



Calendar

T1 george

Fri, Mar 1 Winter Dance, 7 PM, Bow Gym - **CANCELED**

Mon, Mar 4 Site Council, 4 PM, Staff Lounge

Winter Sports Awards Ceremony, 7 PM, Titan Gym

Wed, Mar 6 Band & Orchestra Boosters meeting - **CANCELED** (to be rescheduled)

Thu, Mar 7 Gunn Service Day, 8:30 AM, various sites

Fri, Mar 8 End of 3rd Quarter

Sat, Mar 9 Gunn Jazz Community Swing Dance, 6:30 PM, Bow Gym

Mon, Mar 11 NO SCHOOL - District Holiday

Tue-Fri, Mar 12-15 Alternate Schedules (see [Calendar](#))

Wed-Sat, Mar 13-16 Gunn Musical "In the Heights" ([Info](#))

3月1日星期五 冬季舞蹈, 晚上7点 Bow健身房 - 取消

3月4日星期一 议会, 下午4点, 员工休息室

冬季运动颁奖典礼, 晚上7点, Titan健身房

3月6日星期三 管弦乐队推进委员会会议 - 取消 (将重新安排)

3月7日星期四, Gunn服务日, 上午8:30

3月8日星期五, 第3季度结束

3月9日 星期六 Gunn Jazz社区舞会, 下午6:30, Bow Gym

3月11日 星期一 学校无课- 地区假日

3月12日至15日 星期二至星期五, 替代时间表 (见日历 [Calendar](#))

3月13日至16日 星期三至星期六, Gunn音乐剧“在在地” (信息[Info](#))

Gunn

Edward

Winter Sports Awards Ceremony

Mon, Mar 4, 7 PM, Titan Gym

Come out and celebrate our Winter athletes at the Sports Awards Ceremony on Monday, March 4, at 7 PM in Titan Gym. Our athletes have worked very hard this season and it shows! We have had an incredible season of success, so come out to show your appreciation for our dedicated Titan athletes. A reception with refreshments will be held immediately following the ceremony so families and students have an opportunity to congratulate the athletes in person. Great job Titans!

Tacolicious Fundraising Monday Nights for the Month of March

Mondays, Tacolicious, 632 Emerson St, Palo Alto

Every Monday night in the month March, Gunn High School will get a percentage of cash totals from customers who eat at Tacolicious Palo Alto. [Order pick-up](#) ahead online. Book reservations (at select times) through [OpenTable](#). Purchase gift cards on Monday nights and encourage recipients to use them on Monday as well to double the funds! Have a taco bar delivered to your next meeting or event on any Monday in March. To qualify for delivery, orders must total \$500 or more. Or host a large group in any of their private dining rooms. You must order catering or book a private dining room by emailing schoolproject@tacolicious.com and say that the party is to support the [Tacolicious School Project](#). Over \$1,000,000 raised and counting! Help support our school and a local businesses!

冬季运动颁奖典礼

星期一，3月4日，晚上7点，Titan Gym

3月4日星期一下午7点在Titan Gym举行的体育颁奖典礼上，出来庆祝我们的冬季运动员。我们的运动员本赛季非常努力，这表明！我们有一个令人难以置信的成功赛季，所以请出来表达对我们专注的泰坦运动员的感激之情。仪式结束后将立即举行茶点招待会，以便家人和学生有机会亲自向运动员表示祝贺。棒极了！

Tacolicious筹款周三为3月份的夜晚

周一，Tacolicious，632 Emerson St，Palo Alto

在3月份的每个星期一晚上，甘恩高中将从在Tacolicious Palo Alto吃饭的顾客中获得一定比例的现金总额。在线订购提货。通过OpenTable预订（在选定的时间）。周一晚上购买礼品卡，并鼓励收件人在周一使用它们，以使资金翻倍！在3月的任何一个星期一，将一个炸玉米饼吧送到您的下一次会议或活动。要获得交付资格，订单总数必须达到500美元或更多。或者在他们的任何私人用餐室举办大型团体活动。您必须通过发送电子邮件至schoolproject@tacolicious.com订购餐饮或预订私人餐厅，

并说该聚会是为了支持Tacolicious学校项目。超过1,000,000美元筹集和计算！帮助支持我们的学校和当地企业！

T3Jasmine

A Few Adult Chaperones Still Needed for Gunn Service Day

Thu, Mar 7, 8 AM-2:15 PM (times will vary depending on the service opportunity you choose)

Thank you to all who have offered to assist the students for this amazing day. There are still a few needs: two sites that have no adult chaperones are the Jewish Community Center and the Palo Alto YMCA. A 12:30 to 2:30 on-campus project is still needy also. Sites without adult chaperones must be cancelled. Please visit the [Gunn website](#) for more information and to [sign up](#). Questions: nhesterman@pausd.org or dichikawa@pausd.org. We look forward to seeing you there!

Gunn服务日仍然需要一些成年人的陪伴

三月七日(星期四)上午八时至下午二时十五分(时间视乎阁下选择的服务机会而定)

感谢所有帮助学生度过这美好一天的人。仍然有一些需要:有两个没有成年人陪伴的场所是犹太人社区中心和帕洛阿尔托基督教青年会。一个12:30到2:30的校园项目仍然需要。没有成人陪伴的网站必须被取消。请访问Gunn网站获取更多信息并注册。问题:nhesterman@pausd.org或dichikawa@pausd.org。我们期待在那里见到您!

