

# Gunn Connection

## Calendar

### **Thu-Mon, Feb 16-20**

NO SCHOOL - President's Day weekend

### **Tue-Fri, Feb 21-24**

4-Day Week Schedule (see [Calendar](#))

### **Wed, Feb 22**

"Brainstorm" Book Club, 7 PM, Staff Lounge

### **Thu, Feb 23**

Renaming the Schools (student input group), 2:55 PM, Staff Lounge

### **Fri, Feb 24**

Winter Dance, 7 PM, Bow Gym

### **Sat, Feb 25**

TEDx talks, 9 AM, Paly Haymarket Theater

### **Wed, Mar 1**

"Brainstorm" Book Club, 7 PM, Staff Lounge

### **Thu, Mar 2**

Freshman Parent Network Meeting, 8 AM, Staff Lounge

Orchestra Chamber Ensemble Concert, 7 PM, Grace Lutheran Church

### **Fri, Mar 3**

Senior Parent Network Meeting, 8:30 AM, Staff Lounge

周四 — 周一，2月16日至20日

学校无课 - 总统周末

周二 — 周五，2月21日至24日

4天工作日计划（见日历[Calendar](#)）

周三，2月22日

“头脑风暴”图书俱乐部，下午7点，工作人员休息室

周四，2月23日

重命名学校（学生输入组），下午2:55，工作人员休息室

周五，2月24日

冬季舞会，下午7点，Bow健身房

周六，2月25日

TEDx会谈，上午9点，Paly Haymarket剧院

周三，3月1日

“头脑风暴”图书俱乐部，下午7点，工作人员休息室

周四，3月2日

9年级家长联络会议，上午8点，工作人员休息室

管弦乐团乐团音乐会，晚上7点，Grace Lutheran Church

周五，3月3日

12年级家长联络会议，上午8:30，工作人员休息室

Jasmine

## Gunn

### VTA Bus Cuts Update & Call To Action VTA公交线路消减更新&行呼吁

Now thru Thu, Mar 2 在到 3月2日

VTA staff plans to cut the VTA 88, 88L, 88M bus lines and replace them with limited school service, with three buses to Gunn before school and three buses from Gunn after school. VTA plans to eliminate the current hourly service on the 88 bus. More info on bus route and schedule changes is at [www.88bus.org](http://www.88bus.org). We need students and parents to support the city and PTSA effort to save the 88 Bus:

- 1) Attend and speak at the VTA Board Meeting on March 2(Location/time tba)
- 2) Email VTA today (even if you have already written before): [Community.outreach@vta.org](mailto:Community.outreach@vta.org)

See [complete information](#) on the PTSA website.

VTA计划取消VTA 88、88 L、88M公交线路,代之以有限的学校服务,分有3条公交线路Gunn的学生提供早晨和放学后提供公交服务。VTA计划消除88路公交的小服务。更多信息在公交线路和程度的变化是在[www.88bus.org](http://www.88bus.org)上,我需要学生和家支持城市和PTSA努力拯救88:

- 1)参加和在VTA委员会会上言3月2日(地点/稍后通知)
- 2)今天邮件VTA(即使你已写):Community.outreach@vta.org

从PTSA网站上可以看到完整的信息。

### VTA Survey Explores Bus Fare Changes VTA公交线路票的改

VTA is considering bus fare changes, including student fares. Gunn bus users are encouraged to respond to VTA's survey on bus fares. Find the survey [here](#).

VTA正在考虑公交线路变化,包括学生票价。鼓励Gunn的公交用户回答VTA的。在里找到。

### The 2nd Annual Palo Alto Community Swing Dance: A Gunn HS Music Fundraiser 第二年度帕洛阿托社区舞:Gunn HS音乐筹款人

Sat, Feb 25, 6:30-9 PM, Terman Middle School Cafe, 655 Arastradero Rd  
周六, 2月25日, 晚6:30-9点, Terman 中学咖啡, Arastradero 路655号

Adults 18 and over are invited to have a fun night out at the 2nd Annual Palo Alto Swing Dance, a fundraiser for the Gunn High School Music Department. Live music will be provided by the Gunn jazz bands. Each ticket includes swing dance lessons, light food, and non-alcoholic drinks throughout the evening. Multiple ticket options are available. Tickets & information can be

found [here](#) or on [Facebook](#). Contact Keith Hunter ([khunter@pausd.org](mailto:khunter@pausd.org)) if you have any questions.

