous new facility, built thanks to a bond measure endorsed by the citizens of Palo Alto, is a state-of-the-art 25,100 square foot theatre. Designed to accommodate the three performing arts groups at Paly, it will support all 450 students per year that participate

in the school's performing arts programs. Tickets \$25-\$100 at <http://www.palytheatre.com/tickets/>. Any remaining tickets sold at the door one hour before curtain.

快来庆祝Palo alto高中的新的表演艺术中心！开创性的晚会将展示Palo alto高中的戏剧，声乐和器乐课程的学生，因为他们都在这个美丽的，节省空间的地方，第一次一起表演。每个参与Palo alto高中的表演艺术节目的学生将在这个非常特殊的开幕式上在舞台上至少有一个机会。此外，还有几个嘉宾和表演在前厅，加上中场休息茶点。华丽的新表演艺术中心是一个国家的最先进的2.51万英尺的剧场。它的建成多亏了Palo alto市民认可债券的措施。它的设计是适应Palo alto高中的三个表演艺术团体，这将支持每年450名学生参与学校的演艺节目。门票\$25-\$100。在<http://www.palytheatre.com/tickets/>。任何剩余车票在门口1小时演出之前出售。

Andy

Free Community Day at Gamble Garden

(Gamble花园的免费社区日)

Sun, Oct 2, 10 AM-2 PM, 1431 Waverley St, Palo Alto

(10 2 1431 Waverly Palo Alto)

Gamble Garden celebrates our community with a FREE fun filled all ages day. The day's festivities include fun children's activities, a gorgeous plant sale, horticultural resources, educational displays, garden demonstrations, food, entertainment, and of course... digging for worms! This is an opportunity for the community to spend some time at Gamble Garden, meet neighbors and enjoy some activities and hospitality. Please register at <https://www.gamblegarden.org/event/community-day-oct/>.

Gamble 花园为庆祝我们社区，将举办免费的适合各个年龄的娱乐活动。这天的活动包括好玩的儿童活动，园艺资源，教育展览，园林示范，餐饮，娱乐，当然还有...挖虫子！这是一个在 Gamble 花园花点时间，见见邻居，并享受一些活动的机会。请在以下网址注册 <https://www.gamblegarden.org/event/community-day-oct/>

Growing Populations, Shrinking Resources: Dynamics of a World in Crisis

(人口增加，资源减少，危机中的世界动态)

Fri, Oct 7, 7:30 PM, Mitchell Park Community Center, 3700 Middlefield Rd, Palo Alto

(十月七号傍晚7点半， Mitchell 公园社区中心， 3700 Middlefield 路， Palo Alto)

Documentary photographer Randy Olson has worked with National Geographic Magazine for 25 years, producing over 30 stories on issues of overpopulation, environmental degradation, resource extraction and disappearing cultures. He will

present his work followed by an interview with moderator Kim Komenich and Q&A session with the audience. Light refreshments included. Info & tickets: www.paloaltophotoforum.org. Contact: info@paloaltophotoforum.org

纪录片摄影师 Randy Olson 在国家地理杂志工作了25年，写了30多个关于人口过剩，现代自然环境的问题及资源开采，和正在消失的文化题材的故事。他会先介绍他的作品，然后主持人Kim Komenich和他进行一个访谈，之后是跟观众的Q&A。活动包括点心。在这儿买票：www.paloaltophotoforum.org。有问题请跟info@paloaltophotoforum.org联系。

The Cantor Arts Center at Stanford University Family Sundays Program

(斯坦福的 Cantor 博物馆星期天家庭活动)

Second Sundays beginning Oct 9, 11 AM-4 PM, Cantor Arts Center, off Palm Drive at Museum Way, Stanford

(从十月九号开始，每隔一个星期天，早上11点到下午4点，Cantor 博物馆，Museum Way, 斯坦福)

The Cantor invites families to a day of wonder and learning at the museum. This is a free, family-focused day of art talks, hands-on art making, and gallery adventures for visitors of all ages. Explore the galleries and participate in programs designed to help families look and think about art in new ways. Curiosity is encouraged. The day is designed to be flexible with no registration required, no standing in line and no waitlists. Families can plan a unique museum experience and join the activities in which they are most interested.

Cantor 博物馆邀请各个家庭来到博物馆经历惊喜的一天并增长认知。这天的活动是免费的。Cantor 的活动包括艺术讲座，艺术创作，和对各个年龄段都适合的巡回博物馆。看看博物馆里的艺术，或加入各种各样关于艺术的活动。鼓励大家的好奇心。如果要参加这天的活动的话，您不用注册，不用排队。而且，您可以选您最感兴趣的活动来参加。

5th Annual Kiwanis Angel Award honors Agent DuJuan Green, PA Police Department

(第五届Kiwanis天使奖发给警官DuJuan Green, Palo Alto 警察局)

Thu, Oct 13, 5:30-7:30 PM, Palo Alto Sheraton, 625 El Camino Real, Palo Alto

(十月十三号星期四，下午5点半到7点半，Palo Alto Sheraton, 625 El Camino 路, Palo Alto)

