

MIDTOWN NEWS – March 16, 2018

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LIST SERV at PaloAltoMidtown@yahoo.com. Great place to "chat"

1) MIDTOWN TIDBITS

Please note that **Midtown Enews will be abbreviated in April**

MARCH 20: Next Class to train **Block Coordinators** at 6 PM Mitchell Park Community Center. Enroll at epvolunteers@paneighborhoods.org

Join our **ShutUp and Write** every Wednesday from 6:30 to 7:45 PM. Palo Alto Café. Calling all writers--there is a ShutUp and Write MeetUp in Midtown Palo Alto every Wednesday night at the Palo Alto Cafe, 6:30- 7:45 PM. <https://www.meetup.com/ShutUpandWriteSiliconValley/events/239174609/>. Midtown Shopping Center, 2675 Middlefield Rd A. No reservations-free and open to everyone. Very casual and friendly. We chat for a few minutes, then "Shut up" for an hour. No criteria. No one is looking what you are doing. It's just an hour of "no talking." Amazing how much you can get done. Be sure your laptop is charged up as there are very few electrical outlets. Join us.

2) CITY/COUNTY/PAUSD EVENTS

MARCH 19- MAY 7 Start: **Upgrade Downtown**: Palo Alto's multi-year infrastructure and street improvement project. It provides critical, preventative upgrades to core infrastructure so we can continue to provide safe, reliable and cost effective services to our community. Construction work includes utility pipe replacements, road repaving, traffic signal enhancements and a new downtown parking garage. Visit project website <http://upgradedowntownpa.com/> for schedule, locations, and full scope of work. Phase 1: University Ave between Webster St and Cowper St from 8 AM - 6 PM. PHASE 2: March 26-April 6, Everett Ave between Fulton Ave and Palo Alto Ave.

BOARD & COMMISSION OPENINGS: Currently recruiting for the following positions. **Applications due March 20** at 4:30 PM. Historic Resources Board, Human Relations Commission, Public Art, Utilities Advisory Commission. <http://bit.ly/bcapplications>

CITY COUNCIL

Mar 19: Start 6 PM after closed session. Topics: Change Municipal code to add a new Section imposing an Annual Office Limit. The proposed Ordinance will perpetuate the existing 50,000 square feet of new Office/R&D development/year with modifications regarding the review process, un-allocated area rollover provisions, and exemptions. <https://www.cityofpaloalto.org/civicax/filebank/documents/63853>

Mar 26: Study session 5 PM on Stanford Research Park TMA. 6PM - Sales tax and economic trends. Topics: Council AV system redesign and changes. <https://www.cityofpaloalto.org/civicax/filebank/documents/64115>

UPCOMING COMMISSION & BOARD MEETINGS & OTHER

MARCH 20: **Finance Committee** at 6 PM first floor meeting room, City Hall. Funding gap re Infrastructure. <https://www.cityofpaloalto.org/civicax/filebank/documents/64113>

March 21: **Policy & Services** at 6 PM, first floor meeting room, City Hall. Topic: City audits. See <https://www.cityofpaloalto.org/civicax/filebank/documents/63875>

March 21: Special **Rail Committee** Meeting Agenda and Packet: <https://www.cityofpaloalto.org/civicax/filebank/documents/64114>

APRIL 3: **Finance Committee**: Hearing on CDGB funding at 7 PM, first floor meeting room, City Hall.

3) LOCAL EVENTS

Avenidas Activities at <http://www.avenidas.org/>. Samples of classes follow. Programs on the 2nd floor of Building I at Cubberley. New revised website at www.avenidas.org. REGISTRATION 289-5400.

- Mar 17: Remembrance Lantern Making Workshop 9:30am-12:30pm, Avenidas @ CCC. Pre-registration required. Call 289-5400. FEE: \$25 + \$5 materials
- Mar 19: UNA Film Festival "Frontrunner" 3-4:30pm @ Channing House. Drop-in, free.
- Mar 20: NEW CLASS DEMO: Magic in Motion Seated fitness, 1:30-2:30pm, Avenidas @ CCC. Free.
- Mar 21: BYOD (Bring Your Own Device). Do you have a device that's giving you a problem? Expert help available. 10 AM to noon, free.
- April 3 to 24: Pilates, 5 to 6 PM, \$28/\$36.

