



# PALO ALTO ADULT SCHOOL

2019 WINTER QUARTER SCHEDULE

**REGISTRATION BEGINS NOVEMBER 30, 2018**



**Fitness**  
pages 14–15



**Genealogy**  
page 14



**Music**  
pages 17–18

[PAAAdultSchool.org](http://PAAAdultSchool.org) / 650-329-3752



## DEAR COMMUNITY MEMBERS:

Winter 2019 brings exciting new programs to Palo Alto. The Master Sinfonia Chamber Orchestra will now rehearse and perform in the state-of-the-art Paly Performing Arts Center, expanding our Music program to include the best chamber orchestra on the peninsula. New arrivals to Palo Alto and the U.S. can take our “New in the USA” English conversation class, an extension of our Citizenship and ESL program. Learn how to fight off cancer by taking our new nutritional cooking class. Creative students will enjoy signing up for new printmaking and light-up greeting card classes.

Our Community Partner this quarter is the Palo Alto Family YMCA. In the new year, the YMCA is planning to lead a city-wide initiative on stress reduction for adults. This initiative compliments the Palo Alto Unified School District’s continued focus on wellness and safety.

Career Training continues to grow. Everyone can benefit from our Powerful Speaking Skills class, whether you’re looking for a new job or simply speaking in public for your current job. Celebrate the new year by finding a course that is right for you!

See you in class.

Dave Hoshiwara  
Principal  
DHoshiwara@pausd.org



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## 2019 WINTER CALENDAR

REGISTRATION FOR WINTER QUARTER BEGINS // NOVEMBER 30, 2018

WINTER QUARTER TERM // JANUARY 14–MARCH 22, 2019

WRITING ACADEMY // JANUARY 17–MARCH 22, 2019

ESL CLASSES // JANUARY 14–MARCH 8, 2019

HOLIDAYS—NO CLASSES // JANUARY 21, FEBRUARY 15, AND FEBRUARY 18, 2019

[PAAAdultSchool.org](http://PAAAdultSchool.org) // 650-329-3752

## STUDENT SHOWCASE

*Adult School classes support lifelong learning!*

“ I am a long-time student at the Adult School. I took the Intermediate Italian class because I love grammar, and Francesca is an excellent teacher. Before Italian, I took several cooking classes and studied Spanish for years. As an Adult School student, I’ve found the time commitment minimal, the learning environment supportive, and the instructors highly skilled. Each quarter, I find a number of classes that interest me and support my pursuit of lifelong learning. ”



SANDRA CAVANAH  
CHIEF FINANCIAL OFFICER



## ADULTS WITH DISABILITIES

### ACADEMIC FUNCTIONS

Instructor: Margaret Haze

People recovering from emotionally disabling illnesses receive assistance in developing appropriate social and work skills in this educational program. Services provided include structured small classes that focus on independent living and work skills, prevocational counseling, guidance in part-time training, and individual and family counseling. For information, please call the Transitional Program at (650) 324-3330.

ONGOING

Wednesday / 9:45–11:15 a.m. and 1:30–2:45 p.m.

Friday / 1–3 p.m.

Wesley Methodist Church / No Fee \*

## ARTS AND CRAFTS

Visit [PAAadultschool.org](http://PAAadultschool.org) for complete descriptions and materials lists.

### ACRYLIC OR OIL PAINTING: BEGINNING TO INTERMEDIATE

Instructor: Paulina Shapona

*Prerequisite: None*

Express yourself and discover your artistic talents with oil or acrylic paints in this inspiring class for all student levels. Study use of color, observation, composition, light and dark and traditional painting techniques. Supplies will be discussed at the first class meeting.

9 wks / January 17–March 14

Thursday / 7–9:30 p.m.

Palo Alto HS Rm 106 / \$180

### CLASSIC ILLUSTRATION

Instructor: Shaowei Liu, [shaoweiliu0@gmail.com](mailto:shaoweiliu0@gmail.com),

<https://www.instagram.com/lushgrassart>,

<http://lushgrass.com>

*Prerequisite: None*



Learn the craftsmanship of the *Golden Age of Children's Book Illustration*: watercolor over line drawing. In the first half of the semester, students study techniques by copying the masterpieces of prominent

artists such as Jessie Willcox Smith, Arthur Rackham, Dulac, etc. Students are encouraged to explore personal styles of illustration during the rest of the semester.

