

Calendar

Fri, Oct 21 【周五, 10月21日】

Junior Parent Network Meeting, 8:30 AM, Staff Lounge
11年□□学生父母□□会□, 上午8:30, □工休息室

Football vs. Homestead, JV 4 PM, Varsity 7 PM
美式足球□抗□, 与Homestead比□, JV□下午4点开始, Varsity□晚上7点开始

Sat, Oct 22 【星期六, 10月22日】

Homecoming Dance, 7:30 PM, Bow & Titan Gyms
返校周舞会, 晚8点, Bow 以及Titan 体育□

Wed, Oct 26 【周三, 10月26日】

Band & Orchestra Boosters Meeting, 7:15 PM, V-12 Portable
管□□和弦□□的支持□□会□, 7:15 PM, V-12□易教室

Thu, Oct 27 【周四, 10月27日】

Orchestra Chamber Ensemble Concert, 7 PM, Grace Lutheran Church
弦□□音□会, 7 PM, Grace Lutheran 教堂

Fri, Oct 28 【周五, 10月28日】

Fall Jazz Concert, 7:30 PM, Paly Haymarket Theater
秋季爵士音□会, 7:30 PM, Palo Alto 高中 Paly Haymarket 演□□

Nov 3-13 【11月3日-- 11月13日】

Fall Play: "The Crucible" (Click [here](#) for info & tickets)
秋季□□表演: "Crucible" (点□□里[here](#) □取□票信息)

Fri, Nov 4 【周五, 11月4日】

Principal's Coffee, 8:30 AM, PE Classroom
校□咖啡, 8:30 AM, PE教室

Jasmine

Gunn

Gunn Sports Boosters Invite You to the Homecoming Game

Fri, Oct 21, 4-10 PM, Football Field

Friday night lights! Come out to the football game this Friday night. Gunn Sports Boosters parents, coaches and students are serving up a feast: beef franks, bratwurst, hot links, pulled pork sandwiches, Asian double fried popcorn chicken, espresso, tea and hot chocolate. We will also be selling Gunn swag: stadium seats, blankets, hoodies and t-shirts. Go Titans and let's show our school spirit!

Gunn的运□支持者邀□你来参加返校周的游□

周五, 10月21, 下午4-10点, 足球□

周五的午夜狂□! □个周五的晚上来□看足球彼此吧。Gunn的运□支持者的父母、教□和学生提供一个盛宴:牛肉香□,腊□,猪肉三明治,□洲双炸□米花、咖啡、茶和□巧克力。我□也会□Gunn的品牌:体育□座位,毯子,□帽衫和t恤衫。加油,□我□展示我□学校的精神!

Gunn's Fall Play

Opening Night Gala Nov 3, 6:30 PM, Other Performances Nov 4-13, Studio Theatre

Gunn High School Theatre Department presents Arthur Miller's "The Crucible," a tale of mass hysteria with a message that transcends time. The Crucible remains a feat not only in American literature, but a haunting exploration of our nation's troubling past. Opening Night Gala (lecture and reception): November 3 at 6:30 PM, all tickets \$25. Other evening performances: November 4, 5, 11, 12, 13 at 7:30 PM, \$10 Students/\$15 General. Matinee: November 10 at 4 PM, tickets \$5. Tickets available at gunntheatre.org or at the door.

Gunn的秋季□□演出

11月3日晚6:30首映, 11月4-13日持□上映, 地点: □□工作室

Gunn高中的□□部□呈□阿瑟米勒的“激情年代”, □述了一个穿越了□□的歇斯底里的故事。它是非凡的不□在美国的文学上, 而且不断的探索我□国家令人不安的□去。开幕晚会(□座和接待):11月3日下午六点半,所有□票25美元。其他晚上的演出:11月4、5、11、12、13日7:30点,学生10元/ 普通□众15美元。日□:11月10日下午4点,票价 5美元。□票可以在gunntheatre.org或在□□。

Next Principal's Coffee

Fri, Nov 4, 8-10 AM, Staff Lounge

Dr. Denise Herrmann will host a Principal's Coffee session on Friday, November 4. If you are planning to attend, please [RSVP here](#) so we have enough coffee for everyone. We will gather and mingle from 8:00-8:30 AM, at which point Dr. Herrmann and some of her staff will join us to discuss plans for the year,

followed by a Q&A. The [online feedback form](#) remains open for anonymous comments and questions, and Dr. Herrmann encourages parents to use it. Please remember to check in at the office and get a parking permit.

下次校☐咖啡日

周五, 11月4日, 8-10点, ☐工休息室

11月4日, 周五,丹尼斯·赫☐曼博士将主☐一个校☐的咖啡会☐。如果你正☐划参加,☐在☐里回复☐☐每个人都有足☐的咖啡。我☐将从8:00-8:30收集合并,赫曼博士和她的☐工将加入我☐☐☐今年的☐划,随后是☐答☐☐。在☐反☐形式的匿名☐☐和提☐仍然开放,赫曼博士鼓励父母去使用它。☐☐住在☐公室☐到会得到一个停☐☐可☐。

The Gunn Foundation is Looking to Add New Board Members: Maybe You?

The Gunn Foundation, a 501c3 non-profit, launched in 1968, raises funds to provide need-based scholarships to Gunn High School seniors. In 2016, \$80,500 in scholarships were awarded to 29 deserving students, many of whom are first-generation college students who have overcome significant personal and financial challenges to pursue further education. Our board is interested in bringing on 2-3 new board members. We are specifically looking for people with expertise in one or more of the following areas: legal, accounting/finance, investments, fundraising, and marketing/event planning. Questions about joining our board? Visit www.gunnfound.org then contact Lynne Russell at lynnerrussell1@gmail.com.

Don't have time to serve on the board, but you'd like to help Gunn students achieve their dream of attending college? Please consider making a contribution: www.gunnfound.org/donate/.

Gunn的基金会希望添加新的董事成☐: 会是你☐?

