

THE
Nueva
SCHOOL

INTERSESSION 2018 • JANUARY 3 TO 10

UPPER SCHOOL CATALOG



CLICK A **BLUE**
HEADER TO JUMP
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OF YOUR GUIDE

WEEK ONE Morning Seminars

SCIENCE/COOKING Science of Food

THEATER Fun and Magic of Mime

LIFESKILLS An Introduction to Fullforce Self Defense

MATH The Mathematics of Tilings

JOURNALISM Journalism: Reporting, Writing, and Publishing the News

THEATER Dialects for Stage and Film

ART/SCIENCE Making a Dinosaur

POSITIVE PSYCHOLOGY Happiness 101: Positive Psychology

ART The Art of Making Art: An Introduction to Process Art

FILM/TECHNOLOGY Filmmaking and Visual Effects

BUSINESS So You Want to be a VC

FIELD SCIENCE/HISTORY Hannibal: Interactive Field Science, Maps, and GIS

HISTORY/FASHION Image and Fashion: The Bizarre History

LANGUAGE Foreign Language: Intro to Russian

LAW/SOCIAL STUDIES American Criminal Law: With Case Studies and Visuals

MUSIC Beginning Guitar

SCIENCE/WRITING Modern Science Communication

MATH Creative Math: How Does UPS Get Your Package to its Destination on Time

WEEK ONE Afternoon Seminars

ART Rangoli Art

BUSINESS The Language of Leadership

DANCE Hip-Hop Dance & Choreography

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WEEK ONE Afternoon Seminars Continued

MATH How Big is Big: An Exploration of Infinity

WRITING Nonfiction Writing: The Art of Crafting True Stories

ART/SCIENCE Making a Dinosaur

ART/COOKING Cake Decorating

FILM/WRITING Screenwriting

SCIENCE Forensic Science

MUSIC/TECHNOLOGY Electronic Music Production

HISTORY/LITERATURE Hannibal in Roman Literature, Hands-On
Literary Sleuthing

MUSIC/PERFORMANCE The Art of Rap: Mastering Rhythm and
Rhyme

LAW Constitutional Law

BUSINESS/SCIENCE Neuromarketing: How Brain Science Is Changing
Marketing As We Know It

MEDICINE So You Want to be a Dr.: General Pediatrics, Orthopedics,
Personalized Medicine, Pathology, and Genomics

LANGUAGE Introduction to American Sign Language

ART/SOCIAL JUSTICE KALA Arts: Public Art Workshop

WEEK ONE Intensives

ENGINEERING/INDUSTRIAL ART Industrial Arts: MIG Welding

INDUSTRIAL ART Industrial Arts: Neon & Light

ART/SCULPTURE Industrial Arts: Clay Sculpture

ART/HISTORY Radical Art in the 1960s: Exploration, Discussion, and
Study

MUSIC Music Composition

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WEEK ONE Intensives Continued

ART KALA Arts: Collagraph with Carborundum

ART Glassblowing Retreat at Bay Area Glass Institute (BAGI)

ART/SOCIAL JUSTICE Woodworking: Building Shelter Pods for the Homeless

PHOTOGRAPHY Photographic Storytelling: The Visual Narrative

SOFTWARE ENGINEERING Add Your Code to an Open Source Software Product

FILM/THEATER So You Think You Want to be a Stuntman

WEEK ONE Activities

WEDNESDAY

ART Henna Candle

WILDLIFE/ENVIRONMENT Conservation Ambassadors: Under the Canopy

ART/SCIENCE Time Travel through Art and Science

GARDENING Succulents: Succulent Terrarium Workshop

MARTIAL ARTS/FITNESS Boxing

HISTORY/SCIENCE Da Vinci: What You Didn't Know

ART Book Art

COOKING Cooking with Chef Robert: Basic Kitchen Skills

MUSIC/PERFORMANCE The Art of Rap: Performance by Rahman Jamaal

MATH/ART Surprising Structures and Baffling Behaviors: Kinetic Sculptures Grounded in Geometry

BUSINESS/LIFESKILLS Negotiation Mastery: Influence and the Psychology of Persuasion

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WEEK ONE Activities Continued

WEDNESDAY Continued

FITNESS/WELLNESS Rock Climbing

SCIENCE Let's Build a Brain: A Crash Course in Developmental Neurobiology

LIFESKILLS Auto Maintenance 101: Know Your Car Bumper to Bumper

FASHION/SUSTAINABILITY Upcycling: Making Your Own Handbags or Backpacks with Recycled Materials

PUBLIC SPEAKING Effective Nonverbal Communication

THURSDAY

BUSINESS Corporate Strategy: Harvard Business School Case Study, Hamilton (the Broadway Play)

MEDICINE Medical Exploration: Suturing

WILDLIFE/ENVIRONMENT Conservation Ambassadors: Desert Magic

MARTIAL ARTS/FITNESS Muay Thai

MEDICINE/HISTORY A History of Medicine: Medics, Mayhem, and Accidentally Saving Lives

PHILOSOPHY Star Trek Thought Experiment

COOKING Cooking with Chef Robert: Eating Healthy at Home

HISTORY What was Hannibal's Secret Weapon?

MATH/ART Math and Art Workshop: How to Create Spirals

LAW/SOCIAL STUDIES A Day in the Life of a DA: Jury Selection and an Opening Statement in a Murder Case

HISTORY/ACTIVISM Leading the Revolution

FITNESS/WELLNESS Rock Climbing

SCIENCE Let's Build a Brain: A Crash Course in Developmental Neurobiology

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WEEK ONE Activities Continued

THURSDAY Continued

LIFESKILLS Auto Maintenance 101: Know Your Car Bumper to Bumper

FASHION/SUSTAINABILITY Upcycling: Making Your Own Handbags or Backpacks with Recycled Materials

FRIDAY

ART Embroidery Art

WILDLIFE/ENVIRONMENT Conservation Ambassadors: Where Animals Call Home

GARDENING Succulents: Air Plant Design Class

MARTIAL ARTS/FITNESS Kickboxing

THEATER/IMPROV Comedy Sportz Improv: Performance and High School League

MATH/DESIGN Are you up for a Challenge? The Enigmatic MC Escher and His Fiendishly Impossible Stairs

ART Book Art

COOKING Cooking with Chef Robert: Eating Healthy at College

BROADCASTING/SPORTS Sportscasting: Behind the Scenes

BUSINESS/SCIENCE Understanding Your Unconscious Mind and Why You Buy: The Neuroscience of Marketing

MATH/ART Math and Art Workshop: How to Create Spirals

FITNESS/WEELLNESS Rock Climbing

ENGINEERING Audiovisual Engineering: Designing Tools for Interactive Performance

LIFESKILLS Auto Maintenance 101: Know Your Car Bumper to Bumper

FASHION/SUSTAINABILITY Upcycling: Making Your Own Handbags or Backpacks with Recycled Materials

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WEEK TWO Morning Seminars

SCIENCE/COOKING Science of Food

DANCE Bollywood Dance

LEADERSHIP/BUSINESS Courageous Leadership

WELLNESS Introduction to Meditation

THEATER Shakespeare

ART/SUSTAINABILITY Wildcrafting: Ecology of Color, Making Felt from the Forest

FINANCE/LIFESKILLS Crash Course in Money Management: Budgeting, Accounts, and Credit

WRITING/PERFORMANCE/SOCIAL JUSTICE Power Poetry: Slam Poetry - Speaking Up and Speaking Out

PERFORMANCE/FITNESS Running Away to the Circus

ANIMATION/STORYTELLING Encapsulated Narratives: Telling Meaningful Stories through GIFs

ART/ENGINEERING Sawing, Filing, and Piercing – Oh, My! Designing on Sheet Metal

FILM/POLITICS The Conscience of Hollywood: Great Social Protest Films of the 1930s

SOFTWARE ENGINEERING Python Projects in Action

SCIENCE Our Planet's Cryosphere, No Place Like Home: Spaceborne Observations, and The Earth's Changing Climate

MUSIC A Cappella Seminar

FITNESS/WELLNESS Rock Climbing

FILM/THEATER So You Think You Want to be a Stuntman

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WEEK TWO Afternoon Seminars

WELLNESS Advanced Meditation

ART/SUSTAINABILITY Wildcrafting: Unexpected Edibles - Preserving Flowers, Leaves, and Seeds

MATH/CRITICAL THINKING Learn to Play Bridge

BUSINESS Personal Branding

WRITING Writing a Novel

ART/FILM/THEATER Makeup: A Walk Down Memory Lane

THEATER/IMPROV Improv: High School League

WILDLIFE/ENVIRONMENT Conservation Ambassadors: Animal Behavior

WRITING/PUBLISHING Writing and Publishing Children's Books

ART/ENGINEERING Rings, Rings, Rings: Metal Fabrication and Silver Soldering

PHOTOGRAPHY Introduction to iPhoneography

FILM/POLITICS In the Shadow of the Blacklist: Fear and Loathing in Hollywood

SOFTWARE ENGINEERING Intro to Web Apps

MUSIC Jazz Ensemble

ART/TECHNOLOGY Digital Animation

PUBLIC SPEAKING Public Speaking (for Nondebaters)

BUSINESS/SPORTS Sports Management

WEEK TWO Intensives

ENGINEERING/INDUSTRIAL ART Industrial Arts: TIG Welding

ENGINEERING Industrial Arts: Electromechanics for Everything

ENGINEERING Industrial Arts: Mother of Machines

ART KALA Arts: Mokuhanga Japanese Woodblock

ART KALA Arts: Introduction to Etching

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WEEK TWO Intensives Continued

ART Glassblowing Retreat at Bay Area Glass Institute (BAGI)

ART/SOCIAL JUSTICE Woodworking: Building Shelter Pods for the Homeless

ART/INTERIOR DESIGN/BUSINESS Interior Design 101

ART/BUSINESS Museum-Hopping and Exhibit Curation

MUSIC Making and Producing Music

FILM/SCIENCE Natural History Filmmaking and Science Communication

SCIENCE/POLITICS Climate on the Coastal Margin: The Science and Policy of California Climate Change

WEEK TWO Activities

MONDAY

ART Henna Candle

COOKING A Little Yumminess: Cooking and Culture - Flavors of India, the Spice Box

LIFESKILLS An Introduction to Self Defense

MEDICINE Medical Exploration: IVs

WILDLIFE/ENVIRONMENT Conservation Ambassadors: Vanished

LIFESKILLS/OUTDOORS Wilderness Skills: Fire Making

INDUSTRIAL ART Blacksmithing

FITNESS/WEELLNESS AcroYoga: Laugh Riot

GARDENING Succulents: Vertical Gardening

MARTIAL ARTS/FITNESS Boxing

ART KALA Arts: Mixed Media Embroidery

WRITING/PERFORMANCE/SOCIAL JUSTICE Power Poetry: Spoken Word Performance and Q & A

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WEEK TWO Activities Continued

MONDAY Continued

HISTORY Paris in the Belle Epoque: Evolution of the World's Most Magnificent City

DESIGN THINKING/ENGINEERING Designing Wonder: The Intersection of Magic and Engineering

ART/FILM/THEATER Makeup: Film and TV Trauma and Injury Special Effects

COMPUTER SCIENCE vZome

TUESDAY

ART Embroidery Art

BUSINESS Corporate Strategy: Harvard Business School Case Study, Shonda Rhimes' Shondaland

COOKING A Little Yumminess: Cooking and Culture – Indonesia, Rice at the Center

LIFESKILLS An Introduction to Self Defense

WILDLIFE/ENVIRONMENT Conservation Ambassadors: Wild America

LIFESKILLS/OUTDOORS Wilderness Skills: Knife Carving

LIFESKILLS/ART Primitive Fiber Arts: Basket Making and Ropes

INDUSTRIAL ART Blacksmithing

FITNESS/WEELLNESS AcroYoga: Laugh Riot

MARTIAL ARTS/FITNESS Muay Thai

SCIENCE The Arctic Icepack: Fatal Expeditions, Extreme Science, and a Changing Climate

HISTORY Paris in the Belle Epoque: Urban Society - Bohemians vs Bourgeoisie

ENGINEERING Audiovisual Engineering: Designing Tools for Interactive Performance

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WEEK TWO Activities Continued

TUESDAY Continued

BROADCASTING/JOURNALISM Broadcast Journalism

ART/FILM/THEATER Makeup: Back to the Basics - The No-Makeup
Makeup Look

WEDNESDAY

ART Colorful Indigenous Molasses from Panamanian Kuna

COOKING A Little Yumminess: Cooking and Culture - The Meze Table,
Small Plates to Share and Savor

LIFESKILLS Introduction to Self Defense

MEDICINE Medical Exploration: Sports Medicine

WILDLIFE/ENVIRONMENT Conservation Ambassadors: Amazing Animal
Adaptations

LIFESKILLS/OUTDOORS Wilderness Skills: Preserving Food

INDUSTRIAL ART Blacksmithing

FITNESS/WELLNESS AcroYoga: Laugh Riot

GARDENING Succulents: Discover Succulents

MARTIAL ARTS/FITNESS Kickboxing

ENGINEERING/FASHION Biomimicry Meets Silicon Valley

ART KALA Arts: Beeswax Collage on Canvas

BUSINESS/LIFESKILLS Negotiation Mastery: Key Principles for Improving
Collaboration, Relationships, and Results

HISTORY Paris in the Belle Epoque: Impressionism - Revolution in Art

POLITICS The Making of a Politician

ART/FILM/THEATER Makeup: Avant Garde - "Everything You Can
Imagine Is Real"

PSYCHOLOGY Early Childhood Development

WEEK ONE
Morning Seminars

Erika Schillinger and Monika Schoenhoff
SCIENCE/COOKING

Week 1/ Week 2
Morning

January 3, 4, 5 +
8, 9, 10

8:45 am to
10:45 am

Bay Meadows

NOTE:

This is a double morning seminar. If you choose this seminar, you will be automatically enrolled in both weeks' seminars in addition to 2 days of activity sessions on Thursday, Jan 4, and Friday, Jan 5.

However, you will still select options in all time slots in case you are not able to get into this seminar.

Have you ever wondered why eggs solidify and turn white when you cook them, or why green beans turn even greener when you steam them? Why does chocolate taste so good?

Explore the world of food science in this unique mini-course! Discover and learn about food chemistry, sensory science, and cooking through hands-on experiments, demonstrations, discussions with expert speakers, and exciting/tasty field trips!

This class meets each seminar morning session for both Week 1 and Week 2, plus it will extend in to the Activity Session Thursday, January 4, and Friday, January 5, so we can go on two mini offsite adventures.

Monika Schoenhoff, PhD, has worked for a number of years in the pharmaceutical industry as a pharmacokinetics/pharmacodynamics scientist (Genentech and small start-ups). For the last ten-plus years she followed her passion for science by bringing it to the classroom. She is honored and excited to be teaching the "Science of Food" course for Nueva again. She believes combining equal parts of passion for science, cooking, baking, and education is the perfect recipe.

Erika Schillinger, MD, is a clinical associate professor of medicine at Stanford. She is the Predoctoral Director in Family Medicine and has helped develop Stanford's clinical skills and doctoring curriculum. Her focus is on bedside manner, professionalism, and patient-centered care. In her work as an educator, she strives for an integrative, collaborative, innovative approach. She is grateful to be given the opportunity to weave together three passions — science, teaching, and food — in the service of a school she is coming to love.

**Jeff Cabili, AKA BiLi the Mime
THEATER**

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

This course is about storytelling without words — body movements and facial expressions will tell the story and create the emotions linked to the illusion. You will learn the traditional mime techniques of the Marcel Marceau school, such as materializing a wall, walking, walking against the wind, climbing stairs, pushing, pulling, sitting down, going up/down a ladder, etc. Using accurate gestures, facial expressions, body movement, and visualization of bodies/objects in space, you will practice techniques from the art of mime to perform short stories that tap your imagination.

Mime is an excellent activity for mental concentration, body exercise, and relief of stress. It helps develop self-confidence and improves the way one is perceived by others.

NOTE:

Please wear comfortable, loose clothing such as jazz pants. Please no skirts.

BiLi has been a mime performer and instructor for 32 years. He has performed his one-man show for universities, schools, and special events and has produced his own show in eight countries. BiLi has conducted numerous workshops at Bay Area high schools and middle schools and within the Stanford Health Improvement Program. Recently he performed his 90-minute one-man show at Palo Alto Community Center's Cubberley Theater, at San Francisco's Lycée Français, and at the Cubberley Auditorium of the Stanford School of Education.

BiLi teaches mime techniques from the Marcel Marceau school and studied Etienne Decroux' methodology at the "Ecole Internationale de Mime Corporel Dramatique" in Paris.

www.bilithemime.com

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Students in the 6-hour class learn all the awareness, intuition, and verbal conflict-avoidance/deterrence skills that are covered in the 3-hour class, as well as the foundational front and rear attack and ground-fighting techniques. The second half includes additional front-, rear-, and ground-attack scenarios.

Impact Bay Area is a nonprofit organization that teaches effective boundary setting, personal safety, and physical self-defense skills. We have been teaching self-defense in schools for over 25 years. Impact classes build verbal and physical skills to set good boundaries, prevent possible violence, and fight back when necessary. Our classes boost confidence and empower students!

www.impactbayarea.org/private_class_info

Aaron Abrams
MATH**Week 1**
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Tilings are among the oldest and most recognizable geometric patterns in the world. The mathematical study of tilings overlaps with combinatorics, geometry, algebra, analysis, number theory, topology, and probability, and the subject has connections with chemistry, physics, and art as well. This workshop will explore several aspects of the mathematics of tilings, including open problems of current research interest.

Aaron Abrams is a mathematics professor at Washington and Lee University in Lexington, VA. As a mathematician he studies a variety of phenomena ranging from symmetry to randomness. As a teacher his primary goal is to make the tools of mathematics as accessible as possible. He has an undergraduate degree from UC Davis and a PhD in mathematics from UC Berkeley, and he enjoys visits back to the Bay Area whenever possible.

Seminar Journalism: Reporting, Writing, and Publishing the News

Katya Cengel
JOURNALISM

Week 1 **Morning**

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

From dancing bears to machine gun shoots — yes, your instructor has written about both — journalism is about one thing: storytelling. While the methods and mediums may change, the basic elements of good reporting remain constant.

In this course you will learn what it takes to be a journalist in today's world, from reporting and writing to marketing. You will learn the techniques of interviewing and story development and then go out in the field and practice them.

NOTE:

Students must bring reporter's notebook and pen. Need laptop and smartphone to take photos and record voice.

Katya Cengel has written for the New York Times Magazine, Newsweek, and Marie Claire.

Her University of Nebraska Press book, Bluegrass Baseball: A Year in the Minor League Life, was a finalist for the 2013 Kentucky Literary Award. Potomac Books will release her second book, Exiled: From the Killing Fields of Cambodia to California and Back, in fall 2018. Cengel was an International Reporting Project fellow in 2015 and 2017 (Guatemala/Mongolia).

She was an International Women's Media Foundation fellow in 2016 (Rwanda) and an International Center for Journalists fellow in 2014 (Africa). She teaches journalism at Cal Poly.

Albert Rubio
THEATER

Week 1
Morning

January 3, 4, 5,

8:45 am to
10:45 am

Bay Meadows

In this course you will learn different techniques that actors use to effectively learn a dialect that is not their own. You will learn about the international phonetic alphabet and discover how vocal placement, pitch range, musicality, culture, geographic location, socioeconomic status, and education all play vital roles in shaping one's own dialect.

Albert Rubio is an actor, director, and teaching artist, currently residing in San Francisco. Albert has taught Shakespeare, acting, voice, and dialects at A.C.T.'s renowned Young Conservatory and has designed and taught in weeklong summer intensives for Ronald Reagan High School's summer acting camp (San Antonio, TX). Regionally, Albert has performed at A.C.T. and Summer Rep Theatre Festival (SRT), and he was an Acting Apprentice for the Great River Shakespeare Festival (GRSF). Albert holds an MFA in acting from the American Conservatory Theater (A.C.T.), and he has his BFA in theatre performance from the University of Evansville in Evansville, IN.

Gary Staab
ART/SCIENCE

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Students will have the hands-on experience of sculpting a small-scale dinosaur. The workshop will compare the anatomy of living and extinct animals. It will explore some of the same aesthetic and scientific considerations artists face as they work with scientists to create sculptures for museum displays.

Gary will also share stories about dinosaurs he has built and other projects he has led, including building Super Croc from the fossils up and being escorted into King Tut's tomb by armed guard so he could create the replica of King Tut that traveled worldwide.

NOTE:

You may notice that this seminar is offered in the afternoon as well. You may sign up for both, but will only be assigned to one.

Please dress in clothing you don't mind getting dirty.

Gary Staab produces natural history and prehistoric life models for museums, publishing, and film. Gary has a degree in art/biology and interned at the Smithsonian Institution and the British Museum of Natural History. Staab's work and eclectic studio demonstrate a flair and passion for natural forms both past and present. Gary's sculptures embellish the halls of the Smithsonian, the British Museum of Natural History, the American Museum of Natural History, the BBC, and many others. His work has also been featured by the Discovery Channel, National Geographic magazine, and Dorling Kindersley Publishers. He has been the recipient four times of the prestigious John Lanzendorf Paleo art award for sculpture, presented by the Society of Vertebrate Paleontology. Gary has worked the last 19 years as a freelance sculptor for such institutions as the National Geographic Society, the Smithsonian's National Museum of Natural History, the Carnegie Museum of Natural History, and the Miami Science Museum, among many others. "It is an amazing privilege to be a part of the production of models for museums. It takes hours and hours of research and consultation with scientists before I can even begin to think about making a sculpture. It's a job that continues to hold much fascination for me as it allows me to read and research, sculpt and paint, and interact with scientists doing exciting work in the field of paleontology/archeology. New finds are being made every year, so there are inevitably new discoveries to restore and hopefully there will always be museums creating new exhibitions and updating old exhibits." You can see images of Gary's work at www.staabstudios.com.

Stacey Yates Sellar
POSITIVE PSYCHOLOGY

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

It is possible to be happier! Research and science from leading academic institutions have proven that it is possible to disrupt patterns of negative thinking, manage stress, build skills to overcome life challenges, increase success in all areas, and improve overall happiness. In fact, Harvard's Positive Psychology 1504, taught by Professor Tal Ben-Shahar, is in the books as the most popular course in the history of Harvard University.

Positive psychology is the scientific study of what makes life most worth living. Based on a model that breaks down into P.E.R.M.A. (Positivity, Engagement, Relationships, Meaning, and Achievement), it is a call for psychological science and practice to be as concerned with strength as with weakness, as interested in building the best things in life as in repairing the worst, and as concerned with making the lives of normal people fulfilling as with healing pathology.

In this seminar, Stacey will provide students with an introduction to positive psychology, introducing and breaking down the decades' worth of science and research into bite-size tools and techniques that can be practiced to increase happiness and life satisfaction.

Stacey Yates Sellar, CAPP, began studying and practicing positive psychology interventions of gratitude, positivity, optimism, care, mindfulness, beliefs, neuroscience, willpower, and success at a very early age. Practicing what she preaches for most of her life has reaped benefits. For the last 13 years, she has played an integral part in building a multimillion-dollar business whose staff success and client loyalty she credits to positive psychology interventions.

In 2015, she earned her certification in applied positive psychology and has since begun a business that offers coaching and motivational products, including "Happier by the Minute," one-minute educational videos that turn the research and the rigor into easy-to-practice tools. Stacey's mission is to curate and deliver the best of positive psychology's research, rigor, tips, and tools to ensure that individuals, families, and communities thrive.

Seminar

The Art of Making Art: An Introduction to Process Art

Simon Firth
ART

Week 1 Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Come learn about, and then make, "process art," where we create unexpected sets of instructions that can result in works of surprising beauty.

The creativity in process art rests in devising interesting and elegant rules to follow in making your work, rather than having a predetermined outcome in mind. The concepts of chance, change, and transience are all important to the approach. Some of process art's most well known practitioners include Lynda Benglis, Eva Hesse, Robert Morris, Bruce Nauman, Susan O'Malley, Alan Saret, Richard Serra, Robert Smithson, and Keith Sonnier. Process art also relates to the earlier Dada and Surrealist movements, Buddhist sand painting, conceptual art, and the work of drip painters like Jackson Pollock.

In this seminar, we'll spend some time researching process artists and their methods. We'll then work in groups or individually to devise our own sets of rules and follow them to create our own works. The materials we use could include paints, paper, ink, 3-D materials, our bodies, sound, interviews, found objects, and digital software. We will document our work and share it in a gallery space, either on campus or online.

Simon Firth (Finley Firth's dad) is a professional communicator and amateur maker of everything from jewelry to tree houses. A former public television producer and commissioned playwright, he now makes a living writing for clients like HP, VMware, and Stanford University. Simon has a longstanding interest in the history and future of ideas and education. He has taught Intersections at the Girls' Middle School in Palo Alto and at Nueva Upper School, covering topics that include process art, environmental art, inspirational signage, and information display at a massive scale. Simon received a BA in philosophy and art history (minor) from University College, London, an MA in communications studies from City University, London, and an MSc in television, radio, and film from Syracuse University.

<https://simonfirth.wordpress.com/>

Austin Broder, Digital Media Academy

FILM/TECHNOLOGY

Week 1 Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Ever wanted to know how to fly? Shoot lightning and fire out of your fingertips? We are going to investigate some of the techniques and programs used in professional VFX creation.

There are oodles of subtle and fantastic effects we will learn how to create so that you will be able to make your own amazing films once you go home!

Austin will be including a lot of valuable free assets — effects, footage, etc. — during this course.

Austin Broder is a 3-D art and animation instructor with nearly a decade of experience in education. He's had experience working at several animation studios and infuses his industry experience into his classes, helping students learn efficient and effective techniques and enabling them to create their own digital 3-D art and films.

**Chan Zuckerberg Initiative (Wed.), Herald Chen, KKR (Thurs.),
and Paul Holland, Foundation Capital (Fri.)**

BUSINESS

Week 1 Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Students will have the opportunity to learn from partners at each of three firms — representing early-stage, late-stage, and hybrid nonprofit/for-profit seed fund venture capital firms — about different phases of venture capital, and they will get an inside look at how firms make funding decisions. Simulating an actual partner meeting, students will hear real startups make their pitch for funding, conduct a Q&A, and then (with coaching) deliberate on whether to fund these companies. There will be time for Q&A with all presenters.

Chan Zuckerberg Initiative (Wed.), founded by Mark Zuckerberg and Priscilla Chan in December 2015, is a new kind of philanthropic organization that brings together world-class engineering, grant-making, impact investing, policy, and advocacy work. Their initial areas of focus include supporting science through basic biomedical research and education through personalized learning. They are also exploring other issues tied to the promotion of equal opportunity including access to affordable housing and criminal justice reform. They look for bold ideas — regardless of structure and stage — and help them scale by pairing world-class engineers with subject-matter experts to build tools that accelerate the pace of social progress. They make long-term investments because important breakthroughs often take decades, or even centuries. www.chanzuckerberg.com

Herald Chen (Thurs.) co-heads the technology industry team within KKR's private equity platform. He has been directly involved with the investments in Mitchell, Go Daddy, Visma, Kodak, Sun Microsystems and Kindercare Learning Centers. Before joining KKR, Mr. Chen was a managing director with Fox Paine & Company, CEO of ACMI Corporation, and CFO and co-founder of Jamcracker, Inc. He was also with Goldman, Sachs & Co. He holds a BS and a BSE cum laude from the University of Pennsylvania and an MBA from Stanford University Graduate School of Business

Paul Holland, general partner, Foundation Capital (Fri.), invests in the IT, consumer, and digital energy sectors. Paul worked at — and helped take public — two software start-ups: Kana Communications, with Mark Gainey, and Pure Software, with Reed Hastings. He began his career in Silicon Valley at SRI International. Paul is the executive producer of Something Ventured, a critically acclaimed documentary on the origins of the venture capital industry, and is a past president of the Western Association of Venture Capital. www.foundationcapital.com

Seminar Hannibal: Interactive Field Science, Maps, and GIS

Patrick Hunt
FIELD SCIENCE/HISTORY

Week 1 **Morning**

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Examine maps and other cartographic tools along with GIS satellite imagery to understand Hannibal's intrepid march over the wintry Alps with an army and elephants. How does remote sensing aid field science? What are the roles of lichenometry and soil chemistry with pH texting and how do they apply to geoarchaeology research?

Award-winning archaeologist, author, and National Geographic grantee Patrick Hunt earned his PhD in archaeology from the Institute of Archaeology, University College London, and has taught at Stanford University for 25 years. Patrick directed the Stanford Alpine Archaeology Project from 1994 to 2012, and has continued project-related fieldwork in the region in the years since. His Alps research has been sponsored by the National Geographic Society's Expeditions Council. Patrick frequently lectures for National Geographic and others on Hannibal and the European mummy nicknamed Ötzi the Iceman. He is also a national lecturer for the Archaeological Institute of America as well as an elected fellow of the Royal Geographical Society. He is the author of 18 published books including the Penguin best-seller Ten Discoveries That Rewrote History and another book titled Alpine Archaeology. He has also published more than 100 articles, including more than a dozen for the Encyclopedia Britannica, mostly on Hannibal. Patrick has been featured in many National Geographic and NOVA documentaries, and has consulted for BBC and been featured in BBC radio interviews. He has a lifelong love of the Alps, having lived there for several months every year since 1994 — when not in the classroom or on the lecture circuit.