Advanced students can work on their own stories.

**Email instructor for supplies list.**

7 wks / January 28–March 18

(No class February 18)

Monday / 6:30–9 p.m.

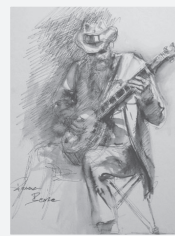
Palo Alto HS Rm 106 / \$140

### THE JOY OF DRAWING AND WATERCOLOR

Instructor: Ferenc Besze, [besze@comcast.net](mailto:besze@comcast.net),

<http://besze.com>

*Prerequisite: None*



Drawing is fundamental to representational painting. During this course, students will learn about techniques and principals of design, perspective, composition and color theory. **Students have the option to do only drawing, or watercolor, or both during the quarter.** Bring your materials

(you can find the list on the website), reference photos (landscapes, water scenes, cityscapes, portraits, wildlife, etc.) and favorite objects. We will discuss details in the first class.

10 wks / January 16–March 20

Wednesday / 6:30–9:30 p.m.

Palo Alto HS Rm 106 / \$240

### WATERCOLOR: BEGINNING/INTERMEDIATE

Instructor: Cathy Zander, [artist@cathyzander.com](mailto:artist@cathyzander.com),

[www.cathyzander.com](http://www.cathyzander.com)

*Prerequisite: None*

Begin at the beginning! Join this magical journey to discover the versatility that only watercolor can offer! We will practice skills such as color mixing, wet-on-wet painting, perspective, value studies, glazing, washes, etc. Choose your own subject: still life, landscape, or urban-scape painting.

**Visit website for required supplies list.**

10 wks / January 15–March 19

Tuesday / 6:30–9 p.m.

Palo Alto HS Rm 101 / \$200

## ARTS AND CRAFTS

### FLORAL DESIGN WITH IKEBANA

Instructor: Thanh Kosen Nguyen, nguyeh1@gmail.com

*Prerequisite: None*



Learn traditional and contemporary forms of Ikebana and develop a closeness with nature while exploring this elegant art form. Each student will complete one or two beautiful designs, then bring them home to display and enjoy

with friends and family. **A \$150 flower fee (\$15 per class) is payable to the instructor on the first day of class—or you can bring your own flowers.** Bring sturdy garden scissors, a Pyrex bowl, and a large frog to the first class. Information will be given on additional equipment you will need.

10 wks / January 17–March 21

Thursday / 1–4:30 p.m.

Cubberley Rm H6 / \$105

### KNITTING

Instructor: Paola Trombetta

*Prerequisite: None*

Knitters of all abilities are welcome! Learn basic and advanced skills in this fun and collaborative knitting workshop. Beginners learn to read pattern books, and/or design and create their own knitted garment and gifts. Advanced knitters, master your techniques and bring projects you are currently working on.

10 wks / January 16–March 20

Wednesday / 6:30–8:30 p.m.

Palo Alto HS Rm 1703 / \$160

"I've been taking the **Knitting** class for 4-5 years. I love the class and want to continue improving my skills and work on more challenging projects."

**Joan Fabiano**

### LEARN TO CROCHET

Instructor: Paola Trombetta

*Prerequisite: None*

Learn to chain, single and double crochet, create tri-dimensional forms and read patterns. This class will work for you regardless of your skill level and you will enjoy it! **Materials to bring to class: one (1) ball of worsted weight yarn plus a size 'H' crochet hook.**

10 wks / January 16–March 20

Wednesday / 5:30–6:30 p.m.

Palo Alto HS Rm 1703 / \$80

### MAKING PAPER-CIRCUIT LIGHT-UP GREETING CARDS

NEW

Instructor: Jamila Rufaro, jamilarufaro@gmail.com

*Prerequisite: None*

Explore the magic of electricity on paper by making two greeting cards that light-up! LED stickers, copper foil tape and coin cell batteries will be provided for you to complete two greeting cards that work by either pressing a button or pulling a tab. **Students need to bring: glue stick, small scissors and an X-Acto knife. There will be a \$15 materials fee payable to the instructor.**

One Session / January 22

Tuesday / 6–9 p.m.