Gunn基金会, 501 c3非☐利☐☐,成立于1968年,☐付☐金☐作☐☐学金☐☐Gunn高中12年☐学生。2016年,80500美元的☐学金授予29个有☐格的学生,他☐中的☐多人是第一代大学生克服了巨大的个人和金融挑☐追求☐一步的教育。我☐的董事会将吸☐2 - 3新董事会成☐。我☐☐找在一个或多个下列☐域的☐家:法律、会☐/金融、投☐、融☐、☐售/活☐策划。☐于加入我☐的董事会有☐☐☐?☐☐www.gunnfound.org,也可以通☐lynnerrussell1@gmail.com☐系林恩·☐素。没有☐☐在董事会上,但你想帮助Gunn的学生☐☐他☐的梦想上大学☐?☐考☐做出☐献:www.gunnfound.org/donate/。

Save the VTA 88 Bus!

Cuts or changes are being considered for the VTA88 bus which serves Gunn. If approved, the bus may be cut next summer. Learn more here <http://nextnetwork.vta.org/>. Four things you can do:

- 1 Sign the petition: <http://tinyurl.com/Save-35-88-Outreach>.
- 2 Submit comments to the VTA: nextnetwork.vta.org/questions. Copy the VTA Board board.secretary@vta.org and city.council@cityofpaloalto.org.
- 3 Write to: Nuria Fernandez, General Manager, Santa Clara Valley Transportation Authority, 3331 North First Street, San Jose, CA 95134-

1906.

4 Mark your calendar to attend the November 7 City Council evening meeting with VTA (specific time TBA). VTA will hear public comments about the Next Network concepts at this meeting.

Make your voice heard! Ask VTA to engage with the City of Palo Alto to identify better local solutions than the current Next Network concepts.

保留VTA88路公

Gunn服务的VTA88路正在被考虑削减或更改。如果得到批准,明年夏天公共汽路可能被取消。了解更多在<http://nextnetwork.vta.org/>。你可以做四件事:

1. 签署愿: <http://tinyurl.com/Save-35-88-Outreach>。
2. 向VTA提交建 nextnetwork.vta.org/questions 并: board.secretary@vta.org 和 city.council@cityofpaloalto。
3. 写信给理Nuria Fernandez, 圣克拉拉谷交通管理局,3331北第一街,加利福尼亚州圣何塞 95134 - 1906
4. 你的日并参加11月7日晚上与VTA的市政会面会(具体稍后通知)。在次会上 VTA会听到公众关于下一个网的概念的。

你的声音被听到, 要求VTA与帕洛阿托市确定比当前的下一个网的概念更好的本地解决方案。

Linda

Gunn German Exchange Student in Need of Host Family

Gunn德国交学生需要寄宿家庭

Charlotte is a friendly 16 year old junior who speaks English and who wants to experience America. Her current host is not able to continue because of frequent work travel commitments. Host families provide: a bed and storage; meals; transportation to school, if needed; an opportunity for a foreign student to experience family life in America. What the Host Family gets: to experience another culture; to promote positive international relations; to build a relationship with a "daughter" that can last a lifetime. If you are interested, contact Janine Cate, jcate@flag-intl.org, (408) 505-2353. For more information about the exchange student program, go to <https://flag-intl.org/index.html>.

夏洛特是一个友好的16岁的高三学生, 能英, 想体美国。因繁重的工作旅行承担, 她目前的住不能。如果需要, 寄宿家庭提供床, 存空和菜交通到学校和外国学生在美国体家庭生活的机会。宿主家庭得到什么: 体另一种文化;促积极的国关系;与“女儿”建立一种可以持一生的关系。如果您有兴趣, 系Janine Cate, jcate@flag-intl.org, (408) 505-2353。有关交学生划的更多信息, <https://flag-intl.org/index.html>。

ROCK: Reach Out. Care. Know.

ROCK : 伸出手。关心。知道。

We have a strong team of students and staff working to spread "Hope, Help, and Strength" throughout the Gunn community with "Sources of Strength." In September, 53 students from all grades and social groups were trained as Peer Leaders, learning about the eight areas of total wellness and how to connect others to help when appropriate. They will continue to meet bi-monthly throughout the year, and, with the help of 34 staff members, will work on projects intended to promote wellness and connectedness, ranging from "I Am Stronger" testimonials to appreciation letters to promote a mindset of gratitude. Each month will emphasize a different portion of the Sources Wellness wheel: October, "I Am Stronger"; November, Generosity; December, Family Support; January, Healthy Activities; February, Positive Friends; March, Mentors; April, Spirituality and Gratitude; May, Mental Health and Medical Access.

我们有一个强大的学生和工作人团队，在整个Gunn社区，用“力量的来源”努力传播“希望，帮助和力量”。9月，来自所有年级和社会群体的53名学生被培训同伴领导者，了解整体健康的八个方面，以及如何在适当的时机与他人联系。他们将每两个月举行一次，在34名工作人员的帮助下，将致力于促进健康和连通性的项目，从“我更强大”的感言到感谢信，以促进感激的心。每个月将来源健康的不同部分：10月，“我更强大”；11月，慷慨；12月，家庭支持；1月，健康生活；二月，积极的朋友；三月，积极；四月，灵性和感恩；五月，心理健康和医疗。

FROM THE PREVIOUS ISSUE:

从以前的：

Chaperones Needed for the Homecoming Dance

伴舞舞蹈所需的伴舞

Sat, Oct 22, 7:30 PM, Bow & Titan Gyms

星期六，10月22日，下午7:30，Bow & Titan健身房

As Gunn is hosting the combined Gunn-Paly dance, a few more chaperones are needed. Chaperones usually report about 7:30 and work until 10:30, managing tasks such as coat check and snacks. The dance will be in both gyms. Details will be forthcoming. If you can help our students with a memorable homecoming, please respond to nhesterman@pausd.org.