十八岁或以上的成人被邀去一个有趣的夜晚，第二年度帕洛阿托舞，Gunn高中音部金筹集活动。Gunn爵士将提供音乐。每票包括舞蹈和在晚上提供的小吃，不含酒精的饮料。多种票可供。票和相关信息可以在里或Facebook找到。系 [基思·亨特 \(khunter@pausd.org\)](mailto:khunter@pausd.org) 如果你有任何。

### **Eleven of 24 Chaperones Still Needed for Service Day--4 ARE ESSENTIAL 仍然需要11/24个陪伴在服日--4个是最基本的**

*Thu, Mar 2, various sites 周四, 3月2日, 不同地点*

Please help our students learn how to help others! Each year Youth Community Service (YCS) works with Gunn to implement the popular Community Service Day. This year's date is Thursday, March 2nd. Over 300 students will travel on buses to service sites in the community to perform a day of service. **Students are signed up to assist at four sites that have no chaperone offers.** Please support them. Parent chaperones will support the trained student team leaders during the hours of service, 8 AM to 2:15 PM. Service sites are listed on this [chaperone sign-up link](#). Please consider supporting our students as they learn of ways to serve in their community. Better yet, grab a friend and sign up together. Contact Norma Hesterman at [nhesterman@pausd.org](mailto:nhesterman@pausd.org).

帮助我们的学生学如何帮助别人! 每年青少年社区服务 (YCS)与Gunn流行的社区服务。今年的日期是3月2日,星期四。300多名学生将在社区旅游巴士服务网站行一天的服务。学生助的四个地点目前没有父母陪伴。支持他。父母陪伴帮助受培的学生们在整个的小服务过程中,从早上8点到下午2:15。服务地点网站[chaperone sign-up link](#)。支持我们的学生,帮助他学他的社区服务。更好的是,抓住一个朋友,一起注册。可以系 Norma Hesterman [nhesterman@pausd.org](mailto:nhesterman@pausd.org)。

## **Section 2**

**FROM THE PREVIOUS ISSUE: 从上一个 :**

### **Brainstorm Book Club: Continuing the Conversation about the Teenage Brain**

俱乐部 : 关于少女的

*Wednesdays, Feb 1, 15, 8:30-10 AM, Paly EWC (in the library)*

周三, 2月1日, 15日, 8:30-10 AM, Paly EWC (在)

*Wednesdays, Feb 8, 22, Mar 1, 7-8:30 PM, Gunn Staff Lounge*

星期三, 2月8日, 22日, 3月1日, 7-8:30, Gunn工作人员休息室

**\*\*Please note: Feb. 1st and Feb. 15th meetings at Gunn were cancelled and rescheduled due to conflicting school events.**

**\*\*注意 : Gunn的2月1日和2月15日会因学校活动冲突而被取消并重新安排。**

Please join us to continue the conversation about Dr. Dan Siegel's book "Brainstorm: The Power and Purpose of the Teenage Brain." Each week we will discuss ideas from his book and how to apply them to our own parenting. We will also try out some of Dr. Siegel's "Mindsight tools."

The conversation will be led by Kirsten Daehler (educator/ Gunn parent) and Maria Daehler (child psychiatrist/Gunn parent). You are welcome to attend even if you haven't read the book. We will have a few copies of the book for purchase (\$18.50, cash or check only). Please contact Kirsten Daehler, [krdaehler@gmail.com](mailto:krdaehler@gmail.com), if you have any questions.

The same program is also being offered in the morning at Paly and led by Cari Anderson

(psychologist/Paly parent). Please contact Cari Anderson, [cari@sundy.net](mailto:cari@sundy.net) if you have any questions about the Paly sessions. A recording of Dr. Siegel's event we hosted in November can be found [here](#).