Palo Alto HS Rm 1701 / \$55

### PRINTMAKING WITH THE GELLI PLATE

Instructor: Dorit Elisha, dorit\_elisha@yahoo.com

*Prerequisite: None*

The Gelli plate is a popular tool used by mixed media artists. You will learn quick and easy, techniques for creating several unique pieces to take home. Gelli plates provided for in-class use. Students need to bring: Acrylic paint (not craft paint) in 3- 4 colors including white, scissors and glue sticks. **There will be a \$8 materials fee payable to the instructor.**

One Session / January 15

Tuesday / 5:30–8:30 p.m.

Palo Alto HS Rm 1701 / \$55

## BIRDING AND NATURE

### BIRDING BASICS

Instructor: Larry Spivak, larry8141@yahoo.com

*Prerequisite: None*

Wondering about the name of that bird in your backyard? Join your neighbors and learn about field guides and binoculars. Learn the categories of birds and the methods used to identify them. Obtain a step by step process to identifying birds and finding them in a field guide. Four field trips included.

6 wks / January 15–February 19

Tuesday / 7–9 p.m.

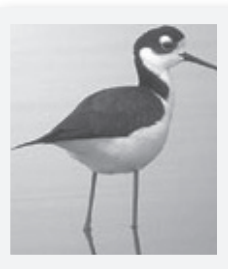
Palo Alto HS Rm 1703 / \$165

#### AND

Four Field Trips: January 26–February 16

Saturday / 9 a.m.–12 noon

Locations will be discussed in class.



## BIRDING AND NATURE

### BIRDING: INTERMEDIATE

Instructor: Scott Smithson, wscottsmithson@gmail.com

*Prerequisite: Beginning birding*

Take your birding skills to the next level! We will learn how seasonality and habitat shape the expected species in the Bay Area, and incorporate bird song and behavior into our identification repertoires. The winter quarter will focus on our identification of our overwintering waterfowl, shorebirds and land birds. **Recommended textbook:** Any North America or Western North America bird field guide (*Sibley's Guide* is a great one).

8 wks / January 16–March 6

Wednesday / 7–9 p.m.

Palo Alto HS Rm 1707 / \$200

**AND**

\*\* There will be 3 Saturday field trips: dates and times TBD\*\*

### BIRDING: THE MASTER CLASS

Instructor: Matthew Dodder, mdodder@sbcglobal.net, www.birdguy.net

*Prerequisite: Previous birding experience (Advanced class)*

Focus on complex ID challenges and seasonal specialties addressing habitat, bird topography, molt strategy, vocalization and behavior as identification aids. Learn about current taxonomy changes, population trends and recent research. There will be Saturday half-day and full-day field trips to birding hot spots.

8 wks / January 14–March 18

(No class January 21 and February 18)

Monday / 7–9 p.m.

Palo Alto HS Rm 1708 / \$176

## BUSINESS AND FINANCE

### EFFECTIVE EMAILS

Instructor: Mitra Bahrami, mbahrami@pausd.org

*Prerequisite: High intermediate to advanced English learners*

This class covers the rules of writing effective emails. Section A focuses on the basics of writing informative (standard) emails. Section B covers the organization and format for other types of emails (persuasive, bad news and thank you/goodwill). **No textbook required.**

4 wks / January 31–February 28 (See individual module dates below)

Thursday / 6:30–8:30 p.m.

Palo Alto HS Rm 218 / \$64 for ALL 4 weeks

(See individual module fees below)

#### SECTION A: Basic Emails

2 wks / January 31 AND February 7

Thursday / 6:30–8:30 p.m.

Palo Alto HS Rm 218 / \$40

#### SECTION B: Advanced Emails

2 wks / February 21 AND February 28

Thursday / 6:30–8:30 p.m.

Palo Alto HS Rm 218 / \$40



### WORKSPACE SHRINKING?

#### LET'S ORGANIZE YOUR OFFICE!

Instructor: Christine Layer, chaos-control@earthlink.net  
www.chaos-control.com

*Prerequisite: None*

Buried under piles on your desktop? Are your filing cabinets relics of the past? Anxious every time you check your email? Come learn creative ways to organize your workspace, increase your office productivity, and save valuable time. Develop action-based workflow systems and access anything in 30 seconds or less. From the home office to the business office to the remote office, this class is for you!