Kiwanis Angel Award recognizes an individual who has provided significant contributions to children and youth. Agent DuJuan Green is being honored for his exemplary work as a School Resource Office, Facilitator of the Parent Project which teaches enhanced parenting skills and member of Project Safety Net. Program relevant for parents of students 6 grade to 12 grade. Cost \$50 per person and sign up by October 6. Proceeds benefit children and youth

programs. Registration: www.KiwanisAngelAward.org. Contact: Gail Price, gail.price3@gmail.com

Kiwanis 天使奖是给一个给少年做了大贡献的人。为了表彰他在 学校资源办公室 (School Resource Office) 和父母项目 (Parent Project) 主持人出色的工作, DuJuan Green 得到了今年的奖。父母项目是针对提高育儿技巧是 项目安全网 (Project Safety Net) 的一个会员。父母项目是针对6 到 12 年级孩子的父母。这堂课的费用 50 块美元, 一定要 10 月 6 号之前注册。这趟课的收益将用于儿童和青少年的项目。请在这儿注册: www.KiwanisAngelAward.org。有问题请跟 Gail Price 联系 gail.price3@gmail.com

Shawn

SheHeroes Afternoon Tea with Fathers in Tech Encouraging Girls in STEM

参与“她的英雄”下午茶与父亲一起讨论如何鼓励女孩学习STEM

Sun, Oct. 16, 2-4:30 PM, The Fairmont, Crowne Room, 950 Mason St, San Francisco

10 16 2-4:30 mason 950

Enjoy an afternoon tea for the whole family (all ages) and listen to tech leaders speak about the crucial role men play in supporting women and girls in STEM and other fields. Formal tea includes gourmet food and beverages. Fun activities for kids include raffle, photo booth, girl panel, temporary tattoos. Further info at: <http://bit.ly/fatherdaughtertea>.

享受为所有年纪的家庭准备的下午茶, 聆听技术领导关于男性在支持女性和女孩学习 STEM和其他领域所起到的关键作用。茶点包括精美的食品和饮料。其他为小孩准备的活动有抽奖、照相、女孩座谈、一次性纹身, 更多资讯在<http://bit.ly/fatherdaughtertea>.

Volunteers Needed for Juana Briones Harvest Festival

Juana Briones收获节需要义工

Sat, Oct 29, 2:30-5:30 PM, Juana Briones Elementary School, 4100 Orme St, Palo Alto

10 29 2:30-5:30 Juana Briones Orme 4100

We are looking for volunteers to help with our annual Harvest Festival at Juana Briones Elementary School. This is an exciting & fun event, right in our community! Sign-up to help with field games, a carnival game, the bake sale, arts & crafts, or serving simple food, while watching the Briones Talent Show. Community service credit is available. Click [here](#) to sign up.

Juana Briones小学每年的收获节需要义工支持, 这是一个令人兴奋和有趣的活动, 就在我们社区, 报名来帮助操场游戏、嘉年华活动、烘烤售卖、艺术和手工艺品出售, 或提供在看Briones才艺秀时的小食品。可提供社区服务时间的信用。点击 [here](#)报名

Palo Alto Philharmonic Concerto Movement Competition

帕拉图交响乐团协奏曲竞赛

The Palo Alto Philharmonic is sponsoring a Concerto Movement Competition open to school-aged music students including both instrumentalists and vocalists. Each applicant should submit an unedited audio CD (5-15 minutes long) of his or her performance of a movement from a concerto or concert piece for soloist and orchestra. Applications, along with the demo CD and a non-refundable fee of \$30, must be postmarked by December 31, 2016. For more information or to download an application form: <http://www.paphil.org/pages/about/cmc.html>.

帕拉图市交响乐团为在校学习乐器和声乐的学生提供协奏曲运动竞赛活动，每个申请者需提交一张没有编辑的自己表演的为独奏或管弦乐的协奏曲或协奏曲片段音频CD（5-15分钟长度），申请者的CD和不可退还的报名费30美元必须在2016年12月31号寄出（邮戳）。更多资讯或申请表下载：

<http://www.paphil.org/pages/about/cmc.html>

Sleep Study for Youth 18-21

18-21岁青少年睡眠研究

The Department of Psychiatry at Stanford University is recruiting 18-21 year old youth to participate in a paid research study on sleep and mood. You and your youth will receive up to \$215 for completing the study. For more information about this study, please contact dailyrest@stanford.edu or [\(650\) 736-2689](tel:6507362689) or go to <http://med.stanford.edu/psychiatry/research/dailyreststudy.html>.

For general information about participant rights, contact [1-866-680-2906](tel:18666802906).

斯坦福大学心理科招募18-21岁青少年参与有偿睡眠和情绪研究。你和你的小孩将可收到215美元的费用来完成这个研究。更多关于这个研究的信息请联系 dailyrest@stanford.edu or [\(650\) 736-2689](tel:6507362689) or go to <http://med.stanford.edu/psychiatry/research/dailyreststudy.html>. 获取参与者权益的信息请联系 [1-866-680-2906](tel:18666802906)