Romayne Putna
HISTORY/FASHION

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Humans are always doing odd things to change their appearance. In this seminar we'll examine fashion fads from the early days of civilization to the 21st century, unravelling the reasons behind all sorts of trends, from Egyptian head cones to plague beaks to a procession of outrageous footwear.

Discover the unexpected origins of makeup and the extreme world of body modification that includes such practices as scarification, tattooing, and skin stretching, to name a few.

Examine the changing perceptions of the human body through time and geography, and learn how the industrial revolution reinvented the image industry for better and for worse.

Determine which trends you think are couture, and which are just torture. Explore the roles of gender, age, politics, money, and more in fashion, ultimately finding answers to the question: why do we care so much about the way we look?

Romayne Putna accidentally started working in education in the late 1990s. She found it so enjoyable that she's been having the same accident for nearly twenty years and hopes that no one will notice how much fun she is having during work hours.

Romayne spent six years working between the UK and the USA as a visual arts and theatre instructor and an outdoor educator, and to this day will tell you that no extreme sport gives the same adrenaline rush as teaching archery to eight-year-olds.

In 2007 Romayne moved to Los Angeles, creating and instructing project-based curriculum for a nonprofit organization on a diverse range of subjects from neuroscience to Shakespeare to engineering to cryptozoology. Today, as an educational consultant, she continues to be a passionate advocate of interactive learning and "edutainment" and enjoys introducing topics that will inspire curiosity and lots of questions — except for tax law, as those questions give her a headache.

Julia Nazarova, ABC Languages
LANGUAGE

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Within the three-day Russian seminar students will gain knowledge of greetings, numbers, colors, animals, and family members. The seminars will be taught using a communicative approach and include fun activities, such as games and role play. Students will be introduced to Russian culture and will have a great time speaking the language.

Julia Nazarova was born in Ekaterinburg in the Ural District of Russia, which lies exactly on a border between Europe and Asia. She came to the United States eleven years ago and for the past eight years has been teaching Russian with ABC Languages to children and adults.

Julia's classes are interactive and fun. Her main goal is to make the learning experience an exciting journey rather than an obligation. She prefers to use the target language as the primary language in the class, but can adjust to any learning styles and needs.

Seminar American Criminal Law: With Case Studies and Visuals

Patrick McKinley
LAW/SOCIAL STUDIES

Week 1 **Morning**

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

NOTE:

In many of the cases you will be shown there will be crime scene photos. You should be prepared for this.

No photography permitted during sessions — no exceptions.

Course materials will be provided for review in advance of session. All materials must be brought with you to each session.

An introduction to the work of the district attorney in criminal investigations and prosecutions.

Topics will include investigation and prosecution of criminal cases, the discretion exercised by the district attorney, jury trials, sentencing, appeals, and challenging the legality of an arrest, search, or interrogation. We will also look at other assorted legal issues including eyewitness identification, juvenile court, DNA, victim assistance programs, and the admissibility of evidence.

Patrick McKinley has prosecuted numerous murder, rape, theft, bribery, assault, robbery, and other serious felony charges, as well as countless misdemeanor cases. He has been involved in over 330 jury trials that went to verdict, including many murder cases that settled as well as 15 that went to trial.

He also participated in the longest criminal investigation and prosecution in the history of Santa Barbara County: the 7-year investigation (1987–1993) and successful prosecution of three defendants in a murder for hire.

Patrick joined the District Attorney's Office in Santa Barbara on June 1, 1970, as a deputy district attorney. He graduated from Duquesne University and Duquesne University School of Law.

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

Students will learn the 8 fundamental chord shapes on the guitar, as well as basic strumming, scales, and rhythmic concepts. We will also cover how songs are created and analyzed through the lens of contemporary rock/pop music.

Josh grew up in the Bay Area and began playing music at age eleven. He has since gone on to be a full-time guitar instructor at J Ace J Music as well as a counselor for the music camps held there each summer.

Josh also plays guitar professionally in his band The Go Ahead and numerous other acts in the area.

NOTE:

Do you own a guitar? Great. You can bring yours. However, it is not a requirement. We will sync up before the session to determine who needs a guitar rental.

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

What is the future of science communication in an era of information overload?

This three-day discussion-based practicum guides students to explore and tackle challenges in translating STEM research for a modern audience. Participants will develop and share pieces to discover generalizable strategies for communicating technical material to nontechnical individuals.

Students are encouraged to attend regardless of scientific or journalistic experience.

Kristin Muench is pursuing a PhD in neuroscience at Stanford University. Her work explores how genetic and environmental risk factors contribute to the development of autism. She received extensive exposure to Ms. Frizzle and Bill Nye at a critical age and has since developed a passion for science communication.

She spends her free time facilitating conversations about science both with and within the research community, including several exhibits at the California Academy of Sciences Nightlife events.

She has designed and led classes for students from grades two through twenty-two, and is delighted to make the acquaintance of students at Nueva. Kristin contributes and edits pieces for NeuWrite West, the Stanford neuroscience blog. She occasionally posts nerdsome delights under the Twitter handle @kristin_muench.

Seminar

Creative Math: How Does UPS Get Your Package to Its Destination on Time?

Keith Devlin
MATH

Week 1
Morning

January 3, 4, 5

8:45 am to
10:45 am

Bay Meadows

One of the most important uses of mathematics in today's world is optimization. Many aspects of our lives are controlled by algorithms that make things faster, better, cheaper, more accurate, more efficient, more suited to our needs or desires, recover from problems more quickly, etc.

One of the most significant recent algorithms of that kind is the one that underlies Google. It, and all other optimization algorithms are based on mathematics. How do they work?

In this session, we will work together to try to reverse-engineer the algorithm UPS uses to ship packages around the world.

Dr. Keith Devlin, mathematician, is a co-founder and director of Stanford University's H-STAR institute and a co-founder of the Stanford mediaX research network. He is a fellow of the American Association for the Advancement of Science, fellow of the American Mathematical Society, and a World Economic Forum fellow.

His current research focuses on the use of different media to teach and communicate mathematics to diverse audiences. In this connection, he is a co-founder and president of an educational technology company, BrainQuake, that creates mathematics learning video games.

Dr. Devlin has written 33 books and over 80 published research articles.

WEEK ONE

Afternoon Seminars

Roopa Raman and Thamarai Jayaprakash
ART**Week 1**

Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Rangoli is an art from India in which patterns are created on the floor in living rooms or courtyards using materials such as colored rice, dry flour, colored sand, red brick powder, or flower petals. The purpose of rangoli is decoration, and it is thought to bring good luck. Design depictions may also vary as they reflect traditions, folklore, and practices that are unique to each area. It is traditionally done by women. Generally, this practice is showcased during festivals, auspicious observances, marriage celebrations, and other similar milestones and gatherings. Rangoli designs can be simple geometric shapes or flower and petal shapes (appropriate for the given celebrations), but they can also be very elaborate designs crafted by numerous people. Chemical colors are a modern variation.

The artists will be teaching the art on paper, and the entire class will participate in a big rangoli design on the final seminar day.

Thamarai Jayaprakash says, "Rangoli drawing has been a passion for me since childhood. I love drawing and rangoli is an art form that spans centuries, where every Indian household entrance has been drawn with beautiful and colorful rangoli designs. It is a greeting to welcome the day. Colorful rangoli are drawn in intricate patterns on festivals, weddings and celebrations. Although I am a software engineer by profession, I do enjoy doing rangoli as my passion. It gives me so much joy and satisfaction."

Roopa Raman, a professional and licensed henna artist and owner of Henna Bash (www.hennabash.com), will join your session to explore and teach these new activities. Raman is a Bay Area henna expert and has taken Henna Bash to various events, including private parties, community fairs, public libraries, colleges, corporations, schools, and more.

Laura Powers
BUSINESS

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Teamwork is simple — but not always easy to implement. Some of the greatest challenges to its success come with hair on top — the people involved! This workshop explores the critical skills a leader needs to foster high-performing teams.

Students will take part in experiential exercises, improv games, and activities designed to teach building rapport, active listening, and chunking information to guide conversations and negotiations.

Laura M. Powers is living proof that you never quite know where your next career move may take you. Educated as a mechanical engineer, she has been involved in the design of aircraft engines, diapers, and electric cars, as well as software systems at Hewlett Packard, Sales.com, and ebay.

These days, you'll find Laura "talking for a living" — coaching high tech teams to communicate and collaborate as they create the next big thing.

Laura holds a BS and MS in mechanical engineering from Virginia Tech, and is a Certified Scrum Professional (CSP), Certified Trainer of Neuro Linguistic Programming (NLP), and a Certified LEGO® Serious Play® facilitator.

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

NOTE:

Please wear
comfortable
clothing you can
move and dance
in.

Learning choreography is different from doing your own thing on the dance floor! It requires focus on detail, musicality, precision, and muscle memory. This class will focus on choreography as if for an actual performance, including entrances, exits, and staging. A short piece will be learned in this 3-day session that could be performed if you wished.

Micaya is a dance instructor, choreographer, and producer extraordinaire. Formally trained in many dance forms, she incorporates a diverse range in her choreography and teaching styles. In 2012, she was awarded "Best Dance Teacher" by the SF Bay Guardian readers' poll. In 1993, Micaya began producing high-energy, grassroots, sold-out hip-hop dance shows in the heart of San Francisco's Mission District. Those shows led to the creation of the First Annual San Francisco Hip Hop DanceFest in 1999 at Theatre Artaud. Now in its 15th year and presented at the historic Palace of Fine Arts Theatre, the critically acclaimed DanceFest has grown to be THE event that has put San Francisco on the map for presenting hip-hop dance. Acknowledged as the first festival dedicated specifically to hip-hop dance, the internationally recognized, award-winning DanceFest is a groundbreaking event, hosting companies from all over the globe. Micaya is also the founder, director, and choreographer of SoulForce Dance Company. Micaya's choreography and SoulForce dancers have been in music videos, commercials, touring productions, festivals, corporate events, and more. Micaya also produces "Mission in the Mix" every June. Mission in the Mix is a multidisciplinary show that features SoulForce and up-and-coming local talent and students.
<http://sfhiphopdancefest.com/>

Aaron Abrams
MATH

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

How many whole numbers are there? How many prime numbers are there? How about rational or positive or irrational or real numbers? The short answer is infinity, but there is more to the story than that! A closer look reveals that the answers to those questions are not all the same. In this seminar we will explore some of the many different faces of infinity.

Aaron Abrams is a mathematics professor at Washington and Lee University in Lexington, VA. As a mathematician he studies a variety of phenomena ranging from symmetry to randomness. As a teacher his primary goal is to make the tools of mathematics as accessible as possible. He has an undergraduate degree from UC Davis and a PhD in mathematics from UC Berkeley, and he enjoys visits back to the Bay Area whenever possible.

Seminar

Nonfiction Writing: The Art of Crafting True Stories

Katya Cengel
WRITING

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Just because nonfiction is true doesn't mean it isn't crafted. The best nonfiction books have characters you fall for and scenes that take you to another place, the same way fiction does. They can be on the lighter side — covering life in baseball's minor leagues — or heavy, looking at refugees and deportation policies. They just have to be true and captivating.

This course will introduce you to the techniques you need to create the scenes and develop the characters that will turn your true tale into a page-turner.

Katya Cengel has written for the New York Times Magazine, Newsweek, and Marie Claire.

Her University of Nebraska Press book, Bluegrass Baseball: A Year in the Minor League Life, was a finalist for the 2013 Kentucky Literary Award. Potomac Books will release her second book, Exiled: From the Killing Fields of Cambodia to California and Back, in fall 2018. Cengel was an International Reporting Project fellow in 2015 and 2017 (Guatemala/Mongolia).

She was an International Women's Media Foundation fellow in 2016 (Rwanda) and an International Center for Journalists fellow in 2014 (Africa). She teaches journalism at Cal Poly.

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Students will have the hands-on experience of sculpting a small-scale dinosaur. The workshop will compare the anatomy of living and extinct animals. It will explore some of the same aesthetic and scientific considerations artists face as they work with scientists to create sculptures for museum displays.

Gary will also share stories about dinosaurs he has built and other projects he has led, including building Super Croc from the fossils up and being escorted into King Tut's tomb by armed guard so he could create the replica of King Tut that traveled worldwide.

NOTE:

You may notice that this seminar is offered in the morning as well. You may sign up for both, but will only be assigned to one.

Please dress in clothing you don't mind getting dirty.

Gary Staab produces natural history and prehistoric life models for museums, publishing, and film. Gary has a degree in art/biology and interned at the Smithsonian Institution and the British Museum of Natural History. Staab's work and eclectic studio demonstrate a flair and passion for natural forms both past and present. Gary's sculptures embellish the halls of the Smithsonian, the British Museum of Natural History, the American Museum of Natural History, the BBC, and many others. His work has also been featured by the Discovery Channel, National Geographic magazine, and Dorling Kindersley Publishers. He has been the recipient four times of the prestigious John Lanzendorf Paleo art award for sculpture, presented by the Society of Vertebrate Paleontology. Gary has worked the last 19 years as a freelance sculptor for such institutions as the National Geographic Society, the Smithsonian's National Museum of Natural History, the Carnegie Museum of Natural History, and the Miami Science Museum, among many others. "It is an amazing privilege to be a part of the production of models for museums. It takes hours and hours of research and consultation with scientists before I can even begin to think about making a sculpture. It's a job that continues to hold much fascination for me as it allows me to read and research, sculpt and paint, and interact with scientists doing exciting work in the field of paleontology/archeology. New finds are being made every year, so there are inevitably new discoveries to restore and hopefully there will always be museums creating new exhibitions and updating old exhibits." You can see images of Gary's work at www.staabstudios.com.

Cristina Pejoro
ART/COOKING

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

NOTE:

If you have a favorite cake, bring three (3) 6" layer cakes to class, otherwise Cristina is going to bake her favorite chocolate cake for you to decorate and take home.

In this session you will decorate and take home a three-layer, buttercream frosted cake and make Swiss meringue buttercream from scratch, adding flavors and colors to dress up your cake.

You will learn how to make crystalized flowers and use other fun items for decoration.

You will conclude the seminar by learning how to creatively plate and serve a cake. (Yes, we get to eat it, too!)

In 2011, Cristina Pejoro took a two-year "pastry sabbatical" from her finance job and completed the L'Art de Patisserie program at the French Pastry School in Chicago. Shortly afterward, she worked at various patisseries and restaurants in Chicago, Los Angeles, and San Francisco. Now back in finance, she continues to spend time in the kitchen as a pastry consultant and business advisor.

Recently, she has expanded her passion to urban farming. She volunteers at a few farms in the Bay Area and has just returned from a three-month Cook The Farm program in Sicily, Italy

Adam Tobin
FILM/WRITING

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Consider a scene from your favorite movie or TV series, but dubbed in another language — what would you still understand, feel? What else is going on besides the words? And once the words return, how do they work? What is the full range of tools at the disposal of a screenwriter? This seminar will introduce students to the many disciplines folded into writing for film, television, and other media, and engage students in writing scenes and generating ideas for movies or TV.

Adam Tobin is a senior lecturer teaching screenwriting in the Film & Media Studies Program at Stanford. He created the half-hour comedy series About a Girl and the reality show Best Friend's Date for Nickelodeon's The-N network, has worked at ESPN and the NBA, and received an Emmy for writing on Discovery Channel's Cash Cab.

He has taught story and pitching seminars at DreamWorks Animation, Twentieth Century Fox/Blue Sky Studios, and Aardman Animations. He received a BA in English with honors at Stanford and an MFA in screenwriting from the USC School of Cinematic Arts.

Romaine Putna
SCIENCE**Week 1**
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Take a journey into the fascinating realm of forensics. Using real-life case studies, we'll explore the many branches of investigation — such as forensic entomology, botany, ballistics, toxicology, and anthropology — and how they've evolved.

Through hands-on activities we'll delve further into the science behind forensic odontology, fingerprinting, and DNA analysis and learn the crucial protocols of carrying out an investigation.

Discover the flaws in the world of forensics as well as the benefits, and examine the far-reaching implications of forensic science, from identifying victims of genocide to exposing a new wave of modern crimes to changing the face of history.

Romaine Putna accidentally started working in education in the late 1990s. She found it so enjoyable that she's been having the same accident for nearly twenty years and hopes that no one will notice how much fun she is having during work hours.

Romaine spent six years working between the UK and the USA as a visual arts and theatre instructor and an outdoor educator, and to this day will tell you that no extreme sport gives the same adrenaline rush as teaching archery to eight-year-olds.

In 2007 Romaine moved to Los Angeles, creating and instructing project-based curriculum for a nonprofit organization on a diverse range of subjects from neuroscience to Shakespeare to engineering to cryptozoology. Today, as an educational consultant, she continues to be a passionate advocate of interactive learning and "edutainment" and enjoys introducing topics that will inspire curiosity and lots of questions — except for tax law, as those questions give her a headache.

Damien Verrett, Digital Media Academy
MUSIC/TECHNOLOGY

Week 1

Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

If you've ever wondered what it takes to be a music producer, then this is the course for you! We will cover the basics of sampling, synthesis, recording, and sound design.

We will use the same gear and software as the pros as we shed light on the secrets of genres including, but not limited to, EDM, hip hop, and dubstep!

By the end of the course you'll be comfortable making your own mashups and more!

Damien Verrett has been recording and performing as a professional musician for the last 8 years and teaching electronic music composition for the last 3.

In his lessons, he covers the basics of genres ranging from hip hop to EDM using Ableton Live, the industry standard in electronic music software.

Verrett is passionate about inspiring students to find and develop a personal voice and empowering them to take creative risks using unfamiliar materials.

Seminar Hannibal in Roman Literature: Hands-on Literary Sleuthing

Patrick Hunt
HISTORY/LITERATURE

Week 1 Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Examine source texts in Roman literature for Hannibal and his character. Authors and texts include Virgil's *Aeneid*, Juvenal's *Satires*, Horace's *Odes and Poems*, Ovid's *Poetry*, Frontinus' *Stratagems*, and Livy's dramatic *History of Rome*.

Why did the Romans fear Hannibal and hate Carthage? What was the underlying literary crux identifying the cause of Roman hatred for both Hannibal and Carthage? How did the Romans rationalize their ultimate victory with omens and religion?

Award-winning archaeologist, author, and National Geographic grantee Patrick Hunt earned his PhD in archaeology from the Institute of Archaeology, University College London, and has taught at Stanford University for 25 years. Patrick directed the Stanford Alpine Archaeology Project from 1994 to 2012, and has continued project-related fieldwork in the region in the years since. His Alps research has been sponsored by the National Geographic Society's Expeditions Council. Patrick frequently lectures for National Geographic and others on Hannibal and the European mummy nicknamed Ötzi the Iceman. He is also a national lecturer for the Archaeological Institute of America as well as an elected fellow of the Royal Geographical Society. He is the author of 18 published books including the Penguin best-seller *Ten Discoveries That Rewrote History* and another book titled *Alpine Archaeology*. He has also published more than 100 articles, including more than a dozen for the *Encyclopedia Britannica*, mostly on Hannibal. Patrick has been featured in many National Geographic and NOVA documentaries, and has consulted for BBC and been featured in BBC radio interviews. He has a lifelong love of the Alps, having lived there for several months every year since 1994 — when not in the classroom or on the lecture circuit.

Seminar The Art of Rap: Mastering Rhythm and Rhyme

Rahman Jamaal
MUSIC/PERFORMANCE

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

This seminar is a hands-on workshop series that teaches the fundamental steps toward learning how to freestyle rap and write rhymes.

For the first hour, participants will receive Rap Force Academy's™ Freestyle 101 formula for all ages. By the end of the hour, students will learn rhythmic subdivisions and techniques for speaking to a beat.

The second half of the workshop will break down the art of rhyming single and multiple syllables while giving participants the opportunity to write their own raps on a topic of their choice.

Rahman Jamaal (McCreadie) is a writer, musician, emcee, and teaching artist with degrees in cinema-television, communications and music industry from USC, where he graduated with honors as the star of the record-setting feature film The Beat, which earned public acclaim at the 2003 Sundance Film Festival in.

He wrote the first state standards-approved rap curriculum, which he began teaching in 2004, and collaborates with a unique network of talented artists, educators, and organizations as the National Executive Director of Hip Hop Congress and founder of Rap Force Academy™. www.RapForceAcademy.com

Elaine Poon
LAW**Week 1**
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

It is difficult to imagine a more interesting yet more difficult time to be a civil rights attorney than now. Since Inauguration Day, non-attorneys across the country have been furiously researching all parts of the Constitution for answers as everyday occurrences seem to threaten the very democracy of this nation.

This course will explore the First and Fourteenth Amendments, the two most often discussed of late. We will look at what they have meant and how they continue to evolve in the context of current events, such as the Muslim travel ban and the violence that occurred in Charlottesville, VA.

Elaine Poon is the managing attorney of the Charlottesville office at the Legal Aid Justice Center (LAJC). The LAJC filed one of the first lawsuits against the current administration for its Constitutional violations under the Muslim travel ban. The LAJC uses impact litigation, community organizing, and policy advocacy to fight injustice in the lives of individual Virginians while rooting out exploitative policies and practices that keep people in poverty.

Elaine worked as a senior staff attorney at Atlanta Legal Aid Society, Inc., for seven years before moving to Virginia and joining the LAJC. In Atlanta she represented low-income individuals in a variety of areas, including predatory lending, disability rights, heir property, and domestic violence prevention.

Elaine is a graduate of Cornell University and Emory University School of Law.

Seminar

Neuromarketing: How Brain Science Is Changing Marketing as We Know It

Steve Genco
BUSINESS/SCIENCE

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Neuromarketing is an emerging cross-disciplinary field that studies how consumers' brains respond to marketing, brands, products, and shopping. Advances in brain science have been applied by neuromarketers to help marketers and researchers find new answers to the age-old question: why do we buy?

During this three-session course, you will gain a basic understanding of this new field, including both the hope and the hype. Knowledge of neuromarketing gives you a window into how marketers view you as a consumer — how you think, how you decide, and how you buy.

(This is not a course on brain anatomy!)

Steve Genco is a pioneer in the field of neuromarketing, having co-founded one of the first neuromarketing research firms in 2006. He is well known as the lead author of Neuromarketing for Dummies, the first book-length introduction to the field, published in 2013.

He is currently managing partner at Intuitive Consumer Insights LLC, where he specializes in helping marketers and agencies identify and utilize the latest advances in neuromarketing. He also serves as a member of the Advisory Board for the Neuromarketing Science and Business Association (NMSBA). His new book, Intuitive Marketing, is scheduled to be released in 2018.

So You Want to Be a Doctor: Pediatrics, Orthopedics, Personalized Medicine, Pathology, and Genomics

**Janesta Noland, MD, and Alan Greene, MD — General Pediatrics (Wed);
Esther Kim, 23andMe (Thurs); and Dr. Scott Hoffinger — Orthopedics (Fri)**

MEDICINE

Week 1

Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

Are you interested in medicine? Or do you enjoy solving complex problems? Join us for an interactive seminar on topics in medicine. We will explore cases in pediatrics, orthopedics (including hands-on opportunities), and personalized medicine/genomics.

During these three days we will learn about pathophysiology and apply it to solving complex cases. We will use medical imaging in the context of orthopedic cases, and we will work with tools and casting materials.

Finally, we will learn about how the application of genomics can increase specificity and effectiveness of both testing and treatment.

Dr. Janesta Noland graduated from Stanford University and received her MD from Penn State before returning to Stanford for her pediatric residency. She went on to found the Peninsula's first pediatric concierge medical group.

Dr. Alan Greene received his undergraduate degree from Princeton University before completing medical school at UCSF and pediatric residency training at Children's Hospital Medical Center of Northern California. A noted author and a pioneer of physician websites, he was named "The Children's Health Hero of the Internet" by Intel.

23andMe is a privately held personal genomics and biotechnology company. The company is named for the 23 pairs of chromosomes in a normal human cell. Its saliva-based direct-to-consumer genetic testing business was named Invention of the Year by Time magazine in 2008.

Dr. Scott Hoffinger is an orthopedic surgeon currently practicing at Stanford University Hospital and is affiliated with multiple hospitals in the area. He received his medical degree from University of Michigan Medical School and has been in practice for more than 20 years.

Seminar

Introduction to American Sign Language

**Burnie Gipson, ABC Languages
LANGUAGE**

Week 1
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

This seminar is an introduction to the basic skills needed in the production and comprehension of American Sign Language (ASL). We will focus on the manual alphabet, numbers, conversational skills, culturally appropriate behaviors, and ASL grammar.

The goal of studying ASL is the ability to function in the language in actual communicative situations, create meaningful communicative discourse in ASL, increasingly demonstrate understanding and appreciation of social and cultural norms of the Deaf community in North America, and learn the necessary strategies and skills to become an independent language learner.

Burnie Gipson is certified in American Sign Language (ASL). He uses ASL on a day-to-day basis in his own life. He has taught ages 9 to adult and now teaches at middle and high school. During the summer he teaches a youth program ages 9 to 14. Some of his students have various learning, emotional, or other challenges. He has taught various subjects other than ASL for over 22 years. Burnie's classes are interactive and fun. His main goal is to not only teach the language but also introduce Deaf culture. He prefers to use the target language as the primary language in the class, but can adjust to any learning styles and needs.

Taro Hattori, KALA Arts
ART/SOCIAL JUSTICE**Week 1**
Afternoon

January 3, 4, 5

1:15 pm to
3:15 pm

Bay Meadows

NOTE:

This Kala Arts
Activity is at Bay
Meadows.

Students in the Public Art Workshop will consider the importance of design in our personal, social, and political lives.

Students will examine artwork and installations that instigate action in public space.

Conversation about art-making and exhibition context are central to this course led by artist Taro Hattori.

Taro Hattori is an interdisciplinary installation artist who shows his work nationally and internationally. Residencies include Headlands Center for the Arts, the deYoung Museum, Omi International Art Centre, McColl Center, Djerassi Resident Artists Program, Taipei Artist Village, and others. He has received grants or awards from Art Matters, California Humanity, West Prize, Center for Cultural Innovation, the Nomura Cultural Foundation, and others. Taro completed an MFA in time arts/video from the School of the Art Institute of Chicago and a BA in clinical psychology from Sophia University, Tokyo. He currently teaches at California College of the Arts. www.tarohattori.com

WEEK ONE

Intensives

The Crucible
ENGINEERING/INDUSTRIAL ART

Week 1

January 3, 4, 5

8:30 am departure
from Nueva BM

Crucible Studios,
Oakland

NOTE:

9:30 arrival at the
Crucible.

Depart at 2:00 pm.

Bring your lunch.

Wear warm,
comfortable,
athletic clothing
and shoes.

MIG (metal inert gas) is the most common type of modern welding. It is a process by which a welding machine focuses electricity along a moving metal wire that is fed through a hose to a handheld torch. Student welders manipulate this torch as the electricity melts the wire and creates a weld.

You will learn about the fundamentals of MIG welding, such as metallurgy, preparation, joints, technique, and safety. We will also cover plasma torch cutting.

The class begins with a basic, technical welding exercise, then transitions into a small creative project. Come with ideas for a simple project.

The Crucible is a 501(c)(3) nonprofit arts education organization that fosters a collaboration of arts, industry, and community. Through training in the fine and industrial arts, the Crucible promotes creative expression, reuse of materials, and innovative design, while serving as an accessible arts venue for the general public in the Bay Area. Known for one-of-a-kind industrial arts education programs, the Crucible is also highly regarded for its innovative performances.

www.thecrucible.org

The Crucible
INDUSTRIAL ART

Week 1

January 3, 4, 5

8:30 am departure
from Nueva BM

Crucible Studios,
Oakland

NOTE:

9:30 arrival at the
Crucible.

Depart at 2:00 pm.

Bring your lunch.

Wear warm,
comfortable,
athletic clothing
and shoes.

In this class, students will learn the science behind neon gases as they are taught how to bend glass tubes into illuminated sculptures.

Through the incorporation of hands-on demonstrations and individual sessions with expert instructors, you will gain mastery over this challenging medium and create an illuminated sculpture to be proud of.

The Crucible is a 501(c)(3) nonprofit arts education organization that fosters a collaboration of arts, industry, and community. Through training in the fine and industrial arts, the Crucible promotes creative expression, reuse of materials, and innovative design, while serving as an accessible arts venue for the general public in the Bay Area. Known for one-of-a-kind industrial arts education programs, the Crucible is also highly regarded for its innovative performances.

www.thecrucible.org

**The Crucible
ART/SCULPTURE**

Week 1

January 3, 4, 5

8:30 am departure
from Nueva BM

Crucible Studios,
Oakland

NOTE:

9:30 arrival at the
Crucible.

Depart at 2:00 pm.

Bring your lunch.

Wear warm,
comfortable,
athletic clothing
and shoes.

Try your hand at making sculptural and functional forms in clay. This introductory class covers traditional hand-building and surface treatment techniques while pushing the boundaries with unconventional methods.

You will leave with a solid foundation in working with clay and the ability to apply your new skill set to other 3-D work and materials.

The Crucible is a 501(c)(3) nonprofit arts education organization that fosters a collaboration of arts, industry, and community. Through training in the fine and industrial arts, the Crucible promotes creative expression, reuse of materials, and innovative design, while serving as an accessible arts venue for the general public in the Bay Area. Known for one-of-a-kind industrial arts education programs, the Crucible is also highly regarded for its innovative performances.

www.thecrucible.org

Intensive Radical Art in the 1960s: Exploration, Discussion, and Study

Corey D'Augustine
ART/HISTORY

Week 1

January 3, 4, 5

8:45 am to
3:15 pm

2 Days BM and 1
Day Off Site

NOTE:

No previous
painting
experience is
necessary.