□与我□一起□□关于丹·西格□博士的□“□□□暴：青少年大□的力量和目的”的□□。每周我□将□□他的□中的想法，以及如何将它□□用到我□自己的养育。我□□将□□一些Siegel博士的“Mindsight工具”。

会□将由Kirsten Daehler（教育家/ Gunn父母）和Maria Daehler（儿童精神科医生/ Gunn父母）□□。即使你没有□□□本□，也□迎你参加。我□将有几本□的□□（\$ 18.50，□金或支票）。如果您有任何□□，□□系Kirsten Daehler, [krdaehler@gmail.com](mailto:krdaehler@gmail.com)。

同□的□目也在早上在Paly提供，由Cari Anderson（心理学家/ Paly父母）□□。如果您□Paly会□有任何疑□，□□系Cari Anderson, [cari@sundy.net](mailto:cari@sundy.net)。我□在11月份主持的Siegel博士的活□□□可以在[□里](#)找到。

### **Juana Run Needs Volunteers Juana Run需要志愿者**

The Juana Run is February 25, and we need your support on Race Day. All proceeds from the Juana Run go to Gunn Athletics. Here are the links to sign up and THANKS! Please sign up to volunteer at <http://tinyurl.com/gw6cfv7> and specifically for Course Monitors at <http://tinyurl.com/zta5y4k>.

Juana Run跑是2月25日，在比□日我□需要你的支持。从Juana Run得到的所有收益将□□恩体育。□里是注册和感□的□接！□登□<http://tinyurl.com/gw6cfv7>注册参加志愿者□程，特□是在□程□□上的<http://tinyurl.com/zta5y4k>。

## **Gunn Athletics**

### **Gunn田径**

On Friday and Saturday the Gunn **wrestling** team traveled to Fremont High School for the 14-team SCVAL Championships. The Varsity and Junior Varsity (JV) were both two-day tournaments that were run concurrently. The Titans finished fourth in the Varsity SCVAL and second in the JV SCVAL. All 12 of Gunn's varsity entries medaled, including nine who qualified--the top five in each weight qualify--for the CCS Championships in two weeks. The other three medalists will be CCS alternates (alternates compete when sickness or injury prevents a qualifier from competing).

Gunn Sports Boosters would like to recognize the following athlete as honorable mention in the Palo Alto Weekly. This is not his first time for this honor--*Jeffrey Lee-Heidenreich* for **boys basketball**. And check out this [San Jose Mercury News article](#) on two of our **football** players. Way to go!

Gunn Sports Boosters would like to welcome *Gagandeep Cheema* as our **new athletic trainer**.

星期五和星期六，Gunn摔跤队前往弗雷蒙高中参加14岁SCVAL锦标赛。大学和初中大学（JV）都是同一天行两天的比赛。泰坦在校SCVAL中排名第四，在JV SCVAL中排名第二。所有12个Gunn的队员都是奖牌获得者，包括在两个星期9名在每个重量的前五名合格的CCS冠军。其他三位队员将是CCS队员（当疾病或伤害妨碍队员竞争，候补队员将上场）。

Gunn Sports Boosters想要可下列运动员在Palo Alto Weekly中的荣誉。他不是他第一次得这个荣誉 - Jeffrey Lee-Heidenreich的男孩踢球。并看看个圣荷西水星新文章关于我的两个足球运动员。

Gunn Sports Boosters欢迎Gagandeep Cheema成为我的新运动教练。

Karly

## PAUSD & PTAC

### **\*\*NEW\*\* Jordan Middle School and Gunn High School Visual Arts Showcase at the District office**

Wed, Feb 15-Thu, Mar 9, weekdays, 8 AM-4:45 PM, PAUSD District Office, 25 Churchill Ave  
Gunn Art students, across the grades, created artwork in a range of technical and expressive skills, demonstrating outstanding work from Ceramics and Sculpture, Graphic Design, and Drawing and Painting disciplines." A teacher selection is on display in the district halls, for administration and public viewing pleasure.