Dine Out at Terùn to Benefit Gunn Foundation

Mon, Mar 18, Terùn, 448 California Ave, Palo Alto

Grab some friends and book a table! Dine out for lunch or dinner at Terùn on Monday, March 18. Mention the Gunn Foundation to the host and Terùn will give 15% of your bill to the Gunn Foundation to immediately benefit students from the Class of 2019. Support the [Gunn Foundation!](#) Because every student who gets into college, deserves the chance to go.

在Terun餐厅用餐，以造福Gunn基金会

星期一，3月18日，特伦，加州大街448号，帕洛阿尔托

找几个朋友订张桌子!3月18日星期一在Terun餐厅吃午餐或晚餐。向主持人提及Gunn基金会，Terun会将你账单的15%捐给Gunn基金会，让2019届的学生立即受益。支持Gunn基金会!因为每个进入大学的学生都应该有机会去上大学。

FROM THE PREVIOUS ISSUE :

Emily

Notice of PTSA Special Meeting

Mon, Mar 4, 8:45 AM, Staff Lounge

The Gunn PTSA is scheduling a Special Meeting of the General Membership on Monday, March 4th, 2019 in the Staff Lounge at 8:45 AM. The sole purpose of this meeting is to approve budget adjustments we require for conducting business before the regularly scheduled General Meeting in April. We would love any PTSA members who can show up; we need a quorum of 14 people to vote. Thank you very much. --Sigrid Pinsky, PTSA President, Sigridkp@yahoo.com

Gunn Community Service Day: 10 (of 42) Adult Chaperones Still Needed for Gunn Service Day

Thu, Mar 7, 8:00 AM-2:15 PM (times will vary depending on the service opportunity you choose)

YCS-Interact and Key Club students are working hard to finalize plans for this amazing day. This year there will be on and off-campus service projects for students and for adult chaperones. For off-campus service projects, students will travel in buses to various service sites such as pre-schools, parks, or soup kitchens. MANY adult chaperones are ESSENTIAL to accompany the student-led teams. We hope we will not have to disappoint 2 or 3 planned sites due to lack of adult chaperones. Please visit the [Gunn website](#) for more information and to [sign up](#). Questions: nhesterman@pausd.org or dichikawa@pausd.org. We look forward to seeing you there!

PTSA特别会议通知

星期一，3月4日，上午8:45，员工休息室

Gunn PTSA将于2019年3月4日星期一上午8:45在Staff Lounge安排一般会员特别会议。本次会议的唯一目的是批准我们在4月定期召开的大会之前开展业务所需的预算调整。我们会喜欢任何可以出现的PTSA会员;我们需要14人的法定人数才能投票。非常感谢你。 -Sigrid Pinsky, PTSA主席, Sigridkp@yahoo.com

Gunn社区服务日：10（共42名）Gunn服务日仍然需要成年陪护者

星期四，3月7日，上午8：00-2：15（时间因您选择的服务机会而异）

YCS-Interact和Key Club学生正在努力完成这个令人惊叹的一天的计划。今年将为学生和成年陪护人员提供校内和校外服务项目。对于校外服务项目，学生将乘坐公共汽车前往各种服务站点，如学前班，公园或煲汤厨房。许多成年陪护人员必须陪伴学生领导的团队。我们希望由于缺乏成年陪护人员，我们不会让2或3个计划中的网站失望。请访问Gunn网站了解更多信息并注册。问题：nhesterman@pausd.org或dichikawa@pausd.org。我们期待在那里见到你！

T5 Angela

Academic Center Monitor Needed

Alternate Wednesdays, 12-1 PM, Academic Center

We still need ongoing noontime assistance in the Academic Center on alternate Wednesdays. In this 2-hour/month position you are THE adult in the room. The main tasks are to have students know of your presence, to watch over the automatic textbook check-out and return system and to monitor appropriate use of the computers in the room. If no one is available the Center must be closed to disappointed students who may need to check out a text, print off an assignment or seek a quiet place to study. Compensation: Joy of interacting with our great students, familiarity with what goes on at Gunn and heartfelt appreciation from the students, the AC staff (Lisa and Pam) and me (nhesterman@pausd.org).

Gunn Sports Boosters

Congratulations to **Alia Drescher** and **Mikayla Silverman** receiving Athlete of the Week Honorable Mention from Palo Alto Weekly, Wednesday, 2/20. Follow us on [Facebook at Gunn Sports Boosters!](#)

需要学术中心监测人员

每隔一个周三，12-1 PM，学术中心

在中午的每个星期三，我们需要在学术中心提供的帮助。在这个每月2小时的位置，你是房间里唯一的成年人。主要任务包括让学生知道您的存在,监视自动借教科书系统,并监控房间里的电脑使用。如果没有人可用，中心必须对失望的学生关闭，他们可能需要查看文本，打印任务或寻求安静的学习场所。补偿：喜欢与我们优秀的学生互动，熟悉Gunn所发生的事情以及学生，AC工作人员（Lisa和Pam）和我（nhesterman@pausd.org）的衷心感谢。

Gunn 体育 Boosters

祝贺Alia Drescher和Mikayla Silverman在2月20日星期三Palo Alto Weekly获得本周最佳运动员奖。在[Gunn Sports Boosters](#)上关注我们！

PAUSD & PTAC

T6 Danny

****NEW** EACH FRIDAY! Superintendent's Weekly Board Update**

Read Dr. Don Austin's Weekly Board Update, published new each Friday <https://www.pausd.org/news>.