The 1960's was a decade of extreme upheaval and violence. Taking cues from sources as disparate as the bombing of North Vietnam, the Civil Rights Movement, and the Beatles, artists exploded the Modernist notion of a self-contained artwork in favor of experimental concepts, materials, and processes in a wide array of international movements such as Pop, Minimalism, and Fluxus.

This course will examine the wide array of creative strategies in the 60s through a combination of art-historical lectures, extended visits to the SFMoMA galleries, and studio sessions where students will make paintings and other objects based on these works. Artists considered will include Gerhard Richter, Eva Hesse, Robert Rauschenberg, Albero Burri, James Rosenquist, Agnes Martin, Andy Warhol, Yayoi Kusama, and many more.

Corey D'Augustine is a conservator of modern and contemporary art and a technical art historian. He is the principal conservator at Corey D'Augustine Conservation and regularly works for the Solomon R. Guggenheim Museum, among other clients. Corey lectures on art history and art conservation at New York University, Sotheby's Institute of Art, Pratt Institute, and the Museum of Modern Art. He is a specialist in American and European post-war art and his research interests include 20th century painting materials and the conservation of monochrome paintings.

Matt LaRocca
MUSIC**Week 1**

January 3, 4, 5

8:45 am to
3:15 pm

Bay Meadows

NOTE:

No previous
composition
experience
necessary.

Have you ever dreamed of composing for a string quartet?

Using free notation software, over three days we will write an original work for string quartet. We'll examine quartets inspired by classical, rock, and avant-garde; learn how to write for the violin, viola, and cello; get feedback to revise our compositions; and see our music come to life.

Matt LaRocca is a composer, conductor, and educator based in Burlington, VT. He is on the composition and theory faculty at the University of Vermont and is the artistic director of the Champlain Philharmonic Orchestra. Matt is also the executive director of Music-COMP, an organization that teaches composition to students throughout the country and facilitates live performances of their music by professional musicians. Committed to new music and innovation, Matt is the chair of creative projects and artistic curator for the Vermont Symphony.

As a composer, Matt's work has been commissioned by groups such as the Vermont Symphony Orchestra, the Metropolitan Wind Symphony, the New Jersey Youth Symphony, and the Great Falls Symphony Orchestra. From 2007 to 2008 he was the faculty composer-in-residence for the Montana State University Symphony. Artistic residencies include an expedition to the high Arctic through the Arctic Circle organization and free improvisation residencies at schools throughout New England. He frequently performs as both a violist and a guitarist in classical, rock and improvisation ensembles. Matt holds degrees in chemistry and music from Middlebury College and a doctorate in music composition from Boston University.

www.mattlarocca.com

Jen Cole, KALA Arts
ART

Week 1

January 3, 4, 5

8:30 am departure
from Nueva BM

KALA Art Studio,
Berkeley

The collagraph is a wonderful and versatile medium that combines collage and printmaking.

Create a printable collage with a wide variety of materials that provide different kinds of surfaces, textures, and lines.

Learn to apply carborundum to achieve delicate values in lights and darks.

After the collage is made, you will have fun experimenting with the many ways to print the image.

No experience necessary!

NOTE:

9:30 arrival at Kala
Art Institute.

Depart at 2:00 pm.

Students bring
lunch.

Jen Cole worked as a fine arts printer for about ten years after completing her graduate work at SF State. She is currently going into her seventh year, as an artist in residence at Kala . She finds printmaking to be a perfect medium for mixing and blending different techniques for intriguing and interesting experimental outcomes.

Intensive Glass Blowing Retreat at Bay Area Glass Institute (BAGI)

**Treg Silkwood, BAGI
ART**

Week 1

January 3, 4, 5

8:30 am departure
from Nueva BM

BAGI, San Jose

Immerse yourself in the magic of glass. This 3-day intensive is a totally hands-on experience that allows you to learn the basics of traditional free-form glass blowing. We'll touch on safety in the hot shop, learning which tool does what, some key glassblowing terms, and how to work molten glass into a cool piece of art or something functional like a cup. You'll work in teams to assist each other in creating your artwork while under the careful direction of masters. The goal for each student is to make perfect bubbles, paperweights, flowers, and a functional vessel, and to come away with the skills necessary to take glassblowing to the next level.

NOTE:

9:30 am arrival at
studio.

Depart studio at
2:15 pm.

Students to bring
their lunch.

Long hair tied
back.

Treg Silkwood knew that he wanted to work with his hands. In 1996 he received his BFA from Alfred University, graduating as the top student of the Art and Design School. In 1995, he spent a semester studying at the Academy of Applied Arts in Prague. Treg spent the next five years working as a production glassblower, recreating early American glass at the Henry Ford Museum & Greenfield Village, where he deepened his knowledge and appreciation for the history and the craft of working with glass. After pursuing a year of graduate studies with Jack Wax at Illinois State University, Treg was honored to become one of the first gaffers for the Hot Glass Road Show of the Corning Museum of Glass.

Treg moved to the Bay Area in 2002 and, with Candace Martin, formed Silkwood Glass, a custom, handcrafted glass company whose innovative designs are largely inspired by the natural world. In 2008, Treg had his first solo show at the Steuben Flagship Store on Madison Avenue in New York City and was honored to be one of only two artists invited to take part in the "Steuben Selections Series," which showcases some of the world's foremost artists in glass. Treg's work has been exhibited internationally and showcased in many prestigious galleries. He has become widely recognized as a premier California marine glass artist.

Treg and Candace's work can be seen at www.SilkwoodGlass.com.

Intensive Woodworking: Building Shelter Pods for the Homeless

Fred Sotcher
ART/SOCIAL JUSTICE

Week 1

January 3, 4, 5

8:30 am departure
from Nueva BM

Fred Sotcher
Workshop, San
Jose

NOTE:

9:30 am arrival at
Fred's Workshop.

Depart at 2:15 pm.

Students bring lunch.

Students must wear
closed-toed shoes,
long hair tied back,
no long necklaces or
scarves, no loose
sleeves.

Come join us in building survival shelters for the homeless. There are approximately 6,500 homeless men and women and children in Santa Clara County alone. Some of these people hold jobs but still cannot afford to pay the exorbitant rents of Silicon Valley. These men, women, and children live under bridges, under plastic sheets, and on park benches. During this Intensive we will be building one portable shelter, for one person. It is a long way from a solution to the problem, but it will provide one person with a dry, warm, safe place to stay. Some Bay Area cities are working on shelter for the homeless, but as housing prices continue to soar the problem is only getting worse. While I don't have all of the answers, I do believe that we could at least provide shelters to keep the homeless out of the elements, out of the rain and cold. This is one of a number of shelters that I hope to provide over time. I am looking for 10 students willing to work with me to create such a shelter and to become a small part of the movement to assist individuals in need. The construction will take place at my home workshop in San Jose. You will be guided by three experienced woodworkers. We hope you will join us.

A liability release form is required.

Fred Sotcher is current president of the South Bay Woodworkers and former president of a number of woodworking clubs in the Bay Area. He has authored a number of articles in Fine Woodworking magazine and others. Fred has been teaching woodworking for over 20 years at the John Montgomery School, the Girls' Middle School, and Creekside Academy and private classes at his home shop. His joy in life is working with young people to help them develop their creative talents.

Week 1

January 3, 4, 5

8:45 am to
3:15 pm

2 Days BM and 1
Day Off Site

NOTE:

Bring digital camera, one lens (35mm to 50mm range), multiple memory cards, laptop, hard drive, notepad, and pen.

Prerequisite:
Beginning
Photography
Experience

This intensive three-day workshop is designed to help you understand the narrative, aesthetic, and emotional aspects of photography and visual storytelling. We will create an opportunity for personal photographic exploration that allows you to learn skills that will enable you to document your community using your unique voice.

Each day is divided between classroom instruction, personal and group critiques, and photography fieldwork. In the first part of this workshop, students will be making images that look closely at the people and environment in their school and home and in San Francisco's downtown neighborhoods.

Participants should be prepared to photograph intensively with a sense of visual curiosity and instinct in order to extend the limits of their approach to visual storytelling. The second part of our workshop will focus on editing and sequencing as the key elements in achieving meaning and determining what we say with the personal narratives we create.

Photographers interested in honing a more intimate connection and expression in their photography and projects will benefit from this intense workshop experience.

Emilio Bañuelos has worked as a photographer and consultant for newspapers in Mexico and Panama and as an editorial photographer for publications in Illinois, Hawaii, and California. In the San Francisco Bay Area he works as an arts educator and has conducted workshops for the Academy of Art University, San Jose Museum of Art, San Francisco Museum of Modern Art, Contemporary Jewish Museum, University of California Santa Cruz Extension, and University of Hawaii at Manoa and through Rayko Photo Center.

Week 1

January 3, 4, 5

8:45 am to
3:15 pm

Bay Meadows

NOTE:

Prior programming
experience
required.

In this intensive session, students will fork an existing open source code repository, work on adding a feature, and make a pull request to contribute new code to the project. The class may choose to add features to a single project (e.g., Anki) or multiple projects.

Python experience required. Students unfamiliar with git / command line should contact Jen Selby for a brief primer on these tools in order to spend more of the Intersession time on actual coding and less on setup. Jen enjoys helping students learn industry tools so please take her up on her offer.

Robyn Allen teaches engineering because many of today's grand challenges — in energy, healthcare, transportation, and other areas — require interdisciplinary engineering teams that have both world-class technical skills and world-class teamwork abilities. Robyn has mentored math teams, startup companies, and student engineers for 15 years. She holds a BS in aerospace engineering from MIT. Prior to teaching, Robyn worked as a systems engineer in hybrid car design, ultralight aircraft, mobile robotics, software design, and electric grid optimization. She has extensive experience in early-stage technology evaluation and prototyping from both an engineering and business perspective.

Robyn has been honored by numerous organizations, including the International Achievement Summit, the Clinton Global Initiative, the MIT Energy Initiative, and the American Institute of Aeronautics and Astronautics.

Intensive So You Think You Want to Be a Stuntman

Tony Vella
FILM/THEATER

Week 1

January 3, 4, 5

8:45 am to
3:15 pm

Bay Meadows

This hand-on, interactive intensive will cover the basic and expanded information on becoming a stunt performer, including fighting, falling, and take-down techniques required as entry-level knowledge for the industry.

You will learn skills essential to those pursuing careers as professional stunt performers or as actors who want to perform their own stunts.

You will dive deeply into the ins and outs of the industry — what it is like to be a stunt performer in film and television and what you need to know to begin a career.

NOTE:

Due to the nature of this course, you must not have any physical restrictions or limitations, and you must be in good physical health.

Tony Vella, a San Francisco native, is an experienced stuntman, stunt coordinator, and actor trained in both stunts and acting with more than 25 years of experience both on camera and behind the scenes. As an actors' stunt coordinator, he understands the difficulties in choreographing dialogue and physical actions required by actors when performing their own stunts. He founded the organization, B.A.S. (Bay Area Stunts), which offers full-service action coordinating, including stunts, precision driving, and specialty rigging (AKA wire work).

His personal work in both stunt coordinating and on-camera stunts includes a multitude of commercials, industrial spots, television, feature films, and "live" stunt shows.

www.bayareastunts.com

WEEK ONE

Activities

Roopa Raman and Deepali Anave
ART

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

Your artist instructor will be working with you on decorating candles and candle holders with henna designs and paint. Students will take home their decorated candles.

Deepali Anave has always been interested in art since childhood. Being in this country for more than 2 decades has given her lots of opportunities to explore her talents. She has long been using henna and learning all kinds of crafts involving that art form.

Roopa Raman, a professional and licensed henna artist and owner of Henna Bash (www.hennabash.com), will join your session to explore and teach these new activities. Raman is a Bay Area henna expert and has taken Henna Bash to various events, including private parties, community fairs, public libraries, colleges, corporations, schools, and more.

David and Lisa Jackson, Conservation Ambassadors
WILDLIFE/ENVIRONMENT

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Live animals are part of this session.

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Discover the rain forest, the single most important ecosystem on earth. Students will learn about the resources we rely on that are found in the rain forests of the world, and they will take a journey through the layers to meet the animals that keep the rain forest alive.

David's passion for wildlife and desire to educate and inspire conservation worldwide is what led him to establish Conservation Ambassadors 25 years ago. His passion started in high school with jobs in animal care and training dogs and parrots. His unique experiences inspired him to pursue a career in the animal care field, and he went to work in the zoological medicine department at UC Davis Veterinary Teaching Hospital. His dedication and interest in wildlife and wild places led him to attend Moorpark College in California, a facility certified by the Association of Zoos and Aquariums, where he earned a degree in exotic animal training and zoological management.

David has traveled around the world to assist with wildlife conservation efforts. Over his career, he has received numerous awards for animal welfare, zoo management, education, and training.

Conservation Ambassadors' mission is giving a worldwide voice to wildlife by providing a permanent, loving home for displaced, abused, abandoned, or permanently injured wild and exotic animals. Through our "Zoo to You" outreach program, we share these animal ambassadors with school children and learners of all ages to educate them about conservation, connect them to the wild world, and inspire them to protect the planet.

www.conservationambassadors.org

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

This session is about using art to think about deep time. It highlights Gary Staab's work on mummies — Tut, Iceman, and Incan mummies of Peru — as well as extinct animals — mammoths, dinosaurs, and pterosaurs. Time travel through art!

Gary Staab produces natural history and prehistoric life models for museums, publishing, and film. Gary has a degree in art/biology and interned at the Smithsonian Institution and the British Museum of Natural History. Staab's work and eclectic studio demonstrate a flair and passion for natural forms both past and present. Gary's sculptures embellish the halls of the Smithsonian, the British Museum of Natural History, the American Museum of Natural History, the BBC, and many others. His work has also been featured by the Discovery Channel, National Geographic magazine, and Dorling Kindersley Publishers. He has been the recipient four times of the prestigious John Lanzendorf Paleo art award for sculpture, presented by the Society of Vertebrate Paleontology. Gary has worked the last 19 years as a freelance sculptor for such institutions as the National Geographic Society, the Smithsonian's National Museum of Natural History, the Carnegie Museum of Natural History, and the Miami Science Museum, among many others. "It is an amazing privilege to be a part of the production of models for museums. It takes hours and hours of research and consultation with scientists before I can even begin to think about making a sculpture. It's a job that continues to hold much fascination for me as it allows me to read and research, sculpt and paint, and interact with scientists doing exciting work in the field of paleontology/archeology. New finds are being made every year, so there are inevitably new discoveries to restore and hopefully there will always be museums creating new exhibitions and updating old exhibits." You can see images of Gary's work at www.staabstudios.com.

**Ken Shelf, Succulence
GARDENING**

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

During this class you will learn about terrariums and the ins and outs of creating them. Learn how to care for, maintain, propagate, and transplant succulent plants.

You will plant a 5" hanging globe terrarium utilizing an array of 2" plants that you will get to choose from and a huge variety of mosses, pebbles, sands, and tumbled glass to decorate with.

This class is hands-on, so dress in clothes that you don't mind getting a little dirty and prepare to enjoy a session of education and creativity!

Succulence is a creative partnership between Ken and Amy Shelf. Ken is the lead cultivator at Succulence. Ken's plant art began decades ago with creative vegetable gardening and continues with his exploration of the disintegration and reintegration of nature with itself. In his endless quest for interesting planting vessels, he has planted teapots, popcorn poppers, electrical boxes, watering cans, shoes, bicycle rims, bird feeders, seashells, grain mill belts, coal cans, potato and onion baskets, and a metal Hoosier flour bin for his wife's 40th birthday. Amy Shelf is an artist, a singer (with Conspiracy of Venus), a collagist, a mom, a lawyer, a pickler, a jammer, and many other things. She spends her workdays building estate plans, and her nights are spent working on projects and developing the vision for Succulence. After Amy came up with the idea to name the store after the richness of life, their philosophy collided with their venture to form succulence: life and garden.

Ryan Roy
MARTIAL ARTS/FITNESS

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Athletic clothing
required.

Open to all fitness
levels.

Boxing is a combat sport in which two people, usually wearing protective gloves, throw punches at each other for a predetermined time in a boxing ring. Not only is boxing one of the principal spectator sports in the world, it is also a great workout. It builds strength and muscular and cardiovascular endurance as well as self-esteem — developing self-defense skills is a great confidence booster. But the average person who can throw a punch isn't a boxer. Beginners must learn the basics to get the most out of their skills and workout. There are specific boxing techniques that you must know to prevent injury, in addition to putting the most power behind your punch. Fight stance, left jab, bob and weave, and 1–2 punch will all be introduced during your session.

Professional fighter and martial arts expert Ryan Roy will introduce you to boxing techniques, practices, and equipment, and run through a full introductory class of instruction.

Ryan "T2" Roy is a professional Muay Thai fighter with over 14 years of Muay Thai and martial arts experience, and the founder and owner of T2 Muay Thai Studio in Mountain View, CA. He is a professional and amateur champion who has trained and fought both nationally and internationally, including in the founding home of Muay Thai, Thailand. Ryan began his Muay Thai career in the late 1990s under the original Fairtex team and gym in San Francisco. His trainers were Thailand stadium and current world champions and to this day Ryan still trains under the legendary Ganyao "Dr. Knee" Sitphodang Arunleung (trainer of 15 world champions).

www.t2muaythai.com

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

Mona Lisa, Last Supper, Vitruvian Man, helicopters, and so on — Leonardo da Vinci's accomplishments have been lauded far and wide across the centuries. But what about the things we don't get to hear? Leo the practical joker; the law-breaker; the pacifist who was a contractor for the military.

Discover the lesser-known aspects of Leonardo's brilliance, and challenge yourself to assemble and test one of his inventions.

Romayne Putna accidentally started working in education in the late 1990s. She found it so enjoyable that she's been having the same accident for nearly twenty years and hopes that no one will notice how much fun she is having during work hours.

Romayne spent six years working between the UK and the USA as a visual arts and theatre instructor and an outdoor educator, and to this day will tell you that no extreme sport gives the same adrenaline rush as teaching archery to eight-year-olds.

In 2007 Romayne moved to Los Angeles, creating and instructing project-based curriculum for a nonprofit organization on a diverse range of subjects from neuroscience to Shakespeare to engineering to cryptozoology. Today, as an educational consultant, she continues to be a passionate advocate of interactive learning and "edutainment" and enjoys introducing topics that will inspire curiosity and lots of questions — except for tax law, as those questions give her a headache.

Simon Firth
ART

Week 1

Wednesday

January 3

11:00 am to

12:30 pm

Bay Meadows

Make book art! Come turn individual pages from discarded books into something entirely new and wonderful.

Working with Simon Firth (Finley's dad), you'll have the chance to use pens, inks, pencils, and anything else you have at hand to transform how pieces of text both look and signify.

Simon Firth (Finley Firth's dad) is a professional communicator and amateur maker of everything from jewelry to tree houses. A former public television producer and commissioned playwright, he now makes a living writing for clients like HP, VMware, and Stanford University. Simon has a longstanding interest in the history and future of ideas and education. He has taught Intersessions at the Girls' Middle School in Palo Alto and at Nueva Upper School, covering topics that include process art, environmental art, inspirational signage, and information display at a massive scale. Simon received a BA in philosophy and art history (minor) from University College, London, an MA in communications studies from City University, London, and an MSc in television, radio, and film from Syracuse University. <https://simonfirth.wordpress.com/>

Chef Robert Donohoe
COOKING

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

Chef Robert will walk you through basic kitchen understanding of simple equipment, handling a knife, reading recipes, and a minimalist pantry, finishing with a prepared dish.

Our very own Chef Robert Donohoe is a Bay Area native, born at Stanford Hospital, raised in Atherton, and schooled in the heart of the Silicon Valley. Chef attended St. Joseph's School and went on to study culinary arts at Cañada College. Chef Robert's experience has ranged from 5-star golf resorts and luxury hotels to senior nutrition and healthcare. Robert is in his 4th year at Nueva.

Activity

The Art of Rap: Performance by Rahman Jamaal

Rahman Jamaal
MUSIC/PERFORMANCE

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

The Art of Rap activity combines live performance, visual media, group workshops, and Q & A with award-winning artist and lyricist Rahman Jamaal, who began writing raps for fifth grade assignments while attending Nueva School.

Jamaal tells the story of how writing rhymes kept him engaged in class subjects before becoming his personal way of journaling his thoughts. In high school, he was rapping at school assemblies and graduation ceremonies, using the power of rhythm and rhyme to educate and entertain his peers, which eventually prepared him for the role of "Flip" in the 2003 Sundance Film Festival feature *The Beat*.

*Rahman Jamaal (McCreadie) is a writer, musician, emcee, and teaching artist with degrees in cinema-television, communications and music industry from USC, where he graduated with honors as the star of the record-setting feature film *The Beat*, which earned public acclaim at the 2003 Sundance Film Festival in.*

He wrote the first state standards-approved rap curriculum, which he began teaching in 2004, and collaborates with a unique network of talented artists, educators, and organizations as the National Executive Director of Hip Hop Congress and founder of Rap Force Academy™. www.RapForceAcademy.com

Activity
Surprising Structures and Baffling
Behaviors: Kinetic Sculptures
Grounded in Geometry

John Edmark
MATH/ART

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

Your presenter, John Edmark, an artist, designer, and inventor, will share a number of transforming and kinetic works from his ongoing exploration into spatial patterns of symmetry and growth, and describe the math and geometry used in designing them.

He will focus in particular on those works that are based on logarithmic spiral structures, Fibonacci numbers, and the golden ratio.

John Edmark is a lecturer in the design program at Stanford University. He is the inventor of Blooms, a new type of sculpture that animates when spun under a strobe light, and the Helicone, an interactive kinetic toy. His work has been featured on NPR's Science Friday.

John has been an artist-in-residence at the Exploratorium and AutoDesk. Videos of his work have received more than 50 million views online.

Activity

Negotiation Mastery: Influence and the Psychology of Persuasion

Jessica Notini
BUSINESS/LIFESKILLS

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

Every day we make efforts to gain the cooperation of those around us through a variety of formal and informal negotiations. This interactive session will introduce you to different types of "leverage" and the power of persuasion so that you can choose and respond to influencing strategies more consciously and effectively. We will discuss and use exercises to practice identifying the driving interests, norms, and risks in a situation and responsively shifting between persuasive approaches. We will also examine the powerful psychological forces behind different influencing strategies to deepen your understanding of how and why they work.

Jessica Notini is a professional trainer, mediator, negotiation coach, and facilitator practicing in California and internationally. She has led many workshops for private entities and public institutions in her areas of practice.

She is an adjunct professor at Stanford, Berkeley, and Hastings Law Schools and Mills Business School. Her mediation practice focuses on family estate and employment disputes. She is past chair of the California State Bar Alternative Dispute Resolution Committee and past president of the Northern California Mediation Association.

She received the 2012 Don Weckstein Memorial Award from CDRC for her leadership in the field of alternative dispute resolution.

Michael Rogers
FITNESS/WELLNESS

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

This activity will give you a taste of the world of rock climbing. We will cover the basic skills, such as tying into your harness with a follow-through figure 8 knot, proper belay technique using an ATC, and complete safety checks on you and your partner. This is a great opportunity to have fun exploring a perspective-changing sport and challenge your body and mind!

Mike has been climbing since 2006 all over the world, from El Capitan and Half Dome in Yosemite to the Blue Mountains in Australia and limestone cliffs of Thailand. Spending hundreds of hours on rock in California and working for Touchstone Climbing, he climbs up to 5.12 on rope and V8 bouldering.

Mike has been a climbing and climbing fitness instructor for 7+ years with the likes of Alex Honnold and Hans Florine taking his classes to improve their already elite status. He regularly teaches rigging workshops while on tour as Technical Director for BANDALOOP, a vertical dance company based out of Oakland, California.

Activity

Let's Build a Brain: A Crash Course in Developmental Neurobiology

Kristin Muench
SCIENCE

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

Have you ever wondered how a single fertilized egg cell turns into a functioning brain? By the time it is born, a baby has already begun one of nature's greatest feats: the construction of a fantastically complex central nervous system.

In this whirlwind tour of the developing brain, you will learn about the principles and processes that transform sperm and egg into an estimated 100 billion neurons making the trillions of precise connections that govern your interface with reality. A combination of interactive games and storytelling-based lectures will ignite your curiosity and inspire your appreciation for this breathtaking biology.

Kristin Muench is pursuing a PhD in neuroscience at Stanford University. Her work explores how genetic and environmental risk factors contribute to the development of autism. She received extensive exposure to Ms. Frizzle and Bill Nye at a critical age and has since developed a passion for science communication.

She spends her free time facilitating conversations about science both with and within the research community, including several exhibits at the California Academy of Sciences Nightlife events.

She has designed and led classes for students from grades two through twenty-two, and is delighted to make the acquaintance of students at Nueva. Kristin contributes and edits pieces for NeuWrite West, the Stanford neuroscience blog. She occasionally posts nerdsome delights under the Twitter handle @kristin_muench.

Activity Auto Maintenance 101: Know Your Car Bumper to Bumper

Ben Johnson, All Automotive Masters
LIFESKILLS

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Wear clothing you
don't mind getting
greasy!

Finally having the freedom and ability to drive your own vehicle is great. But breaking down on the side of the road and potentially having to spend a lot of money on car repairs? Not so great.

Keeping your car well-maintained isn't necessarily rocket science, and there are many key inspections that you can do yourself to make sure your car is operating well between scheduled visits to your auto mechanic.

This 90-minute, hands-on, interactive session with local master auto technician Ben Johnson will walk you through your auto from bumper to bumper. Ben will cover the obvious to the not so obvious. Do you know how to change your headlight bulb, wiper blades, or even a tire? Do you know how to use jumper cables, and where to place them? Do you know how to put snow chains on your tires? How about checking your oil and fluids? Do you know the difference between antifreeze and windshield wiper fluid? Do you know why your car uses regular, premium, or diesel fuel?

Keeping tabs on the condition of basic equipment on your car such as windshield wipers, spare tires, and headlights will no longer be a mystery once you drive away from this course!

Ben Johnson started working with the luxury automobile company BMW in 1981, working on BMW's Alpena performance team. He later transferred to Mercedes Benz of San Francisco where he became a master technician.

After a lengthy career with Mercedes Benz and various shops throughout the San Francisco Bay Area, he opened and now operates his own automotive shop, where he continues to work on everything from luxury to standard cars. Additionally, he consults on diagnoses for other Bay Area auto shops on his specialties, German cars.

Activity

Upcycling: Making Your Own Handbags or Backpacks with Recycled Materials

Jenn Jory
FASHION/SUSTAINABILITY

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

This hands-on class will teach you how to create your own bag or back pack from upcycled materials. We will look at creative resources in the Bay Area that provide materials for upcycling and we will learn how to creatively construct our own one-of-a-kind piece. We will explore why upcycling will be crucial for our future and find ways you can participate in this growing field. You will also learn about the advantages and challenges of minimizing your global footprint and gain inspiration to repurpose and create from your own resources.

Upcycling and rescuing fabric from the landfill has been a passion of Ecogirl handbag founder Jennifer Jory. She began collecting and reusing high-end designer upholstery samples and remnants nearly 10 years ago and her bags have been featured on the television program Eye on the Bay, in eco-conscious blogs, and in numerous events throughout California.

When she learned that nearly 10 tons of fabric was destined for local landfills each year, Jennifer knew turning beautiful upholstery and vintage fabrics into functional bags was an easy solution for the environment. She works closely with a local San Francisco couple who are expert craftsmen. Sourcing and manufacturing locally lessens the bags' global footprint and makes them truly SF made.

Jennifer's primary passion is rescuing designer fabric remnants from upholstery manufacturers and workroom floors, material that otherwise was destined for the landfill.

Week 1

Wednesday

January 3

11:00 am to
12:30 pm

Bay Meadows

This dynamic lecture will focus on improving your nonverbal communication skills. Nonverbal communication can reinforce what you say, but when used ineffectively it can weaken your message.

This lecture focuses on techniques of expression, including gestures, body movements, positions and postures, the voice, sustaining eye contact, the use of silence, the appropriate handshake, and more. Your session will concentrate on “how you say it” rather than on “what you say” and will include several tips on how to increase the impact of your delivery to an audience. The overall objective is to captivate.

We will also examine how nonverbal communication can be used as a tool to influence others in difficult contexts (such as lecturing to an unsettled group) and to optimize the impact of your message in stressful settings (such as job interviews and business negotiations).

Jeff Cabili worked at the Stanford Graduate School of Business for ten years. Before that, he spent more than 25 years in senior management positions for global companies. As a total quality management (TQM) consultant, he has conducted seminars and workshops for more than 5,100 senior executives.

Jeff has been teaching effective nonverbal skills at Stanford Continuing Studies since 2006 and at the Stanford Pre-Collegiate Summer Institutes since 2015. He is also a mentor at several incubators, such as Plug and Play, Draper, StartX, and Cubo (Brazil). He delivers his lectures and workshops in five languages and frequently uses his formal training in professional acting (mime!).

He received an MBA from Wharton and an MS in chemical engineering from the National Polytechnic Institute of Grenoble, France.

Corporate Strategy: Harvard Business School Case Study, *Hamilton* (the Broadway Play)

Dickson Louie
BUSINESS

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Read Case Study: "Hamilton: An American Musical" (517015-PDF-ENG). It will be emailed to you in advance of session.