由于Gunn主办了Gunn-Paly舞会，因此需要更多的伴舞。伴舞通常告7:30，工作到10:30，管理任务：如大衣检查和零食。舞蹈将在两个健身房举行。详情即将到来。如果你能帮助我们的学生一个难忘的回家夜晚，请回复 nhesterman@pausd.org。

Turkey Feast 2016

2016年感恩□宴餐

Thu, Nov 17

星期四, 11月17日

The annual Gunn Turkey Feast is approaching! Over 125 volunteers will serve 1600 hungry high school students a complete turkey dinner of turkey, stuffing, mashed potatoes, gravy, salad and rolls. Our vegetarian friends will dine on lasagna, quiche and salad too! Please help make this day special by donating a cooked turkey (we need 70) or a pie (we need 200) or plan to donate your time to help prep, serve and clean up. Questions can be directed to the Head Turkeys: Donna Pioppi, dpioppi41@yahoo.com, or Mary Catherine Williams, wemcw@mindspring.com. Use [this link](#) to sign up today.

每年的Gunn感恩□盛宴即将到来！超□125名志愿者将□1600名□□的高中学生提供火□，填□，土豆泥，肉汁，沙拉和卷的完整火□晚餐。我□的素食朋友也会有烤□面条，乳蛋□和沙拉！□帮忙□一个特□的日子，捐□一个熟的火□（我□需要70）或一个□□（我□需要200），或□划捐出你的□□，以帮助准□，服□和清理。有□□可□感恩□□目：Donna Pioppi, dpioppi41@yahoo.com或者Mary Catherine Williams, wemcw@mindspring.com。使用[此□接](#)今天注册。

If you can't cook a turkey and you hate to bake but want to help, consider making a monetary donation to the Feast. Monetary donations in any amount are gratefully accepted and will be used towards the Turkey Feast. Please make your check payable to "Gunn High School PTSA" and put "Turkey Feast 2016" in the memo. Mail your donation to Donna Pioppi, 3920 El Cerrito Road, Palo Alto, CA 94306.

如果你不能做火□，你□□烤，但想帮助，可考□做一个□□捐□的□日。任何金□的□□捐□都被感激地接受，并将用于感恩□盛宴。支票□支付□“Gunn高中PTSA”，并在□忘□中注明“2016感恩□”。将您的捐款寄□Donna Pioppi, 3920 El Cerrito Road, Palo Alto, CA 94306。

George (instead of Karly)

Support Gunn's Literary Magazine

The purpose of Pandora's Box, Gunn's literary magazine, is to foster a love of creative writing in Gunn students and to give them a chance to publish their work. We need donations to make this possible. If you would like to donate towards this cause, please write a check in any amount to "Gunn High School -- Pandora's Box" and drop it off in the main office. Questions: Priya Thomas, Editor-in-Chief and Gunn senior, priyamthomas9@gmail.com.

支持Gunn的文学杂志

“潘恩多的盒子”杂志的文学杂志的目的是培养创意写作的学生，并给他一个机会发布他的作品。我需要捐款使这项工作成为可能。如果你想捐钱，请写支票到“Gunn High School -- Pandora's Box”，支票可以交到学校办公室。有任何问题，请联系我们：priyamthomas9@gmail.com。Priya Thomas 是Gunn四年学生。

Recognition of Athletes

Gunn Sports Boosters would like to recognize the following athletes: Honorable Mention: Amy Way for volleyball and Quinn Hamilton for boy's water polo (Quinn was the Athlete of the Week last week). We also want to acknowledge that Zoe Banks, girl's water polo, was one of two Gunn athletes featured in the Palo Alto Weekly. The other athlete was Conrad Russell who won big-time sectional tournament to earn a spot in the boy's U18 national championships. Great job and Go Titans! Also a big shout-out to Gunn grad Adam Juratovac, a social media educator, who just published the paperback edition of "Student-Athletes and Social Media."

运动员表彰：Gunn Sports Boosters想要表彰以下运动员：荣誉：Amy Way排球，Quinn Hamilton男子水球（Quinn是本周以及上周的运动员）。我们要表彰，Zoe Banks 女孩的水球，是帕洛阿托周刊介绍的两个Gunn特色运动员之一。另一个运动员是Conrad Russell，他得了分区冠军，在男子18岁全国锦标赛中得一个点。巨大的成功，Go Titans！要特别介绍Gunn grad Adam Juratovac，社交媒体教育家，刚刚出版了平装版的“学生运动员和社交媒体”。

PAUSD & PTAC

****NEW****

Make Your Voice Heard for Your Child and School:

November 8 is Election Day in California and Across the Nation

Laws enacted by local, state and national bodies are primary sources of public policy. Securing adequate laws for the care and protection of children and youth is one of the purposes of PTA. As a non-partisan association with a long track record of speaking up for all families and connecting families, schools and communities, **PTA never comments on, endorses or supports individual candidates for office.** However, the association does take [positions](#) on statewide initiatives that impact the education, health and well-being of California's children and families. California State PTA takes positions based on our authorities: resolutions and position statements adopted by our members. PTAs also can sponsor and hold candidate forums and share resources. Find

out more about how the California State PTA takes positions [here](#). This election day, the California State PTA is supporting [five statewide ballot initiatives](#). We encourage everyone to take the opportunity to [register](#) and [vote](#) in this election! Learn more with these resources and information:

* [PTA support on statewide ballot initiatives](#)

* Research your local [ballot](#) and [polling place](#)

□你的孩子和学校听到你的声音：

11月8日是加州和国家的□□日。地方，州和国家机构□布的法律是公共政策的主要来源。确保适当的法律照□和保□儿童和青年是PTA的目的之一。作□一个无党派的□会，PTA□□系家庭，学校和社区有□期良好□□，PTA从来没有□□，□同或支持个□候□人。然而，□会确□在全州范□内采取行□，影响加州儿童和家庭的教育，健康和福利。加利福尼□州PTA基于相同的立□：我□的成□通□的决□和立□声明。PTA也可以□助和□□候□人□□并分享□源。了解更多关于加利福尼□州PTA，□点□[here](#)。□个□□日，加利福尼□州的PTA正在支持五个全州投票活□[five statewide ballot initiatives](#)。我□鼓励大家借此机会在□次□□中登□[register](#)和投票[vote](#)！使用□些□源和信息了解□情：

*□全州投票活□的PTA支持 [PTA support on statewide ballot initiatives](#)

*研究您当地的投票和投票地点 [ballot](#) and [polling place](#)

****NEW****

Parent Ed Event with Dan Siegel

Wed, Nov 16, 7-8:30 PM, Paly Performing Arts Center, 50 Embarcadero Rd, Palo Alto. Tickets available Oct 25.