****NEW** PTA Council Annual Elections**

The PTA Council Nominating Committee is currently seeking both nominations and expressions of interest from individuals in the community who would like to learn more about becoming a member of the PTA Council Executive Board and Collaborative Committees for the 2019-20 school year. We are looking for community members who have a passion for improving the educational experience of all students and preferably have experience on their school PTA or site council. Talk to us about stepping into a leadership role or how you can participate on a committee. Contact the Nominating Committee at: evp@paloaltopta.org.

****NEW** Protect Our Schools Rally & Town Hall Meeting**

Thu, Mar 14, 5:30 PM, rally outside Palo Alto City Hall, 250 Hamilton (parking underground); 6:30 PM Stanford GUP Town Hall meeting

Show your support for our schools at the "Protect our Schools" rally, before Supervisor Simitian's Town Hall Meeting on the Stanford GUP. Stanford is adding hundreds of new students to our schools but offering no revenues to cover the cost of their education. Hundreds of new students

without new revenues means -- for the next 17 years -- increased classroom sized, teacher and staff layoffs, and program cuts. Bring your family, your friends, and your best signs. FREE pizza. [RSVP here](#) so we know how much pizza to order.

****新****每个周五！主管每周董事会新著

阅读Don Austin博士的每周董事会新著，每周五发布新的内容 <https://www.pausd.org/news>。

****新**** PTA理事会年度选举

PTA理事会提名委员会目前正在寻求社区中对提名和表达有兴趣的人，他们希望了解有关成为2019-2020学年PTA理事会执行委员会和协作委员会成员的更多信息。社区成员热衷于改善所有学生的教育体验，并且让他们更好地拥有学校PTA或网站理事会的经验。与我们讨论如何担任领导角色或如何参与委员会。联系提名委员会：Evp@paloaltopta.org。

****新****保护我们的学校拉力赛和市政厅会议 星期四，3月14日，下午5:30，帕洛阿尔托市政厅外的集会，250汉密尔顿（地下停车场）；下午6:30斯坦福GUP市政厅会议

在Stanit GUP主管Simitian市政厅会议前，在“保护我们的学校”集会上展示您对我们学校的支持。斯坦福大学正计划招收数百名新学生，但要求提供任何收入来支付他们的教育费用。数百名没有新收入的新生意味着 - 在接下来的17年里 - 课室的容量增大，教师和员工将面对裁员以及计划削减。带上您的家人，朋友和最能代表你的东西。有免费的披萨。在此预约以让我们为您订披萨。

T7 Richard

Advocate For Our Children NOW - FULLY MITIGATE

Stanford General Use Permit

Calls to Action: (1) Attend March 14 Rally to Protect our Schools, Palo Alto City Hall, 5:30 PM, (2) Message the County and Stanford to Protect our Schools; (3) Write letters to the editor, (4) School PTSA letters, (5) Attend 2/28 hearing in San Jose.

On Wednesday, February 13th, Joe Simitian spoke at the General Association Meeting. He applauded the community's response to voice our concerns for mitigation. If you haven't done so yet, **now** is the time to message the County and Stanford on the [Click My Cause Two-Tap App](#)(select Palo Alto PTA Council) or [sign our online petition](#). He encourages us to attend the upcoming 3/14 **town hall** on the Stanford GUP and **write** to newspapers/media so that non-school families know about Stanford's gigantic proposed building impact. School impact may not be squarely considered by the Final Environmental Impact Report (EIR), however, the Development Agreement (DA) currently being negotiated may contemplate additional conditions to mitigate impact to our schools, including per student funding, neighborhood school construction (Quarry Road), safe routes to school (SRTS), and afterschool childcare. A copy of the [Final EIR](#) is at local libraries or online.

Many schools are beginning their own letter writing campaigns. To learn more or to volunteer, please email president@paloaltopta.org. For resource materials, visit www.paloaltopta.org.

现在就为我们的孩子出声 - 全面减轻影响

斯坦福GUP

行动呼吁：（1）参加3月14日的请愿活动以保护我们的学校利益， Palo Alto市政厅， 下午5:30；（2）致电县和斯坦福大学以维护我们的学校利益；（3）写信给编辑；（4）每个学校PTSA写信；（5）参加2/28在San Jose举行的听证会。

2月13日星期三， Joe Simitian在总协会会议上发言。他赞扬社区的回应，表达了我們要求减轻扩建引起的影响的想法。如果你还没有这样做，现在就在[Click My Cause Two-Tap App](#)(选择 Palo Alto PTA Council) 向县和Stanford发声或者在[sign our online petition](#)上签署我们的在线请愿书。他鼓励我们参加即将到来的有关斯坦福大学GUP的3/14市政厅大会，并写信给报纸/媒体，以便非学校家庭了解斯坦福大学提出的扩建影响。然而，最终环境影响报告（EIR）可能无法准确考虑到对学校的影响，但目前正在谈判的发展协议（DA）可考虑减轻对学校影响的其他条件，包括按增加的学生人数的资助，邻里学校建设（Quarry Road），安全上学路线（SRTS）和课后托儿服务。在当地图书馆或在线可以读到[Final EIR](#)。