Pioneered by Harvard Business School faculty, the case method is a profound educational innovation that presents the greatest challenges confronting leading companies, nonprofits, and government organizations — complete with the constraints and incomplete information found in real business issues — and places the student in the role of the decision-maker.

In this case study written by HBS Professor Anita Elberse, we examine the initial strategy behind the hit Broadway play *Hamilton*, created by composer, writer, actor, and rapper Lin-Manuel Miranda, director Tommy Kail, and producer Jeffrey Seller. With a hip-hop score and an ethnically diverse cast that looked nothing like their historical counterparts, *Hamilton* was an unlikely candidate for success on Broadway. The trio needed to decide which of two popular routes was best to bring their new musical to Broadway: either take the production straight to Broadway in a "cold open," or strike an "enhancement deal" with a nonprofit theater so the musical could be tested before mounting a more expensive Broadway run.

Could a hip-hop musical about a largely forgotten Founding Father be a Broadway blockbuster? And if so, what was the right next step in bringing *Hamilton* closer toward that goal?

Dickson Louie is principal of Louie & Associates providing strategic planning services. He teaches the "Business of the Media" MBA elective at UC Davis. Louie is CEO of Time Capsule Press, a book-publishing imprint that focuses on the creation of books from archival material.

Louie has over 25 years of professional management experience within the news media industry, including at the LA Times, the San Jose Mercury News, and the San Francisco Chronicle. As a member of the corporate staff of Times Mirror, he oversaw the finances of its \$2 billion newspaper division. Louie was a research associate at the Harvard Business School, where he authored over 20 management case studies for the second-year MBA course. A certified public accountant, Louie received his BS in business administration from California State University, East Bay (with high honors), and his MBA from the University of Chicago. He completed the Advanced Executive Program at Northwestern University's Media Management Center.

Shanda Manion and Kimble Torres, Pathways to Medicine
MEDICINE

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Suturing needles
will be used.

Join others passionate about exploring careers in the medical field for a fun lab that will teach you the basics of surgery and how to suture a wound.

Get the opportunity to learn valuable medical skills related to surgical professions. This class will also guide you through the steps nurses, doctors, and surgeons follow to clean, disinfect, and anesthetize wounds prior to surgery and suturing.

Pathways to Medicine uses experiential learning and hands-on practice to cultivate students' potential in medicine. With its dynamic, inquiry-driven curriculum, Pathways to Medicine offers students the opportunity for self-discovery as they pursue their interests in health, science, and medicine.

Shanda's passion for education and medicine has inspired her extensive work in the healthcare field. In 2011, she began working at UCSF Hospital as a patient health educator for the UCSF National Center of Excellence in Women's Health and UCSF's Women's Health Great Expectations Pregnancy Program. She co-founded Pathways to Medicine in order to share her knowledge and enthusiasm for medicine with the next generation of healthcare providers.

Kimble Torres is a veteran biologist specializing in the human body and athletics. During his tenure in the biotech industry, Kimble worked for Nektar Therapeutics, Genentech, and Tyco Healthcare investigating product feasibility and managing lab operations. In 2014, his passion for medicine and health education culminated in the founding of Pathways to Medicine, a pre-med program for high school students.

David and Lisa Jackson, Conservation Ambassadors
WILDLIFE/ENVIRONMENT

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Live animals are part
of this session.

You may sign up for
more than one
session; however, we
will only assign
students to
additional sessions
after everyone who
wants this activity
has had a first
opportunity.

Watch the desert come alive in this thought-provoking and entertaining look at the animals that survive and thrive in the harshest of climates.

David's passion for wildlife and desire to educate and inspire conservation worldwide is what led him to establish Conservation Ambassadors 25 years ago. His passion started in high school with jobs in animal care and training dogs and parrots. His unique experiences inspired him to pursue a career in the animal care field, and he went to work in the zoological medicine department at UC Davis Veterinary Teaching Hospital. His dedication and interest in wildlife and wild places led him to attend Moorpark College in California, a facility certified by the Association of Zoos and Aquariums, where he earned a degree in exotic animal training and zoological management.

David has traveled around the world to assist with wildlife conservation efforts. Over his career, he has received numerous awards for animal welfare, zoo management, education, and training.

Conservation Ambassadors' mission is giving a worldwide voice to wildlife by providing a permanent, loving home for displaced, abused, abandoned, or permanently injured wild and exotic animals. Through our "Zoo to You" outreach program, we share these animal ambassadors with school children and learners of all ages to educate them about conservation, connect them to the wild world, and inspire them to protect the planet.

www.conservationambassadors.org

Ryan Roy
MARTIAL ARTS/FITNESS

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Athletic clothing
required.

Open to all fitness
levels.

Muay Thai or Thai boxing is a combat sport of Thailand that uses stand-up striking along with various clinching techniques. Muay Thai is a physical and mental discipline, referred to as the "Art of Eight Limbs" or the "Science of Eight Limbs" because it makes use of punches, kicks, elbows, and knee strikes, thus using eight points of contact, as opposed to two points (fists) in boxing and four points (hands and feet) used in other more regulated combat sports, such as kickboxing. Muay Thai became widespread internationally in the twentieth century, when practitioners defeated notable practitioners of other martial arts. Many other martial arts have adopted certain Muay Thai techniques because of its effectiveness inside and outside of the ring. It is the stand-up base for the majority of mixed-martial artists today.

Professional fighter and martial arts expert Ryan Roy will introduce you to Muay Thai techniques, practices, and equipment, and run you through an introductory class of instruction.

Ryan "T2" Roy is a professional Muay Thai fighter with over 14 years of Muay Thai and martial arts experience, and the founder and owner of T2 Muay Thai Studio in Mountain View, CA. He is a professional and amateur champion who has trained and fought both nationally and internationally, including in the founding home of Muay Thai, Thailand. Ryan began his Muay Thai career in the late 1990s under the original Fairtex team and gym in San Francisco. His trainers were Thailand stadium and current world champions and to this day Ryan still trains under the legendary Ganyao "Dr. Knee" Sitphodang Arunleung (trainer of 15 world champions).

www.t2muaythai.com

Activity

A History of Medicine: Medics, Mayhem, and Accidentally Saving Lives

Romayne Putna
MEDICINE/HISTORY

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

Modern medicine is amazing! The knowledge used to treat complex medical conditions has been amassed from years of painstaking trial-and-error research. But it wasn't always like that. In the thousands of years before all of this meticulous data was collected, the art of healing included some wild conjectures, a mishmash of opinion, assumption, leaps of logic, more than a few crazy ideas, and thankfully the occasional bucket of common sense.

In this activity we'll look at odd, hopeless, and downright dangerous cures; the development of surgery; archaic medical devices; and the invention of some tools we recognize today. We'll explore the role of trends in medicine — both useful and dangerous — meet some major-league medics from Hippocrates to Marie Curie, and try our hand at some surgical skills!

Romayne Putna accidentally started working in education in the late 1990s. She found it so enjoyable that she's been having the same accident for nearly twenty years and hopes that no one will notice how much fun she is having during work hours.

Romayne spent six years working between the UK and the USA as a visual arts and theatre instructor and an outdoor educator, and to this day will tell you that no extreme sport gives the same adrenaline rush as teaching archery to eight-year-olds.

In 2007 Romayne moved to Los Angeles, creating and instructing project-based curriculum for a nonprofit organization on a diverse range of subjects from neuroscience to Shakespeare to engineering to cryptozoology. Today, as an educational consultant, she continues to be a passionate advocate of interactive learning and "edutainment" and enjoys introducing topics that will inspire curiosity and lots of questions — except for tax law, as those questions give her a headache.

Simon Firth
PHILOSOPHY

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

Design the curriculum for a real Starfleet Academy! Starfleet Academy is the celebrated, San Francisco-based, famously tough academy from which all officers in Star Trek universe must graduate. Over 90 minutes, we'll figure out which courses it should offer. What would you need to study to be an effective starship captain? Astrophysics for sure, along with exobiology and space engineering. But you're also going to need to be physically fit, have a grasp of military tactics, be able to understand alien languages, and be equipped with an ethical framework to understand when you should intervene in the affairs of other worlds and what you should leave alone. We'll work together and in breakout groups to come up with a set of graduation requirements, some very cool electives, and perhaps some "houses" that mimic Nueva's own.

Simon Firth (Finley Firth's dad) is a professional communicator and amateur maker of everything from jewelry to tree houses. A former public television producer and commissioned playwright, he now makes a living writing for clients like HP, VMware, and Stanford University. Simon has a longstanding interest in the history and future of ideas and education. He has taught Intersessions at the Girls' Middle School in Palo Alto and at Nueva Upper School, covering topics that include process art, environmental art, inspirational signage, and information display at a massive scale. Simon received a BA in philosophy and art history (minor) from University College, London, an MA in communications studies from City University, London, and an MSc in television, radio, and film from Syracuse University. <https://simonfirth.wordpress.com/>

Activity

Cooking with Chef Robert: Eating Healthy at Home

Chef Robert Donohoe
COOKING

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

Chef Robert will walk you through building a basic pantry, meal planning, reading recipes, and knife skills, and you will finish with a prepared dish.

Our very own Chef Robert Donohoe is a Bay Area native, born at Stanford Hospital, raised in Atherton, and schooled in the heart of the Silicon Valley. Chef attended St. Joseph's School and went on to study culinary arts at Cañada College. Chef Robert's experience has ranged from 5-star golf resorts and luxury hotels to senior nutrition and healthcare. Robert is in his 4th year at Nueva.

Activity What Was Hannibal's Secret Weapon?

Patrick Hunt
HISTORY

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

Hannibal almost always had a smaller army, especially after the challenging Alps crossing. How did he augment his army with a better “arsenal”? He used the environment against the Roman enemies; marching in winter, fighting in winter, getting the Romans to cross freezing rivers before battle, hiding his army in fog, using windblown dust in the eyes of Romans facing south against African sandstorms, and many other tricks.

Award-winning archaeologist, author, and National Geographic grantee Patrick Hunt earned his PhD in archaeology from the Institute of Archaeology, University College London, and has taught at Stanford University for 25 years. Patrick directed the Stanford Alpine Archaeology Project from 1994 to 2012, and has continued project-related fieldwork in the region in the years since. His Alps research has been sponsored by the National Geographic Society's Expeditions Council. Patrick frequently lectures for National Geographic and others on Hannibal and the European mummy nicknamed Ötzi the Iceman. He is also a national lecturer for the Archaeological Institute of America as well as an elected fellow of the Royal Geographical Society. He is the author of 18 published books including the Penguin best-seller Ten Discoveries That Rewrote History and another book titled Alpine Archaeology. He has also published more than 100 articles, including more than a dozen for the Encyclopedia Britannica, mostly on Hannibal. Patrick has been featured in many National Geographic and NOVA documentaries, and has consulted for BBC and been featured in BBC radio interviews. He has a lifelong love of the Alps, having lived there for several months every year since 1994 — when not in the classroom or on the lecture circuit.

Activity Math and Art Workshop: How to Create Spirals

John Edmark
MATH/ART

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

This workshop will be a hands-on investigation of various spiral geometries, focusing on those that are the basis for such plant forms as pinecones, sunflowers, and artichokes (and also the basis for my artwork).

This session begins with a description of the two primary types of spirals, Archimedean and logarithmic. You are then guided through the processes of constructing (drafting) both types of spiral using simple tools fabricated from common materials.

You will then move on to constructing a spiral mesh that is based on the phyllotactic spiral meshes (found in pinecones, sunflowers, artichokes, etc.), using a special laser-cut tool I designed that allows them to mimic the process used by nature.

John Edmark is a lecturer in the Design Program at Stanford University. He is the inventor of Blooms, a new type of sculpture that animates when spun under a strobe light, and the Helicone, an interactive kinetic toy. His work has been featured on NPR's Science Friday.

John has been an artist-in-residence at the Exploratorium and AutoDesk. Videos of his work have received more than 50 million views online.

Activity

A Day in the Life of a DA: Jury Selection and an Opening Statement in a Murder Case

Patrick McKinley
LAW/SOCIAL STUDIES

Week 1

Thursday

We will examine how a jury is selected in a criminal case, using an actual case as the basis for the course, followed by an opening statement in a murder case.

January 4

Television and film depictions of criminal cases rarely show the opening statement or the significance of jury selection. A real example will be shown — a case involving 4 defendants charged with a felony murder.

11:00 am to
12:30 pm

Bay Meadows

Students will be asked to participate as potential jurors during the jury selection process.

NOTE:

In many of the cases you will be shown there will be crime scene photos. You should be prepared for this.

Patrick McKinley has prosecuted numerous murder, rape, theft, bribery, assault, robbery, and other serious felony charges, as well as countless misdemeanor cases. He has been involved in over 330 jury trials that went to verdict, including many murder cases that settled as well as 15 that went to trial.

No photography permitted during sessions — no exceptions.

He also participated in the longest criminal investigation and prosecution in the history of Santa Barbara County: the 7-year investigation (1987–1993) and successful prosecution of three defendants in a murder for hire.

Patrick joined the District Attorney's Office in Santa Barbara on June 1, 1970, as a deputy district attorney. He graduated from Duquesne University and Duquesne University School of Law.

Dominika Blackappl
HISTORY/ACTIVISM

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

Dominika Blackappl will share her experiences from behind the scenes of the Velvet Revolution in Czechoslovakia and the falling of the Berlin Wall in Germany in 1989. She has actively opposed communism, acting alongside the leadership of these two major 20th-century revolutionary events.

Dominika will also teach about conducting a peaceful, nonviolent protest and will show and discuss legendary pieces of political art, including visual arts and music.

Dominika is a Czech Jew, who, at the age of 16, immigrated alone to the United States from Eastern Europe.

Dominika Blackappl is a sculptor of things, both tangible and intangible. She is the Bohemian love child of Henry Ford and Willie Wonka.

Dominika is trained in design and in business, with graduate degrees from the Academy of Art, Architecture and Design and the Rhode Island School of Design, and the London Business School.

She founded and led companies including a consumer electronics company, a satellite imagery company, and a fashion line that grew to be the top online label in Europe.

Dominika has also done award-winning design work at IDEO. As a part-time partner with Y Combinator she helps startups to get through to their customer. Dominika thrives on art. She co-founded the Governor's Island Art Fair in New York City, American largest independent art show, which gives hundreds of emerging artists their first exhibit every year.

Michael Rogers
FITNESS/WELLNESS

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

This activity will give you a taste of the world of rock climbing. We will cover the basic skills, such as tying into your harness with a follow-through figure 8 knot, proper belay technique using an ATC, and complete safety checks on you and your partner. This is a great opportunity to have fun exploring a perspective-changing sport and challenge your body and mind!

Mike has been climbing since 2006 all over the world, from El Capitan and Half Dome in Yosemite to the Blue Mountains in Australia and limestone cliffs of Thailand. Spending hundreds of hours on rock in California and working for Touchstone Climbing, he climbs up to 5.12 on rope and V8 bouldering.

Mike has been a climbing and climbing fitness instructor for 7+ years with the likes of Alex Honnold and Hans Florine taking his classes to improve their already elite status. He regularly teaches rigging workshops while on tour as Technical Director for BANDALOOP, a vertical dance company based out of Oakland, California.

Activity

Let's Build a Brain: A Crash Course in Developmental Neurobiology

Kristin Muench
SCIENCE

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

Have you ever wondered how a single fertilized egg cell turns into a functioning brain? By the time it is born, a baby has already begun one of nature's greatest feats: the construction of a fantastically complex central nervous system.

In this whirlwind tour of the developing brain, you will learn about the principles and processes that transform sperm and egg into an estimated 100 billion neurons making the trillions of precise connections that govern your interface with reality. A combination of interactive games and storytelling-based lectures will ignite your curiosity and inspire your appreciation for this breathtaking biology.

Kristin Muench is pursuing a PhD in neuroscience at Stanford University. Her work explores how genetic and environmental risk factors contribute to the development of autism. She received extensive exposure to Ms. Frizzle and Bill Nye at a critical age and has since developed a passion for science communication.

She spends her free time facilitating conversations about science both with and within the research community, including several exhibits at the California Academy of Sciences Nightlife events.

She has designed and led classes for students from grades two through twenty-two, and is delighted to make the acquaintance of students at Nueva. Kristin contributes and edits pieces for NeuWrite West, the Stanford neuroscience blog. She occasionally posts nerdsome delights under the Twitter handle @kristin_muench.

Activity Auto Maintenance 101: Know Your Car Bumper to Bumper

Ben Johnson, All Automotive Masters
LIFESKILLS

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Wear clothing you
don't mind getting
greasy!

Finally having the freedom and ability to drive your own vehicle is great. But breaking down on the side of the road and potentially having to spend a lot of money on car repairs? Not so great.

Keeping your car well-maintained isn't necessarily rocket science, and there are many key inspections that you can do yourself to make sure your car is operating well between scheduled visits to your auto mechanic.

This 90-minute, hands-on, interactive session with local master auto technician Ben Johnson will walk you through your auto from bumper to bumper. Ben will cover the obvious to the not so obvious. Do you know how to change your headlight bulb, wiper blades, or even a tire? Do you know how to use jumper cables, and where to place them? Do you know how to put snow chains on your tires? How about checking your oil and fluids? Do you know the difference between antifreeze and windshield wiper fluid? Do you know why your car uses regular, premium, or diesel fuel?

Keeping tabs on the condition of basic equipment on your car such as windshield wipers, spare tires, and headlights will no longer be a mystery once you drive away from this course!

Ben Johnson started working with the luxury automobile company BMW in 1981, working on BMW's Alpena performance team. He later transferred to Mercedes Benz of San Francisco where he became a master technician.

After a lengthy career with Mercedes Benz and various shops throughout the San Francisco Bay Area, he opened and now operates his own automotive shop, where he continues to work on everything from luxury to standard cars. Additionally, he consults on diagnoses for other Bay Area auto shops on his specialties, German cars.

Activity

Upcycling: Making Your Own Handbags or Backpacks with Recycled Materials

Jenn Jory
FASHION/SUSTAINABILITY

Week 1

Thursday

January 4

11:00 am to
12:30 pm

Bay Meadows

This hands-on class will teach you how to create your own bag or back pack from upcycled materials. We will look at creative resources in the Bay Area that provide materials for upcycling and we will learn how to creatively construct our own one-of-a-kind piece. We will explore why upcycling will be crucial for our future and find ways you can participate in this growing field. You will also learn about the advantages and challenges of minimizing your global footprint and gain inspiration to repurpose and create from your own resources.

Upcycling and rescuing fabric from the landfill has been a passion of Ecogirl handbag founder Jennifer Jory. She began collecting and reusing high-end designer upholstery samples and remnants nearly 10 years ago and her bags have been featured on the television program Eye on the Bay, in eco-conscious blogs, and in numerous events throughout California.

When she learned that nearly 10 tons of fabric was destined for local landfills each year, Jennifer knew turning beautiful upholstery and vintage fabrics into functional bags was an easy solution for the environment. She works closely with a local San Francisco couple who are expert craftsmen. Sourcing and manufacturing locally lessens the bags' global footprint and makes them truly SF made.

Jennifer's primary passion is rescuing designer fabric remnants from upholstery manufacturers and workroom floors, material that otherwise was destined for the landfill.

Roopa Raman and Manishi Singh
ART

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

Embroidery is the handcraft of decorating fabric or other materials using a needle to apply thread or yarn. It is not only an art but a culture in itself. It spans many world cultures and is kept alive by passing on the skill from one generation to the next. Some of the basic techniques or stitches of the earliest embroidery are chain stitch, buttonhole or blanket stitch, running stitch, satin stitch, and cross stitch. Those stitches remain the fundamental techniques of hand embroidery today.

Manishi Singh has a diverse resume, with a master's in finance and certifications in fashion design. Having been passionate about dance since childhood, after becoming a mother the learning abilities of children amazed her and led her to undertake training as a Montessori Directress. She worked with children in a Montessori House of Children for two years in India. In her free time, she dances, cooks, paints, and writes.

Roopa Raman, a professional and licensed henna artist and owner of Henna Bash (www.hennabash.com), will join your session to explore and teach these new activities. Raman is a Bay Area henna expert and has taken Henna Bash to various events, including private parties, community fairs, public libraries, colleges, corporations, schools, and more.

Conservation Ambassadors: Where Animals Call Home

David and Lisa Jackson, Conservation Ambassadors
WILDLIFE/ENVIRONMENT

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Live animals are part
of this session.

You may sign up for
more than one
session; however, we
will only assign
students to
additional sessions
after everyone who
wants this activity
has had a first
opportunity.

Take an imaginary field trip around the world to discover the habitats animals call home. Students will meet our animal ambassadors and learn about the niches that these animals fill in their environments and how they survive in an ever-changing world.

David's passion for wildlife and desire to educate and inspire conservation worldwide is what led him to establish Conservation Ambassadors 25 years ago. His passion started in high school with jobs in animal care and training dogs and parrots. His unique experiences inspired him to pursue a career in the animal care field, and he went to work in the zoological medicine department at UC Davis Veterinary Teaching Hospital. His dedication and interest in wildlife and wild places led him to attend Moorpark College in California, a facility certified by the Association of Zoos and Aquariums, where he earned a degree in exotic animal training and zoological management.

David has traveled around the world to assist with wildlife conservation efforts. Over his career, he has received numerous awards for animal welfare, zoo management, education, and training.

Conservation Ambassadors' mission is giving a worldwide voice to wildlife by providing a permanent, loving home for displaced, abused, abandoned, or permanently injured wild and exotic animals. Through our "Zoo to You" outreach program, we share these animal ambassadors with school children and learners of all ages to educate them about conservation, connect them to the wild world, and inspire them to protect the planet.

www.conservationambassadors.org

**Ken Shelf, Succulence
GARDENING**

Week 1

Friday

January 5

11:00 am to

12:30 pm

Bay Meadows

Learn all about these rain forest plants — how to care for, maintain, and propagate them.

Design a 5" hanging globe aerium utilizing an array of tilandsia (airplants) that you will get to choose from and a variety of mosses, pebbles, sands, tumbled glass, sticks, and other natural elements.

Succulence is a creative partnership between Ken and Amy Shelf. Ken is the lead cultivator at Succulence. Ken's plant art began decades ago with creative vegetable gardening and continues with his exploration of the disintegration and reintegration of nature with itself. In his endless quest for interesting planting vessels, he has planted teapots, popcorn poppers, electrical boxes, watering cans, shoes, bicycle rims, bird feeders, seashells, grain mill belts, coal cans, potato and onion baskets, and a metal Hoosier flour bin for his wife's 40th birthday. Amy Shelf is an artist, a singer (with Conspiracy of Venus), a collagist, a mom, a lawyer, a pickler, a jammer, and many other things. She spends her workdays building estate plans, and her nights are spent working on projects and developing the vision for Succulence. After Amy came up with the idea to name the store after the richness of life, their philosophy collided with their venture to form succulence: life and garden.

Ryan Roy
MARTIAL ARTS/FITNESS

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Athletic clothing
required.

Open to all fitness
levels.

Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from karate and Muay Thai. Kickboxing is practiced for self-defense, general fitness, or as a contact sport. American kickboxing originated in the 1970s and was brought to prominence in 1974, when the Professional Karate Association (PKA) held the first world championships. Historically, kickboxing can be considered a hybrid martial art formed by combining elements of various traditional styles. Kickboxing has contributed to the emergence of mixed martial arts via further hybridization with ground-fighting techniques from Brazilian jiu-jitsu and folk wrestling.

Professional fighter and martial arts expert Ryan Roy will introduce you to kickboxing techniques, practices, equipment, and run through a full introductory class of instruction.

Ryan "T2" Roy is a professional Muay Thai fighter with over 14 years of Muay Thai and martial arts experience, and the founder and owner of T2 Muay Thai Studio in Mountain View, CA. He is a professional and amateur champion who has trained and fought both nationally and internationally, including in the founding home of Muay Thai, Thailand. Ryan began his Muay Thai career in the late 1990s under the original Fairtex team and gym in San Francisco. His trainers were Thailand stadium and current world champions and to this day Ryan still trains under the legendary Ganyao "Dr. Knee" Sitphodang Arunleung (trainer of 15 world champions).

www.t2muaythai.com

Activity Comedy Sportz Improv: Performance and High School League

Jeff Kramer, ComedySportz
THEATER/IMPROV

Week 1

Friday

January 5

11:00 am to

12:30 pm

Bay Meadows

Improv comedy as a sport! Two teams will compete in a comedy competition improvised entirely from outside suggestions.

ComedySportz is the longest running show in Silicon Valley, and their high school league is the largest, most successful improv training program for high school students in the country.

ComedySportz is the award-winning interactive comedy show where two teams of "act-letes" compete for audience laughs and points while improvising scenes, games, operas, and musicals based on audience suggestion.

ComedySportz was started in 1984 in Milwaukee, Wisconsin, by Dick Chudnow, who based it on the competitive Theatresports improvisational techniques of Keith Johnstone from Calgary, Alberta. The continued growth of ComedySportz culminated in the birth of the World Comedy League. The WCL now has grown to over 20 teams, including teams in Manchester, UK, and Berlin, Germany.

ComedySportz San Jose was founded by Jeff Kramer, who was an original member of the Madison team. The ComedySportz High School League® is the largest, most successful improv training program for high school students in the country. The High School League® empowers students to create their own theater and nourishes their communication skills through improvisational theater workshops and performances. It encourages their individuality and provides a forum to succeed or fail in a safe environment that combines showmanship and sportsmanship. The league provides an extracurricular activity that goes beyond stage work into everyday situations.

www.comedysportzsanjose.com

Are You Up for a Challenge? The Enigmatic MC Escher and His Fiendishly Impossible Stairs

Romayne Putna
MATH/DESIGN

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

For someone who was such an intensely private individual, MC Escher has certainly left a lasting impression. Some of our greatest, and most endearingly oddball creatives have taken inspiration from Escher's tessellations and impossible worlds, from Hollywood director Christopher Nolan to childhood favorite Dr. Seuss.

In this activity we'll delve into the personal world of Escher, track the far-reaching effects of his work, and tackle the fiendishly tricky challenge of creating an impossible staircase.

Romayne Putna accidentally started working in education in the late 1990s. She found it so enjoyable that she's been having the same accident for nearly twenty years and hopes that no one will notice how much fun she is having during work hours.

Romayne spent six years working between the UK and the USA as a visual arts and theatre instructor and an outdoor educator, and to this day will tell you that no extreme sport gives the same adrenaline rush as teaching archery to eight-year-olds.

In 2007 Romayne moved to Los Angeles, creating and instructing project-based curriculum for a nonprofit organization on a diverse range of subjects from neuroscience to Shakespeare to engineering to cryptozoology. Today, as an educational consultant, she continues to be a passionate advocate of interactive learning and "edutainment" and enjoys introducing topics that will inspire curiosity and lots of questions — except for tax law, as those questions give her a headache.

Simon Firth
ART

Week 1

Friday

January 5

11:00 am to

12:30 pm

Bay Meadows

Make book art! Come turn individual pages from discarded books into something entirely new and wonderful.

Working with Simon Firth (Finley's dad), you'll have the chance to use pens, inks, pencils, and anything else you have at hand to transform how pieces of text both look and signify.

Simon Firth (Finley Firth's dad) is a professional communicator and amateur maker of everything from jewelry to tree houses. A former public television producer and commissioned playwright, he now makes a living writing for clients like HP, VMware, and Stanford University. Simon has a longstanding interest in the history and future of ideas and education. He has taught Intersessions at the Girls' Middle School in Palo Alto and at Nueva Upper School, covering topics that include process art, environmental art, inspirational signage, and information display at a massive scale. Simon received a BA in philosophy and art history (minor) from University College, London, an MA in communications studies from City University, London, and an MSc in television, radio, and film from Syracuse University. <https://simonfirth.wordpress.com/>

Chef Robert Donohoe
COOKING

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

Chef Robert will walk you through building a target pantry, the essential tools needed, meal planning, foraging (meal plan leftovers), and group ideas, finishing with a prepared dish.

Our very own Chef Robert Donohoe is a Bay Area native, born at Stanford Hospital, raised in Atherton, and schooled in the heart of the Silicon Valley. Chef attended St. Joseph's School and went on to study culinary arts at Cañada College. Chef Robert's experience has ranged from 5-star golf resorts and luxury hotels to senior nutrition and healthcare. Robert is in his 4th year at Nueva.

Dennis Brown, Sportscaster and Retired NFL Player
BROADCASTING/SPORTS

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

So you want to be a sports broadcaster? While the majority of us may not have the raw athletic prowess necessary to become a professional athlete, it doesn't mean we can't become the talent on the sidelines and inside the broadcast booth reporting on the athletes we love. As the business of sports has evolved, so has the industry that covers them. No longer are jobs in sports media limited to being a beat writer for the hometown paper or doing play-by-play for a local high school team. There simply has never been a better time to break into the business of sports journalism.

Come hear from Dennis Brown, on-air sports analyst, co-host, and personality with NBC Sports about his personal journey, stories from the gridiron and the field, and day-to-day work as a broadcaster.

Dennis Brown, former San Francisco 49ers defensive end and Super Bowl XXIX champion, is an on-air sports analyst, co-host, and personality with NBC Sports. Brown also covers pre- and postgame coverage on game day 49ers Central.

A second-round pick and Goldrush Rookie of the Year for the 49ers, Brown played defensive end for seven seasons. Brown received the Ed Block Courage Award, a prestigious honor recognizing his commitment to the principles of sportsmanship and courage. Following his retirement from the NFL, Dennis has been active with the 49ers in a nonplaying capacity.