The Paly and Gunn PTSAs invite you to join us for a fascinating look at how understanding brain science--and applying it in our daily lives--can help parents and teens turn challenging conflict into positive communication. Neuropsychiatrist Dan Siegel will share his research findings and reveal how crucial brain development between ages 12 and 24 prepares our young people to thrive as interdependent adults. Dr. Siegel's insights will teach us how to work together with our teens to enhance self-awareness, support family connections, and reduce vulnerability to risks. We will also learn how to foster a climate of kindness, compassion, and resilience in our families and community. Tickets are free but limited. [RSVP here](#) after 9 AM on Tuesday, October 25. For questions, contact gunnparented@palaltopta.org.

父母教育活□与丹·西格□博士 交流之夜

周三，11月16日晚上7点至8点30分，Paly表演□□中心，50 Embarcadero Rd, Palo Alto。□票10月25日。

Paly和Gunn PTSAs邀□您加入我□，□加入我□□□理解□科学和它在我□日常生活□用，□可以帮助家□和青少年将挑□冲突□化成□极的沟通。

神科学家丹·西格将分享他的研究成果，以及如何消除媒体盛行的青少年叛逆。他也将揭示12至24的年龄段中至关重要的大教育，帮助青少年蓬勃展现独立的成年人。西格博士的见解将教会我们如何与我们的青少年一起努力增强自我意识，加强与家庭成人的联系和相互支持，降低面对面与力量的脆弱性。我们将学习营造包容、友爱的家庭和社区的氛围。本次讲座不收门票，但门票有限。请尽早预订，[RSVP here](#) 请在10月25日星期二上午9点后回复。如有疑问，请联系我们 gunnparented@paloopta.org。

Caroline2020

October is National Bullying Prevention Month

Awareness events are sponsored by PAUSD, the Palo Alto Council of PTAs, the Palo Alto Community Advisory Committee for Special Education (CAC), Parent Advocates for Student Success (PASS), and the Lesbian, Gay, Bisexual, Transgender, Queer & Questioning (LGBTQQ) Committee. Contact jgonzalez@pausd.org for more information.

十月是国家防欺凌月

活动主办方：PAUSD，Palo Alto家委会，Palo Alto社区特殊教育咨委会（CAC），以学生成功而建立的家委会（PASS），以及女同性恋、男同性恋、双性恋、变性人、同性恋与探索（LGBTQQ）委员会。请联系 jgonzalez@pausd.org 了解更多信息。

Local Control Accountability Plan Community Meeting

本地控制和问责计划（LCAP）的社区会议

Tue, Oct 25, 8-10 AM and 5-8 PM, District Office, Board Room, 25 Churchill Ave, Palo Alto

会议地点：10月25号星期二，上午8点到10点和下午5点到8点，学区办公室的会议室，25 Churchill Ave, Palo Alto

The Palo Alto Unified School District is updating the Local Control and Accountability Plan as required by the California Department of Education. Development of the plan must include input from key stakeholders. The District would like to invite you to return and participate in the LCAP Community meeting. At this meeting we will share progress on this year's plan and solicit feedback on 2016-17 goals, actions and measurements as we began to develop the 2017/18 plan. Spanish and Mandarin translation provided.

加州教育部的规定，Palo Alto 联合社区正在更新本地控制与问责计划。此计划

的□展必□包括主要的利益相关者的意□。学区邀□您回来参加LCAP 社区会□。在□次会□上，我□将分享今年□划的□展，并且征求有关2016/17年度的目□、行□和□量的反□，同□我□也会开始制定2017/18年度的□划。将提供西班牙□和□□翻□。

Renaming Schools Advisory Committee Community Townhall Meeting **学校重新命名指□委□会社区市政□会□**

Mon, Nov 7, 6:30-8:30 PM, Media Arts Center at Palo Alto High School, 50 Embarcadero Rd, Palo Alto ****NEW Date/Time****

□□地点：11月7号星期一，晚上6点半到8点半，Palo Alto高中媒体□□中心，50 Embarcadero Rd, Palo Alto ****新日期/□□****

TO RENAME OR NOT TO RENAME any of Palo Alto's schools, that is the topic distinguished historians and ethicists with expertise in Eugenics will discuss. The panelists will share their views on how to evaluate the legacy of those Palo Alto school namesakes that were also some of California's leading Eugenecists. They will look at Eugenics in the context of its time, the lasting impact Eugenics has in the US, and what learning opportunities a school renaming would provide our public school district. The panelists are: Mary Rorty, Clinical Associate Professor at the Stanford University Medical Center and a Fellow of the Stanford Center for Biomedical Ethics, Milton Reynolds, Senior Program Manager of the 'Facing History and Ourselves' non-profit organization with focus on how historical events shape today's society, and Tony Platt, Prof Emeritus of American History, Public Policy and Social Science; University of Chicago, UC Berkeley, Cal State University Sacramento, San Jose State University. The townhall will be moderated by Ken Yale, and a representative from the Palo Alto Historical Society will share relevant events from Palo Alto's and our schools' history.