CALL for **SHORT STORIES**: PA Weekly: **Deadline April 6**: Prizes for 1st, 2nd & 3rd place winners in each category: Adult, Young Adult (15-17) & Teen (12-14). See https://www.paloaltoonline.com/short_story/entry.php

WHAT'S PLAYING ON STAGE?

Mar 7 -Apr 1: Theatreworks: Skeleton Crew: A makeshift family of autoworkers navigates the recession in this funny, tough, and tender American drama. Will their Detroit plant survive?

Mar 9-17: "Venue" at PALY Theatre. March 9-17, at 7:30 PM; March 15, at 4 PM; March 18, at 2 PM. There will be a reception after the March 9 performance, at which audience members can meet the cast and production staff and partake in light refreshments. FEE: \$10 student/senior; \$15 adult. Information at www.palytheatre.com.

Apr 27-May 13: Rock of Ages: Going Back to a sexier Time: The Regan Era

STANFORD **CONTINUING EDUCATION**. Classes start April 2. Enroll at www.continuingstudies.stanford.edu. Featured courses: Neuromarketing: How Brain Science Is Changing Marketing as We Know It; Project Management for Continuous Innovation; How to Think Like a Futurist; Accelerate Your Startup Idea • Product Management for the Internet of Things; Playful Mindfulness • Building a Successful Brand: Connecting the What, How, and Why.

MARCH 12-JUNE 11: **Yoga with the City of Palo Alto's** Recreation Division. Mindful Yoga and Meditation for Feeling Great through our Enjoy Program. Renew, revitalize and learn how to lower your stress while discovering your inner peace and well-being. The instructor for the class is Mike Kintz. 5:30 - 6:45 PM at Lucie Stern Ballroom.

MARCH 17 & 31 **Rain barrels and native plant rain gardens** (workshop and volunteer event). This hands-on training and volunteer event will teach you how to construct rain barrels and native plant rain gardens, both of which can add beautiful water-conservation elements to your home. (Learn about City of Palo Alto rain barrel rebates). Grassroots Ecology and the Watershed Stewards Program will lead this event. Wear work clothes and sturdy shoes. Bring sunscreen and a water bottle. Refreshments provided! 9 AM -1 PM, Gamble Garden Center, 1431 Waverly St.

MARCH 23: "Teens Speak Out: **Give Voice**." Paly & Gunn students share their well-being through art. Opening Reception, March 23, 5-7 PM Palo Alto Art Center (Exhibit, March 21 – April 18).

MARCH 23: At the JCC. "**Literature, Leadership and Lunch**," 11:30 AM. Can looking into the past and imagining the future teach us about the present? Our authors will read from their work and discuss the ways that gender, power and culture collide and what that may mean in this year of extraordinary political opportunity for women. FEE starting at \$125.

MARCH 23; Gamble Garden **Floral Design** 9:30 AM -12:30 PM. Learn how to purchase, condition & arrange seasonal blooms through demos & hands-on learning. FEE: \$99 mem; \$129 nonmem. Register www.gamblegarden.org.

MARCH 24: **Paly Fun 5 K Run for the Whole Family**, Palo Alto High School with fun events for the whole family, like a 2K Walk, Roll, or Stroll, and sprint races for elementary school kids. The Riekes Center will be hosting a challenge course for the kids. There will be jugglers, ukulele players, balloon artists, and more! In partnership with Paly's Best Buddies program, all races are accessible. Early-bird registration discount closes on March 18. Sign up at <http://palysportsboosters.org/paly-5k-fun-run/>

MARCH 24: **Designing Native Gardens** from 9:00 AM – noon. Open to the Public, Registration Closes Sat Mar 24, 9:00AM at Mitchell Park Community Center, El Palo Alto Room. Learn how to create a beautiful, low water use and low maintenance landscape with native plants. You will learn design concepts, best practices, how to set goals, and a budget in this informative lecture class. Walk-ins are welcome.

MARCH 25: **Passover Celebration**. 11:00 AM-2:00 PM at Mitchell Park, 600 East Meadow Drive. FREE. Celebrate the Passover journey to freedom with your family and friends. The amazing Riveropolis, a mini river for your children to explore; Arts and Crafts, Building with matzah; Face painting; A water balloon toss.