Brown is a four-time winner of the 49ers' Community Relations Alumni Service Award, serves as an ambassador for the USA Football and NFL's Heads Up Football program, and is an active member of the Northern California Chapter of the NFL Alumni Association.

Activity
Understanding Your Unconscious
Mind and Why You Buy:
The Neuroscience of Marketing

Steve Genco
BUSINESS/SCIENCE

Week 1

Friday

This talk and interactive session will focus on your unconscious mind and how it subtly influences your thoughts and behavior as a consumer in the modern marketplace.

January 5

We will review several examples of marketing in action and explore key unconscious processes you use every day to form impressions and determine meaning and value when you experience ads, shop, and enjoy your favorite products.

11:00 am to
12:30 pm

Bay Meadows

Learn how we think about brands, how we decide what to buy, and why it matters.

Steve Genco is a pioneer in the field of neuromarketing, having co-founded one of the first neuromarketing research firms in 2006. He is well known as the lead author of Neuromarketing for Dummies, the first book-length introduction to the field, published in 2013.

He is currently managing partner at Intuitive Consumer Insights LLC, where he specializes in helping marketers and agencies identify and utilize the latest advances in neuromarketing. He also serves as a member of the Advisory Board for the Neuromarketing Science and Business Association (NMSBA). His new book, Intuitive Marketing, is scheduled to be released in 2018.

John Edmark
MATH/ART

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

This workshop will be a hands-on investigation of various spiral geometries, focusing on those that are the basis for such plant forms as pinecones, sunflowers, and artichokes (and also the basis for my artwork).

This session begins with a description of the two primary types of spirals, Archimedean and logarithmic. You are then guided through the processes of constructing (drafting) both types of spiral using simple tools fabricated from common materials.

You will then move on to constructing a spiral mesh that is based on the phyllotactic spiral meshes (found in pinecones, sunflowers, artichokes, etc.), using a special laser-cut tool I designed that allows them to mimic the process used by nature.

John Edmark is a lecturer in the Design Program at Stanford University. He is the inventor of Blooms, a new type of sculpture that animates when spun under a strobe light, and the Helicone, an interactive kinetic toy. His work has been featured on NPR's Science Friday.

John has been an artist-in-residence at the Exploratorium and AutoDesk. Videos of his work have received more than 50 million views online.

Michael Rogers
FITNESS/WELLNESS

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

This activity will give you a taste of the world of rock climbing. We will cover the basic skills, such as tying into your harness with a follow-through figure 8 knot, proper belay technique using an ATC, and complete safety checks on you and your partner. This is a great opportunity to have fun exploring a perspective-changing sport and challenge your body and mind!

Mike has been climbing since 2006 all over the world, from El Capitan and Half Dome in Yosemite to the Blue Mountains in Australia and limestone cliffs of Thailand. Spending hundreds of hours on rock in California and working for Touchstone Climbing, he climbs up to 5.12 on rope and V8 bouldering.

Mike has been a climbing and climbing fitness instructor for 7+ years with the likes of Alex Honnold and Hans Florine taking his classes to improve their already elite status. He regularly teaches rigging workshops while on tour as Technical Director for BANDALOOP, a vertical dance company based out of Oakland, California.

Activity Audiovisual Engineering: Designing Tools for Interactive Performance

Kiran Malladi and Gabriel Stern
ENGINEERING

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

NOTE:

This course will
involve bright lights
and loud sounds.

Please advise us in
advance if you have
any sensitivity to
these kinds of stimuli
so that our presenters
can be considerate
of how and when we
share this content
during the session.

This activity will help students connect with new media and creative digital tools. In this 90-minute seminar, Gabe and Kiran will guide students on a wacky exploration into color, sound, and hijinks.

Topics include a look at software tools (such as Processing and Ableton), frank reflections on creative collaboration, and an interwoven survey of other contemporary new media artists.

Kiran is a Bay Area-based engineer and designer who delights in the intersection of physical craft, digital magic, and human connection. His journey to today includes chapters at Stanford, Faraday Bicycles, and Apple. He is now pursuing collaborative artistic endeavors as the creative director at MEGAFUNA.

Gabriel is a musician and instructional designer who values creative output and play above just about everything else. He helped create UnCollege Gap Year, a self-directed learning program that teaches young adults to follow their curiosity and bring their ideas to life. His work outside of education includes producing music for plays and tech products and recording under the name Gabriel Stern. His current work at MEGAFUNA focuses on experimenting with soundscapes and creating audio experiences that invite play and viewer participation.

Activity Auto Maintenance 101: Know Your Car Bumper to Bumper

Ben Johnson, All Automotive Masters
LIFESKILLS

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Wear clothing you
don't mind getting
greasy!

Finally having the freedom and ability to drive your own vehicle is great. But breaking down on the side of the road and potentially having to spend a lot of money on car repairs? Not so great. Keeping your car well-maintained isn't necessarily rocket science, and there are many key inspections that you can do yourself to make sure your car is operating well between scheduled visits to your auto mechanic.

This 90-minute, hands-on, interactive session with local master auto technician Ben Johnson will walk you through your auto from bumper to bumper. Ben will cover the obvious to the not so obvious. Do you know how to change your headlight bulb, wiper blades, or even a tire? Do you know how to use jumper cables, and where to place them? Do you know how to put snow chains on your tires? How about checking your oil and fluids? Do you know the difference between antifreeze and windshield wiper fluid? Do you know why your car uses regular, premium, or diesel fuel?

Keeping tabs on the condition of basic equipment on your car such as windshield wipers, spare tires, and headlights will no longer be a mystery once you drive away from this course!

Ben Johnson started working with the luxury automobile company BMW in 1981, working on BMW's Alpena performance team. He later transferred to Mercedes Benz of San Francisco where he became a master technician.

After a lengthy career with Mercedes Benz and various shops throughout the San Francisco Bay Area, he opened and now operates his own automotive shop, where he continues to work on everything from luxury to standard cars. Additionally, he consults on diagnoses for other Bay Area auto shops on his specialties, German cars.

Activity

Upcycling: Making Your Own Handbags or Backpacks with Recycled Materials

Jenn Jory
FASHION/SUSTAINABILITY

Week 1

Friday

January 5

11:00 am to
12:30 pm

Bay Meadows

hands-on class will teach you how to create your own bag or back pack from upcycled materials. We will look at creative resources in the Bay Area that provide materials for upcycling and we will learn how to creatively construct our own one-of-a-kind piece. We will explore why upcycling will be crucial for our future and find ways you can participate in this growing field. You will also learn about the advantages and challenges of minimizing your global footprint and gain inspiration to repurpose and create from your own resources.

Upcycling and rescuing fabric from the landfill has been a passion of Ecogirl handbag founder Jennifer Jory. She began collecting and reusing high-end designer upholstery samples and remnants nearly 10 years ago and her bags have been featured on the television program Eye on the Bay, in eco-conscious blogs, and in numerous events throughout California.

When she learned that nearly 10 tons of fabric was destined for local landfills each year, Jennifer knew turning beautiful upholstery and vintage fabrics into functional bags was an easy solution for the environment. She works closely with a local San Francisco couple who are expert craftsmen. Sourcing and manufacturing locally lessens the bags' global footprint and makes them truly SF made.

Jennifer's primary passion is rescuing designer fabric remnants from upholstery manufacturers and workroom floors, material that otherwise was destined for the landfill.

WEEK TWO

Morning Seminars

Erika Schillinger and Monika Schoenhoff
SCIENCE/COOKING

Week 1 /Week 2
Morning

January 3, 4, 5 +
8, 9, 10

8:45 am to
10:45 am

Bay Meadows

NOTE:

This is a double morning seminar. If you choose this seminar, you will be automatically enrolled in both weeks seminars in addition to 2 days of activity sessions on Thursday, Jan 4, and Friday, Jan 5.

However, you will still select options in all time slots in case you are not able to get into this seminar.

Have you ever wondered why eggs solidify and turn white when you cook them, or why green beans turn even greener when you steam them? Why does chocolate taste so good?

Explore the world of food science in this unique mini-course! Discover and learn about food chemistry, sensory science, and cooking through hands-on experiments, demonstrations, discussions with expert speakers, and exciting/tasty field trips!

This class meets each seminar morning session for both Week 1 and Week 2, plus it will extend in to the Activity Session Thursday, January 4, and Friday, January 5, so we can go on two mini offsite adventures.

Monika Schoenhoff, PhD, has worked for a number of years in the pharmaceutical industry as a pharmacokinetics / pharmacodynamics scientist (Genentech and small start-ups). For the last ten-plus years she followed her passion for science by bringing it to the classroom. She is honored and excited to be teaching the "Science of Food" course for Nueva again. She believes combining equal parts of passion for science, cooking, baking, and education is the perfect recipe.

Erika Schillinger, MD, is a clinical associate professor of medicine at Stanford. She is the Predoctoral Director in Family Medicine and has helped develop Stanford's clinical skills and doctoring curriculum. Her focus is on bedside manner, professionalism, and patient-centered care. In her work as an educator, she strives for an integrative, collaborative, innovative approach. She is grateful to be given the opportunity to weave together three passions — science, teaching, and food — in the service of a school she is coming to love.

Roopa Raman and Manishi Singh
DANCE**Week 2**
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

NOTE:

Wear comfortable clothing you can move and dance in.

We will explore the wonderful world of Bollywood dance. Used in Indian films, it is a mixture of numerous styles, including Katyak, Indian folk, belly dance, Western popular, and modern jazz. It has become popular here in the West as an aerobic exercise.

Manishi Singh has a diverse resume, with a master's in finance and certifications in fashion design. Having been passionate about dance since childhood, after becoming a mother the learning abilities of children amazed her and led her to undertake training as a Montessori Directress. She worked with children in a Montessori House of Children for two years in India. In her free time, she dances, cooks, paints, and writes.

Roopa Raman, a professional and licensed henna artist and owner of Henna Bash (www.hennabash.com), will join your session to explore and teach these new activities. Raman is a Bay Area henna expert and has taken Henna Bash to various events, including private parties, community fairs, public libraries, colleges, corporations, schools, and more.

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

Successful leadership requires making bold, risky, and sometimes unpopular decisions. In a word, it requires courage. However, courage is much more than charging into the unknown with uncertain outcomes. While everyone has the capacity for courage, not every aspiring leader understands how to harness courage to enhance effectiveness. Courageous leadership requires a deep understanding of the unique relationship between courage and fear, as well as the connection between leaders and those they lead.

Students will examine their own concept of courage and how it influences leadership and communication styles. We will evaluate modern leadership strategies and discover how the proper balance of courage and fear fosters effective communication that inspires and engages others. Research has shown that compassionate leaders inspire loyalty and commitment, thus creating an environment that breeds productivity and health. Through experiential practices and group discussion, students will gain greater awareness about their authentic self and the courage to apply the most appropriate leadership style in any given situation.

A native of Jordan, Hala received her master's in counseling psychology from the Institute of Transpersonal Psychology and started her career as a therapist working for several years with underprivileged youth and their families. Hala has spent 15 years in the fields of coaching and teaching. She believes that once we know and accept our inner strengths and gifts we have the power to deepen our lives and inspire the lives of those around us. That is what leadership is to her.

Hala has taught undergraduate psychology courses and graduate cultural and diversity courses. She developed, created, and teaches the Courageous Leadership course at Stanford University. Hala also co-founded Head Heart Consulting, a leadership and executive coaching and consulting company that works with teams to create their vision for authentic, inspiring leadership and culture.

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

Research has shown that meditation and mindfulness training reduces stress, anxiety, and depression, improves concentration and focus, and helps students perform better on tests. Do you want to learn how to deal with stress and increase your capacity to be calmer, kinder, and happier? Of course you do!

Consider this your meditation boot camp. Through instruction, group discussions, and fun workshop activities, we'll learn basic (and maybe some advanced) meditation practices and how to integrate these practices into our everyday lives. Also, it will be fun.

Alison Laichter is a meditation teacher, consultant, urban planner, community organizer, and former Brooklynite, now based in southern California. She has taught classes and retreats for children and adults throughout the world, including students and professors at Yale University, doctors at Bellevue Hospital, farmers and retreatants at Hazon and the Leichtag Ranch, children and mothers at NYC homeless shelters, social entrepreneurs in Jerusalem, humanitarian activists in Mumbai, and artists in Mexico City. She founded and directed the Jewish Meditation Center (JMC) in New York City. She was a recipient of the Joshua Venture Group Dual Investment Program, a two-year, \$100K fellowship for social entrepreneurs and was named one of the Jewish Week's "36 Under 36: Visionaries for a New Era." Alison studied civil engineering at the Cooper Union and urban planning at Columbia University.

As the founding director of the JMC, Alison created the first-ever grassroots and community-led Jewish Meditation Center. At the JMC, Alison directed all aspects of the organization, earning a spot in Slingshot's 50 Most Innovative Jewish Nonprofits in North America three years in a row. She has consulted with foundations, organizations, and companies to build strong teams, develop and cultivate communities, and create sustainable programs, using meditation and mindfulness as strategic tools. Alison is a sought-after teacher and an accomplished spiritual leader who believes that truly sustainable repair of the world happens from the inside out.

Albert Rubio
THEATER

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

Learn about the heartbeat of Shakespeare's plays by focusing on dissecting iambic pentameter through the use of scansion. You will also learn about the different rhetorical devices used by Shakespeare to tell his stories. You will then use your knowledge to unpack a bit of text from Shakespeare's *Henry V*.

Albert Rubio is an actor, director, and teaching artist, currently residing in San Francisco. Albert has taught Shakespeare, acting, voice, and dialects at A.C.T.'s renowned Young Conservatory and has designed and taught in weeklong summer intensives for Ronald Reagan High School's summer acting camp (San Antonio, TX). Regionally, Albert has performed at A.C.T. and Summer Rep Theatre Festival (SRT), and he was an Acting Apprentice for the Great River Shakespeare Festival (GRSF). Albert holds an MFA in acting from the American Conservatory Theater (A.C.T.), and he has his BFA in theatre performance from the University of Evansville in Evansville, IN.

Seminar Wildcrafting: Ecology of Color, Making Felt from the Forest

Maria Finn
ART/SUSTAINABILITY

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

During the first day of your session we will explore local nature spots and gather leaves, mushrooms, and wasp galls. We will discuss our experience in the forest and research what different colors will come from these elements.

The next day we will spend mixing mordant, making our dyes, and discussing how a mordant, like rusty nails, co-creates color. We will then dye wool and hang it up to dry.

In the final session on our last day, we will turn spun wool into felt and explore if this process makes us think differently about our relationship with ecosystems and color.

Maria Finn has written for Sunset magazine, the Wall Street Journal, Afar, the New York Times, Wine Spectator, the Food & Environmental Reporting Network, the San Francisco Chronicle, Saveur, Organic Living, Women's Health, and Gastronomica, among many other publications. She is the author of the books The Whole Fish, Hold Me Tight and Tango Me Home, and A Little Piece of Earth: How to Grow Your Own Food in Small Spaces.

She has been an artist-in-residence at Autodesk Pier 9 Creative Lab, the Marin Headlands Center for the Arts, and Mesa Refuge. Finn received an MFA from Sarah Lawrence College. She teaches feature writing at Stanford University School of Continuing Education.

Seminar

Crash Course in Money Management: Budgeting, Accounts, and Credit

Tim Ranzetta and Jessica Winkler
LIFESKILLS/FINANCE

Week 2 Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

Managing your personal finances consists of a series of small decisions that inform larger decisions that make a huge impact on your health, your wealth, your lifestyle, and even your happiness. In this intersession workshop, you'll learn concrete knowledge that will improve your financial literacy; engage in rigorous, real-world finance activities; and think through important decisions you'll need to make in high school, college, and the years that follow.

We will specifically focus on foundations of money management, budgeting during college, and using credit wisely.

Tim Ranzetta's saving habits started at seven when a neighbor with a broken hip gave him a dog-walking job. The neighbor's recovery, which took almost a year, resulted in Tim's getting to know the bank tellers quite well (and accumulating a savings account balance of over \$300!). His recent entrepreneurial adventures have included driving a shredding truck, analyzing executive compensation packages for Fortune 500 companies, and helping families make better college financing decisions. After volunteering in 2010 to create and teach a personal finance program at Eastside College Prep in East Palo Alto, Tim saw firsthand the impact of an engaging and activity-based curriculum, which inspired him to start a new nonprofit, Next Gen Personal Finance.

Jessica Endlich Winkler has an undergraduate degree in finance, spent four years teaching math at a Brooklyn public high school, loves scouring the internet for interesting things to learn, and has a real soft spot for spreadsheet — it's as though this position at NGPF was created just for her. A graduate of Bank Street College of Education, she considers learning personal finance to be a matter of social justice and views the work perpetually through that lens. Having spent the previous six years as a school leader, Jessica misses the daily interaction with teachers but is glad she no longer has to monitor hallways.

www.nextgenpersonalfinance.org

Power Poetry: Slam Poetry — Speaking Up and Speaking Out

Mike Rosen

WRITING/PERFORMANCE/SOCIAL JUSTICE

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

Crush broke your heart? Parents on your back? Tired of the war? It's time to fight back. Slam poetry champion and performer Mike Rosen introduces students to the world of slam — a spoken and performance-based poetic technique that harnesses the power of language to stand up against injustice, inequality, and the annoying things that parents make us do. Students will develop their own voice as writers, amplify that voice through performance, and bring their words into unexpected, powerful places! Participants will brave diverse topics from #blacklivesmatter to sexual orientation to your most/least favorite musician. Join us if you're down for the revolution.

Mike Rosen is a storyteller for the modern age. As a poetry performer and educator Mike empowers brands, communities, and individuals to unlock their own story and tell it in their own voice.

Best known for the viral video "When God Happens" (UpWorthy.com), Mike was named Best Male Poet at the Wade-Lewis Poetry Slam Invitational 2011, a finalist at Rustbelt Regional Poetry Slam 2012, and twice finished in the top ten at College Union Poetry Slam Invitational.

As a student at Wesleyan University he founded the nation's largest collegiate poetry slam, and he has gone on to perform and teach internationally from Ivy League universities to sold-out venues in New York and Los Angeles.

His workshops focus on community building, perceptions of masculinity, and breaking down rape culture. Mike recently performed in several cities in India, including for a capacity crowd in Pune. He is the events curator for Atlas Review.

Seminar Running Away to the Circus: Aerials and Acrobatics

Johnny Bradford, AcroSports
PERFORMANCE/FITNESS

Week 2 Morning

January 8, 9, 10

8:45 am to
12:30 pm

AcroSports,
San Francisco

NOTE:

9:00 Arrival at AcroSports
in San Francisco.

Depart at noon back to
BM.

All students are required
to wear appropriate
athletic clothing.

Any student assigned to
this seminar will not be
assigned to an activity
session on these days as
you need the extra time
for transport. You will be
back in time for lunch.

Explore the art of movement at AcroSports' circus gymnasium! Channel your inner ninja warrior as you climb, run, and navigate our parkour obstacle course. Go airborne on our aerial arts points through lyra, sling, tissu, or trapeze. Bounce, flip and fly on our trampoline. Handstand, cartwheel, vault, and roll as you are introduced to tumbling and gymnastic skills. This energetic 3-day seminar will introduce you to a variety of movement modalities designed to increase coordination, flexibility, and strength.

Members of the extensively experienced AcroSports staff team will facilitate various workshops, each focusing on a different movement modality — gymnastics, parkour, and aerial arts.

The Acro staff have unique and varied backgrounds, ranging from competitive gymnastics to professional performance. The AcroSports team are passionate about sharing their love of movement and performance with students of all levels.

Seminar

Encapsulated Narrative: Telling Meaningful Stories through GIFs

Raquel Rabbit
ANIMATION/STORYTELLING

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

An animated GIF is an image encoded in graphics interchange format (GIF). It contains a number of images or frames in a single file and is described by its own graphic control extension. The frames are presented in a specific order in order to convey animation. Animated GIFs are a quick and easy way to present dynamic content, especially in Web pages, because small file sizes allow for a faster browsing experience. They can also be entertaining and permit easy access by anyone using a browser on a smart phone, tablet, or computer.

This workshop intends to use this intriguing and minimalistic digital format to create a collection of short animated GIFs featuring environmental themes — ecology, climate, global warming, plastic, endangered animals, etc.

Raquel Rabbit is a Brazilian author, animator, and illustrator. She has published 17 children's books in Brazil, and she has worked in the US since 1997 as an animator. She worked for some of the top animation studios in the world, including Laika, BlueSky, Dreamworks, and Tippet Studios. She currently teaches 3-D animation in the Animation and Illustration program of San Jose State University. She is also currently involved in the development of commercial AR projects (Augmented Reality) with Tactic Studios in San Francisco.

Seminar

Sawing, Filing, and Piercing — Oh, My! Designing on Sheet Metal

Deb Jemmott, Artist, and Gil Jemmott, Mechanical Engineer
ART/ENGINEERING

Week 2 Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

Sawing, Filing and Piercing — Oh, My! This class is designed to teach you the core techniques of jewelry making. You will learn how to be proficient using a jeweler's saw and accurate with files.

Working on a traditional bench pin, you will create intricate designs on sheet metal. Instruction will include proper filing techniques and the steps of sanding, burnishing, and polishing. Whether working on a finished piece of jewelry or other metal object, the skills you learn in this class can help you with many I-Lab projects.

This course will cover the essentials of fabrication: soldering, filing, sanding and finishing, flex shaft techniques, basic wire working, texturing, forming techniques for shaping, and sizing pendants, cuffs, and bangles. With a focus on design, technique, and craftsmanship, create a cuff bracelet, a pendant, earrings, or a bookmark (or other item of your choosing), and learn the basics of how to lay out, drill, pierce, file, form, and polish the metal. Using hammers, stamps, and other hand tools and by applying patinas, you can add texture to the piece. Then you can show off your new creations!

Deb Jemmott is a practicing jeweler, metalsmith, and instructor. She received her BFA from the University of Houston and her MA from San Diego State University — both in art, specializing in jewelry making and metalsmithing. She has taught jewelry making for over 40 years and especially loves spending the day in her studio creating wonderful things.

Gil Jemmott is a mechanical engineer and graduated from University of California, San Diego, with degrees in applied mechanics and psychology. He has worked on the Hubble Space Telescope, developed biomedical devices, and designed and built tools for jewelry manufacturing.

Seminar

The Conscience of Hollywood: Great Social Protest Films of the 1930s

Elliot Lavine
FILM/POLITICS

Week 2 Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

America in the 21st century bears a remarkable resemblance to the America of the 1930s. Then, as now, the nation found itself politically, ethnically, and economically divided and seething with anger, embittered that the political and economic systems were benefiting the few, not the many.

Hollywood in the 1930s was quick to respond to the social injustices it perceived with hard-hitting entertainments designed to ignite the passions and fuel the hopes of American moviegoers, giving way to a sensational new kind of cinematic movement: the social protest film.

Three great films from this era will be screened and discussed.

Elliot Lavine has been programming films since 1990 for theaters in the Bay Area and now Portland, and teaching film studies courses for Stanford University since 2006 and now for Oregon State University.

His annual film noir festival, "I Wake Up Dreaming," continues to draw large and enthusiastic crowds in both San Francisco and Portland. In 2010, he received the Marlon Riggs Award from the San Francisco Film Critics Circle for his revival of rare archival titles and his role in the renewed popularity of film noir.

Robyn Allen
SOFTWARE ENGINEERING

Week 2 Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

NOTE:

No prior
programming
experience
required.

Have fun writing Python in a relaxed setting. All experience levels welcome, including beginners.

We will discuss major ideas in Python and write some code together, including:

- A program to compare two provided essays and determine which one is “stronger writing”
- A program to help a student practice factoring polynomials
- A text-based adventure game

Even if you don't think you'll use programming in your future career, we welcome you to join us. Our goal is to use pre-existing Python libraries to show you how easy it can be to do powerful (and entertaining) things with the Python programming language.

Robyn Allen teaches engineering because many of today's grand challenges — in energy, healthcare, transportation, and other areas — require interdisciplinary engineering teams that have both world-class technical skills and world-class teamwork abilities. Robyn has mentored math teams, startup companies, and student engineers for 15 years. She holds a BS in aerospace engineering from MIT. Prior to teaching, Robyn worked as a systems engineer in hybrid car design, ultralight aircraft, mobile robotics, software design, and electric grid optimization. She has extensive experience in early-stage technology evaluation and prototyping from both an engineering and business perspective.

Robyn has been honored by numerous organizations, including the International Achievement Summit, the Clinton Global Initiative, the MIT Energy Initiative, and the American Institute of Aeronautics and Astronautics.

**Our Planet's Cryosphere, No Place
Like Home: Spaceborne Observations
and the Earth's Changing Climate**

Melinda Webster

SCIENCE

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

In this 3-day seminar, complete with hands-on activities and experiments, we venture into a frozen world, shoot out into outer space, and master the mechanisms transforming our planet. We'll discover why sea ice makes an excellent home, how satellites can see the invisible, and why rocks rock the Earth's climate. Get ready for some literally cool science!

Dr. Melinda Webster joined the Cryospheric Sciences Laboratory at NASA Goddard Space Flight Center in January 2017 as a research physical scientist.

Before joining the lab, Dr. Webster received her BS, MS, and PhD degrees from the University of Washington, all focused on Arctic sea ice. Her work has covered a breadth of sea ice topics, from small-scale processes such as melt pond evolution to large-scale trends such as snow on Arctic sea ice.

In her current role, Dr. Webster is investigating the geophysical properties, processes, and trends of sea ice by synthesizing remote sensing, in situ, and model data.

Spencer Hattendorf
MUSIC

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

Do you like singing with your friends? Do you like performing for an audience? Or do you just like singing in the shower? This seminar is going to be all about singing and exploring the ways in which we can collaborate with each other by using our voices.

Students will learn how to sing together in harmony, and work together to create and perform vocal arrangements of their favorite songs. Only one thing is required: your voice.

Spencer Hattendorf is a composer, performer, and multi-instrumentalist currently residing in New York City. He is a founding member of the indie/soul group the Rooks, who recently released their sophomore EP Wires and won an Independent Music Award for the single "Secrets."

He graduated from Wesleyan University with a BA in music and African-American studies, has been studying jazz saxophone for 15 years, and performs regularly in New York and throughout the Northeast.

Michael Rogers
FITNESS/WELLNESS

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

The rock-climbing course will give you an in-depth look into the world of rock climbing. We will cover the basic skills, such as how to secure your harness, tie a figure 8 follow-through knot, and complete your safety checks on you and your partner. You will learn how to belay using an ATC belay device, catch a fall, and lower your climber back to the ground. We will also get into climbing technique such as proper body positioning and footwork. This is a great opportunity to have fun exploring a perspective-changing sport and challenge your body and mind!

Mike has been climbing since 2006 all over the world, from El Capitan and Half Dome in Yosemite to the Blue Mountains in Australia and limestone cliffs of Thailand. Spending hundreds of hours on rock in California and working for Touchstone Climbing, he climbs up to 5.12 on rope and V8 bouldering.

Mike has been a climbing and climbing fitness instructor for 7+ years with the likes of Alex Honnold and Hans Florine taking his classes to improve their already elite status. He regularly teaches rigging workshops while on tour as Technical Director for BANDALOOP, a vertical dance company based out of Oakland, California.

Seminar So You Think You Want to Be a Stuntman

Tony Vella
FILM/THEATER

Week 2
Morning

January 8, 9, 10

8:45 am to
10:45 am

Bay Meadows

NOTE:

Due to the nature of this course, you must not have any physical restrictions or limitations, and you must be in good physical health.

If you ever thought you wanted to be a stunt performer and want to know more about the industry, this hands-on, fully physical seminar with Tony Vella is for you. This seminar will cover the basic information on fighting, falling, and take-down techniques required as entry-level knowledge for the industry.

Additionally, time will be given to explain what it is like to be a stunt performer in film and television and what you need to know to begin a career.

Tony Vella, a San Francisco native, is an experienced stuntman, stunt coordinator, and actor trained in both stunts and acting with more than 25 years of experience both on camera and behind the scenes. As an actors' stunt coordinator, he understands the difficulties in choreographing dialogue and physical actions required by actors when performing their own stunts. He founded the organization, B.A.S. (Bay Area Stunts), which offers full-service action coordinating, including stunts, precision driving, and specialty rigging (AKA wire work).

His personal work in both stunt coordinating and on-camera stunts includes a multitude of commercials, industrial spots, television, feature films, and "live" stunt shows.

www.bayareastunts.com

WEEK TWO

Afternoon Seminars

Alison Laichter
WELLNESS

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

This seminar will offer students a deeper dive into meditation techniques. Through personalized guidance, increased meditation practice (including sitting meditation, walking meditation, writing meditation, and other modalities), and small and larger group discussions, we'll focus on cultivating our personal meditation learning with the intention of creating a foundation for a daily practice.

Using our meditation practice and interactive activities, we'll deepen our practices and gain valuable and accessible skills for navigating difficult situations and challenges.

Alison Laichter is a meditation teacher, consultant, urban planner, community organizer, and former Brooklynite, now based in southern California. She has taught classes and retreats for children and adults throughout the world, including students and professors at Yale University, doctors at Bellevue Hospital, farmers and retreatants at Hazon and the Leichtag Ranch, children and mothers at NYC homeless shelters, social entrepreneurs in Jerusalem, humanitarian activists in Mumbai, and artists in Mexico City. She founded and directed the Jewish Meditation Center (JMC) in New York City. She was a recipient of the Joshua Venture Group Dual Investment Program, a two-year, \$100K fellowship for social entrepreneurs and was named one of the Jewish Week's "36 Under 36: Visionaries for a New Era." Alison studied civil engineering at the Cooper Union and urban planning at Columbia University.