是否重新命名Palo Alto学区内的学校，□是著名□史学家和□生学□理学家□将要□□的□□。小□成□将分享他□是如何看待以人名命名Palo Alto学校而□留的□□，所用的人名有些是加州当□重要的□生学家。他□将□□的内容包括□生学□代背景和□美国的持久影响，以及重新命名学校□我□的学区□来的学□机会。小□成□包括：Mary Rorty，斯坦福大学医学中心的□床学副教授和生物医学□理方面的研究□，Milton Reynolds，一家重点研究□史事件是如何影响□代社会的“面□□史与我□自身”非□利□□机构的高□□目□理，和Tony Pratt，美国□史、公共政策和社会科学荣誉退休教授；曾任教于芝加哥大学，加大伯克利分校，加州州立大学□克拉□托分校，圣何塞州立大学。主持会□的有Ken Yale，□有一位Palo Alto□史□会代表，他将与我□分享有关Palo Alto和学区学校的一些□史事件。

Love Art and Art History?

对艺术和艺术史感兴趣吗？

Interested in O'Keeffe, Rivera, Thiebaud, or Jacob Lawrence? Volunteer docents needed to give presentations about the lives and work of Master Artists to PAUSD elementary students. Training provided by Arts Coordinator, Sharon Ferguson. Art History background preferred but not required. Flexible hours. Volunteer docent meetings/training at held Friday morning at Art Education, 25F Churchill Ave. For more information, contact Emily at Art Education (650) 329-3939 or emarshall@pausd.org.

对O'Keeffe, Rivera, Thiebaud, 或者Jacob Lawrence有兴趣吗？我们需要志愿者给PAUSD小学生讲解关于大师们的生活与作品。管理Sharon Gerguson志愿者将提供必要的培训。有艺术史背景最好，但不要求有。志愿时段很灵活。星期五上午在学区艺术教育（25F Churchill Ave），有志愿讲解的会/会议。了解情况请联系教育的Emily：(650) 329-3939，电子邮件emarshall@pausd.org。

Richard

Community

****NEW** YCS Make a Difference Day**

Sat, Oct 22, 9 AM-2 PM, 2450 Ralmar Ave, East Palo Alto

Join YCS for its annual National Make A Difference Day service event. YCS volunteers will help with painting Cesar Chavez Elementary School and restore the bookroom check-out system at Los Robles Magnet Academy. For more information or to sign up to volunteer: <http://youthcommunityservice.org/ycs-annual-make-a-difference-day/>.

社区

YCS 作出贡献日

星期六，10月22号，早上9点到下午2点，2450 Ralmar Ave, East Palo Alto
加入YCS（青少年社区服务）每年一次的“作出贡献日”服务活动。YCS志愿者将会帮助粉刷装修Cesar Chavez小学以及帮忙修复Los Robles Magnet学校的自习室借书登记系统。详情请关注<http://youthcommunityservice.org/ycs-annual-make-a-difference-day/>。

Palo Alto Art Center Artist Led Nature Walk

Sat, Oct 22, 2-4 PM, Palo Alto Art Center, 1330 Newell Rd, Palo Alto

Artist Mari Andrews invites members of the public to join her in a series of free Palo Alto nature walks as participants collect branches, twigs, leaves, pine cones, tree bark and other natural objects that will be turned into wire-based sculptures during her residency at the Palo Alto Art Center beginning in October.

帕洛阿托艺术中心家的野外徒步

星期六，10月22号，下午2点到4点，地址：Palo Alto Art Center, 1330 Newell Rd, Palo Alto

艺术家·安德斯(Mari Andrews)邀大家来加入她的免费帕洛阿托野外徒步系列活动之一。徒步者将沿途收集树枝、叶子、松果、树皮等自然物品。在她停留帕洛阿托中心期间（10月份开始），一些收集到的物品将被做成雕塑品。

Palo Alto Philharmonic Season Opening Performance

Sat, Oct 22, 8 PM, Cubberley Theatre, 4000 Middlefield Rd, Palo Alto

The Palo Alto Philharmonic opens its 29th concert season with "Russian Masters," an exciting program featuring Stravinsky, Tchaikovsky and Prokofiev. The Philharmonic is pleased to invite the audience backstage after the concert, to meet Music Director Thomas Shoebottom, Assistant Conductor Lee Actor and our musicians at our annual season-opening reception. For more information or to purchase tickets: <http://www.paphil.org/pages/concerts/orch1.php>.

帕洛阿托交响乐团演出季的开幕演出

星期六，10月22号，晚上8点，地址：Cubberley Theatre, 4000 Middlefield Rd, Palo Alto

帕洛阿托交响乐团将用“俄罗斯大师”的作品开启他的第29个演出季，开幕演出目包含Stravinsky, Tchaikovsky 和 Prokofiev等大指挥家的精彩作品。在每一个一年一度的开幕演出结束后，乐团很高邀请观众到后台参加招待会，与音乐总监 Thomas Shoebottom、助理指挥 Lee Actor 以及音乐家见面。更多详情或票关注<http://www.paphil.org/pages/concerts/orch1.php>.

Project Safety Net: AFSP Out of Darkness Walk

Sponsored by the American Foundation for Suicide Prevention

Sun, Oct 23, Opening Ceremony: 9:30 AM, Walk Ends: 12:30 PM, Arena Green East, San Jose

Join the Project Safety Net team as we walk to fight suicide in the [Out of the Darkness South Bay Walk](#). This is a great opportunity for community partners to unite to change the perceptions about mental wellness, reduce mental health stigma, and promote suicide prevention. Register for free (<http://bit.ly/PSNAFSPWalk2016>) as a walker or virtual walker. We are joining the

community of nearly 250k people walking in hundreds of cities across the country in support of the American Foundation for Suicide Prevention's mission to save lives and bring hope to those affected by suicide.