### **\*\*更新\*\*Jordan中学和Gunn高中视觉艺术展，在学区办公室**

2月15日星期三 - 3月9日星期四，上午8点至下午4:45，Palo Alto联合校区办公室，25 Churchill Ave

Gunn各个年级的艺术课学生，创造了一系列有各式技巧和表现力的艺术品，展示了从陶瓷和雕塑，平面设计，到绘图和油画等各个门类的杰出作品。老师选出的一些作品在学区办公室大厅内展示，供行政人员和公众欣赏。

### **\*\*NEW\*\* Renaming Schools Advisory Committee: Community Engagement**

The Renaming Schools Advisory Committee (RSAC) has completed its report and will be presenting its findings and recommendations to the school board on Feb 28 about renaming Terman and Jordan Middle Schools. In advance of those meetings, RSAC has arranged the following sessions at the secondary sites to give students, staff, parents and the community the opportunity to learn more, ask questions, provide feedback and engage in dialog with committee members.

- Tue, Feb 21, 12:25-1 PM: Terman Student Council/Leadership/TASK Students, Terman Rm C7
- Tue, Feb 21, 6:30-8 PM: Terman PTA Parent Ed - Terman location TBA
- Wed, Feb 22, 8:30-9:30 AM: Terman PTA Principal's Coffee - Terman MP Rm
- Wed, Feb 22, 12:25-1 PM: Terman Staff drop in Office Hours - Terman location TBA
- Thu, Feb 23, 11:35 AM-12:15 PM: Paly Student/Staff drop in Office Hours - Paly Rm 33

- Fri, Feb 24, 3:25-4:25 PM: Paly Student/Staff drop in Office Hours - Paly Rm 33

### **\*\*更新\*\*重新命名学校顾问委员会：社区的参与**

重新命名学校顾问委员会（RSAC）已完成了他们的报告，并将于2月28日，关于重新命名Terman和Jordan中学向学校董事会提交其研究结果和建议。在这些会议之前，RSAC在以下一些地点也安排了以下会议，让学生，工作人员，家长和社区有机会了解更多，提出问题，提供反馈并与委员会成员进行对话。

- 周二，2月21日，下午12: 25-1 PM: Terman学生会/Leadership领导力团队/ TASK学生，地点在Terman C7教室
- 周二，Feb 21，下午6: 30-8 PM: Terman PTA 家口教育座口 – 在Terman, 具体地点待定
- 周三，2月22日，早上8: 30-9: 30 AM: Terman PTA校长咖啡 - Terman 多用途教室
- 周三，2月22日，下午12: 25-1 PM: Terman员工 – Terman, 具体地点待定
- 周二，2月23日，早上11:35 AM-12: 15 PM: Paly学生/工作人员-Paly 33教室
- 周二，2月24日，下午3: 25-4: 25 PM: Paly学生/工作人员 - Paly 33教室

### **How Does Sugar Affect Your Health and What You Can Do About It**

*Wed, Mar 1, 6:30-8:30 PM, SDC Rm, District Office, 25 Churchill Ave*

Join us for an educational night on sugar. Learn how sugar came to be ubiquitous in everything we eat, and became a number one health issue due to its harmful effects on the human body. As parents, you will also get some great tips on how to combat sugar in your household and diet, and reintroduce great nutrition to your kids. Patricia Caldera, Ph.D. will be presenting on behalf of the Institute of Responsible Nutrition, an organization dedicated to changing the way food is produced and marketed and distributed and end food related illnesses and promote good health. We encourage parents to bring their children.

### **糖是如何影响你的健康的？以及你能够做些什么**

周三，3月1日，晚6: 30-8: 30, SDC 房口，学区办公室，25 Churchill Ave

请加入我们来学习关于糖的知识。了解糖如何在我们吃的一切食物里无处不在，并且由于它对人体的有害影响成为第一大的健康隐患。作为父母，你也会得到一些很好的提示，如何对抗糖在你的家庭和饮食中的影响，并且为您的孩子提供其它的好的营养。

Patricia Caldera博士 将代表Institute of Responsible Nutrition (负责任的营养研究所)，一个致力于改变粮食生产，销售和分发的方式，以及结束与食品有关的疾病和促进健康的组织。我们鼓励父母带孩子来参加。