许多学校正在开始自己的写作活动。如需了解更多信息或提供志愿帮助，请发送电子邮件至 president@paloaltopta.org。有关资源材料，请访问www.paloaltopta.org。

Parent Ed Night: Learn the Basic ABCs About LGBTQ+ Youth

Wed, Mar 13, 7 PM, Fletcher Middle School, MP Rm, 655 Arastradero Rd, Palo Alto

This [Parent Ed event](#) is organized by the Fletcher Middle School PTA and staff, and is open/relevant to anyone, not just Fletcher families. Our event will be about understanding gender identities, sexual orientation, how to support LGBTQ+ youth in our community, and more. Open to all families with the purpose of supporting youth so we can be an inclusive and WELCOMING community. Translation (Spanish and Mandarin) available if requested 3 days in advance. Please email klee@pausd.org to request. Special guests include Miriam Stevenson (PAUSD's Director of Student Services), Valerie Royaltey-Quandt (Greene Middle School Principal), Melissa Howell (Fletcher Middle School Principal), Diana Hernandez and Ryan Fouts (Project Outlet Education Coordinator and Program Director), Shounak Dharap (PAUSD Board of Education member), Sally G. (former PAUSD parent), and Julian G. (former PAUSD student). Also available: City and school library resource tables and great prizes! Have a question you'd like addressed? [Fill out this anonymous form](#) by Monday, 3/11/19.

家长教育活动夜：学习关于LGBTQ + Youth的基本常识

3月13日星期三，晚上7点，Fletcher中学，MP室，655 Arastradero Rd, Palo Alto
这次的家长教育活动由Fletcher中学的PTA和教工人员共同组织，对所有人开放也与大家都有关系，而不仅仅限于与Fletcher中学有关的家庭。我们的活动将是了解性别认同，性取向，如何支持社区中的LGBTQ +青年等等问题的机会。对所有家庭开放，是旨在支持青年，使我们成为一个包容和开放的社区。如果需要翻译（西班牙语和普通话）请提前3天发送电子邮件至klee@pausd.org进行申请。特邀嘉宾包括Miriam Stevenson（PAUSD学生服务总监），Valerie Royaltey-Quandt（Greene中学校长），Melissa Howell（Fletcher中学校长），Diana Hernandez 和 Ryan Fouts（Project Outlet Education协调员和项目总监），Shounak Dharap（PAUSD教育委员会成员），Sally G.（前PAUSD父母）和Julian G.（前PAUSD学生）。还将提供：城市和学校图书馆资源表和丰厚的奖品！您有想解决的问题吗？请在2009年3月11日，星期一，之前填写此匿名表格。

Edward

Supervisor Joe Simitian: Teacher Housing Project

At the Wednesday, General Association Meeting, Supervisor Joe Simitian spoke on the Teacher Housing Project to help build affordable teacher housing near California Ave/Cal Train Station. Five local school districts, including PAUSD, are being asked to contribute funds to help power the project's funding. PAUSD Board of Education has held a meeting on this. County land has already been secured. Additional funding is being negotiated. Please help spread the word and send comments to PAUSD Board of Education and the County of Santa Clara if you are supportive of our schools, our children, and our teachers. We are the Parent Teacher Association (PTA) and "T" for Teachers is in our middle name. Contact Micaela.hellman-tincher@bos.sccgov.org.

Community

Golden State Youth Orchestra Auditions for New Members

Mar/Apr, Palo Alto

Palo Alto-based Golden State Youth Orchestra (formerly El Camino Youth Symphony) invites musicians ages 6-18 at all levels of experience to audition for the 2019-20 season. Advanced players are challenged with professional-level repertoire, receive support from experienced coaches and internationally-renowned faculty, and perform in concerts throughout the Bay Area. Intermediate players hone their skills and develop advanced technique, while young musicians learn to play together, follow a conductor. Auditions are heard in March and April as faculty schedules permit. Apply online at www.gsyomusic.org. Call GSYO at (650) 665-9046 for more information.

主管Joe Simitian : 教师住房项目

在周三的总协会会议上, 主管Joe Simitian谈到了教师住房项目, 以帮助在加州大道/加州火车站附近建造负担得起的教师住房。包括PAUSD在内的五个当地学区被要求提供资金来帮助支持该项目的资金。 PAUSD教育委员会就此举行了会议。县土地已经得到保障。正在谈判额外资金。如果您支持我们的学校, 我们的孩子和我们的老师, 请帮助传播这个词并向PAUSD教育委员会和圣克拉拉县发送评论。我们是家长教师协会 (PTA), 教师的“T”是我们的中间名。联系 Micaela.hellman-tincher@bos.sccgov.org。

社区

金州青年管弦乐团为新会员试镜

3月/4月, 帕洛阿尔托

总部位于帕洛阿尔托的金州青年管弦乐团 (前身为El Camino Youth Symphony) 邀请年龄在6-18岁的音乐家在各个级别的经验中为2019-20赛季进行试镜。高级球员受到专业级曲目的挑战, 获得经验丰富的教练和国际知名教师的支持, 并在整个湾区的音乐会中表演。中级球员磨练自己的技能并开发