☐目安全网: AFSP走出黑暗徒步活☐

由美国☐防自☐基金会☐助。

星期天, 10月23号, 开始☐式: 早上9点半, 步行在中午12点半☐束。地址: Arena Green East, San Jose

加入☐目安全网☐伍, 和我☐一起参加南湾的☐消除自☐行☐而☐行的“走出黑暗”南湾徒步活☐。☐是一个极好的机会, ☐社区成☐一起☐改☐☐心理健康的看法, 减少心理健康歧☐, 促☐☐防自☐行☐而努力。在 (

<http://bit.ly/PSNAFSPWalk2016>) 上, 以步行者或虚☐步行者的身份免☐☐名参加。作☐由来自全国几百个城市的25万名步行者☐成的社☐, 我☐的目☐是支持☐助美国☐防自☐基金会的救人使命, 以及☐受到自☐事件影响的人☐☐来希望

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Emergency Preparedness & Home Safety Fair

Sun, Oct 23, 2-4 PM, Addison Elementary School, 650 Addison Ave, Palo Alto
Are you prepared when an emergency occurs? How do you protect yourself and your family if a catastrophic earthquake, a pandemic disaster, or a fire rampage occurs? How do you deal with a robbery? How do you ensure that your children ride their bicycles safely? How do you stay connected in an emergency when your phone does not work? Come to the Emergency Preparedness & Home Safety Fair to learn, share and save lives! Event highlight: Mr. Andy Huang, Chief of Red Cross, Silicon Valley, will deliver an ER demo on site. This annual event is sponsored by the Palo Alto (PA) Chinese Parents' Club, PA School District, PA Police Station, PA Fire Station, PA Utilities, Children's Hospital and City of Palo Alto. Free admission! In addition to secret raffle prizes, the first 100 attendees will win free gifts.

Palo Alto 紧急救援及防范展会

时间: 10/23周日下午2:00-4:00

地点: Addison小学, 650 Addison Ave, Palo Alto

大地震发生了怎么办? 火灾时怎么逃生? 碰到入室抢劫的强盗怎么应对? 怎么让你的孩子骑车更安全? 茫茫黑夜在外避难, 手机没法用, 怎么与外界联系? 宝贵生命只有一次, 灾难面前无法“到时试试看”。请参加我们一年一度的紧急救援及防范展会! 活动亮点: 将特邀红十字会硅谷分会负责人 Andy Huang 来现场做ER讲座。本活动由以下团体及机构赞助支持: Palo Alto (PA) 华人家长会, PA学区, PA 警察局, PA消防局, PA 公用事业单位, 儿童医院及Palo Alto市。免费入

场。现场抽奖，头一百名到访者还有免费礼物。

Shawn

Theatre Costume Garage Sale Supporting the Palo Alto Children's Theatre
*Sun, Oct 23, 2:30-5:30 PM, Lucie Stern Community Center (Community Room),
1305 Middlefield Rd, Palo Alto 十月二十三日 星期天, 下午两点半至五点半 Lucie
Stern Community Center (Community Room), 1305 Middlefield Rd, Palo Alto*

Theatre Costume Garage Sale is a fundraising event produced by the Friends of the Palo Alto Children's Theatre, supporting Children's Theatre performing arts programs which reach more than 50,000 community members annually. A large collection of hand made theatre costumes (kids and adults' sizes) from previous productions will be for sale.

影服装售是一个助儿童演出活而由帕奥儿童影院友会起的助活。些助可以帮到50000名儿童演。很多以前的手制演服（包括儿童和成人的）将被出售。

Paly Choirs Fall Concert

*Sun, Oct 23, 4-5:30 PM, Paly Performing Arts Center, Palo Alto High School,
50 Embarcadero Rd, Palo Alto*

*十月二十三日 星期天 下午四至五点半 Paly Performing 中心 帕奥高中
50 Embarcadero Rd, Palo Alto*

Missed the PAC Gala? Loved what you heard and just want more?? Come enjoy the Paly Choirs Fall Concert in the new Performing Arts Center featuring the Premier Choir, Concert Choir, Festival Choir, Spectrum Singers, the Vikings Mens Chorus, Madrigal Singers and various a capella groups. Tickets available at the door: \$10 adults; \$5 seniors & kids.

了PAC Gala? 喜你所听到的并且想得更多内容? 来参加在新的中心所行的Paly Choirs Fall Concert吧。首席唱班, 大会唱班, 日唱班, 唱手等有尽有。票成人10元一, 老人和小孩5元一。

Buy Your Holiday Pies Now! Support Paly Cheer and Dance with our Holiday Pie Fundraiser!

在快来假日派吧。来支持paly Cheer and Dance来支持我的派捐款吧
*Order deadline: Mon, Oct 24. Pie Pick-Up: Fri, Nov 18, 3:30- 6:30 PM, Palo Alto
High School, 50 Embarcadero Rd, Palo Alto 日期 十月二十四日 星期一 取
十一月十八日 下午三至六点半。帕奥高中 50 Embarcadero Rd, Palo
Alto*

Enjoy delicious farm fresh pies while supporting your Cheer and Dance teams! Apple, Two Berry, and Pumpkin Pies are available. They are flash-frozen from Gidzich Farms in Watsonville and are simply scrumptious! Get all the details at <http://www.palycheer.net/holiday-pies.html>.

以享用美味的自制派来支持跳舞吧。里面有苹果派, 南瓜派, 和莓派

。它□都是从Gidzich Farms in Watsonville 新出炉的。□取更多信息□点□□里 <http://www.palycheer.net/holiday-pies.html>

****NEW** Dance Connection's 18th Annual Nutcracker Ballet**

Tickets on sale Oct 24; Performances Fri, Dec 2, 7 PM & Sat, Dec 3, 4 PM, Smithwick Theater, Foothill College □票将于十月二十四日□售，表演将于十二月二日星期五七点以及星期六下午三点和四点□售。地点是Smithwick Theater, Foothill College

Mark your calendars for Dance Connection's 18th Annual Nutcracker Ballet! An entertaining, child-friendly, and professionally executed production the whole family will enjoy! Tickets go on sale through the Dance Connection website beginning October 24th. Reserved seating. More info at www.danceconnectionpaloalto.com.