### **\*\*NEW\*\* Free Parent/Guardian Technology Education**

*Wed, Mar 22, 10-11:30 AM & 7-8:30 PM, Jordan Middle School Multipurpose Rm*

Free parent/guardian technology education event in partnership between PAUSD and Common Sense Education. This event will cover the realities of parenting in the digital age, bigger issues and data as well as tools and resources for families. Two identical sessions are available for all PAUSD parents, however due to adult content, this is an adult-only event. Babysitters and translators will be available. Contact Emily Garrison, Coordinator of Educational Technology and Libraries with questions [egarrison@pausd.org](mailto:egarrison@pausd.org). Please register [here](#).

## **\*\*更新\*\*免□的家□/□□人技□教育**

周三，3月22日，早10-11：30 AM和晚7-8：30 PM，Jordan 中学多用途教室

Palo Alto学区和(Common Sense Education)常□教育□两个机构合作，将□□一□免□的家□/□□人技□教育活□。□个活□将涵盖数字□代育儿的□□，更大的□□和数据，以及家庭可用的工具和□源。将要□所有PAUSD的父母□两□相同的活□。但是由于有一些成人内容，□个活□只限成人参加。我□将提供□儿照□和翻□服□。有□□□□系Emily Garrison，教育技□和□□□□□□，egarrison@pausd.org。□在□里注册[here](#)。

## **Caroline2020**

### **Opa! GiveBack Campaign**

*Opa! Authentic Greek Cuisine, 140 University Ave, Palo Alto*

Opa! Authentic Greek Cuisine in Palo Alto is proud to invite you and your family to dine at the Opa! location in downtown Palo Alto as a part of the Opa! GiveBack Campaign. When one hears the word Opa!, it usually brings with it a sense of excitement and happiness! When dining at Opa! Palo Alto, mention your relationship to the Palo Alto School District to your server and a percentage of your bill will be given back to the [Palo Alto Council of PTAs](#). At the end of each month, Opa! Palo Alto will write a check to PTAC! Dine out, and help GiveBack to the Palo Alto PTA community at the same time!

Opa! 回□活□

Opa! 地道的希腊菜，140 University Ave, Palo Alto

作□回□活□的一部分，Opa! Palo Alto真正的希腊美食荣幸地邀□您和您的家人到位于Palo Alto市中心的Opa用餐！当听到Opa! □个□，通常□来的是一种□□和幸福的感□！在Palo Alto的Opa用餐□，□□明你与Palo Alto□合学区有关，你所消□的一部分收入将交□Palo Alto家委会。每个月末，Opa! Palo Alto将开一□支票到PTAC！去Opa! 用餐吧，你将同□回□到Palo Alto PTA社区！

## **Community 社区**

### **PALY Speech and Debate Summer Camp**

*Registration now open. Session 1: June 13-17; Session 2: July 31-Aug 4*

The PALY Speech and Debate camp centers around providing students with an introduction to speech and debate. The goal of our camp is to prepare students for competition in these activities once they go to high school. On top of that, speech and debate are both life skills as they teach students to express themselves and be more articulate. Second year campers have the opportunity to be placed in a more advanced classroom setting, while first year campers will be given more of an introduction to speech and debate. To register go to: [pasdc.weebly.com](https://pasdc.weebly.com).

## PALY演□和□□夏令□

注册□在已开始。第一期：6月13 - 17日；第二期：7月31日至8月4日

Paly演□和□□夏令□□学生提供□□和演□的入□知□。我□的目□是□学生在□入高中后能在□些活□中参加□□。除此之外，演□和□□都是很有用的生活技能，因□学生可以学会如何更清晰地表达自己。第二年的参加者有机会被安排在□度更大的班□中，而第一年的□□主要学□演□和□□基□知□。注册□□□pasdc.weebly.com。

## Blind Date w/ a Book (Palo Alto Library Event)

*Month of February, Teen Zone, Mitchell Park Library, 3700 Middlefield Rd, Palo Alto*

If your blind date with a book doesn't work out, then check out a new one. No hurt feelings! Review your book date for a chance to win prizes.