One Session / February 6

Wednesday / 6:30–9 p.m.

Palo Alto HS Rm 304 / \$40

## CAREER TRAINING

**BECOME A LICENSED  
COSMETOLOGIST OR BARBER**

Apprenticeship Program

**PENINSULA**  
ACADEMY OF COSMETOLOGY &  
BARBERING APPRENTICESHIP

email: penacad17@gmail.com

### COSMETOLOGY APPRENTICESHIP PROGRAM

Instructor: Peninsula Academy

*Prerequisite: 39-hour Pre-Apprenticeship*

An Apprenticeship program offers theoretical training and field experience while simultaneously providing paid compensation. Apprenticeships provide the foundation to building confidence and clientele. The beauty industry provides countless career opportunities and the pathway to entrepreneurship. Peninsula Academy reduces a seven-year process to two years, and once apprentices pass the licensing exam they return to their job and maintain their established clientele.

**Length of Course:** 2 years

**Hrs Per Wk:** 8 hrs in class theoretical training (every Tuesday)

40 hrs On Job Training (OJT) Wednesday–Saturday

**For more information, email:** penacad17@gmail.com



## CAREER TRAINING

### POWERFUL SPEAKING SKILLS

Instructors: Hilda Sendyk

*Prerequisite: None*

If you plan on speaking at an event, at job interviews, in local government meetings, pitching a new product idea to investors, being interviewed by the media, attending or testifying in court, or speaking in public for any reason—this is the class for you! This interactive class will cover many important topics that will help you plan your talk, handle anxiety, employ your body language effectively... and more! **Textbook: Required—Instructor will supply workbooks for \$10 made payable to the instructor at the first class.**

3 wks / January 23–February 6

Wednesday / 6–9 p.m.

Palo Alto HS Rm 1709 / \$72

### WORK READINESS: JOB SEARCH SKILLS— LEARN NEW SKILLS FOR GETTING A JOB \*

Instructor: Kathilynn Lehmer, [Pajoblink.lehmer@gmail.com](mailto:Pajoblink.lehmer@gmail.com)

Looking for a Job? Learn the job search process, prepare a resume and cover letter, develop networking and interviewing skills and create a LinkedIn profile. Students will attend 12 individualized job coaching sessions and/or workshops to identify employment opportunities and to prepare a job portfolio. **There is no fee—and the course is open-entry.** For more information, and to find out how to register, send an email to Kathilynn Lehmer at: [pajoblink.lehmer@gmail.com](mailto:pajoblink.lehmer@gmail.com).

## CITIZENSHIP

### CITIZENSHIP

Instructor: Katherine Barg, [professorbarg@gmail.com](mailto:professorbarg@gmail.com)

*Prerequisite: Intermediate to advanced English learners*



This 8-class course prepares students to pass the Citizenship Test to become a naturalized citizen of the United States. Students will study the history, political processes and institutions that make an informed and effective

citizen. Elements of study will be applied to current events as applicable. Class will meet twice a week.

**Required textbook can be purchased in the Adult School office.**

4 wks / January 14–February 11 (No class January 21)

Monday **AND** Wednesday / 6:30–9 p.m.

Palo Alto HS Rm 218 / No Fee \*

### NEW IN THE USA?

### LETS TALK ABOUT IT—WORKSHOP

Instructor: Kathleen Stender-Theuring, [kstendertheuring@pausd.org](mailto:kstendertheuring@pausd.org)

*Prerequisite: None*

This interactive course encourages students to speak English freely without focusing on accuracy, but fluency. Students will learn about cultural concepts and will explore their own cultural programming. By the end of the course, each student will have developed concrete ideas on how to adjust to their new environment.

**No textbook required.**

6 wks / February 12–March 19

Tuesday / 6:30–8:30 p.m.

Palo Alto HS Rm 218 / \$96

NEW

## COMPUTER SKILLS

### GOOGLE DOCS: INTRODUCTION

Instructor: Sharon Walker

*Prerequisite: PC/Windows experience*

Bring your documents to life using Google Docs. Learn how to use smart editing and fairly easy to learn styling tools to help you create professional looking documents that you can incorporate with your unique style and creativity. Students will create flyers, invitations, greeting cards, and a professional resume using templates. **USB flash drive recommended for class.**

3 wks / February 27–March 13

Wednesday / 6–9 p.m.