□安排好您的日期来加入第十八届 Annual Nutcracker Ballet舞会。一个□□性的，□儿童友好的，并且能保□全家都能其□融融的舞会。□票将在Dance Connection的网□上于十月二十四号□售。

Talking to Kids About Risky Behavior (11-18 years)

跟小孩□危□行□ (11-18□)

Tue, Oct 25, 7-9 PM, Parents Place, 200 Channing Ave, Palo Alto

周二, 10月25, 7-9pm

Discuss roadblocks to communicating with teens on critical topics such as smoking, drinking, sexual behavior, and drug use. Learn effective strategies for how to listen and support teens to make responsible decisions regarding risky behaviors. With [Susan Stone, BSE](#). Cost \$45 and \$30 second parenting partner. Register [here](#).

探□跟青少年□□□法行□□的障碍，如抽烟，喝酒，性行□以及毒品。学□如何有效的去聆听和支持青少年在□待危□行□□做出□□人的决定。

Project Safety Net Community Collaborative Meeting

安全社区□境□目□作会□

Wed, Oct 26, 4-6 PM, Rinconada Library, Embarcadero Room, 1213 Newell Rd, Palo Alto

周三, 10月26, 4-6pm, Rinconada□□□, Embarcadero房□, □威儿路1213, 帕拉□市

Are you interested in reducing youth mental health stigma and supporting youth voice? Please join Project Safety Net at their next 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 will feature two presentations. The first presentation will feature the high school wellness staff and students describing the inspiration for and launch of the new wellness centers. For the second presentation, in honor of October is National Bullying Prevention Month, Executive Director Anne Ehresman from Project Cornerstone will talk about tis

41 Developmental Assets program for youth. You will also hear about upcoming community events. Light drink and snacks served. Project Safety Net is a collaborative community network held together by a common interest of fostering youth well-being in Palo Alto. RSVP [here](#).

你是否减少青少年心理健康？有兴趣并支持青少年发声？加入安全环境目的下一次会议，在那里你将有机会遇到来自社区的一目同感有趣的会议。在个月的会议上，PSN将有两个座，第一个座将着重描述高中秀的工和学生是如何被激励并且建立新的健康中心的；第二个座，由于10月是全国暴力防范月，来自于基石目的理事Anne Ehresman将描述青少年展的展项目。你也将听到即将到来的社区活动。提供饮料和点心。安全环境目的是社区合作的项目，由帕拉致力培养青少年健康的兴趣共同项目。注册[here](#)

Andy

****NEW** Discover the Bureau of Suspended Objects**

Thu, Oct 27, 7-8 PM, Palo Alto Arts Center, 1313 Newell Rd, Palo Alto

Join Creative Ecologist artist Jenny Odell for a free walkthrough of the [Bureau of Suspended Objects exhibition](#). Each object features a descriptive tag that provides information on the former owner's "guilt level" in discarding the item, plus a QR code. The QR code can be scanned easily using a smartphone and takes the viewer to a web page with more photos and a history of the object. The information is also available in a binder at the exhibition and online at <http://www.suspended-objects.org/>.

“新”弃物体展局 Bureau of Suspended Objects

星期四 10月27日，7-8 pm， Palo Alto 中心， 1313 Newell Rd., Palo Alto

加入创意生态学家Jenny Odell免费弃物体展局 [Bureau of Suspended](#)

[Objects exhibition](#)。每个物品都有一个描述性的标签，提供前主人弃物品“内疚水平”，再加上一个QR码。QR码可以很容易地用智能手机扫描，并让观众去有更多照片和物品历史的网页。一些信息也可以在展览的一个文件夹和网上找到 <http://www.suspended-objects.org/>。

Jordan Middle School Drama Presents "Willy Wonka Jr."

Thu, Oct 27 & Fri, Oct 28, 7 PM; Sat, Oct 29, 2:30 PM, Jordan Middle School, 750 N. California Ave, Palo Alto

Come support Jordan Middle School Drama in their newest musical, Willy Wonka Jr., Roald Dahl's timeless story of the world-famous candy man and his quest to find an heir. The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's mysterious chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film starring Gene Wilder in addition to a host of fun new songs, Willy Wonka Jr. is a scrumdiddlyumptious musical guaranteed to delight everyone's sweet tooth. Tickets: \$5 for Student/Child; \$10 for Adult.

Jordan 中学歌舞推出 “Willy Wonka Jr”

星期四 10月27日和星期五10月28日，7pm；星期六10月29日，2:30 pm，

Jordan 中学, 750 N. California Ave., Palo Alto

支持Jordan中学, 来看他□新的音□□, Willy Wonka Jr.。Roald Dahl 永恒的故事是□一个世界□名的糖果□和他找接班人的□□。在□个由Roald Dahl的幻想故事迷人的改□里, Charlie Bucket 在 Willy Wonka 神秘的巧克力工厂美味的奇遇点亮了舞台。有1971年Gene Wilder主演□影中迷人的歌曲, 也包括□多新的歌曲。Willy Wonka Jr 肯定可以取悦每个人的食欲。票价: 学生/小孩 \$5; 成人 \$10

Halloween Zoo Night at the Palo Alto Junior Museum and Zoo

Fri, Oct 28, 5:30-8 PM, 1451 Middlefield Rd, Palo Alto

Join friends for a special, member-only Halloween Zoo Night at the Palo Alto Junior Museum and Zoo. Dress up in your favorite Halloween costume: Meet animals from Wildlife Associates, Bay Area Amphibian and Reptile Society (BARS), and JMZ; Enjoy pizza, drinks, and other treats in the zoo; And much, much more! This is a Club JMZ members-only event. Join at the door or online at <http://www.friendsjmz.org>. For more information see the flyer at <http://friendsjmz.org/event/halloween-zoo-night/>.

Join friends for a special, member-only Halloween Zoo Night at the Palo Alto Junior Museum and Zoo. Dress up in your favorite Halloween costume: Meet animals from Wildlife Associates, Bay Area Amphibian and Reptile Society (BARS), and JMZ; enjoy pizza, drinks, and other treats in the zoo; and much, much more! This is a Club JMZ members-only event. Join at the door or online at <http://www.friendsjmz.org>. For more information see the [flyer](#).