As the founding director of the JMC, Alison created the first-ever grassroots and community-led Jewish Meditation Center. At the JMC, Alison directed all aspects of the organization, earning a spot in Slingshot's 50 Most Innovative Jewish Nonprofits in North America three years in a row. She has consulted with foundations, organizations, and companies to build strong teams, develop and cultivate communities, and create sustainable programs, using meditation and mindfulness as strategic tools. Alison is a sought-after teacher and an accomplished spiritual leader who believes that truly sustainable repair of the world happens from the inside out.

Seminar
**Wildcrafting: Unexpected
Edibles — Preserving Flowers,
Leaves, and Seeds**

Maria Finn
ART/SUSTAINABILITY

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

What you think is a weed might just be a great dried herb; that front yard flower could make a fabulous vinegar shrub; and honey infused with common local flora is a totally new experience.

In this hands-on session, we'll look at gardens and wild patches in a totally new way. We will be wildcrafting seasonal plants to make pantry items from our local flora, like sugar- or salt-preserved flower petals, infused vinegars, specialty mustard, and jamming and pickling what is most abundant in nature.

Think creative condiments for the brave and the bold!

Maria Finn has written for Sunset magazine, the Wall Street Journal, Afar, the New York Times, Wine Spectator, the Food & Environmental Reporting Network, the San Francisco Chronicle, Saveur, Organic Living, Women's Health, and Gastronomica, among many other publications. She is the author of the books The Whole Fish, Hold Me Tight and Tango Me Home, and A Little Piece of Earth: How to Grow Your Own Food in Small Spaces.

She has been an artist-in-residence at Autodesk Pier 9 Creative Lab, the Marin Headlands Center for the Arts, and Mesa Refuge. Finn received an MFA from Sarah Lawrence College. She teaches feature writing at Stanford University School of Continuing Education.

Carol Knowles
MATH/CRITICAL THINKING**Week 2**
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

Come try your hand at what many consider the “world’s greatest game,” a combination of probability and critical thinking. Perhaps the best one-sentence description of how bridge players feel about their game is playwright George S. Kaufman’s parody of a famous remark: “I’d rather be South than be President.” Bridge, as a mind sport, provides a lifetime of benefits:

- **FASCINATION:** “Bridge is such a sensational game that I wouldn’t mind being in jail if I had three cellmates who were decent players and who were willing to keep the game going 24 hours a day.” Warren Buffett
- **MENTAL CHALLENGE:** “Many games provide fun, but bridge grips you. It exercises your mind.” Omar Sharif
- **MULTIPLICITY OF REWARDS:** “Bridge is simultaneously fascinating and fun. In pursuit of winning you meet the elusiveness of perfection and the perverseness of chance. In preparation, you have the opportunity to develop and refine your system as linguistic science.” Michael Neuschatz

Instructors will be available to help all levels from beginner to advanced!

Carol Knowles is an experienced and accredited ACBL (American Contract Bridge League) teacher, director, and life master. As a founder of PYB (Peninsula Youth Bridge) she loves to share her passion for the mind sport of bridge with students.

Jason McDonald
BUSINESS

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

Today, the internet allows everyone to create a personal brand — positive or negative, artistic or practical. Yet many of us do not realize that we are creating an online personal brand with every post to Facebook, video to Snapchat, or picture on Instagram.

Is that online brand image really who we want to be? Will it take us to where we wish to go? In this workshop, we'll investigate online personal branding — how to define, create, and promote your personal online brand. We'll start by exploring the big concepts and leave with a personal brand plan.

Jason McDonald (BA, Harvard 1981; PhD, Berkeley 1992) aimed to be a professor of political economy. That didn't work out, so he began working as a technology journalist in Silicon. That led to his first company, a blog/portal for embedded systems engineers and a focus on search engine optimization (SEO). His third career began in 2008, when he began to offer consulting services in SEO but also began to teach and publish books on SEO, social media marketing, and AdWords.

Today, he runs a boutique marketing consulting agency, writes books, and teaches at Stanford University Continuing Studies.

Kelly Loy Gilbert
WRITING**Week 2**
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

In this seminar, we'll take an in-depth look at writing and publishing a novel.

We'll devote time to creative prompts that will heighten novel-writing skills and help writers understand and explore their own projects more deeply, and we'll also discuss:

- Writing a novel — the process of producing a book-length manuscript and how to address challenges along the way
- The process and stages of publication — what happens behind the scenes when a book deal is inked (including traditional vs. self-publishing, the major players in a book's development and how each one is involved, how books are made into films, etc.), and how to send a book into the world (how to research literary agents, how to pitch a book to agents or editors)
- Writing in community — finding an audience, working with critique partners, being in conversation about issues that affect the greater publishing community (diversity, censorship, equity, etc.)

Kelly Loy Gilbert is a lifelong lover of books and writing. After attending high school in a heavily STEM-focused high school in the SF Bay Area, she studied creative writing at UCSD and then earned an MFA in fiction at San Francisco State. Her first novel, Conviction, a 2015 Indie Next pick and BFYA nominee, was published by Disney-Hyperion in May, and her second novel, Nothing Gold Can Stay, is forthcoming in 2017.

Now a full-time novelist, Kelly also serves on the associate board of the literacy nonprofit NaNoWrimo and teaches fiction writing.

Emily Vieira, DIG Co.
ART/FILM/THEATER

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

NOTE:

This course involves the application of makeup and materials.

Please alert the presenter of any sensitivities or allergies.

This hands-on, interactive, instructional workshop will include the history of makeup through visuals, including the recreation of the most influential looks from the beginning to now.

Los Angeles-based freelance makeup artist and instructor Emily Vieira will guide you through step-by-step makeup applications recreating looks from ancient Egyptian times to the "anything goes" now.

This is a hands-on, mindful atmosphere with revolving stations to help students achieve these recreated looks. Let's take a walk down memory lane and see what we have learned and invented to pave the way into the beauty and film world.

Students will recreate looks from the Ancient Egyptian, Greek Goddess, Film Noir, Old Hollywood Glam, Mod 60's, Flashback to the 80's, R&B hip-hop, and today's "anything goes."

Emily Vieira is a creative, multifaceted professional freelance master makeup instructor and artist based in Los Angeles, working in the film, TV, theater, and fashion industries.

Vieira has brought diversity, experience, professionalism, and a thirst to each of her areas of expertise over the last 12 years. Her education is endless in this business as trends, technique, and technology constantly change.

As a sought-after artist, Emily's in-depth knowledge, understanding, and passion for the industry have enabled her to carve a niche for herself and inspired her to launch DIG Cosmetics, a digital platform that supports aspiring up-and-coming industry types and professionals in search of community and education.

**Jeff Kramer, ComedySportz
THEATER/IMPROV**

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

This workshop will provide an introduction to the improv skills necessary to start a ComedySportz High School League team at your school. You will learn the basics of ComedySportz improv, including teamwork, trust, leadership, listening, character-building, environment, and status. Get ready for a fast-paced, laughter-inducing seminar where we know where we are starting but have no idea where we will end!

ComedySportz is the award-winning interactive comedy show where two teams of "act-letes" compete for audience laughs and points while improvising scenes, games, operas, and musicals based on audience suggestion.

ComedySportz was started in 1984 in Milwaukee, Wisconsin, by Dick Chudnow, who based it on the competitive Theatresports improvisational techniques of Keith Johnstone from Calgary, Alberta. The continued growth of ComedySportz culminated in the birth of the World Comedy League. The WCL now has grown to over 20 teams, including teams in Manchester, UK, and Berlin, Germany.

ComedySportz San Jose was founded by Jeff Kramer, who was an original member of the Madison team. The ComedySportz High School League® is the largest, most successful improv training program for high school students in the country. The High School League® empowers students to create their own theater and nourishes their communication skills through improvisational theater workshops and performances. It encourages their individuality and provides a forum to succeed or fail in a safe environment that combines showmanship and sportsmanship. The league provides an extracurricular activity that goes beyond stage work into everyday situations.

www.comedysportzsanjose.com

David and Lisa Jackson, Conservation Ambassadors
WILDLIFE/ENVIRONMENT

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

Do you want to learn how to train your teachers, your mom, and your dog? This seminar is all about learning how to understand and modify behavior. Animal behavior has fascinated humans throughout history. David and Lisa Jackson have trained everything from tigers to killer whales — and even their own parents — for over 35 years. Let them share their knowledge with you so you can create better relationships, happier pets, and less-annoying friends. This hands-on interactive experience will give you insight into how understanding behavior modification can positively change the world around you.

NOTE:

Live animals are
part of this session.

David's passion for wildlife and desire to educate and inspire conservation worldwide is what led him to establish Conservation Ambassadors 25 years ago. His passion started in high school with jobs in animal care and training dogs and parrots. His unique experiences inspired him to pursue a career in the animal care field, and he went to work in the zoological medicine department at UC Davis Veterinary Teaching Hospital. His dedication and interest in wildlife and wild places led him to attend Moorpark College in California, a facility certified by the Association of Zoos and Aquariums, where he earned a degree in exotic animal training and zoological management.

David has traveled around the world to assist with wildlife conservation efforts. Over his career, he has received numerous awards for animal welfare, zoo management, education, and training.

Conservation Ambassadors' mission is giving a worldwide voice to wildlife by providing a permanent, loving home for displaced, abused, abandoned, or permanently injured wild and exotic animals. Through our "Zoo to You" outreach program, we share these animal ambassadors with school children and learners of all ages to educate them about conservation, connect them to the wild world, and inspire them to protect the planet.

www.conservationambassadors.org

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

One of the most well-known and beloved mediums of storytelling is the picture book. Let's demystify the publishing process and get creative in this crash course on children's picture book development. Participants will have the opportunity to learn the art of storytelling and picture book creation through the analysis of classic fairy tales with award-winning publisher/author Rana DiOrio.

We'll brainstorm, write, workshop, illustrate, assemble, and then showcase our dummies (that's what you call a rough draft of a picture book). Students will go home with a dummy of their own creation, a picture book for their libraries, and plenty of inspiration and resources for future projects!

Rana DiOrio is the founder and chief executive officer of March 4th, Inc. (M4), a Certified B Corporation, which she founded in 2009 to create media and products that foster kindness in young people — and to do so in a manner congruent with that mission. Striving to be the change it seeks, M4, formerly known as Little Pickle Press, was named a Best for the World B Corporation for three consecutive years and ForeWord Reviews' Independent Publisher of the Year in 2014. To date, M4 has been the recipient of 85 industry awards and has received coverage in Entrepreneur, FastCompany, the Wall Street Journal, the Washington Post, and Publisher's Weekly.

Rana has written her way through life — as a student, a lawyer, an investment banker, a growth capital investor, and now as an entrepreneur. Rana is the author of seven picture books in the award-winning What Does It Mean To Be . . . ? series. She serves on the faculty of the Society of Children's Book Writers and Illustrators annual and regional conferences and the SF Writers for Change conference. She also serves on the Editorial Advisory Committee of the Independent Book Publishing Association. Rana holds an AB in psychology from Duke University and a JD from Vanderbilt University School of Law. She is a life learner with a growth mindset and can't wait to create with Nueva students!

Seminar

Rings, Rings, Rings: Metal Fabrication and Silver Soldering

Deb Jemmott, Artist, and Gil Jemmott, Mechanical Engineer
ART/ENGINEERING

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

Rings, rings, rings — dress up your fingers and learn the basics of jewelry making techniques by creating rings, rings, rings!

You will learn the basics of metal fabrication and silver soldering used to create a variety of rings. Working with square, round, or rectangular sterling silver, you will saw, file, solder, texture, and finish the metal to create stacking rings, spinner rings, or a band ring. Or maybe several!

The skills you learn in this class will carry over into many other metalworking projects. Instruction will include how to accurately measure your finger, and then size, solder, and shape a ring to fit.

Using hammers, stamps, and other hand tools, you will learn how to apply texture to your designs. Patinas can be applied to enhance the texture and show off your new creations!

Deb Jemmott is a practicing jeweler, metalsmith, and instructor. She received her BFA from the University of Houston and her MA from San Diego State University — both in art, specializing in jewelry making and metalsmithing. She has taught jewelry making for over 40 years and especially loves spending the day in her studio creating wonderful things.

Gil Jemmott is a mechanical engineer and graduated from University of California, San Diego, with degrees in applied mechanics and psychology. He has worked on the Hubble Space Telescope, developed biomedical devices, and designed and built tools for jewelry manufacturing.

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

NOTE:

Students must
bring an iPhone 5s
or newer.

A list of apps to
download to your
device will be sent
in advance of
session.

Learn how to develop your style with your iPhone to take professional-quality photographs. We will review the Photos app to edit and enhance photos, learn best practices for optimizing the features of the native camera, learn why to use a camera replacement app, have demonstrations of many advanced editing apps, share accessories, discuss saving, organizing, and printing, and have time for shooting and a critique of our work. By the end of this workshop, you will have answers to your questions about the ins and outs of iPhoneography.

Yoni Mayeri has been a professional photographer for over thirty years. An early adopter of the iPhone, she has devoted many years to the emerging field of iPhoneography, perfecting the craft, exhibiting her work in galleries and museums, and sharing her knowledge of this emerging technology and art.

Yoni was formerly an educator for Nikon, Minolta, and Polaroid. She gives workshops at UC Berkeley, Stanford, Google, the Mobile Digital Art Conference, the Garden Club of America, and many other organizations. Yoni's Instagram feed is composed of photographs that were taken and edited solely on the iPhone.

www.instagram.com/yonimayeri/

Seminar
**In the Shadow of the
Blacklist: Fear and
Loathing in Hollywood**

Elliot Lavine
FILM/POLITICS

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

The roots of the Hollywood Blacklist began in the 1930s, with many writers and artists naively drawn to the basic ideology of communism. But by the late 1940s, the fear that communism had become a serious internal threat to the nation's security resulted in the creation of the House Un-American Activities Committee. The blistering left-wing faction of Hollywood became a prime target. The ensuing witch hunt decimated Hollywood's vast and creative talent pool. Brilliant careers were suddenly and often tragically ended as widespread fears about communism's infiltration of the film industry reached the panic level!

Three great films featuring the work of blacklisted writers, directors, and actors will be screened and discussed.

Elliot Lavine has been programming films since 1990 for theaters in the Bay Area and now Portland, and teaching film studies courses for Stanford University since 2006 and now for Oregon State University.

His annual film noir festival, "I Wake Up Dreaming," continues to draw large and enthusiastic crowds in both San Francisco and Portland. In 2010, he received the Marlon Riggs Award from the San Francisco Film Critics Circle for his revival of rare archival titles and his role in the renewed popularity of film noir.

Robyn Allen
SOFTWARE ENGINEERING**Week 2**
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

In this seminar, we will discuss how web-hosted software works. What is “the cloud”? How can one piece of software be written in multiple different programming languages? What is “the stack” and what are its primary parts? We will discuss data persistence (basics of databases, including SQL and NoSQL), frontend vs. backend development, the definition of “client” and “server,” and options for deploying web applications written in Python.

Using a small web application written in Flask, we will see how an app serves views to the browser. Depending on student interest, we may also study Django. All levels welcome.

NOTE:

No prior programming experience required.

Robyn Allen teaches engineering because many of today's grand challenges — in energy, healthcare, transportation, and other areas — require interdisciplinary engineering teams that have both world-class technical skills and world-class teamwork abilities. Robyn has mentored math teams, startup companies, and student engineers for 15 years. She holds a BS in aerospace engineering from MIT. Prior to teaching, Robyn worked as a systems engineer in hybrid car design, ultralight aircraft, mobile robotics, software design, and electric grid optimization. She has extensive experience in early-stage technology evaluation and prototyping from both an engineering and business perspective.

Robyn has been honored by numerous organizations, including the International Achievement Summit, the Clinton Global Initiative, the MIT Energy Initiative, and the American Institute of Aeronautics and Astronautics.

Spencer Hattendorf
MUSIC

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

NOTE:

Calling all bass players and drummers. We really need a bass player and drummer interested in the class to make it work!

In this seminar, we are going to play music by some of the foremost composers of jazz and learn about improvisation, theory, and performance. This will be a hands-on class in which we'll spend our time performing the music of some of jazz's great composers: John Coltrane, Miles Davis, Thelonious Monk, Duke Ellington, and more.

We are looking especially for those students who have at least two years of experience on their instrument, though all experience levels are welcome!

Spencer Hattendorf is a composer, performer, and multi-instrumentalist currently residing in New York City. He is a founding member of the indie/soul group the Rooks, who recently released their sophomore EP Wires and won an Independent Music Award for the single "Secrets."

He graduated from Wesleyan University with a BA in music and African-American studies, has been studying jazz saxophone for 15 years, and performs regularly in New York and throughout the Northeast.

Austin Broder, Digital Media Academy
ART/TECHNOLOGY

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

NOTE:

3-D course students
watch first 2 to 4
lessons on YouTube
before first class:

https:
//www.youtube.com
/playlist?list=PLakjJM
hpByVowm5crgOC5f
fSFCoY97mpj

Join Austin in learning how to create 3-D art! We will look at how to create your own 3-D models, texture them, light them, and render.

We will also learn about how characters are created and take a look at how to puppeteer them.

All of the topics will be covered in a way that will leave you feeling confident to create your own films.

Austin will also include a lot of valuable free assets — models, characters, and more — during this course!

Austin Broder is a 3-D art and animation instructor with nearly a decade of experience in education. He's had experience working at several animation studios and infuses his industry experience into his classes, helping students learn efficient and effective techniques and enabling them to create their own digital 3-D art and films.

Lisa Wentz
PUBLIC SPEAKING

Week 2
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

This workshop series is suitable for beginning to advanced speakers and will include a short seminar, group work, and individual coaching. The goal of the training is to give participants concrete tools they can use to significantly increase the impact of their presentations.

Participants will learn breathing exercises to reduce nervousness, stay focused, and set a foundation for developing a strong, resonant voice. They will learn articulation exercises to increase clarity and be heard effortlessly by their audience.

Body language and movement that supports verbal delivery will be explored and experienced. Once a stronger physical and vocal presence is established, we will focus on crafting delivery. This includes individual feedback, how to influence listeners with carefully placed pauses, use of word stress, and varying tone towards a delivery that is clear, articulate, and memorable.

Lisa Wentz, MA, AmSat, holds a master's degree in voice and speech pedagogy from the Royal Central School of Speech and Drama, University of London. Lisa regularly coaches speeches and presentation skills with executives from Fortune 100 companies such as Adobe, ebay, Google, Oracle, Salesforce, and VMWare. Lisa is passionate about serving the nonprofit sector and has coached keynote speakers from Change.org, the Humane Society, and the Kenneth Rainin Foundation. Considered one of the top coaches in the Bay Area, she has been featured as a public speaking expert in the Wall Street Journal, L.A. Daily Journal, and Time, among others.

Lisa is also a certified teacher of Alexander Technique, a modality for postural re-education taught in drama conservatories worldwide. Combining these skills with drama training (Lisa is a former professional actress) helps her to create truly unique, integrated programs.

Gary Cavalli
SPORTS/BUSINESS**Week 2**
Afternoon

January 8, 9, 10

1:15 pm to
3:15 pm

Bay Meadows

The popularity of college and professional sports in the United States has exploded in the last half century. Sports has become very big business. Attendance, revenues, and TV ratings have grown exponentially, to the point where the industry generates about \$70 billion per year.

As sports has expanded into a business and entertainment phenomenon, it has created exciting opportunities for men and women in numerous fields — administration, medicine, law, marketing, broadcasting, journalism, operations, coaching, scouting, training, and event promotion, to name a few.

Come hear from sports league and bowl co-founder Gary Cavalli about his career — stories from the field and the court, and the current state of sports in the US. You'll also participate in hands-on exercises dealing with complex business and social justice issues that sports managers confront every day.

Gary Cavalli, former sports information director and associate athletic director at Stanford University, was co-founder and CEO of the American Basketball League and co-founder and executive director of the Foster Farms Bowl.

Gary earned his BA in communication at Stanford. He is the author of the book Stanford Sports and co-executive producer of an award-winning documentary on NFL football, Disposable Heroes. He also managed NCAA soccer and golf championships, produced basketball telecasts for Fox Sports Net, and promoted World Cup Soccer. He now teaches courses on sports and media at Stanford and writes a sports blog, The Inside Track.

Gary lives in Danville with his wife, Christy; they have three grown children and four grandchildren.

WEEK TWO

Intensives

The Crucible
ENGINEERING/INDUSTRIAL ART

Week 2

January 8, 9, 10

8:30 am departure
from Nueva BM

Crucible Studios,
Oakland

NOTE:

9:30 arrival at the
Crucible.

Depart at 2:00 pm.

Bring your lunch.

Wear warm,
comfortable,
athletic clothing
and shoes.

TIG (tungsten inert gas) welding is a precise method that makes clean, focused welds on everything from super-thin to very thick materials.

In this introductory class, you will use steel to develop a series of fundamental welding techniques. Students will complete a small project by the end of the class.

The Crucible is a 501(c)(3) nonprofit arts education organization that fosters a collaboration of arts, industry, and community. Through training in the fine and industrial arts, the Crucible promotes creative expression, reuse of materials, and innovative design, while serving as an accessible arts venue for the general public in the Bay Area. Known for one-of-a-kind industrial arts education programs, the Crucible is also highly regarded for its innovative performances.

www.thecrucible.org

Week 2

January 8, 9, 10

8:30 am departure
from Nueva BM

Crucible Studios,
Oakland

NOTE:

9:30 arrival at the
Crucible.

Depart at 2:00 pm.

Bring your lunch.

Wear warm,
comfortable,
athletic clothing
and shoes.

Use the simplest of electronic and mechanical components to make things spin, twitch, jump, bend, and wiggle. This class covers switches, buttons, relays, motors, servos, and solenoids. We will also explore some basic analog and digital control circuits, AC/DC current, and safety.

The techniques taught in this class can be applied to almost any kind of project.

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www.thecrucible.org

**The Crucible
ENGINEERING**

Week 2

January 8, 9, 10

8:30 am departure
from Nueva BM

Crucible Studios,
Oakland

NOTE:

9:30 arrival at the
Crucible.

Depart at 2:00 pm.

Bring your lunch.

Wear warm,
comfortable,
athletic clothing
and shoes.

Learn about materials, machine design, drafting, cutting feeds and speeds, tooling, and precision measurement, using the milling machine and lathe to fabricate simple projects. These machines are the cornerstones of a machine shop, producing with precision and accuracy, but among the most complicated tools to operate.

The goal of this class is to learn the capabilities and scope of these versatile machines.

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www.thecrucible.org

Tomoko Murakami, KALA Arts
ART

Week 2

January 8, 9, 10

8:30 am departure
from Nueva BM

KALA Art Studio,
Berkeley

NOTE:

9:30 arrival at Kala
Art Institute.

Depart by 2:00 pm.

Students bring
lunch.

Mokuhanga introduces a traditional Japanese woodblock printing process, the ukiyo-e technique.

Participants will learn to carve the woodblock, use Japanese carving tools, and print with water-based ink on Japanese paper.

Learn to carve your own woodblocks and create a small edition of multicolor prints! All levels welcome.

Tomoko Murakami is a multidisciplinary artist who explores the medium of printmaking as a multidimensional art form, bringing attention to new possibilities in the mixed media art world. She received her MFA in printmaking from San Francisco Art Institute and MA in transformative arts from John F. Kennedy University. She is a recipient of the 1992 Kala Art Institute Fellowship and 2008 Susan Boulet Award. Her work has been presented by Gloria Delson Fine Arts in Los Angeles, Gallery on the Rim in San Francisco, Tomura Gallery in Tokyo, Richmond Art Center, and Sebastopol Center for the Arts. Currently, she teaches at CCA, and NIAD Art Center. <http://www.tomokomurakami.com/>

Kazuko Watanabe, KALA Arts
ART

Week 2

January 8, 9, 10

8:30 am departure
from Nueva BM

KALA Art Studio,
Berkeley

NOTE:

9:30 arrival at Kala
Art Institute.

Depart at 2:00 pm.

Students bring
lunch.

This class is part one of an intensive series of etching classes with longtime Kala artist, Kazuko Watanabe. Basic etching technique introduces participants to fundamental intaglio techniques including traditional, contemporary, and new methods.

Participants will complete a series of technical exercises and explore various papers and printing methods.

Kazuko Watanabe has worked in print media for over twenty years. She has researched and developed three-dimensional prints, print sculpture, the use of intaglio in artist's books, and the combination of traditional print media with computer techniques. In 1999, she received the Library Fellows Award from the National Museum of Women in the Arts in Washington, DC. In 2001, her work was selected for the "Print National" exhibition at the Brooklyn Museum of Art in New York. www.kazwat.com

Intensive Glass Blowing Retreat at Bay Area Glass Institute (BAGI)

**Treg Silkwood, BAGI
ART**

Week 2

January 8, 9, 10

8:30 am departure
from Nueva BM

BAGI, San Jose

Immerse yourself in the magic of glass. This 3-day intensive is a totally hands-on experience that allows you to learn the basics of traditional free-form glass blowing. We'll touch on safety in the hot shop, learning which tool does what, some key glassblowing terms, and how to work molten glass into a cool piece of art or something functional like a cup. You'll work in teams to assist each other in creating your artwork while under the careful direction of masters. The goal for each student is to make perfect bubbles, paperweights, flowers, and a functional vessel, and to come away with the skills necessary to take glassblowing to the next level.

NOTE:

9:30 am arrival at
studio.

Depart studio at
2:15 pm.

Student to bring
their lunch.

Long hair tied
back.

Treg Silkwood knew that he wanted to work with his hands. In 1996 he received his BFA from Alfred University, graduating as the top student of the Art and Design School. In 1995, he spent a semester studying at the Academy of Applied Arts in Prague. Treg spent the next five years working as a production glassblower, recreating early American glass at the Henry Ford Museum & Greenfield Village, where he deepened his knowledge and appreciation for the history and the craft of working with glass. After pursuing a year of graduate studies with Jack Wax at Illinois State University, Treg was honored to become one of the first gaffers for the Hot Glass Road Show of the Corning Museum of Glass.

Treg moved to the Bay Area in 2002 and, with Candace Martin, formed Silkwood Glass, a custom, handcrafted glass company whose innovative designs are largely inspired by the natural world. In 2008, Treg had his first solo show at the Steuben Flagship Store on Madison Avenue in New York City and was honored to be one of only two artists invited to take part in the "Steuben Selections Series," which showcases some of the world's foremost artists in glass. Treg's work has been exhibited internationally and showcased in many prestigious galleries. He has become widely recognized as a premier California marine glass artist.

Treg and Candace's work can be seen at www.SilkwoodGlass.com.

Intensive Woodworking: Building Shelter Pods for the Homeless

Fred Sotcher
ART/SOCIAL JUSTICE

Week 2

January 8, 9, 10

8:30 am departure
from Nueva BM

Fred Sotcher
Workshop, San
Jose

NOTE:

9:30 am arrival at
Fred's Workshop.

Depart at 2:15 pm.

Students bring lunch.

Students must wear
closed-toed shoes,
long hair tied back,
no long necklaces or
scarves, no loose
sleeves.

Come join us in building survival shelters for the homeless. There are approximately 6,500 homeless men and women and children in Santa Clara County alone. Some of these people hold jobs but still cannot afford to pay the exorbitant rents of Silicon Valley. These men, women, and children live under bridges, under plastic sheets, and on park benches. During this Intensive we will be building one portable shelter, for one person. It is a long way from a solution to the problem, but it will provide one person with a dry, warm, safe place to stay. Some Bay Area cities are working on shelter for the homeless, but as housing prices continue to soar the problem is only getting worse. While I don't have all of the answers, I do believe that we could at least provide shelters to keep the homeless out of the elements, out of the rain and cold. This is one of a number of shelters that I hope to provide over time. I am looking for 10 students willing to work with me to create such a shelter and to become a small part of the movement to assist individuals in need. The construction will take place at my home workshop in San Jose. You will be guided by three experienced woodworkers. We hope you will join us.

A liability release form is required.

Fred Sotcher is current president of the South Bay Woodworkers and former president of a number of woodworking clubs in the Bay Area. He has authored a number of articles in Fine Woodworking magazine and others. Fred has been teaching woodworking for over 20 years at the John Montgomery School, the Girls' Middle School, and Creekside Academy and private classes at his home shop. His joy in life is working with young people to help them develop their creative talents.

**Lizette Marie Bruckstein, Lizette Marie Interior Design
ART/ INTERIOR DESIGN/BUSINESS**

Week 2

January 8, 9, 10

8:30 am to
3:15 pm

Bay Meadows +
Offsite Location
TBD

Residential interior design is truly the art of problem solving. We curate interiors that represent our clients' personalities, passions, and desires, we solve functionality obstacles to make day-to-day living more practical, and we build sanctuaries. Yes, there is a fair amount of creativity and artistic approach to interior design, but the heart and soul of a successful interior designer is much more than that.

In this 3-day intensive we will dive deep and explore what it really means to be an interior designer through group-based charrettes, followed by offsite visits to client job sites and a tour of the San Francisco Design Center with interior designer Lizette Marie Bruckstein.