与一本□□会 (Palo Alto□□□活□)

二月份，青少年区，Mitchell Park□□□，3700 Middlefield Rd, Palo Alto

如果你不喜□分到的第一本□，那就重新借一本，□完全不会介意！写下你与□□会的□□，以□得□取□品的机会。

## Family Date Night: Puzzle Swap and Game Night

*Fri, Feb 17, 7-8:15 PM, Children's Library, 1276 Harriet St*

Bring the family to the library for an evening of games and a puzzle swap! Bring your gently used and complete puzzles to the library to exchange with other families. Please [register for each family member](#) in attendance.

家庭□会之夜：交□益智拼□和游□

周五，2月17日，晚上7-8：15，儿童□□□，1276 Harriet St

□□家人到□□□参加交□游□和益智拼□的家庭□会！把你使用□的完整的拼□□到□□□与其他家庭交□。□□·每个出席的家庭成□注册

## **\*\*NEW\*\* Reinventing the Baylands: A Gunn High School Student Art Show and Exhibition**

*Sat, Feb 18-Fri, Mar 3, and Sat, Feb 25, 1-3 PM, The EcoCenter, 2560 Embarcadero Rd, Palo Alto*

Gunn student artists provide numerous new perspectives a familiar environment. Using interpretive styles that lean toward abstractions they reinvent the Badlands in their creative art pieces. For more information, visit [www.evols.org/GunnHigh](http://www.evols.org/GunnHigh).

**\*\*新内容\*\*** 重新改造湾区：Gunn学生□□展

星期六，2月18日至星期五，3月3日；星期六，2月25日 下午1-3点，The EcoCenter, 2560 Embarcadero Rd, Palo Alto

Gunn 学生□□家在他□的极具□造力的□□作品中，用□□的□格□大家熟悉的湾区□境提供了无数的新□角。更多内容□登□[www.evols.org/GunnHigh](http://www.evols.org/GunnHigh)了解。

## Richard

### Lunar New Year Celebration

Sat, Feb 18, 11 AM-2 PM, Mitchell Park Community Center, 3700 Middlefield Rd

Join us in celebrating the Chinese New Year! This event features lion dancing, crafts and more! All ages are welcome. Stop by wearing your new lucky red clothing and we will see you there.

### 中国新年□祝会

星期六，2月18日，上午11点至下午2点， Mitchell Park 社区活□中心，3700 Middlefield Rd  
□参加我□中国新年□祝活□！有舞□表演、工□品等活□。不□老少都□迎参加。□穿上代表吉祥如意的□色服□来参加我□的活□！

### Stanford MBSR Parenting Class (2nd-Part)

Thu, Feb 23, 6.30-8 PM, Palo Alto High School Library (EWC), 50 Embarcadero Rd  
This is a wonderful opportunity for parents to continue the conversation that was had with Dan Siegel in November in terms of the day-to-day applications of mindfulness and the implications for parenting. Session 2: 02/23 - Bringing Openness, Curiosity, and Non-judgment to Parenting; Mindfulness Toolkit and Resources. Class instructors are Corinne Collins RN, FNP, mindfulness and MBSR instructor teaching in Monterey and the South Bay area, and Moira Kessler, MD, Child Psychiatrist and Clinical Instructor at Stanford Children's Health. More info.

### 斯坦福MBSR家庭教育□（第二部分）

周四，2月23日，晚上 6.30-8点， Paly□□□（EWC），50 Embarcadero Rd  
□于各位家□来□，□是一个□佳的机会，可与Dan Siegel□□11月份□□□的主□--关于正念的日常□用和□养育的影响。第二□程：02/23 在养育方面持开放、保持好奇心和非□判的□度；□有正念的操作和□源。□程□□是在蒙特雷和南湾地区教 RN，FNP，正念和MBSR的Corinne Collins，以及斯坦福儿童健康中心儿童精神科医生和□床教□Moira Kessler。更多信息□点□。

### Cult Movie Series: Harold and Maude

Thu, Feb 23, 7-9 PM, Rinconada Library, 1213 Newell Rd  
Teens 9th grade and up are invited to join us for a classic cult movie in the beautiful Embarcadero Room at Rinconada Library the 4th Thursday of the month. This month: dark romantic comedy Harold and Maude, starring Bud Cort and Ruth Gordon. Rated PG. Snacks will be provided. No registration required.