Palo Alto HS Rm 410 / \$72

NEW

### POWERPOINT 2016: INTRODUCTION

Instructor: Ellen Engelman, [eengelman@pausd.org](mailto:eengelman@pausd.org)

*Prerequisite: PC/Windows experience*

Do you want to be known as a superior communicator? Do you want to make your next presentation effective and unforgettable? Use text, music, video, and your own photos to create presentations that entertain, inform, persuade, or sell. Whether you're new to PowerPoint or simply want to brush up on your skills, this is the class for you! **USB flash drive recommended for class. No textbook required. Instructor provides handouts for all topics covered.**

5 wks / January 28–March 4 (No class February 18)

Monday / 6:30–9 p.m.

Palo Alto HS Rm 410 / \$50 \*

## COMPUTER SKILLS

### EXCEL 2016: INTRODUCTION

Instructor: Sharon Walker

*Prerequisite: PC/Windows experience*

Learn the best app ever! This hands-on class is designed to introduce you to EXCEL 2016, applying skills you learn to real world situations. Learn the basics: tracking data, rearranging data on a worksheet, data visualization, and images and organizing large amounts of data. **USB flash drive recommended for class. Required textbook can be purchased in the Adult School office.**

6 wks / January 16–February 20

Wednesday / 6–9 p.m.

Palo Alto HS Rm 410 / \$144

### MASTERING INTERMEDIATE EXCEL 2016

Instructor: Hilda Sendyk

*Prerequisite: Must be comfortable with, and have some experience working with data and formulas in Excel*

Go way beyond the basics of Excel! This hands-on Excel class includes how to: use several important Excel functions, audit formulas; work with multiple worksheets and workbooks; range names; link data across sheets and files; create data outlines; protect your data; create and edit charts; how to use charts in Excel and Word reports. Final content to be customized based on requests of class attendees. **Textbook: Required—Instructor will supply workbooks for \$15 made payable to the instructor at the first class.**

3 wks / January 22–February 5

Tuesday / 6–9 p.m.

Palo Alto HS Rm 410 / \$72

### MASTERING ADVANCED EXCEL 2016

Instructor: Hilda Sendyk

*Prerequisite: Must be comfortable with, and have some experience working with data and formulas in Excel*

Learn advanced Excel topics in this hands-on Excel class including topics such as expert database management features including: data sorting and selecting; data filtering and advanced filtering; creating and editing pivot tables and pivot charts. It also contains various workbook topics such as error checking and trapping, tracing dependent and precedent values, and creating subtotals and grouping. You will also learn how to record simple macros. Final content to be customized based on requests of class attendees. **Textbook: Required—Instructor will supply workbooks for \$15 made payable to the instructor at the first class. NOTE: This class will NOT cover VBA or Macro programming.**

3 wks / February 12–February 26

Tuesday / 6–9 p.m.

Palo Alto HS Rm 410 / \$72

### WORD 2016: INTRODUCTION

Instructor: Sharon Walker

*Prerequisite: PC/Windows experience*



Learn the latest MS Word! This hands-on class is designed to introduce you to MS Word 2016, applying skills you learn to real world situations. Learn the basics: working with Word Basics, creating and editing business documents, creating a resume in a table, creating

a promotional brochure, and reports. **USB flash drive recommended for class. Required textbook can be purchased in the Adult School office.**

6 wks / January 15–February 19

Tuesday / 6–9 p.m.

Palo Alto HS Rm 410 / \$144

### MASTERING INTERMEDIATE WORD 2016

Instructor: Hilda Sendyk

*Prerequisite: Must be comfortable with, and have some experience working with Word documents*

This hands-on class covers how to harness the underlying processes of effective professional Word use. Class includes efficiency tips and tricks shortcuts and how to customize the Word application for your specific needs. Class covers advanced formatting techniques; creating and using Word templates; generating automatic page numbers; generating automatic frequently used text phrases; creating several kinds of tables; using the Styles feature; and printing documents or portions of documents effectively. **Textbook: Required—Instructor will supply workbooks for \$15 made payable to the instructor at the first class.**

3 wks / February 7–February 21

Thursday / 6–9 p.m.