Lizette Marie Bruckstein is the young and passionate designer who burst into the San Francisco interior design scene less than fifteen years ago. Forgoing the traditional route of apprenticing in a prestigious design firm, Lizette founded her high-end residential design firm, Lizette Marie Interior Design, right out of design school. In the years since, Lizette has evolved into a well-respected designer with a loyal list of clients reaching from San Francisco to the greater Bay Area. Lizette's philosophy is simple: to create custom spaces for her clients that are a reflection of the client's best self. From provocative to playful, colorful to serenely neutral, Lizette's designs are expertly crafted as she plays up the use of scale, texture, and pattern. A big proponent of custom design, incorporating it into floor coverings and case goods, Lizette strives to give each space she creates its own signature focal point. Her use of color and geometrics in large-scale projects has also garnered attention from local and national shelter magazines, such as San Francisco Chronicle's Stylemakers, Silicon Valley magazine, and Gentry magazine.

When not designing homes, Lizette is designing her new fine fragrance line of candles, Gilded Decay by LIZETTE MARIE. Her recent project of note is a full-scale renovation of a Silicon Valley (Los Gatos) 9,000-square-foot home that is slated for national publication later this year. Lizette's portfolio can be viewed online at www.lminteriordesign.com

Jodi Roberts
ART/BUSINESS

Week 2

January 8, 9, 10

8:30 am to
3:15 pm

Bay Meadows +
Offsite Location
TBD

Why do we go to museums? What do they teach us about the past, and how do they help us understand the world around us differently? This course will explore premiere Bay Area museums with a full-time curator.

Discussions will offer a behind-the-scenes look at the work that goes into caring for works of art and other valuable objects, and an insider's view of the strategic thinking that goes into organizing exhibitions and displays.

Jodi Roberts is the Curator of Modern & Contemporary Art at the Cantor Arts Center at Stanford University. She specializes in modern and contemporary art from the United States, Europe, and Latin America and has organized exhibitions in a variety of East and West Coast museums.

Roberts received her PhD in the history of art & architecture from New York University.

Frank Swart and Brian Brinkerhoff
MUSIC**Week 2**

January 8, 9, 10

8:30 am to
3:15 pm

Offsite

NOTE:

Students who choose this 3-day Intensive will sync up with presenter prior to session to collaborate on music-song-original composition choices.

9:30 am arrival Days 1 and 2 at Skunkworks Studio, Capitola, and Day 3 at NTA Studio, Millbrae.

Back to Nueva by 3:15 pm.

Students bring lunch.

You will explore the production of one or two songs over the course of three days, from arranging to microphone placement to performing, recording, and mixing. You will work for two days at Skunkwork Studios in Capitola and then mix on the last day at NTA Studios in Millbrae.

NOTE: Students as a group will sync up with presenter before the sessions to determine song selections and performance abilities.

Frank Swart is a Grammy-nominated engineer, producer, and musician. He has been making records and touring for the better part of 25 years, and has worked with Norah Jones, Patty Griffin, Indigo Girls, John Hiatt, Morphine, and Pixies.

Brian Brinkerhoff is a Grammy-winning producer and music publisher. Brian was VP at Disney Music during the Lion King and other blockbusters. He also started eMusic and Nettwerk Music Publishing.

Week 2

January 8, 9, 10

8:30 am to
3:15 pm

Bay Meadows plus
offsite

Join a hands-on exploration of the documentary filmmaking process, focusing on natural history and science.

You will investigate how to craft a story and shoot sequences. You will spend time filming wildlife, studying how lens choice, perspective, and frame rate (high-speed) influence the footage.

You will shoot an interview, paying close attention to lighting your subject and capturing clean audio.

Then, pulling it all together, you will delve into editing and how to polish your story in post-production.

Raised in New Zealand, Josh Newman is a filmmaker now based in Washington, DC, with a passion for adventure and the natural world. Fortunate to have worked on assignment in many of Earth's wild places, Josh enjoys telling stories that illuminate the importance of cultural and biological diversity.

Experienced in many facets of commercial production, Josh has created original content for National Geographic, REI, Lindblad Expeditions, and many nonprofit organizations.

Intensive
**Climate on the Coastal Margin:
The Science and Policy of
California Climate Change**

Zachary Brown, Inian Islands Institute
SCIENCE/POLITICS

Week 2

January 8, 9, 10

8:30 am to
3:15 pm

Bay Meadows

NOTE:

Precourse reading
requirement:

*Climate Science
and Climate Risk:
A Primer* by Dr.
Kerry A. Emanuel:

ftp://texmex.mit.edu/pub/emanuel/PAPERS/Climate_Primer.pdf

California is a highly progressive state regarding climate change, with ambitious renewable energy targets and vehicle emissions standards. Yet curbing emissions in the nation's most populous state remains a major challenge; meanwhile, destructive impacts mount. This field-based intensive will bring students face-to-face with the reality of climate change in coastal California. On each of our three days, we will depart campus to observe climate impacts, as well as meeting with decision-makers, innovators, and activists hard at work solving this complex crisis. We hope our students will come away with greater knowledge and passion with which to tackle the greatest environmental challenge of our time.

Zach Brown grew up surrounded by the wilderness of Southeast Alaska, instilling in him an abiding love of the natural world. Pursuing his PhD at Stanford University, Zach studied climate change, exploring how declining sea ice affects the marine biological communities of the polar regions.

Completing his studies in spring 2014, Zach set off on a 2,300-mile solo trek, hiking and kayaking from Stanford campus to the Inian Islands, a remote archipelago in Alaska. He now works as founding director of Inian Islands Institute, a nonprofit field school dedicated to education, research, and environmental leadership in Southeast Alaska.

<http://inianislandsinstitute.org/>

WEEK TWO

Activities

Roopa Raman and Deepali Anave
ART

Week 2

Monday

Your artist instructor will be working with you on decorating candles and candle holders with henna designs and paint. Students will take home their decorated candles.

January 8

11:00 am to
12:30 pm

Deepali Anave has always been interested in art since childhood. Being in this country for more than 2 decades has given her lots of opportunities to explore her talents. She has long been using henna and learning all kinds of crafts involving that art form.

Bay Meadows

Roopa Raman, a professional and licensed henna artist and owner of Henna Bash (www.hennabash.com), will join your session to explore and teach these new activities. Raman is a Bay Area henna expert and has taken Henna Bash to various events, including private parties, community fairs, public libraries, colleges, corporations, schools, and more.

Activity
**A Little Yumminess: Cooking
and Culture — Flavors of
India, the Spice Box**

Simran Singh and Stacie Dong
COOKING

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

Travel to India and explore the masala dabba (Indian spice box), the cornerstone of Indian cuisine. In addition to adding incredible flavor to dishes, spices have been valued for their healing and medicinal properties since ancient times. Consider, too, the importance of spices (and the spice trade) in world history and on cuisines around the world.

In this hands-on activity session, we'll work with spices and spice blends, then cook several dishes that you might traditionally find in a tiffin, the kind of portable lunch or snack people across India take to work and school.

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Simran Singh and Stacie Dong love to teach kids of all ages to cook foods from around the world. They also write about food and share recipes on their blog, A Little Yumminess (www.alittleyum.com) as well as for the San Jose Mercury News ("Fast & Furious Weeknight Cooking"). In addition to teaching youth classes throughout the year and their popular "A Little Yumminess" summer camp, they teach classes for adults at 18 Reasons in San Francisco, the Cooking School at Cavallo Point in Sausalito, and Ramekins Culinary School in Sonoma.

**Impact Bay Area
LIFESKILLS**

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

As you go through high school you gain more and more independence. With that independence comes the need for increased awareness. This introduction to self-defense will give you the confidence to set clear boundaries, evaluate risk, and give you some tools to keep you safe as you travel into the wider world. All are welcome!

Impact Bay Area is a nonprofit organization that teaches effective boundary setting, personal safety, and physical self-defense skills. We have been teaching self-defense in schools for over 25 years. Impact classes build verbal and physical skills to set good boundaries, prevent possible violence, and fight back when necessary. Our classes boost confidence and empower students!

www.impactbayarea.org/private_class_info

Shanda Manion and Kimble Torres, Pathways to Medicine
MEDICINE

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

This workshop is a truly one-of-a-kind medical experience for teens. It will teach each participant the basics of inserting and starting an IV, administering injections, collecting venous blood samples, and much more!

Whether you are interested in nursing, dermatology, anesthesia, or surgery as possible career paths, this lab will allow you to practice and perfect the skills these professions use every day!

You will learn firsthand how healthcare professionals deliver life-saving medicine in hospitals and clinics using IVs and injections.

NOTE:

Students will be handling needles in this session.

Pathways to Medicine uses experiential learning and hands-on practice to cultivate students' potential in medicine. With its dynamic, inquiry-driven curriculum, Pathways to Medicine offers students the opportunity for self-discovery as they pursue their interests in health, science, and medicine.

Shanda's passion for education and medicine has inspired her extensive work in the healthcare field. In 2011, she began working at UCSF Hospital as a patient health educator for the UCSF National Center of Excellence in Women's Health and UCSF's Women's Health Great Expectations Pregnancy Program. She co-founded Pathways to Medicine in order to share her knowledge and enthusiasm for medicine with the next generation of healthcare providers.

Kimble Torres is a veteran biologist specializing in the human body and athletics. During his tenure in the biotech industry, Kimble worked for Nektar Therapeutics, Genentech, and Tyco Healthcare investigating product feasibility and managing lab operations. In 2014, his passion for medicine and health education culminated in the founding of Pathways to Medicine, a pre-med program for high school students.

David and Lisa Jackson, Conservation Ambassadors
WILDLIFE/ENVIRONMENT

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Live animals are part
of this session.

You may sign up for
more than one
session; however, we
will only assign
students to
additional sessions
after everyone who
wants this activity
has had a first
opportunity.

Students will be able to distinguish between what it means for an animal to be threatened, endangered, or extinct. They will meet species that are currently endangered as well as animals that have successfully come back from the brink of extinction.

David's passion for wildlife and desire to educate and inspire conservation worldwide is what led him to establish Conservation Ambassadors 25 years ago. His passion started in high school with jobs in animal care and training dogs and parrots. His unique experiences inspired him to pursue a career in the animal care field, and he went to work in the zoological medicine department at UC Davis Veterinary Teaching Hospital. His dedication and interest in wildlife and wild places led him to attend Moorpark College in California, a facility certified by the Association of Zoos and Aquariums, where he earned a degree in exotic animal training and zoological management.

David has traveled around the world to assist with wildlife conservation efforts. Over his career, he has received numerous awards for animal welfare, zoo management, education, and training.

Conservation Ambassadors' mission is giving a worldwide voice to wildlife by providing a permanent, loving home for displaced, abused, abandoned, or permanently injured wild and exotic animals. Through our "Zoo to You" outreach program, we share these animal ambassadors with school children and learners of all ages to educate them about conservation, connect them to the wild world, and inspire them to protect the planet.

www.conservationambassadors.org

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Fire is one of the most fundamental wilderness survival and forest craft skills. Along with the gift of staying warm, we treat water and cook with its heat, light our nights by its flames, and even use its coals to make tools. Come learn to make fire without modern matches or lighter. Use friction and wood to make a coal, or flint and steel to strike a spark. Delve into these ancient methods of creating fire.

Tony and Molly Deis founded Trackers Earth in 2004. Tony based Trackers on his personal work in outdoor education, which he began in 1992. Trackers Earth has grown into a national leader for outdoor camps and programs.

Trackers Earth exists to re-create a village of people connected through family and the land. They lead the way in education and collaborative organization. Their method is to revive outdoor lore and traditional skills, working to restore the common sense that is no longer common. Their vision is to help foster a deep appreciation for the natural world and community.

It seems that today people have forgotten what it means to be connected to land and community. Trackers exists to help us remember our story, to remind all of us of our connections to land, family, and village.

www.trackersbay.com

**Trackers Earth
INDUSTRIAL ART**

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

Learn the ancient art of working hot metal on the anvil! We taper, split, twist, and punch steel to create art and functional tools. Come have fun and try your hand at the time-honored craft of blacksmithing. In this intro class you will learn all you need to begin manipulating and moving iron in true Maker fashion.

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NOTE:

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<http://www.trackersbay.com/>

Susan Holland
FITNESS/WELLNESS

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Wear comfortable clothing you can move freely in.

AcroYoga is a fusion of partner yoga, acrobatics, and inversions. Students will learn new ways of movement and balance while exploring upside-down, sideways, and multiple-person body stacking. All students will learn to base (lift people up with their hands and feet), fly (be lifted up), spot (make sure no one falls face-first on the floor), and begin to practice handstands.

AcroYoga is a safe, fun way to grow trust in one's own strength and in the stability of those around us. Students will learn how to spot each other so no one is at risk of injury while exploring these new skills. Safety comes first in AcroYoga, then comes fun, playtime, upside-down amazingness, and plenty of laughter.

Susan Holland is a certified personal trainer, a vinyasa and acroyoga teacher, and has extensive training in kickboxing. She has taught fitness and yoga and trained triathletes and novices around the world, including New York City, Los Angeles, San Francisco, and Seoul. Susan hails from the Eastern Shore of Maryland and has always loved athletic endeavors, especially anything involving being upside down. With a passion for all things playful, skillful, and healthy, Susan has found that yoga, fitness, and wellness have teamed up to be a wonderful career, hobby, and way of life. She believes that wellness isn't an endpoint, but rather a path that continually evolves. She has an infectious and hilarious approach to fitness and her clients not only benefit through successful results, but also enjoy her motivating, patient, and creative process. Susan is currently a personal trainer and yoga instructor at Google.

**Ken Shelf, Succulence
GARDENING**

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

During this vertical gardening DIY class you will learn about vertical gardening products and then make a do-it-yourself vertical garden. The goal in this class is to get you as crazy excited about gardening with succulents as we are and to see the entire world as one big planter waiting to happen.

This class is hands-on, so dress in clothes that you don't mind getting a little dirty and prepare to enjoy a session of education and creativity!

Succulence is a creative partnership between Ken and Amy Shelf. Ken is the lead cultivator at Succulence. Ken's plant art began decades ago with creative vegetable gardening and continues with his exploration of the disintegration and reintegration of nature with itself. In his endless quest for interesting planting vessels, he has planted teapots, popcorn poppers, electrical boxes, watering cans, shoes, bicycle rims, bird feeders, seashells, grain mill belts, coal cans, potato and onion baskets, and a metal Hoosier flour bin for his wife's 40th birthday. Amy Shelf is an artist, a singer (with Conspiracy of Venus), a collagist, a mom, a lawyer, a pickler, a jammer, and many other things. She spends her workdays building estate plans, and her nights are spent working on projects and developing the vision for Succulence. After Amy came up with the idea to name the store after the richness of life, their philosophy collided with their venture to form succulence: life and garden.

Ryan Roy
MARTIAL ARTS/FITNESS

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

Boxing is a combat sport in which two people, usually wearing protective gloves, throw punches at each other for a predetermined time in a boxing ring. Not only is boxing one of the principal spectator sports in the world, it is also a great workout. It builds strength and muscular and cardiovascular endurance as well as self-esteem — developing self-defense skills is a great confidence booster. But the average person who can throw a punch isn't a boxer. Beginners must learn the basics to get the most out of their skills and workout. There are specific boxing techniques that you must know to prevent injury, in addition to putting the most power behind your punch. Fight stance, left jab, bob and weave, and 1–2 punch will all be introduced during your session.

NOTE:

Athletic clothing
required.

Professional fighter and martial arts expert Ryan Roy will introduce you to boxing techniques, practices, and equipment, and run through a full introductory class of instruction.

Open to all fitness
levels.

Ryan "T2" Roy is a professional Muay Thai fighter with over 14 years of Muay Thai and martial arts experience, and the founder and owner of T2 Muay Thai Studio in Mountain View, CA. He is a professional and amateur champion who has trained and fought both nationally and internationally, including in the founding home of Muay Thai, Thailand. Ryan began his Muay Thai career in the late 1990s under the original Fairtex team and gym in San Francisco. His trainers were Thailand stadium and current world champions and to this day Ryan still trains under the legendary Ganyao "Dr. Knee" Sitphodang Arunleung (trainer of 15 world champions).

www.t2muaythai.com

**Amy Keefer, KALA Arts
ART**

Week 2

Monday

January 8

11:00 am to

12:30 pm

Bay Meadows

NOTE:

This Kala Arts
Activity is at Bay
Meadows.

In this one day workshop, we will explore a wide variety of embroidery techniques that lend themselves to a mixed media approach to needlework.

You will collage found objects into your embroidery, stitch through unexpected materials, and expand your expectations of embroidery.

Amy Keefer is a visual artist based in the San Francisco Bay Area. She completed her MFA at California College of the Arts. Hailed as "radical in its romance," her work is rooted in wearable art, simultaneously addressing textile practices and relational aesthetics.

Activity Power Poetry: Spoken Word Performance and Q&A

Mike Rosen

WRITING/PERFORMANCE/SOCIAL JUSTICE

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

How can an ancient (and often boring) art form respond to Rihanna, #BlackLivesMatter, and global warming? A new generation of poets is using the stage and performance to bring poetry to life and challenge the status quo.

This presentation invites students to join the revolution. Slam poetry champion Mike Rosen (Button Poetry, UpWorthy) performs original work and introduces students to an art form that is answering the call for socially engaged/enraged art in the 21st century. Students will have a chance to perform and a Q+A will follow.

Mike Rosen is a storyteller for the modern age. As a poetry performer and educator Mike empowers brands, communities, and individuals to unlock their own story and tell it in their own voice.

Best known for the viral video "When God Happens" (UpWorthy.com), Mike was named Best Male Poet at the Wade-Lewis Poetry Slam Invitational 2011, a finalist at Rustbelt Regional Poetry Slam 2012, and twice finished in the top ten at College Union Poetry Slam Invitational.

As a student at Wesleyan University he founded the nation's largest collegiate poetry slam, and he has gone on to perform and teach internationally from Ivy League universities to sold-out venues in New York and Los Angeles.

His workshops focus on community building, perceptions of masculinity, and breaking down rape culture. Mike recently performed in several cities in India, including for a capacity crowd in Pune. He is the events curator for Atlas Review.

Activity

Paris in the Belle Epoque: Evolution of the World's Most Magnificent City

Bruce Elliott
HISTORY

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

Paris, the "City of Light" — the most historic, most fascinating, and most cultured of all urban centers. The first session will highlight the 19th-century process through which Paris was transformed from a warren of narrow lanes into a showcase of magnificent monuments and grand boulevards. The second session will focus on the creative ferment issuing from the confrontation between the bohemians of Montmartre and the sophisticated bourgeoisie of the Parisian boulevards. The third session will celebrate the artistic revolution wrought by a band of young Impressionist painters who, in triumphing over the grand masters of the French Académie des Beaux-Arts, invented Modern Art.

NOTE:

Students are welcome to sign up for all three of Professor Elliott's sessions as each will cover a different subject.

Bruce Elliott received his PhD in history from UC Berkeley. Dr. Elliott teaches courses in European history and culture for several lifelong-learning programs in the Bay Area, including Stanford, UC Berkeley, and Sonoma State University. A major area of concentration in Dr. Elliott's research has been Urban Studies. One of his core courses is entitled "Great Cities: Capitals of History" and presents the historical and artistic development of prominent cities, including Paris, at the peak of their powers. In the summertime, Dr. Elliott leads study groups to fascinating European cities. This past summer, for the fifth time, his prime destination was Paris.

www.horizonstudies.org

Activity Designing Wonder: The Intersection of Magic and Engineering

Andrew Evans
DESIGN THINKING/ENGINEERING

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

Magicians and designers both strive to create new experiences that seemingly defy what we believe is possible in the world. In this 90-minute talk with performance, Andrew — both a professional magician and a product designer — will explore how these two fields can inform one another to create unique, wondrous experiences.

And, along the way, Andrew will perform his original, one-of-a-kind illusions and teach inside secrets from the world of magic.

Andrew Evans is a professional magician and illusion designer who brings a modern twist to classic magic. He founded the Magic Patio — a magic speakeasy tucked into a corner of San Francisco — and his background in engineering and design helps him create unique illusions that have impressed audiences on 6 continents (come on Antarctica!). When he's not on stage, Andrew is a design lead at IDEO and a guest lecturer at the Stanford d.School. Andrew holds a BA in engineering from Brown University and an MS in product design from Stanford University.

Activity
**Makeup: Film and TV
Trauma/Injury
Special Effects**

**Emily Vieira, DIG Co.
ART/FILM/THEATER**

Week 2

Monday

January 8

11:00 am to
12:30 pm

Bay Meadows

NOTE:

This course involves the application of makeup and materials.

Please alert the presenter of any sensitivities or allergies.

In today's competitive entertainment industry, skill, creativity, improvisation, and the ability to work fast under pressure are imperative. This trauma/injury workshop will teach the skills and techniques needed to create realistic wounds, injuries, bruises, cuts, scars, bites, burns, and diseases for film, TV, theater, and HD. Working as a makeup artist in film, TV, or theater, you will need to know how to do this type of special-effects makeup.

Students will also learn how to break down a script and keep track of continuity as a makeup artist, learn how to work as a department head, and learn about set etiquette.

Emily Vieira is a creative, multifaceted professional freelance master makeup instructor and artist based in Los Angeles, working in the film, TV, theater, and fashion industries.

Vieira has brought diversity, experience, professionalism, and a thirst to each of her areas of expertise over the last 12 years. Her education is endless in this business as trends, technique, and technology constantly change.

As a sought-after artist, Emily's in-depth knowledge, understanding, and passion for the industry have enabled her to carve a niche for herself and inspired her to launch DIG Cosmetics, a digital platform that supports aspiring up-and-coming industry types and professionals in search of community and education.

Scott Vorthmann
COMPUTER SCIENCE

Week 2

Monday

January 8

11:00 am to

12:30 pm

Bay Meadows

We will use vZome to explore a variety of mathematical and physical concepts, touching upon:

- regular polygons and polyhedra
- crystalline structures
- Penrose tiles and quasicrystals
- symmetry
- transformations (stretching and squashing)
- the 4th dimension
- carbon nanotubes and "buckyballs"

NOTE:

Students please
bring laptops to
this session.

In each case, we will see how vZome can help us explore the concept and create examples. In some cases, we'll examine physical Zometool models as well.

Scott Vorthmann is a software architect by day, working for an enterprise software company. He received a PhD in computer science from Georgia Tech, and he has worked in the software industry for twenty years, after a brief flirtation with entrepreneurship.

In his spare time, Scott has developed vZome, a software program for designing models based on the Zometool system. vZome has opened some interesting doors for him, introducing him to an amazing community of mathematicians, artists, scientists, magicians, and puzzle enthusiasts. vZome has also reawakened his interest in mathematics, and working on it has been a better teacher than even his favorite college professors.

Roopa Raman and Manishi Singh
ART

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

Embroidery is the handcraft of decorating fabric or other materials using a needle to apply thread or yarn. It is not only an art but a culture in itself. It spans many world cultures and is kept alive by passing on the skill from one generation to the next. Some of the basic techniques or stitches of the earliest embroidery are chain stitch, buttonhole or blanket stitch, running stitch, satin stitch, and cross stitch. Those stitches remain the fundamental techniques of hand embroidery today.

Manishi Singh has a diverse resume, with a master's in finance and certifications in fashion design. Having been passionate about dance since childhood, after becoming a mother the learning abilities of children amazed her and led her to undertake training as a Montessori Directress. She worked with children in a Montessori House of Children for two years in India. In her free time, she dances, cooks, paints, and writes.

Roopa Raman, a professional and licensed henna artist and owner of Henna Bash (www.hennabash.com), will join your session to explore and teach these new activities. Raman is a Bay Area henna expert and has taken Henna Bash to various events, including private parties, community fairs, public libraries, colleges, corporations, schools, and more.

Corporate Strategy: Harvard Business School Case Study, Shonda Rhimes's *Shondaland*

Dickson Louie
BUSINESS

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Read Case Study:
"Shonda Rhimes'
Shondaland"
(516026-PDF-ENG). It
will be emailed to
you in advance of
session.

Pioneered by Harvard Business School faculty, the case method is a profound educational innovation that presents the greatest challenges confronting leading companies, nonprofits, and government organizations — complete with the constraints and incomplete information found in real business issues — and places the student in the role of the decision-maker.

In this case study, written by HBS Professor Anita Elberse, superstar television creator Shonda Rhimes — whose production company Shondaland dominates American television's most competitive and lucrative night along with three other primetime Thursday ABC shows (*Grey's Anatomy*, *Scandal*, and *How to Get Away with Murder*) — is plotting the future in January 2015. One challenge she faces is to, as she puts it, "solve the problem of writing and producing serialized dramas for broadcast network television." What changes could she propose to ABC to make the creative process more manageable? A second challenge is to figure out how to further expand *Shondaland*. How could Rhimes best build her portfolio and further cement *Shondaland*'s place in television history?

Dickson Louie is principal of Louie & Associates providing strategic planning services. He teaches the "Business of the Media" MBA elective at UC Davis. Louie is CEO of Time Capsule Press, a book-publishing imprint that focuses on the creation of books from archival material.

Louie has over 25 years of professional management experience within the news media industry, including at the LA Times, the San Jose Mercury News, and the San Francisco Chronicle. As a member of the corporate staff of Times Mirror, he oversaw the finances of its \$2 billion newspaper division. Louie was a research associate at the Harvard Business School, where he authored over 20 management case studies for the second-year MBA course. A certified public accountant, Louie received his BS in business administration from California State University, East Bay (with high honors), and his MBA from the University of Chicago. He completed the Advanced Executive Program at Northwestern University's Media Management Center.

Activity

A Little Yumminess: Cooking and Culture — Indonesia, Rice at the Center

Simran Singh and Stacie Dong
COOKING

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Rice is a staple throughout Indonesia and is the center of almost every meal, with everything else being on the side.

Accompaniments to a simple mound of rice might include several savory side dishes of vegetables, fish, or perhaps a meat or poultry dish with a sambal (hot chili condiment), acar (pickles), and crispy fried shallots sprinkled on top to provide a crunchy contrast.

In this hands-on activity session, we'll taste and explore a variety of traditional Indonesian ingredients, make bumbu (spice paste) as a base for a homemade curry and assemble our own nasi campur (mixed rice plate).

Simran Singh and Stacie Dong love to teach kids of all ages to cook foods from around the world. They also write about food and share recipes on their blog, A Little Yumminess (www.alittleyum.com) as well as for the San Jose Mercury News ("Fast & Furious Weeknight Cooking"). In addition to teaching youth classes throughout the year and their popular "A Little Yumminess" summer camp, they teach classes for adults at 18 Reasons in San Francisco, the Cooking School at Cavallo Point in Sausalito, and Ramekins Culinary School in Sonoma.

**Impact Bay Area
LIFESKILLS**

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

As you go through high school you gain more and more independence. With that independence comes the need for increased awareness. This introduction to self-defense will give you the confidence to set clear boundaries, evaluate risk, and give you some tools to keep you safe as you travel into the wider world. All are welcome!

Impact Bay Area is a nonprofit organization that teaches effective boundary setting, personal safety, and physical self-defense skills. We have been teaching self-defense in schools for over 25 years. Impact classes build verbal and physical skills to set good boundaries, prevent possible violence, and fight back when necessary. Our classes boost confidence and empower students!

www.impactbayarea.org/private_class_info

David and Lisa Jackson, Conservation Ambassadors
WILDLIFE/ENVIRONMENT

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Live animals are part
of this session.

You may sign up for
more than one
session; however, we
will only assign
students to
additional sessions
after everyone who
wants this activity
has had a first
opportunity.

Some of the most amazing animals in the world are found right here in our own backyard. Meet animals found throughout in the USA from sea to shining sea. Learn about their significance to Native Americans and the impact they still have on all of us.

David's passion for wildlife and desire to educate and inspire conservation worldwide is what led him to establish Conservation Ambassadors 25 years ago. His passion started in high school with jobs in animal care and training dogs and parrots. His unique experiences inspired him to pursue a career in the animal care field, and he went to work in the zoological medicine department at UC Davis Veterinary Teaching Hospital. His dedication and interest in wildlife and wild places led him to attend Moorpark College in California, a facility certified by the Association of Zoos and Aquariums, where he earned a degree in exotic animal training and zoological management.

David has traveled around the world to assist with wildlife conservation efforts. Over his career, he has received numerous awards for animal welfare, zoo management, education, and training.

Conservation Ambassadors' mission is giving a worldwide voice to wildlife by providing a permanent, loving home for displaced, abused, abandoned, or permanently injured wild and exotic animals. Through our "Zoo to You" outreach program, we share these animal ambassadors with school children and learners of all ages to educate them about conservation, connect them to the wild world, and inspire them to protect the planet.

www.conservationambassadors.org

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Blades are the foundational tools of wilderness survival and forest craft. They carve, split, and chew away at wood. They have been used to skin, butcher, and even hunt. Blades can be steel, stone, and also bone. In this class you not only learn how to use a blade safely, you get to use different blades and understand their different uses. Blades for forest craft include knives, saws, axes, and more. Each of these tools serves its own purpose. Get hands-on, project-based experience with tool selection, grips, and cuts for each class.

Tony and Molly Deis founded Trackers Earth in 2004. Tony based Trackers on his personal work in outdoor education, which he began in 1992. Trackers Earth has grown into a national leader for outdoor camps and programs.

Trackers Earth exists to re-create a village of people connected through family and the land. They lead the way in education and collaborative organization. Their method is to revive outdoor lore and traditional skills, working to restore the common sense that is no longer common. Their vision is to help foster a deep appreciation for the natural world and community.