先进技术，而年轻的音乐家学会一起玩，跟随指挥。由于教师的时间表允许，在3月和4月听到试演。在www.gsyomusic.org在线申请。如需更多信息，请致电(650)665-9046联系GSYO。

Edward

Mindful Moms Group with Krassi Harwell

Free intro class on Tue, Mar 12; remaining classes Tues, Mar 19-May 28, 12-1:30 PM, 67 Encina Ave, Palo Alto

Navigate the journey of raising kids into adults. We'll practice yoga, meditate, and tap into the healing power of togetherness. For moms who have kids of all ages! [Registration is required](#) for this group offered in partnership with the Palo Alto Medical Foundation. Scholarships available upon request. FIRST CLASS ON MAR 12 FREE More Info: <http://mindbodymoms.com/moms-groups/>

Spring Women's Wellness Group with Jalene Salus

Free intro class on Fri, Mar 22; remaining classes Fri, Mar 29-May 24, 10 AM-12 PM, St. Mark's, 600 Colorado Ave, Palo Alto

In this nourishing group, Jalene Salus will share the wisdom of Integrative Nutrition as she introduces ways to nourish your mind, body and spirit. Each week, you will discuss foods to support your unique body - and your family's health, and align your self-care with the rhythm of the season. [Registration is required](#) as space is limited! FIRST CLASS ON MAR 22 FREE. Scholarships available upon request. More Info: <http://mindbodymoms.com/wellness-groups/>

Parent-Ed Presentation: "Sources of Strength"

Mon, Mar 25, 7 PM, JLS Middle School, 480 E Meadow Dr, Palo Alto

This is a presentation by Gunn Sources of Strength Team to middle school parents, focused on how parents, educators, and students can work together at home and in our schools to prevent the epidemics of bullying and suicide. Research has shown we can do this by creating a preventative culture in our community-one that fosters an epidemic of hope, help, and strength. The evening will provide an overview of the Sources of Strength program and give attendees an opportunity to learn more about a few specific aspects of the Sources of Strength wheel. Student and staff leaders will talk about ways to spread positive messages throughout the community. Key to the success of the Sources of Strength program is developing awareness and a shared vocabulary at home and in our community so that families can support the work we are doing in our schools.

铭记妈妈组与Krassi Harwell

3月12日星期二免费讲座;剩下的课程星期二，3月19日至5月28日，12 : 1 : 30 PM, 67 Encina Ave , Palo Alto

导航将孩子培养成人的旅程。我们将练习瑜伽，冥想，并利用团结的治疗力量。对于有各个年龄段孩子的妈妈们！与Palo Alto医学基金会合作提供的这一群体需要注册。可根据要求提供奖学金。MARST 12上的第一堂课免费更多信息：<http://mindbodymoms.com/moms-groups/>

春季女性健康小组与Jalene Salus

3月22日星期五免费讲座;剩下的课程，星期五，3月29日 - 5月24日，上午10点至下午12点，圣马克，600科罗拉多大道，帕洛阿尔托

在这个滋养小组中，Jalene Salus将分享整合营养的智慧，因为她介绍了滋养你的思想，身体和精神的方法。每周，您将讨论支持您独特身体的食物 - 以及您家人的健康，并将您的自我保健与季节的节奏保持一致。由于空间有限，需要注册！3月22日的第一堂课免费。可根据要求提供奖学金。更多信息：<http://mindbodymoms.com/wellness-groups/>

家长介绍：“力量之源”

周一，3月25日，晚上7点，JLS中学，480 E Meadow Dr, Palo Alto

这是Gunn Sources of Strength Team向中学家长介绍的内容，重点介绍家长，教育工作者和学生如何在家中和学校一起工作，以防止欺凌和自杀的流行。研究表明，我们可以通过在社区中创造一种预防性文化来实现这一目标 - 这种文化可以促进希望，帮助和力量的流行。晚会将概述力量源计划，并让与会者有机会更多地了解力量源轮的几个具体方面。学生和员工领导将讨论如何在整个社区传播积极的信息。力量源计划成功的关键是在家庭和社区中培养意识和共享词汇，以便家庭能够支持我们在学校开展的工作。

商家！

T10 Meiting

Scout Troop 50 Open House

Mon, Mar 25, 7:30-9 PM, The Scout Fire Circle, Lucie Stern Community Center, 1305 Middlefield Rd, Palo Alto

Palo Alto Scout Troop 50 is having an open house in order to give kids (grades 5-10) and their parents a chance to get to know Troop 50 to see if it is the right troop for them. This is an excellent opportunity to learn about the troop and about scouting. For more information about Troop 50, please see the following web site: <https://sites.google.com/view/patroup50/home>.