万圣□□物园夜晚在**Palo Alto**少年博物□和□物园

星期五 10月28日, 5:30 - 8pm; 1451 Middlefield Rd, Palo Alto

加入特□的, □有会□可以参加的万圣□□物园之夜, 地点在帕拉□市少年博物□和□物园。穿上你中意的万圣□服装, 去看看从野生□物□会, 湾区两栖爬行□物□会和少年博物□/□物园来的□物。在□物园享受披□, □料和其他食物, 而且□有更多惊喜! □是少年博物□/□物园JMZ俱□部会□独享的聚会。□在加入或网上加入<http://www.friendsjmz.org>.需要更多□□□看宣□□[flyer](#).

****NEW** PreSchool Family Fun Day**

Sat, Oct 29, 9:30-2 PM, PreSchool Family Campus at Greendell School, 4120 Middlefield Rd, Palo Alto

PreSchool Family invites you to our 33rd annual Family Fun Day. Fun for ALL Ages! Raffle, Train rides, Carnival games, Magic shows, Live concert by Asheeba, Food and Bake sale, Used Book sale, Costume sale, and more! Free admission; Info: 650-856-0833. www.psf.pausd.org

****新** 学前班家庭快□日**

星期六 10月29日, 9:30 - 2 pm, 在Greendell 学校学前班家庭校园, 4120 Middlefield Rd, Palo Alto

PreSchool Family 邀□您来我□的第三十三届, 一年一度的家庭快□日。无□年□大

小, 我□都有您感□趣的活□。抽□, 小火□, 嘉年□游□, 魔□表演, Asheeba 表演的□□音□会, 食物和烘烤食品□售, 旧□□售, 服装□售, 等等。免□入□; 如有□□, □来□ 650-856-0833。 www.psf.pausd.org

Cal Ave Trick or Treat and Blossom Halloween Carnival

Sun, Oct 30, 10 AM-2 PM, S. California Ave (between Birch Street and Park Blvd), Palo Alto

This Silicon Valley tradition for over 22 years in Palo Alto provides a kid friendly, fun, festive start to Halloween for 0-12year olds. Event includes Trick or Treats at participating businesses on California Avenue, costume contest, carnival games, live music, and toddler friendly activities. Free Event. All proceeds raised from the event support Blossom Birth Services a nonprofit resource center for expectant and new families. Lead Sponsors: City of Palo Alto and Palo Alto Recreation Foundation.

<http://www.blossombirth.org/halloween.html>

加州大道 (Cal Ave) □糖和开花万圣□嘉年□

星期日 10月30日, 10 am - 2 pm, S. California Ave (在 Birch Street 和 Park Blvd之□), Palo Alto

□个在Palo Alto有22年□史的硅谷□□□0-12□的孩子提供了一个□孩子友好的, 有趣的, 像□日一□的万圣□开始。活□包括在加州大道参与的商家□糖, 服装大□, 游□嘉年□, □□音□, 和□幼儿友好的活□。活□免□。活□筹集款□支持Blossom Birth Services一个□孕□和新生儿家庭服□的非□利性□源中心。主要□助商: Palo Alto市和Palo Alto休□基金会。

Spooky Theme for Halloween Family Concert

Sun, Oct. 30, 3 PM, Main Theater at Cañada College, 4200 Farm Hill Blvd, Redwood City

Violinists in witches' black, a cellist as Snoopy and Maestro Eric Kujawsky in pirate's stripes will greet the children (pre-schoolers through middle-schoolers) as they arrive for the Halloween Family Concert of Redwood Symphony. The afternoon event begins with a Tour of the Orchestra. Then the symphony will play Mussorgsky's Night on Bald Mountain and the finale from the Organ Symphony by Saint-Saens, both noted for their high spookiness quotient. A raffle will determine 10 children who will take the baton to direct the symphony in a Sousa march. Adults, \$25 (pre-sale), and children \$15 at RedwoodSymphony.org. Free and ample parking. Usually sells out.

万圣□家庭音□会的幽灵主□

星期天10月30号, 3pm, Cañada 大学的 Main Theater , 4200 Farm Hill 路, Redwood City

当孩子□ (幼儿园到中学生) 来到Redwood Symphony□木□□演奏的 Halloween Family 万圣□家庭音□会, 穿着巫婆黑衣服的小提琴手, 穿着史努比衣服的大提琴手, 和穿着海盗服的□□指□ Eric Kujawski 会迎接他□。 □个下午的活□是从参□□□开始。然后, □□会拉Mussorgsky穆索□斯基

的 “Night on Bald Mountain” 和 “Organ Symphony” 的最后一段, 两个都因□很□异的音□而著名。抽□会决定十个小孩接□指□棒来指□Sousa 游行。大人 \$25, 小孩 \$15 : RedwoodSymphony.org。免□和充足的停□位。票□常□完

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****NEW** Project Safety Net: Conference on Children's Grief**

Thu, Nov 3, 9 AM-2 PM, Webcast, 457 Kingsley Ave, Palo Alto

The National Alliance for Grieving Children (NAGC) will conduct a free webcast on Grief and Urban Youth. This event is sponsored by Kara Grief Services. More information at <http://kara-grief.org/events/nagc-fall-conference-on-childrens-grief-2016/>.

Register [here](#).

****新** 安全网□目: □□儿童悲□的会□**

星期四11月3号, 9am - 2 pm, 网上直播, 457 Kingsley Ave, Palo Alto

全国□悲□儿童□盟 (NAGC)会□□一□关于悲□和城市青年的免□网上直播。□

□活□由Kara Grief Services□助。需要更多信息 [http://kara-](http://kara-grief.org/events/nagc-fall-conference-on-childrens-grief-2016/)

[grief.org/events/nagc-fall-conference-on-childrens-grief-2016/](http://kara-grief.org/events/nagc-fall-conference-on-childrens-grief-2016/). 在此注册