It seems that today people have forgotten what it means to be connected to land and community. Trackers exists to help us remember our story, to remind all of us of our connections to land, family, and village.

www.trackersbay.com

Activity Primitive Fiber Arts: Basket Making and Ropes

**Trackers Earth
LIFESKILLS/ART**

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Among the most primitive fiber arts are rope making and basket weaving. You will learn how to make rope out of local plants. We will walk around the campus and search for plants that we might be able to use. We will also talk and learn about sustainable harvesting. Then you will learn a simple basket or coaster to weave and take it home.

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www.trackersbay.com

Trackers Earth
INDUSTRIAL ART

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Learn the ancient art of working hot metal on the anvil! We taper, split, twist, and punch steel to create art and functional tools. Come have fun and try your hand at the time-honored craft of blacksmithing. In this intro class you will learn all you need to begin manipulating and moving iron in true Maker fashion.

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www.trackersbay.com

Susan Holland
FITNESS/WELLNESS

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Wear comfortable clothing you can move freely in.

AcroYoga is a fusion of partner yoga, acrobatics, and inversions. Students will learn new ways of movement and balance while exploring upside-down, sideways, and multiple-person body stacking. All students will learn to base (lift people up with their hands and feet), fly (be lifted up), spot (make sure no one falls face-first on the floor), and begin to practice handstands.

AcroYoga is a safe, fun way to grow trust in one's own strength and in the stability of those around us. Students will learn how to spot each other so no one is at risk of injury while exploring these new skills. Safety comes first in AcroYoga, then comes fun, playtime, upside-down amazingness, and plenty of laughter.

Susan Holland is a certified personal trainer, a vinyasa and acroyoga teacher, and has extensive training in kickboxing. She has taught fitness and yoga and trained triathletes and novices around the world, including New York City, Los Angeles, San Francisco, and Seoul. Susan hails from the Eastern Shore of Maryland and has always loved athletic endeavors, especially anything involving being upside down. With a passion for all things playful, skillful, and healthy, Susan has found that yoga, fitness, and wellness have teamed up to be a wonderful career, hobby, and way of life. She believes that wellness isn't an endpoint, but rather a path that continually evolves. She has an infectious and hilarious approach to fitness and her clients not only benefit through successful results, but also enjoy her motivating, patient, and creative process. Susan is currently a personal trainer and yoga instructor at Google.

Ryan Roy
MARTIAL ARTS/FITNESS

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Athletic clothing
required.

Open to all fitness
levels.

Muay Thai or Thai boxing is a combat sport of Thailand that uses stand-up striking along with various clinching techniques. Muay Thai is a physical and mental discipline, referred to as the "Art of Eight Limbs" or the "Science of Eight Limbs" because it makes use of punches, kicks, elbows, and knee strikes, thus using eight points of contact, as opposed to two points (fists) in boxing and four points (hands and feet) used in other more regulated combat sports, such as kickboxing. Muay Thai became widespread internationally in the twentieth century, when practitioners defeated notable practitioners of other martial arts. Many other martial arts have adopted certain Muay Thai techniques because of its effectiveness inside and outside of the ring. It is the stand-up base for the majority of mixed-martial artists today.

Professional fighter and martial arts expert Ryan Roy will introduce you to Muay Thai techniques, practices, and equipment, and run you through an introductory class of instruction.

Ryan "T2" Roy is a professional Muay Thai fighter with over 14 years of Muay Thai and martial arts experience, and the founder and owner of T2 Muay Thai Studio in Mountain View, CA. He is a professional and amateur champion who has trained and fought both nationally and internationally, including in the founding home of Muay Thai, Thailand. Ryan began his Muay Thai career in the late 1990s under the original Fairtex team and gym in San Francisco. His trainers were Thailand stadium and current world champions and to this day Ryan still trains under the legendary Ganyao "Dr. Knee" Sitphodang Arunleung (trainer of 15 world champions).

www.t2muaythai.com

The Arctic Icepack: Fatal Expeditions, Extreme Science, and a Changing Climate

Melinda Webster
SCIENCE

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

The Arctic is dangerously attractive. Over the decades, it's lured explorers on fatal expeditions, whalers on the quest for oil, adventurers seeking world records, and researchers pursuing the science behind this extreme environment.

Come discover what makes the Arctic such an unworldly place, its fascinating history, and, despite getting below -50°F, how animals and people have thrived there for thousands of years.

Dr. Melinda Webster joined the Cryospheric Sciences Laboratory at NASA Goddard Space Flight Center in January 2017 as a research physical scientist.

Before joining the lab, Dr. Webster received her BS, MS, and PhD degrees from the University of Washington, all focused on Arctic sea ice. Her work has covered a breadth of sea ice topics, from small-scale processes such as melt pond evolution to large-scale trends such as snow on Arctic sea ice.

In her current role, Dr. Webster is investigating the geophysical properties, processes, and trends of sea ice by synthesizing remote sensing, in situ, and model data.

Activity
**Paris in the Belle Epoque:
Urban Society — Bohemians
vs. Bourgeoisie**

Bruce Elliott
HISTORY

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

Paris, the “City of Light” — the most historic, most fascinating, and most cultured of all urban centers. The first session will highlight the 19th-century process through which Paris was transformed from a warren of narrow lanes into a showcase of magnificent monuments and grand boulevards. The second session will focus on the creative ferment issuing from the confrontation between the bohemians of Montmartre and the sophisticated bourgeoisie of the Parisian boulevards. The third session will celebrate the artistic revolution wrought by a band of young Impressionist painters who, in triumphing over the grand masters of the French Académie des Beaux-Arts, invented Modern Art.

NOTE:

Students are welcome to sign up for all three of Professor Elliott's sessions as each will cover a different subject.

Bruce Elliott received his PhD in history from UC Berkeley. Dr. Elliott teaches courses in European history and culture for several lifelong-learning programs in the Bay Area, including Stanford, UC Berkeley, and Sonoma State University. A major area of concentration in Dr. Elliott's research has been Urban Studies. One of his core courses is entitled “Great Cities: Capitals of History” and presents the historical and artistic development of prominent cities, including Paris, at the peak of their powers. In the summertime, Dr. Elliott leads study groups to fascinating European cities. This past summer, for the fifth time, his prime destination was Paris.

www.horizonstudies.org

Activity Audiovisual Engineering: Designing Tools for Interactive Performance

Kiran Malladi and Gabriel Stern
ENGINEERING

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

This course will involve bright lights and loud sounds.

Please advise us in advance if you have any sensitivity to these kinds of stimuli so that our presenters can be considerate of how and when we share this content during the session.

This activity will help students connect with new media and creative digital tools. In this 90-minute seminar, Gabe and Kiran will guide students on a wacky exploration into color, sound, and hijinks.

Topics include a look at software tools (such as Processing and Ableton), frank reflections on creative collaboration, and an interwoven survey of other contemporary new media artists.

Kiran is a Bay Area-based engineer and designer who delights in the intersection of physical craft, digital magic and human connection. His journey to today includes chapters at Stanford, Faraday Bicycles, and Apple. He is now pursuing collaborative artistic endeavors as the creative director at MEGAFUNA.

Gabriel is a musician and instructional designer who values creative output and play above just about everything else. He helped create UnCollege Gap Year, a self-directed learning program that teaches young adults to follow their curiosity and bring their ideas to life. His work outside of education includes producing music for plays and tech products and recording under the name Gabriel Stern. His current work at MEGAFUNA focuses on experimenting with soundscapes and creating audio experiences that invite play and viewer participation.

Raj Mathai
BROADCASTING/JOURNALISM

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

Fake news — or the real thing? Journalism is changing right before our eyes. Go behind the scenes with 10-time Emmy Award–winner Raj Mathai.

TV, radio, podcasts, blogs, sports journalism, crisis management, and more. Find out how to navigate and succeed in the media world. This is an industry of passion. Come experience it.

Mathai is a regular guest instructor at the Stanford Graduate School of Business and the lead anchor at NBC Bay Area.

Raj Mathai is a 10-time Emmy Award–winner and the primary news anchor at NBC Bay Area (KNTV channel 3/11). Mathai anchors the 5 pm, 6 pm, and 11 pm newscasts and has reported on location from major news events around the world.

Most recently, Mathai led NBC Bay Area's coverage of the North Bay wildfires, Las Vegas massacre, and Asiana Airlines crash at SFO. He also hosts The Interview, which sets Mathai with newsmakers such as US Senator Kamala Harris, California Lieutenant Governor Gavin Newsom, and General Colin Powell.

Prior to his news career, Mathai was a sportscaster. In 1995 he became the first Indian sportscaster for a network affiliate in the United States when he began working at KYMA in Arizona. Mathai was also part of the NBC Bay Area broadcast team for the San Francisco Giants, along with Jon Miller and Mike Krukow (2008–2011).

Activity Makeup: Back to the Basics — The No- Makeup Makeup Look

Emily Vieira, DIG Co.
ART/FILM/THEATER

Week 2

Tuesday

January 9

11:00 am to
12:30 pm

Bay Meadows

NOTE:

This course involves the application of makeup and materials.

Please alert the presenter of any sensitivities or allergies.

This basic makeup 101 course was designed as an introduction for those who have a desire to learn about makeup artistry. You will begin with the basics and quickly move into techniques required for starting a career in makeup artistry.

Emily guides you through this hands-on workshop with a live demo on the famous "no-makeup makeup look," which can be one of the most difficult looks to achieve in the beauty and film industry.

This session will include a lesson on how to set up a makeup station, skin and makeup analysis, prepping techniques, product knowledge, texture and finishes, highlighting and contouring, color theory, skin philosophy, skin care ingredient education, tools, brushes, and materials, and step-by-step makeup applications from day to evening.

Emily Vieira is a creative, multifaceted professional freelance master makeup instructor and artist based in Los Angeles, working in the film, TV, theater, and fashion industries.

Vieira has brought diversity, experience, professionalism, and a thirst to each of her areas of expertise over the last 12 years. Her education is endless in this business as trends, technique, and technology constantly change.

As a sought-after artist, Emily's in-depth knowledge, understanding, and passion for the industry have enabled her to carve a niche for herself and inspired her to launch DIG Cosmetics, a digital platform that supports aspiring up-and-coming industry types and professionals in search of community and education.

Activity Colorful Indigenous Molas from Panamanian Kuna

Roopa Raman and Susan Clare Worle
ART

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

If you like exciting colors and patterns, try Mola making! It is a beautiful folk art originating from the Kuna people of Panama. Due to limited time and sewing skills, we will use colorful paper and markers or oil pastels to duplicate the intricate nature-based designs and surround them with "halos" of bright, complementary colors. Traditional Molas are expertly sewn using colorful fabric in a reverse appliqué method by skilled Kuna women. Fabric Molas take a very long time to make. Mola making is one of those traditional skills that may not survive into the future and may eventually be found only in museums.

NOTE:

Please wear
clothing you don't
mind getting dirty.

Susan Clare Worley has been using art materials to express herself since she was a child. A love of learning led her to a bachelor's degree in art education at University of Wisconsin–Madison. She is passionately interested in travel and folk art from many regions of the world. Susan enjoys teaching mixed media art classes, summer art camps and clay classes for all ages in the Bay Area. Her ceramic work is featured in two art books by Lark Crafts. She is a popular face painter, henna artist, and silhouette cutter at private and corporate events.

Roopa Raman, a professional and licensed henna artist and owner of Henna Bash (www.hennabash.com), will join your session to explore and teach these new activities. Raman is a Bay Area henna expert and has taken Henna Bash to various events, including private parties, community fairs, public libraries, colleges, corporations, schools, and more.

A Little Yumminess: Cooking and Culture — The Meze Table, Small Plates to Share and Savor

Simran Singh and Stacie Dong
COOKING

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

The delicious tradition of meze extends from Greece through the Balkans to Turkey and throughout the Middle East. It can be as simple as flatbread, dips, olives, and cheese, or it can be an elaborate feast with dozens of colorful dishes. Many meze have ancient roots and shared traditions across national and cultural boundaries. The meze table is a place for conversation where shared experience is just as important as the food that is served.

In this hands-on activity session, we'll create our own meze table, including a selection of dips, spreads, salads, breads and sweets.

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Simran Singh and Stacie Dong love to teach kids of all ages to cook foods from around the world. They also write about food and share recipes on their blog, A Little Yumminess (www.alittleyum.com) as well as for the San Jose Mercury News ("Fast & Furious Weeknight Cooking"). In addition to teaching youth classes throughout the year and their popular "A Little Yumminess" summer camp, they teach classes for adults at 18 Reasons in San Francisco, the Cooking School at Cavallo Point in Sausalito, and Ramekins Culinary School in Sonoma.

**Impact Bay Area
LIFESKILLS**

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

As you go through high school you gain more and more independence. With that independence comes the need for increased awareness. This introduction to self-defense will give you the confidence to set clear boundaries, evaluate risk, and give you some tools to keep you safe as you travel into the wider world. All are welcome!

Impact Bay Area is a nonprofit organization that teaches effective boundary setting, personal safety, and physical self-defense skills. We have been teaching self-defense in schools for over 25 years. Impact classes build verbal and physical skills to set good boundaries, prevent possible violence, and fight back when necessary. Our classes boost confidence and empower students!

www.impactbayarea.org/private_class_info

Shanda Manion and Kimble Torres, Pathways to Medicine
MEDICINE

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

Pathways to Medicine's Sports Medicine workshop is designed to explore the world of athletic health. Students will study the mechanics of sports injury with a special emphasis on the principles of injury analysis and diagnosis.

Not only will participants learn how to identify the most common causes and symptoms of athletic pain, they will also learn how to rehabilitate their patients using structural support, athletic conditioning, and physical therapy.

Our sports medicine workshop is a perfect fit for athletes, sports junkies, and anyone interested in learning about how sports impact the human body.

Pathways to Medicine uses experiential learning and hands-on practice to cultivate students' potential in medicine. With its dynamic, inquiry-driven curriculum, Pathways to Medicine offers students the opportunity for self-discovery as they pursue their interests in health, science, and medicine.

Shanda's passion for education and medicine has inspired her extensive work in the healthcare field. In 2011, she began working at UCSF Hospital as a patient health educator for the UCSF National Center of Excellence in Women's Health and UCSF's Women's Health Great Expectations Pregnancy Program. She co-founded Pathways to Medicine in order to share her knowledge and enthusiasm for medicine with the next generation of healthcare providers.

Kimble Torres is a veteran biologist specializing in the human body and athletics. During his tenure in the biotech industry, Kimble worked for Nektar Therapeutics, Genentech, and Tyco Healthcare investigating product feasibility and managing lab operations. In 2014, his passion for medicine and health education culminated in the founding of Pathways to Medicine, a pre-med program for high school students.

Activity

Conservation Ambassadors: Amazing Animal Adaptations

David and Lisa Jackson, Conservation Ambassadors
WILDLIFE/ENVIRONMENT

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Live animals are part of this session.

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

From camouflage to prehensile tails, adaptations are essential for animals and humans to survive. The physical and behavioral characteristics of these amazing animal ambassadors are highlighted in this interactive program.

David's passion for wildlife and desire to educate and inspire conservation worldwide is what led him to establish Conservation Ambassadors 25 years ago. His passion started in high school with jobs in animal care and training dogs and parrots. His unique experiences inspired him to pursue a career in the animal care field, and he went to work in the zoological medicine department at UC Davis Veterinary Teaching Hospital. His dedication and interest in wildlife and wild places led him to attend Moorpark College in California, a facility certified by the Association of Zoos and Aquariums, where he earned a degree in exotic animal training and zoological management.

David has traveled around the world to assist with wildlife conservation efforts. Over his career, he has received numerous awards for animal welfare, zoo management, education, and training.

Conservation Ambassadors' mission is giving a worldwide voice to wildlife by providing a permanent, loving home for displaced, abused, abandoned, or permanently injured wild and exotic animals. Through our "Zoo to You" outreach program, we share these animal ambassadors with school children and learners of all ages to educate them about conservation, connect them to the wild world, and inspire them to protect the planet.

www.conservationambassadors.org

Trackers Earth
LIFESKILLS/OUTDOORS

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Make pickled veggies. You will cut up the veggies, as well as cook up a brine, and then take a mason jar home.

Tony and Molly Deis founded Trackers Earth in 2004. Tony based Trackers on his personal work in outdoor education, which he began in 1992. Trackers Earth has grown into a national leader for outdoor camps and programs.

Trackers Earth exists to re-create a village of people connected through family and the land. They lead the way in education and collaborative organization. Their method is to revive outdoor lore and traditional skills, working to restore the common sense that is no longer common. Their vision is to help foster a deep appreciation for the natural world and community.

It seems that today people have forgotten what it means to be connected to land and community. Trackers exists to help us remember our story, to remind all of us of our connections to land, family, and village.

www.trackersbay.com

Trackers Earth
INDUSTRIAL ART

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Learn the ancient art of working hot metal on the anvil! We taper, split, twist, and punch steel to create art and functional tools. Come have fun and try your hand at the time-honored craft of blacksmithing. In this intro class you will learn all you need to begin manipulating and moving iron in true Maker fashion.

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www.trackersbay.com

Susan Holland
FITNESS/WELLNESS

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

NOTE:

You may sign up for more than one session; however, we will only assign students to additional sessions after everyone who wants this activity has had a first opportunity.

Wear comfortable clothing you can move freely in.

AcroYoga is a fusion of partner yoga, acrobatics, and inversions. Students will learn new ways of movement and balance while exploring upside-down, sideways, and multiple-person body stacking. All students will learn to base (lift people up with their hands and feet), fly (be lifted up), spot (make sure no one falls face-first on the floor), and begin to practice handstands.

AcroYoga is a safe, fun way to grow trust in one's own strength and in the stability of those around us. Students will learn how to spot each other so no one is at risk of injury while exploring these new skills. Safety comes first in AcroYoga, then comes fun, playtime, upside-down amazingness, and plenty of laughter.

Susan Holland is a certified personal trainer, a vinyasa and acroyoga teacher, and has extensive training in kickboxing. She has taught fitness and yoga and trained triathletes and novices around the world, including New York City, Los Angeles, San Francisco, and Seoul. Susan hails from the Eastern Shore of Maryland and has always loved athletic endeavors, especially anything involving being upside down. With a passion for all things playful, skillful, and healthy, Susan has found that yoga, fitness, and wellness have teamed up to be a wonderful career, hobby, and way of life. She believes that wellness isn't an endpoint, but rather a path that continually evolves. She has an infectious and hilarious approach to fitness and her clients not only benefit through successful results, but also enjoy her motivating, patient, and creative process. Susan is currently a personal trainer and yoga instructor at Google.

**Ken Shelf, Succulence
GARDENING**

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

During the Discover Succulents! class our knowledgeable staff will teach you about these luscious plants and the ins and outs of working with them. Ever wonder — what are these succulent plants I've been hearing so much about? This class is good for beginning gardeners and those looking to learn more about succulents. We will demystify these will-to-live plants, providing you information about care, maintenance, propagation, and transplanting.

You will make your own succulent planter, choosing from a large assortment of different shapes, colors, and styles of pottery.

This class is hands-on, so dress in clothes that you don't mind getting a little dirty and prepare to enjoy a session of education and creativity!

Succulence is a creative partnership between Ken and Amy Shelf. Ken is the lead cultivator at Succulence. Ken's plant art began decades ago with creative vegetable gardening and continues with his exploration of the disintegration and reintegration of nature with itself. In his endless quest for interesting planting vessels, he has planted teapots, popcorn poppers, electrical boxes, watering cans, shoes, bicycle rims, bird feeders, seashells, grain mill belts, coal cans, potato and onion baskets, and a metal Hoosier flour bin for his wife's 40th birthday. Amy Shelf is an artist, a singer (with Conspiracy of Venus), a collagist, a mom, a lawyer, a pickler, a jammer, and many other things. She spends her workdays building estate plans, and her nights are spent working on projects and developing the vision for Succulence. After Amy came up with the idea to name the store after the richness of life, their philosophy collided with their venture to form succulence: life and garden.

Ryan Roy
MARTIAL ARTS/FITNESS

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

NOTE:

Athletic clothing
required.

Open to all fitness
levels.

Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from karate and Muay Thai. Kickboxing is practiced for self-defense, general fitness, or as a contact sport. American kickboxing originated in the 1970s and was brought to prominence in 1974, when the Professional Karate Association (PKA) held the first world championships. Historically, kickboxing can be considered a hybrid martial art formed by combining elements of various traditional styles. Kickboxing has contributed to the emergence of mixed martial arts via further hybridization with ground-fighting techniques from Brazilian jiu-jitsu and folk wrestling.

Professional fighter and martial arts expert Ryan Roy will introduce you to kickboxing techniques, practices, equipment, and run through a full introductory class of instruction.

Ryan "T2" Roy is a professional Muay Thai fighter with over 14 years of Muay Thai and martial arts experience, and the founder and owner of T2 Muay Thai Studio in Mountain View, CA. He is a professional and amateur champion who has trained and fought both nationally and internationally, including in the founding home of Muay Thai, Thailand. Ryan began his Muay Thai career in the late 1990s under the original Fairtex team and gym in San Francisco. His trainers were Thailand stadium and current world champions and to this day Ryan still trains under the legendary Ganyao "Dr. Knee" Sitphodang Arunleung (trainer of 15 world champions).

www.t2muaythai.com

Bolt Threads
ENGINEERING/FASHION

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

We believe that answers to our most vexing problems can be found in nature. Every day we're inspired by the amazing materials we work with, and we're driven by the desire to turn these materials into incredible products.

Bolt Threads is harnessing proteins found in nature to create fibers and fabrics with both practical and revolutionary uses, from the fashion runway to the running trail.

Our technology moves away from petroleum-based polymers, toxic processes, and nonrenewable materials and toward closed-loop production, sustainable fabrics, and more renewable solutions.

Come be among the first to learn about the revolution we're leading!

Bolt Threads believes that the answers to our most vexing problems can be found in nature. Every day they're inspired by the amazing materials they work with and driven by the desire to turn these materials into incredible products. They are a venture-backed, idea-driven company, led by world-class scientific and engineering talent as well as experienced executives from the technology and apparel industries. First, they changed your accessories. Soon, they'll change your whole wardrobe.

www.boltthreads.com

**Elaine G. Chu, KALA Arts
ART**

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

Create beautiful art on canvas, using melted beeswax, mulberry paper, tissue, and found images.

Students also have the option to bring photocopies of a small drawing, a quote, or other paper ephemera.

Elaine G. Chu's work has been featured in Greencraft and Somerset Studio Gallery magazines and 1000 Artists' Books. She co-wrote Wood Paper Scissors, a how-to crafts book. Elaine received a BFA in graphic design from the University of the Arts and a BA in music from Yale University. A selection of her art can be viewed at EGChuHandcrafted.etsy.com.

NOTE:

This Kala Arts
Activity is at Bay
Meadows.

Negotiation Mastery: Key Principles for Improving Collaboration, Relationships, and Results

Jessica Notini
BUSINESS/LIFESKILLS

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

Using a combination of interactive discussion and roleplay, we will explore the competitive and collaborative tensions present in most negotiations and identify tools for maximizing outcomes while respecting and maintaining healthy relationships.

Participants should learn to be aware of and manage the tension between creating and claiming value as well as how to move past surface demands and strategies to discover the underlying needs and motivators that can lead to more and better solutions.

In this session we will also discuss how to increase "legitimacy" with the use of objective criteria and how to identify alternatives to a negotiated agreement.

Jessica Notini is a professional trainer, mediator, negotiation coach, and facilitator practicing in California and internationally. She has led many workshops for private entities and public institutions in her areas of practice.

She is an adjunct professor at Stanford, Berkeley, and Hastings Law Schools and Mills Business School. Her mediation practice focuses on family estate and employment disputes. She is past chair of the California State Bar Alternative Dispute Resolution Committee and past president of the Northern California Mediation Association.

She received the 2012 Don Weckstein Memorial Award from CDRC for her leadership in the field of alternative dispute resolution.

Activity
**Paris in the Belle Epoque:
Impressionism — Revolution
in Art**

Bruce Elliott
HISTORY

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

Paris, the “City of Light” — the most historic, most fascinating, and most cultured of all urban centers. The first session will highlight the 19th-century process through which Paris was transformed from a warren of narrow lanes into a showcase of magnificent monuments and grand boulevards. The second session will focus on the creative ferment issuing from the confrontation between the bohemians of Montmartre and the sophisticated bourgeoisie of the Parisian boulevards. The third session will celebrate the artistic revolution wrought by a band of young Impressionist painters who, in triumphing over the grand masters of the French Académie des Beaux-Arts, invented Modern Art.

NOTE:

Students are welcome to sign up for all three of Professor Elliott's sessions as each will cover a different subject.

Bruce Elliott received his PhD in history from UC Berkeley. Dr. Elliott teaches courses in European history and culture for several lifelong-learning programs in the Bay Area, including Stanford, UC Berkeley, and Sonoma State University. A major area of concentration in Dr. Elliott's research has been Urban Studies. One of his core courses is entitled “Great Cities: Capitals of History” and presents the historical and artistic development of prominent cities, including Paris, at the peak of their powers. In the summertime, Dr. Elliott leads study groups to fascinating European cities. This past summer, for the fifth time, his prime destination was Paris.

www.horizonstudies.org

Steve Jarding
POLITICS**Week 2**

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

Have you wondered about how you can make the world a better place? Have you thought about how our elected officials make the decisions that govern our daily lives? What might happen if you were in their places? Political strategist Steve Jarding will inspire you to imagine yourself as a state or national leader making positive change. Let Steve activate your dreams to bring you a little closer to building the world you want to see.

Professor Steve Jarding will introduce you to the core concepts of becoming a strong public leader, including the communication strategies that win friends, voting blocs, and sources of funding. You'll learn persuasion techniques that can help change minds for issues you care about. These are the skills you'll lean on throughout your life as a changemaker, not only for public office. Learn them now and make positive change look easy!

Steve Jarding, lecturer in public policy, is an American and international educator and political strategist. Over a 40-year career, Steve has managed numerous statewide and national campaigns for an impressive list of US Senate and gubernatorial candidates. As the founder and CEO of SJB Strategies International, Steve advises candidates and causes and offers communication training to presidents and prime ministers, business leaders, and public advocates around the world. He has lectured or consulted in over 25 countries and, in November 2012, the Financial Times of London profiled his cutting-edge methods of teaching campaign management. At the Harvard Kennedy School of Government, Steve's course on campaign management has twice been nominated by alumni for the "Most Influential Course Award," and in 2016 the student body chose Jarding Teacher of the Year.

www.hks.harvard.edu/faculty/steven-jarding

Activity

Makeup: Avant Garde — “Everything You Can Imagine Is Real”

Emily Vieira, DIG Co.
ART/FILM/THEATER

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

NOTE:

This course involves the application of makeup and materials.

Please alert the presenter of any sensitivities or allergies.

“Everything you can image is real.” — Pablo Picasso

Any act of creation, whether it is a piece of art or a dream, starts off as a vision. This hands-on activity session is designed to give students the understanding of what editorial and high-fashion makeup for print and runway is.

Students will have the opportunity to challenge their creativity and practical problem-solving abilities. They will be taught to be prepared for the realities of the makeup artist profession, giving them an understanding of how their role affects and is affected by designers, photographers, and other professionals they will encounter in this industry.

Emily Vieira is a creative, multifaceted professional freelance master makeup instructor and artist based in Los Angeles, working in the film, TV, theater, and fashion industries.

Vieira has brought diversity, experience, professionalism, and a thirst to each of her areas of expertise over the last 12 years. Her education is endless in this business as trends, technique, and technology constantly change.

As a sought-after artist, Emily's in-depth knowledge, understanding, and passion for the industry have enabled her to carve a niche for herself and inspired her to launch DIG Cosmetics, a digital platform that supports aspiring up-and-coming industry types and professionals in search of community and education.

Emma Anne McCarthy and Todd David Erickson, Bing Nursery School
PSYCHOLOGY

Week 2

Wednesday

January 10

11:00 am to
12:30 pm

Bay Meadows

Have you ever wondered how you got to be you? And what a marshmallow (or two) might have to do with it? For 50 years, scientists at Stanford University have worked with young children at Bing Nursery School to tackle questions like this and to uncover the workings of human development in the first years of life.

This session will review landmark research in child development that has occurred at Bing over the years, from the early days of marshmallows and candy boxes to more recent work that may have even included some current Nueva students. Through interactive work with real experimental protocols, we will examine some of the ingenious methods that researchers devised to turn scientific inquiry into children's games, and we will discuss how they've contributed to our understanding of how children grow, learn, and build knowledge about themselves and the world around them.

Emma McCarthy is an early childhood educator at Bing Nursery School, getting to spend her day in awe as she witnesses and supports the growth and development of young children. She has been teaching at Bing since 2007, where she began her career in early childhood education. Emma has a BS from Stanford University and a master's degree in education from Harvard University. Emma lectures in the Psychology Department at Stanford, teaching courses in developmental psychology alongside other Bing educators.

Todd Erickson is a head teacher at Bing Nursery School and the laboratory school for Stanford University's Psychology Department. Todd received his BA in child and adolescent development from California State University–Northridge and his MA in education (early childhood concentration) from San Francisco State University. Todd has been teaching at Bing for eleven years and before that taught for eight years at Foundations School Community, a Southern California K–8 progressive school modeled after City and Country School in New York. Perhaps Todd's most important work, however, is as the father of Brendan (25), Rowan (13) and Audrey (8). In addition to spending time with his family, Todd loves writing, Monty Python, soccer, and big body play.