Scout Troop 50 开放日

周一，3月25日，7:30-9 PM, Scout Fire Circle, Lucie Stern社区中心，1305 Middlefield Rd, Palo Alto

Palo Alto Scout Troop 50有一个开放的房子，以便给孩子（5-10级）和他们的父母有机会了解Troop 50，看看它是否适合他们。这是了解部队和侦察的绝佳机会。有关Troop 50的更多信息，请访问以下网站：<https://sites.google.com/view/patroup50/home>

Art on the Horizon: Youth Confronting Climate Change

Submissions Due March 22

The Metropolitan Transportation Commission and the Association of Bay Area governments are now accepting submissions for their first art contest for youth. The contest asks the question: What can you do to stop climate change? MTC and ABAG are looking for digital art submissions that demonstrate what you, your family, friends and community can do to combat climate change. Open to Bay Area residents between the ages of 13 and 23, submissions will be judged in two categories based on age group (13-17 or 18-23). Details and submission requirements are on the [MTC's website](#).

地平线上的艺术：面对气候变化的青年

提交截止日期为3月22日

大都会运输委员会和湾区政府协会现在接受他们的第一次青年艺术比赛的提交。比赛提出了一个问题：你能做些什么来阻止气候变化？MTC和ABAG正在寻找数字艺术作品，展示您，您的家人，朋友和社区可以做些什么来应对气候变化。对13至23岁的湾区居民开放，提交的作品将根据年龄组（13-17或18-23）分为两类。详细信息和提交要求在MTC的网站上[MTC's website](#)。

T11 Jane

Palo Alto Art Center Summer Counselor-in-Training Application Now Available

The Counselor in Training applications for the summer of 2019 are now available. Summer Camp Counselors in Training (CIT) are volunteers (12-17 years old) who assist professional art instructors in the day-to-day running of the Children's Fine Art summer camps. Applications are accepted on a first-come, first-served basis and must be returned to the Palo Alto Art Center via mail or in person drop off. Only complete applications will be considered. Spots fill up fast, get your application in as soon as possible!

Summer 2019 Counselor in Training Application & Information:
<https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=44003.41&BlobID=69432>

Summer 2019 Lead Counselor in Training Application & Information:
<https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=52670.7&BlobID=69433>

Palo Alto 艺术中心夏季参赞培训应用现已推出

现已提供2019年夏季培训申请参赞。夏令营培训辅导员（CIT）志愿者（12-17岁），他们协助专业艺术指导员参加儿童美术夏令营的日常运作。申请表以先到先得的方式接受。必须通过邮寄或亲自送回Palo Alto艺术中心。仅考虑完整的申请。快速填满，尽快申请！

2019年夏季培训申请和信息参赞：<https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=44003.41&BlobID=69432>

2019年夏季培训申请和信息首席顾问：<https://www.cityofpaloalto.org/civicax/filebank/blobdload.aspx?t=52670.7&BlobID=69433>

Art Classes for High School Students at the Palo Alto Art Center

Online registration opens Mar 7

Unleash the creativity in your student by signing them up for one of our teen art classes. [Online registration](#) opens on March 7 for Palo Alto residents. We offer classes at the Art Center and Mitchell Park Community Center focusing on Painting, Illustration, Ceramics, and Drawing. Questions? Please visit our [website](#) or contact Rebecca Passarello, rebecca.passarello@cityofpaloalto.org or (650) 617-3509.

帕洛阿尔托艺术中心的高中生艺术课程

在线注册将于3月7日开始

通过为我们的青少年艺术课程签名，释放学生的创造力。[在线注册](#)将于3月7日开放，供Palo Alto居民使用。我们在艺术中心和米切尔公园社区中心提供课程，重点是绘画，插图，陶瓷和绘画。有问题吗？请访问我们的[网站](#)或联系Rebecca Passarello, rebecca.passarello@cityofpaloalto.org (650)617-3509。

Edward

Pre-Vet Expo Registration Going on NOW

Sun, Apr 21, 8:30 AM-5 PM, Stanford's Li Ka Shing Center, 291 Campus Dr, Palo Alto

The Stanford Undergraduate Pre-Vet Society presents the 2019 Pre-Vet Expo VI. This daylong conference caters to upper level high schoolers, undergraduate and post graduate college students, as well as science or college advisors interested in gaining more understanding of the diverse field of Veterinary Medicine. Registration: <https://events.eventzilla.net/e/prevet-expo-vi-2138729599>

Volunteer Opportunities for High School Students

Jun 24-Jul 19, 8:30 AM-4:30 PM, Greene Middle School, 750 N California Ave, Palo Alto

Summer Math Camp (nonprofit 501 C(3)) invites VOLUNTEERS to help us get around with younger students (there are a lot of options to choose from, including helping teachers in the classrooms with Math, English, Computer Programming, Science and Art, playing with children during breaks, becoming chess, tennis, or swimming coaches, etc.). Lunch and snack are provided. Besides volunteering, the students can take Geometry or Algebra II Crash Course and/or SAT I at the same place.