Palo Alto HS Rm 410 / \$72

### MASTERING ADVANCED WORD 2016

Instructor: Hilda Sendyk

*Prerequisite: Must be comfortable with, and have substantial experience working with Word documents*

This hands-on advanced Word class will provide training on many topics related to creating and working with long documents including how to: create a Table of Contents; create an Index; generate footnotes and endnotes; produce customized mass mailings using the Mail Merge feature; work with graphics; create multi-column newsletters; create cross-references and links; use Word's desktop publishing features; and add watermarks. **Textbook: Required—Instructor will supply workbooks for \$15 made payable to the instructor at the first class.**

3 wks / March 7–March 21

Thursday / 6–9 p.m.

Palo Alto HS Rm 410 / \$72

## COOKING

Palo Alto Adult School offers an excellent cooking curriculum at the best prices in the area. With trained chefs as our instructors, our students return each quarter to enhance their culinary repertoire. *NOTE: Our classes vary from minimal to extensive hands-on preparation.*



### Join one of our following sizzling sessions:

- Jan 17.....BAKED POTATO WITH ALL THE FIXINS (NEW)
- Jan 22 & 24 .....THE CORE NUTRITIONAL FOUNDATION TO PREVENT CANCER (NEW)
- Jan 23.....AN EVENING IN OAXACA
- Feb 7.....CHOCOLATE COATED AND DELICIOUS (NEW)
- Feb 13.....TAMALE PARTY
- Feb 28.....AMALFI COAST COOKING FEATURING SWEET POTATO GNOCCHI (NEW)
- Mar 6.....LAND OF THE SEVEN MOLES
- Mar 14.....PIES BEYOND THE TIN OR PAN (NEW)
- Mar 19.....ROLL YOUR OWN SUSHI — AND DIY SPRING ROLLS (NEW)
- Mar 20.....INDIAN CUISINE—NORTHERN INDIA

### BAKED POTATO WITH ALL THE FIXINS

Instructor: Julie Shanson,  
julie@findjoyinfood.com, www.findjoyinfood.com

*Prerequisite: None*

A baked potato is a hearty meal for one or many. First we'll bake both regular and sweet potatoes. Then we'll make a variety of toppings, including sautéed mushrooms, slow roasted onions, blanched broccoli, chili, and a "no-cheese" sauce. All of Julie's classes begin with fresh vegetables and dips. Then we break into groups to prepare some of the recipes chosen for the evening. We sit together towards the end for a buffet extravaganza and discussion. For this class, all recipes can be made dairy and egg free, and we'll discuss gluten free modifications too. Please contact the instructor via email to discuss allergies or special requests. **Bring containers for leftovers.**

One Session / January 17  
Thursday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

### AN EVENING IN OAXACA

Instructor: Zaida Soriano,  
oaxacankitchenmarkets@gmail.com,  
www.oaxacankitchenmarkets.com

*Prerequisite: None*

Diverse regional wonders. Zaida Kent, a native Oaxaqueña and owner of The Oaxacan Kitchen Markets, Inc. will help you master authentic tools and ingredients. Students will learn to make the following: Enchiladas Verdes with Chicken or roasted vegetables; Chiles Rellenos With Chicken or Vegetables, (Vegan) Roast Butternut Squash Tamale with fresh vegetables and salsa; Mexican Rice, Oaxacan Black Beans; and Agua de Horchata. This class is a combination of demonstration, participation and sampling. **Bring containers for leftovers. Gluten Free!**

One Session / January 23  
Wednesday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

NEW

### THE CORE NUTRITIONAL FOUNDATION TO PREVENT CANCER

Instructor: Chen Ben Ascher,  
contact@mor-nutrition4life.com

*Prerequisite: None*

The link between nutrition and cancer is proven by hundreds of scientific researches. In fact, studies show that at least 35% of all cancers are related to diet. We can't ignore it! In this informative class, students will gain practical knowledge on what kind of food (fruits, vegetables, grains, legumes, dairy, meat, herbs and spices, etc.) can affect and prevent cancer growth. Students will also learn what type of phytochemicals, phytoestrogens, antioxidants, mineral and vitamins will strengthen their immune function to destroy cancer-causing substances before they cause more harm. The quality and the quantity of the foods is essential for our health, especially when dealing with cancer.