### 非主流□影系列：Harold和Maude

周四，2月23日，晚上7-9点， Rinconada□□□，1213 Newell Rd  
每月的第四个星期四，我□邀□9年□及以上的青少年到Rinconada□□□美□的Embarcadero房□里□看□典的非主流□影。□个月的内容：由Bud Cort和Ruth Gordon主演的黑色浪漫喜□ Harold和Maude，□影□□□PG□。将提供小吃，无需注册。

### 2nd edition of Palo Alto Roots Literary Magazine

Submit before Fri, Feb 24  
Does your teen want to see their art or writing published? Palo Alto Roots, Palo Alto's teen literary magazine, is looking for submissions. Its mission is to showcase teen voice and talent in the community. They accept submissions from students from all Palo Alto middle and high schools. The magazine will be distributed in most public places including doctor's offices, schools, and libraries. Submit art, photographs, poems, short stories, to paloaltoroots@gmail.com before February 24. Written submissions should not exceed 750 words. PA Roots is supported by a grant from Bryant Street Garage Fund and the City of Palo Alto.

### Palo Alto Roots文学□志的第二期

□于2月24日星期五之前提交  
你的青少年孩子想看到他□的□□作品或文章被□表□？ Palo Alto Roots， PaloAlto的青少年文学□志正在□找作品，它的使命是在社区中展示青少年的声音和才能。他□接受来自所有Palo Alto初中生和高中生提交的作品。□□志将在大多数公共□所，包括医生□公室，学校和□□□分□

。有意者请在2月24日之前将作品、照片、诗歌或者短篇小小说提交到paloalroots@gmail.com。提交的文字不得超750字。PA Roots由Bryant Street基金会和Palo Alto市助。

### **Creative Writing Party**

Fri, Feb 24, 7-8:30 PM, Rinconada Library, 1213 Newell Rd

All are invited to celebrate! 2017 writing contest winners to be announced. Join us for cake, crafts, and fun!

### **创意写作聚会**

周五, 2月24日, 晚上7-8:30, Rinconada图书馆, 1213 Newell Rd

欢迎所有人来参与庆祝! 活将宣布2017年写作比赛优胜者名。提供蛋糕, 手工制作和有趣的活!

### **Musical Group Charged Particles**

Wed, Mar 1, 3:30-4:30 PM, Children's Library, 1276 Harriet St

Charged Particles blends jazz styles with elements from Latin music, classical music, funk, and more. No registration required.

### **粒子**

周三, 3月1号, 下午3:30-4:30, 儿童图书馆, 1276 Harriet St

“粒子”将爵士格与拉丁音、古典音以及停打等元素融合在一起。看无需注册。

### **Andy**

**\*\*NEW\*\* NOTICE: Closure of East Meadow Caltrain Crossing: 3/10-3/13 and 3/17-3/20**

#### **East Meadow Caltrain路口关**

Closure 1: Fri, Mar 10, 8 PM thru Mon, 3/13, 4 AM

Closure 2: Fri, Mar 17, 8 PM thru Mon, Mar 20, 4 AM

Caltrain needs to perform track maintenance work over two consecutive weekends at the East Meadow Grade Crossing in Palo Alto. In order for this work to occur, Caltrain will close the grade crossing down for an approximately 56-hour window. This closure would not allow vehicular, bicycle or pedestrian traffic to cross the tracks during this outage. Caltrain has identified the above times as to when these closures would take place.