Volunteer Application: <http://www.classicmath.org/volunteer-application/>

Summer Math Camp Application:
<http://www.classicmath.org/summer-math-camp-application-palo-alto/>

Contact: Mariya Gutman, (650) 224-4226

现在正在进行兽医博览会注册

太阳, 4月21日, 上午8:30 - 下午5点, 斯坦福大学李嘉诚中心, 291校园博士, 帕洛阿尔托

斯坦福大学本科学前兽医学会将举办2019年Pre-Vet Expo VI。这个为期一天的会议迎合了上层高中生, 本科生和研究生的大学生, 以及有兴趣更多地了解兽医学领域的科学或大学顾问。注册: <https://events.eventzilla.net/e/prevet-expo-vi-2138729599>

高中生的志愿者机会

6月24日至7月19日, 上午8:30至下午4:30, 格林中学, 750 N California Ave, Palo Alto

夏季数学营(非营利组织501 C(3))邀请志愿者帮助我们与年轻学生一起(有很多选择可供选择, 包括帮助教室里的数学, 英语, 计算机程序设计, 科学和艺术, 休息时与孩子们一起玩, 成为国际象棋, 网球或游泳教练等。提供午餐和小吃。除了志愿服务外, 学生还可以在同一个地方参加 Geometry或Algebra II Crash Course和/或SAT I。

志愿者申请: <http://www.classicmath.org/volunteer-application/>

夏季数学营申请: <http://www.classicmath.org/summer-math-camp-application-palo-alto/>

联系人: Mariya Gutman, 6502244226

T13 Hannah

Internships with Metropolitan Transportation Commission (MTC)

Each year MTC sponsors a High School Internship Program to help introduce high school students in the 10th, 11th or 12th grade to career opportunities in the field of transportation. Eligible students will earn \$15 per hour, with their wages paid by MTC, and can choose to work either full- or part-time, up to 250 hours. More information is available here: <https://jobs.mtc.ca.gov/internships>.

更 MTC 的实习

每一年, MTC 会赞助一个中学实习程序去帮中学们在十, 十一, 和十二年纪学到工作机会在佳通领域。每一个小时, 学生会拿到十五块钱。MTC 会付钱。学生可以兼职工作或者全职工作。可以工作到二百五十个小时。如果想要更多的信息, 到 [这里](#)。

FROM THE PREVIOUS ISSUE:

Bullet Journaling for Teens

Saturdays, Feb 9, 23; Mar 9, 23; Apr 6, 20; 3-4:30 PM, Mitchell Park Teen Center, 3700 Middlefield Rd, Palo Alto

This free bullet journaling workshop provides a space where students can cultivate creativity and organizational skills while de-stressing from academics. Bullet journaling is an activity that includes artistic elements as well as writing and planning through making lists, calendars, and trackers. Through participating in this activity, students will get their own journal to keep and learn different bullet journaling skills each class. Teens are free to join during any class, and preferably will attend multiple classes. All materials are free. This workshop is funded by Palo Alto Think Fund. No registration is required. If you have any further questions, please email bulletjournalingforteens@gmail.com.

从之前的信息

针对青少年的日记

星期六, 2月9日, 23日; 3月9日, 23日; 2月6日, 20日; 下午3-4 : 30, Mitchell Park Teen Center, 3700 Middlefield Rd, Palo Alto

这个免费的日记工作室为学生提供了一个培养创造力和组织技能的空间, 同时减轻了学者的压力。Bullet日记是一项活动, 包括艺术元素以及通过制作列表, 日历和跟踪器进行编写和规划。通过参加此活动, 学生将获得自己的日记, 以保持和学习每个班级不同的日记技能。青少年可以在任何课程中自由加入, 最好是参加多个班级。所有材料都是免费的。该研讨会由Palo Alto Think Fund资助。无需注册。如果您有任何其他问题, 请发送电子邮件至bulletjournalingforteens@gmail.com。

Edward

Real Food for Thought

Wed, Mar 6, 7-8:30 PM, Palo Alto High School, Media Arts Center, 50 Embarcadero Rd, Palo Alto

PTA Council of Palo Alto hosts this event. Has your family thought about eating more "real food"? Is our local community in line with your thinking? Our speaker, Dr. Lustig, will reveal how and why Americans are eating more processed foods with added sugar and less "real foods" like vegetables, whole grains, lentils, nuts, seeds and fruits. Robert H. Lustig, MD, MSL, is the Emeritus Professor of Pediatrics in the Division of Endocrinology, and Member of the Institute for Health Policy Studies at UCSF. [RSVP here](#).

Paly Theatre Presents: Guys & Dolls

Mar 8, 9,15,16 at 7:30 PM, Mar 14 at 4:30 PM, and Mar 17 at 2 PM, Palo Alto High School, 50 Embarcadero Rd, Palo Alto

Roll the dice and hop on over to the Paly theatre! You'll see it all in the Tony award winning quintessential musical *Guys & Dolls*. This hilarious, high stakes adventure has a multifaceted

mission and romance galore as we dance the night away through Times Square and Havana. Tickets now at www.palytheatre.com/tickets! Tickets are \$15 adults, \$10 students/seniors.

真正的思想食物

3月6日星期三, 7-8-8 : 30, Palo Alto高中, 媒体艺术中心, 50 Embarcadero Rd, Palo Alto

帕洛阿尔托PTA理事会主办此次活动。您的家人是否考虑过吃更多“真正的食物”？我们的当地社区是否符合您的想法？我们的发言人Lustig博士将揭示美国人如何以及为什么要吃更多的加糖食品和更少的“真正的食物”，如蔬菜，全谷物，扁豆，坚果，种子和水果。Robert H. Lustig, 医学博士, MSL, 是内分泌科的儿科荣誉教授，也是加州大学旧金山分校卫生政策研究所的成员。在这里回复。

Paly剧院礼物：男人和玩偶

3月8日, 9,15,16, 下午7 : 30, 3月14日下午4:30, 以及3月17日下午2点, 帕洛阿尔托, Embarcadero路50号Palo Alto高中