Two Sessions / January 22 **AND** January 24  
\* Tuesday, January 22 / 6–7 p.m. (Lecture Only)  
\*\* Thursday, January 24 / 6–8:30 p.m. (Cooking Class)  
Palo Alto HS Rm 103 / \$75

\* **January 22:** Nutrition Talk—Living with and Beyond Cancer  
\*\* **January 24:** The Healing Power of Food—  
Fight Cancer in Your Kitchen

NEW

### CHOCOLATE COATED AND DELICIOUS

Instructor: Julie Shanson,  
julie@findjoyinfood.com, www.findjoyinfood.com

*Prerequisite: None*

We'll explore the basics of melting chocolate for dipping, then dip strawberries, bananas and dried fruits in dark chocolate, plus make other things to dip as time allows. Depending on class interest this could include vegan marshmallows, biscotti, truffles, macarons or other delights. For this class, all recipes can be made dairy and egg free, and we'll discuss gluten free modifications too. Please contact the instructor via email to discuss allergies or special requests. **Bring containers for leftovers.**

One Session / February 7  
Thursday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

NEW



## COOKING

### TAMALE PARTY

Instructor: Zaida Soriano,  
oaxacankitchenmarkets@gmail.com,  
www.oaxacankitchenmarkets.com  
Prerequisite: None



Learn the special art of authentic tamale-making in this hands-on class. Master tamales such as: Vegan Tamale with Seasonal Vegetables, Chicken Mole Negro, and Pork! We'll also make Salsa de arbol and Champurrado, a chocolate-based atole drink since

pre-Columbian times. **Bring containers for leftovers.** *Gluten Free!*

One Session / February 13  
Wednesday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

### AMALFI COAST COOKING FEATURING SWEET POTATO GNOCCHI

Instructor: Michelle Greenebaum,  
michelle@togetherinthekitchen.com  
Prerequisite: None

Learn to prepare a delicious feast that will transport you to Italy's Amalfi Coast where the stunning beaches of Sorrento, Positano, and Capri are bursting with sunshine, breathtaking views, and epicurean delights. Known as the Mediterranean Playground, the Amalfi Coast is home to "la dolce vita" – sumptuous produce, soft milky cheeses, sweet treats, and its famous lemons! In this hands-on cooking class you will discover simple ways of preparing Italian favorites. Take home new recipes perfect for entertaining yet easy enough for a quick weeknight meal. When we're finished cooking, we'll sit down to enjoy our culinary creations!

One Session / February 28  
Thursday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

### LAND OF THE SEVEN MOLES

Instructor: Zaida Soriano,  
oaxacankitchenmarkets@gmail.com,  
www.oaxacankitchenmarkets.com  
Prerequisite: None

Oaxaca is known as the Land of the Seven Moles because of the seven versions of mole sauce. Students will learn two of these amazing sauces: Mole Amarillo and Mole Verde. We will also make Empanadas, quesadillas, rice and black beans, and refreshing Agua de Horchata!

**Bring containers for leftovers.** *Gluten Free!*

One Session / March 6  
Wednesday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

### PIES BEYOND THE TIN OR PAN

Instructor: Julie Shanson,  
julie@findjoyinfood.com, www.findjoyinfood.com  
Prerequisite: None

We'll explore the basics of tin-less pies like hand pies, galettes, and upside-down pies. Both savory and sweet pies will be prepared with multiple varieties of dough both store bought and homemade. For this class, all recipes can be made dairy and egg free, and we'll discuss gluten free modifications too. Please contact the instructor via email to discuss allergies or special requests. **Bring containers for leftovers.**

One Session / March 14  
Thursday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

### ROLL YOUR OWN SUSHI—AND DIY SPRING ROLLS!

Instructor: Michelle Greenebaum,  
michelle@togetherinthekitchen.com  
Prerequisite: None

Learn how to throw your own vegetarian Sushi and Spring Roll Party! Take home recipes, tips, and shopping recommendations for making traditional maki and uramaki (inside-out rolls) and free-form hand rolls. Discover how sushi rice is prepared and seasoned (it's more simple than you think!). We will also make fresh spring rolls bursting with fresh produce from the farmers market plus two dipping sauces:

Spicy Soy Ginger and Savory Peanut. Also on the menu—a delicious Cabbage Crunch Salad.