第一次关: 3/10 星期五 8 PM 到 3/13 星期一 4 AM

第二次关: 3/17 星期五 8 PM 到 3/20 星期一 4 AM

Caltrain需要在Palo Alto的East Meadow火道口两个周末行道口工作。了完成工作, Caltrain将关火道口大56小。次关将不允, 自行或行人穿道口。Caltrain已确定了上述何些生些关。

### **\*\*NEW\*\* Stop Struggling: Learn How to Turn Conflict Into Cooperation (5-14 yrs)**

Tue, Mar 21, 7-9 PM, Parents Place, 200 Channing Ave, Palo Alto

This workshop, based on Cynthia Klein's new book Ally Parenting, will teach you how to pick the most effective parenting strategy for each parent-child conflict. Once you have the right solution, then voila! You'll know exactly what to do and improved cooperation is only a few actions away.

Fee: \$50

Register

一个研讨会基于Cynthia Klein的新书Ally Parenting，将教您如何与每个父母和子女冲突最有效  
的育儿策略。一旦您有正确的解决方案，瞧！您会知道究竟做什么只需要几个小时。费用：\$ 50  
在[这里](#)注册。

### **Counselor-In-Training Applications are now open**

*Fri, Mar 31, Mitchell Park Community Center*

The CIT (Counselor-in-Training) program is a fun and exciting experience for teens ages 13 and 14 who are interested in working with children. The CIT Program emphasizes leadership, community service, safety, and initiative. If your teen will be 13-14 during Summer 2017 and is interested in becoming a CIT, please apply [here](#). Application closes on March 31, 2016. For more information, contact [ashabi.idris@cityofpaloalto.org](mailto:ashabi.idris@cityofpaloalto.org).

对于有兴趣与孩子一起工作的13岁和14岁的青少年，CIT（培训师）项目是一个有趣和令人兴奋的  
体验。CIT项目强调领导，社区服务，安全和主动性。如果你的青少年将在2017年夏季期  
间13-14岁，并有兴趣成为CIT，请在[这里](#)注册。注册截止日期为2016年3月31日。请联系  
[ashabi.idris@cityofpaloalto.org](mailto:ashabi.idris@cityofpaloalto.org)。

### **Stanford University Sleep Study for Youth 18-21**

The Department of Psychiatry at Stanford University is again recruiting 18-21 year-old youth with bipolar disorder to participate in a paid research study on sleep and mood. For more information about this study, contact [dailyrest@stanford.edu](mailto:dailyrest@stanford.edu) or (650) 736-2689 or click [here](#).

斯坦福大学的精神病学科正在招募18-21岁并且有双向情感障碍的青年。一些青年将会是一个关于睡眠和心情学的一部分。这个项目是付费的。情况请联系 [dailyrest@stanford.edu](mailto:dailyrest@stanford.edu) 或者可以打 (650) 736-2689 电话，或者点[这里](#)。（[这里](#)）

### **Classroom Volunteers Needed Next School Year - in East Palo Alto and eastern Menlo Park**

Have you enjoyed helping in your child's classroom? Consider volunteering in a classroom in eastern Menlo Park or East Palo Alto where there are virtually no parent volunteers. You'll help tutor kids in grades K-5 where 88% are low income and 40% are homeless. Work once a week in the same classroom for about an hour, with students on reading, writing or math. All Students Matter provides training and coordinates everything. Sign up now to start in September. For more details or to sign up, visit [www.allstudentsmatter.org](http://www.allstudentsmatter.org) or contact Keri Tully at [keritully@gmail.com](mailto:keritully@gmail.com).

你有没有喜欢和享受你的孩子的教室？那么考虑来 Palo Alto 和 Menlo Park 的教室里做义工吧。那里几乎没有家长会去做义工。你将会从幼儿园到五年级的学生。这里88%的学生来自于低收入家庭，40%的学生是无家可归的。您每周只需要在同样的教室里呆一次，一次是一个小时。一个小小时内你会和学生学阅读，写作或者是数学。“所有的学生都是有价值的”机构将会提供培训，同时他也会安排好一切。9月份开始的活将在就要开始报名了。如果想知道更多信息或者是报名请参考 [www.allstudentsmatter.org](http://www.allstudentsmatter.org)，您也可以联系 Keri Tully，他的邮箱是 [keritully@gmail.com](mailto:keritully@gmail.com)