MARCH 26: At the JCC: Jewish Women's Theatre: "**Crossing Our Red Sea**" and "**Guilty Parties**." 7:30-9:00 PM. FEE: \$30, \$25 Mem&J-Pass. The Oshman Family JCC presents two plays from Jewish Women's Theatre (JWT). "Crossing Our Red Sea" explores life's truths as found in the Passover story using thought-provoking contemporary stories, poems and songs to make you laugh and cry. Finally, find out why we should care about millennials on May 22 when "Guilty Parties" will be performed. Who are these 20- and 30-year-olds and what do they think? What do their stories tell us? See this shocking and hysterical show about the next generation.

MARCH 28: At the JCC "**Hormonal: The Hidden Intelligence of Hormones**" from 8:00 - 9:30 PM. FEE: \$36. Ticket and book bundle, \$18, \$15 Mem & J-Pass, \$10 Students. Did you know that ovulating women walk more, eat less, socialize more, meet more men and flirt more? Behind the differences in what women find sexy about men, there's a hidden adaptive intelligence. Martie Haselton, the world's leading researcher on sexuality and the ovulation cycle, looks at the biological processes that influence our behavior and presents a new understanding of women's bodies, minds and sexual relationships. She found that humans possess a special phase of sexuality, called estrus, with a host of physiological and behavioral changes.

MARCH 28 & 29: Open House: **All-Electric Multifamily Building Tour**, 430 Forest Avenue, 6-8 PM. FREE. 3/28 Tour For Residents 6-8 PM. FREE. 3/29 Tour For Building Professionals, 3-5 PM. FREE. Come see Palo Alto's new, state of the art, all-electric apartment complex. The owners of this property are hosting an open house, along with City staff, to answer questions related to green building resources and City programs available to support similar electrification upgrades, such as heat pump water heaters and electric vehicle charging equipment. Stay tuned: Event will be held contingent on the completion of the building. For more details, www.430Forest.com.

APRIL 4: At JCC: "**Every Note Played**." 8:00 - 9:30 PM. FEE: \$18, \$15 Mem & J-Pass, \$10 Students. Play vividly depicts ALS (Amyotrophic Lateral Sclerosis) and explores regret, forgiveness, letting go and redemption. An accomplished concert pianist, each of Richard's fingers was a finely calibrated instrument, dancing across the keys, precisely striking each note. But now he has ALS and his right arm is paralyzed. He knows his left arm is next. Stuck in an unfulfilling life, Richard's ex-wife Karina blames him and their failed marriage. As he becomes increasingly paralyzed and is no longer able to live on his own, Karina becomes his reluctant caretaker. As Richard's muscles, voice and breath fade, the two struggle to reconcile their past before it's too late.

APRIL 7, 8: **Going Native Garden Tour**: A free, self- guided tour of home gardens featuring California Native Plants that are water-wise, attractive, low maintenance, low on chemical use, and bird and butterfly friendly. A variety of home gardens landscaped with California native plants will be open to the public in locations through the Peninsula. 10 AM -4 PM. FREE. Register at www.gngt.org

APRIL 14: **Saint Michael Trio**: Mendelssohn at 7:30 PM at Dinkelspiel. FEE: \$5 advance, \$10 at door.

APRIL 14: **Permaculture Principles**. Design and Application Workshop. Overview of permaculture, including key principles and ethics. Learn how permaculture designers observe and make note of the zones of use and sectors of influence on a landscape/gardenscape and how to design based on the constraints and opportunities existing in that space. Learn how you can apply permaculture when designing your own garden or home space.

Get hands on experience in designing a permaculture-inspired plant "guild," or grouping of plants that work together in their use of space, shade, nutrients in the soil, etc. Brainstorm creative permaculture solutions to a key issue you see in your community, neighborhood or region. 11:30 AM -noon. FREE

APRIL 15: **Spring Family Day Blooms**, 2-4:30 p.m. Join us for hands-on artmaking projects, a musical performance and a scavenger hunt! All activities are appropriate for ages 5 through adult. The Art Center is partnering with the Society for Art and Cultural Heritage of India (SACHI) for this event.

APRIL 18: FREE **document shredding** at parking lot of Little House, 800 Middle Ave, Menlo Park.

APRIL 21 & JUNE 2: **Compost Basics**. Using compost in your garden improves your soil, benefiting your plants and enhancing your garden's health and vitality. Compost helps plants absorb nutrients already in your soil, allows plants to develop better root structure which will help them grow healthier, and holds onto water and nutrients that are applied and slowly releases them when plants need them. Learn how easy it is to compost, attend one of these FREE compost workshops. Requires pre-registration (408) 918-4640. From 10 AM--Noon, Cubberley, Room H-1.