滚动骰子, 然后跳到Paly剧院！你会在Tony获奖的典型音乐剧Guys & Dolls中看到这一切。当我们在时代广场和哈瓦那跳舞时, 这个热闹的高风险冒险有着多方面的使命和浪漫。门票现在 www.palytheatre.com/tickets ! 门票是15美元的成人, 10美元的学生/老年人。

T15 Sonia

Special Saints and Sinners Benefit

Sat, Mar 16, 5:30 PM, Palo Alto High School Performing Arts Center, 50 Embarcadero Rd, Palo Alto

You're invited to join us at the *Guys & Dolls* Supper Club and Music Revue Benefit. Feast on New York deli delights, while members of the *Guys & Dolls* cast entertain you with song and dance numbers. Your ticket to this special event includes supper, entertainment and the best seats in the house for a rollicking great performance of *Guys & Dolls*. The fun begins at 5:30 PM on March 16th in the Paly High PAC. Tickets for this memorable benefit--including reserved VIP seats for the 7:30 PM performance--are \$45 for adults and \$35 for children 12-and-under.

特殊的圣徒与罪人福利

星期六, 三月十六日, 下午五点半, 帕洛阿尔托高中艺术中心, 50 Embarcadero Rd, 帕洛阿尔托

你被邀请在朋友和玩偶晚餐俱乐部和音乐剧加入我们。在朋友和玩偶的剧组成员用歌唱和舞蹈来招待你的同时, 你还可以享用纽约熟食店的美食。这项特殊活动的票包括晚餐, 娱乐以及房子里观看欢乐、精彩的朋友和玩偶表演的最佳位置。宴会会在三月十六日的下午五点半开始, 于帕洛阿尔托高中艺术中心。这项难忘的福利活动的票 (包括晚上七点半表演的VIP保留席位) 售价为成人45美元, 十二岁及以下的儿童35美元。

6th Annual Racing Hearts 5K/10K

Sun, Mar 24, 9 AM, City Hall, Downtown Palo Alto

Join the Racing Hearts and the City of Palo Alto Police and Fire departments to celebrate active living for heart disease and community AEDs. Revenue from this event is going towards AEDs being deployed into East Palo Alto patrol cars (they have none right now.) Use code ENEWS2k19 for \$5 off [registration](#) (expires midnight, Feb 24). Please join us to celebrate active living for heart disease and community AEDs!

第六届年度跳动的心脏 5公里/10公里

星期日, 三月二十四日, 上午九点, 市政厅, 帕洛阿尔托市中心

加入跳动的心脏和帕洛阿尔托警察和消防部门来庆祝心脏病的积极生活和添置社区心脏除颤器。这项活动的收益将会作为AED为东帕洛阿尔托购买巡逻车（他们目前一辆也没有）。用代码ENEWS2k19可以在[登记](#)时减五元（于二月二十四日午夜到期）。请加入我们来庆祝心脏病的积极生活和添置社区心脏除颤器！

T16 Jackie

Tics Research Study at Stanford

The Early Life Stress and Pediatric Anxiety Program at Stanford is recruiting children and adolescents, both with and without a history of tics, for a research study exploring brain function. Youth between the ages of 9-17 who are right-handed and English-speaking may be eligible to participate. A tic disorder diagnosis is not necessary to participate. Participation involves two initial and two follow-up appointments that each lasts about 2 hours and includes self-reports and behavioral tasks, as well as brain imaging with fNIRS (functional Near-Infrared Spectroscopy). fNIRS is a safe, non-invasive technique that uses infrared light to examine brain function. In addition, children with a history of tics will receive 8 weekly sessions of behavior therapy with a tic disorder specialist. All participants will receive access to ongoing updates about study outcomes and payment of \$120 for involvement. Sessions are available both during the academic year and over the summer. For more information, or to enroll in the study, email espil@stanford.edu or Audreyho@stanford.edu. We encourage you to reach out if you're interested, as space is filling up. For general information about participant rights, contact (866) 680-2906.

For older Community announcements, see [Recent Issues of the Gunn Connection](#).

斯坦福大学的抽动研究项目

斯坦福大学的早期生活压力和小儿焦虑项目正在招募儿童和青少年，无论是否有抽搐史，都可以进行一项探索大脑功能的研究。年龄在9-17岁之间的右撇子和说英语的青少年可能有资格参加。参与不需要通过抽动障碍诊断。参与过程包括两个初始和两个后续预约，每个预约持续约2小时，包括自我报告和任务，以及使用fNIRS（功能性近红外光谱）进行脑成像。fNIRS是一种安全的非侵入性技术，它使用红外线来检查大脑功能。此外，有抽搐史的儿童将接受每周8次的由抽动障碍专家进行的治疗。所有参与者都将获得有关研究结果的持续更新以及支付参与费120美元的信息。该项目既可以在学年内参加，又可以在暑假期间参加。想要了解更多的信息或参加本项目，请发送电子邮件至

espil@stanford.edu或 Audreyho@stanford.edu。如果您感兴趣，我们鼓励您与我们联系，因为名额有限。想知道有关参与者权利的大概信息，请致电（866）680-2906。

想了解较早的社区公告，请参阅Gunn Connection的最近消息。