APRIL 24: "**All about Heat Pump Water Heaters.**" How old is your water heater? The majority of Palo Alto's residential water heaters are fueled by gas and last 8 to 10 years. Switching from a greenhouse gas emitting gas water heater to a high efficiency electric heat pump water heater powered by clean electricity is a great way to help the City reach its carbon reduction goals. Come learn what you can do to make the switch and get up to a \$1,500 rebate, 3 - 6 PM at Mitchell Park Community Center, El Palo Alto Room, 3700 Middlefield Road. Free.

APRIL 28 & MAY 8: "**How to Make a Cutting Board**" from 9 AM to noon at Woodshop at PALY. You must have taken or be enrolled in Woodworking 1 to enroll. Register at www.paadultschool.org.

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MARCH 18: Bay Choral Guild – “St John Passion,” First United Methodist Church, 625 Hamilton. Tickets available from your favorite chorister, online or at the door of each concert. Lecture 30 minutes before.

MARCH 21: A Discussion with Gil Friend, Chief Sustainability Officer for the City of Palo Alto at the Art Center at 7: 30 PM. Students from Gunn High School will give short presentations on local activism on climate change.

MARCH 21: Cafe Scientifique at Blood Center. CHANGE IN SPEAKERS. Scalability & Privacy In Cryptocurrencies, 6-7 PM, 3373 Hillview Avenue, Breezeway. Free Admission • Complimentary Beverages and Cookies

MARCH 22: USGS Monthly Lecture "Snow and Avalanche Science:Highlights of applied avalanche research and forecasting", .7 PM at Rambo Auditorium/Bldg. 3, 345 Middlefield Rd., Menlo Park.

MARCH 23: Art Center: Teens, You're Invited to Takeover: Teen Creativity Party from 7 - 9 PM. Art activities, performances, music, candy bar, and more! FREE.

MARCH 24: Tree Planting: Cubberley Community Day from 9am – noon. Volunteer at <http://canopy.org/get-involved/volunteer-signup/>

MARCH 25 at Gamble Garden Easter Egg Hunt at 9:30 AM, 11AM, and 12:30 PM. FEE: <https://tinyurl.com/ya76yudk>

MARCH 27: At the JCC: AROUND THE WORLD ... Four Shillings Short. “Around the World in 30 Instruments,” a multi-cultural educational concert presenting traditional music from Ireland, Scotland, England, Medieval and Renaissance Europe, the Americas and India. From 1 to 2:30 PM. FEE: \$15. For more, contact Michelle Rosengaus at mosengaus@paloaltojcc.org or 223-8616.

MARCH 28: Mitchell Park Community Center: Spring 2018 Franchise Business Expo. For more information and to register, please visit our website at <https://tinyurl.com/yd8tujaa>. From 2 - 5 PM. Room EPR (East)

MARCH 28: "How to Dementia-Friendly Community" at Mitchell Park Community Center from 7 - 9 PM. FREE but space is limited and an RSVP is required. RSVP to Mary Suarez at msuarez@alz.org or 408-372-9901.

MARCH 31: Avenidas Housing AGE-FRIENDLY LIVING ... "Building Your Future!" Expert-led discussions on the range of senior housing options, including aging in one's own home. "Expanding Choices for Age-Friendly Living" 9 AM - 3:45 PM (lunch included), Mitchell Park Community Center. FEE: \$45, \$50 at the door. For more information go to www.Avenidas.org.

APRIL 7: Benefit for Canopy: The Wonder of Trees with "Lab Girl" Hope Johnson. See www.canopy.org/gala2018

APRIL 14: GREAT RACE FOR SAVING WATER from 9 AM - 1 PM, Baylands Race - a 5K run/walk and kids 1K fun run. FEE. Register at <https://www.sweattracker.com/Registration/SavingWater>

APRIL 19: Acterra "Party for the Planet" honoring San Mateo County Supervisor, Dave Pine at 6 PM the JCC. See <https://www.acterra.org/party>. Proceeds benefit Acterra's acclaimed local environmental programs.

APRIL 27: Tickets on Sale now for the Gamble Garden Spring Tour to be held April 27/28 with 5 five private gardens. To register, go to www.gamblegarden.org.

APRIL 27-28: Adolescent Mental Wellness Conference "Overcoming Cultural Barriers to Access" at the Santa Clara Convention Center. To register for the conference: <http://adolescentconference.stanfordchildrens.org>