One Session / March 19  
Tuesday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60

### INDIAN CUISINE—NORTHERN INDIA

Instructors: Ramesh and Bharati Joshi  
Prerequisite: None

The traditional food of India has been widely appreciated for its fabulous use of herbs, spices, pulses, and legumes. The Joshis will teach you how to prepare aromatic, mild, low fat and nutritious Indian cuisine, such as Chicken Curry, Vegetable Pullao (rice), Naan, and more! Be prepared to eat an array of several dishes! All supplies are included in the fee. **Demonstration only. Visit website for menu.**

One Session / March 20  
Wednesday / 6:30–9 p.m.  
Palo Alto HS Rm 103 / \$60



**LEARN HOW TO COOK**  
IN JUST ONE NIGHT

Sign up in advance (at least 14 days BEFORE class date) and

**SAVE 10%**

Call 650-329-3752 to get your discount

## ENGLISH AS A SECOND LANGUAGE (ESL)

### WINTER 2019 ESL CLASSES: January 14 to March 8, 2019 *No classes January 21 and February 18, 2019*

The Palo Alto Adult School ESL program offers many classes to help you meet your English learning goals. To enter our free classes, new students must register for a placement test. There is no childcare for the test or the classes. **To register for the placement test, come in to the Greendell ESL office at 4120 Middlefield Road, Room P10, or the Palo Alto High School Adult School office at 50 Embarcadero Road.**

**\*\*Students who are not registered to take the placement test will not be allowed to take the test.\*\***

#### Enrollment Policies

- Students must be able to attend the full 8 weeks.
- Students will be required to buy a textbook for the class.
- Students who leave before the end of a session may not return until the next session, and must pay a \$20 re-entry fee.
- There is no childcare.

**\*\*When your registration is completed, you will select one of the test dates shown below.\*\***

#### PLACEMENT TESTING

Testing for DAY Classes	Testing for EVENING Classes
<b>TIME:</b> 9 a.m. – 12 noon Testing begins promptly at 9 a.m.	<b>TIME:</b> 6 – 9 p.m. Testing begins promptly at 6 p.m.
<b>WHERE:</b> Greendell Campus 4120 Middlefield Road, Rm P9	<b>WHERE:</b> Palo Alto High School 50 Embarcadero Road, Rm 218
<b><u>TESTING DATES</u></b> Friday, December 14, 2018 Friday, January 11, 2019 Friday, January 18, 2019	<b><u>TESTING DATES</u></b> Tuesday, December 4, 2018 Tuesday, December 11, 2018 Thursday, January 10, 2019 Tuesday, January 15, 2019

*Register for testing early.  
Spaces limited!*

#### CLASSES

#### Winter Session ESL Classes \*

**DATES: January 14 to March 8, 2019**

*(No classes January 21 and February 18, 2019)*

#### MORNING CLASSES (9 A.M.–12 NOON)

Site 1: Greendell School: Literacy through Advanced Low Levels (Monday–Thursday)

Site 2: Escondido Village, Stanford: Advanced Low Level (Tuesday, Wednesday, and Thursday)

#### AFTERNOON CLASSES

Site 1: Greendell School: Pre-Literacy / 1–3 p.m. (Monday and Wednesday)

Advanced Low Level / 12:30–3:30 p.m. (Tuesday, Wednesday, and Thursday)

#### EVENING CLASSES (6:30–9:30 P.M.)

Site 3: Palo Alto High School: Pre-Literacy through Advanced Low Levels (Monday and Wednesday)

#### ADVANCED LEVEL AND ADDITIONAL SKILL-SPECIFIC CLASSES

See English Enrichment classes on pages 11, 12, and 13

## ADDITIONAL CLASSES

### Pre-Literacy, CBET, and LEAH \*

- **Pre-Literacy \*** is for students who cannot read and write in their first language or in English. To make an appointment for the placement exam, call (650) 494-2326.

***Pre-Literacy es para estudiantes que no pueden leer y escribir en su lengua materna o en Inglés. Para hacer una cita para la prueba de nivel, por favor llame al (650) 494-2326.***

- **CBET \*** is for parents who want to learn English and help their children with school. Students meet with a teacher once a week at Barron Park Elementary School and then study at home. For more information, call (650) 324-8986.

***CBET es para los padres que quieren aprender inglés y ayudar a sus hijos en la escuela. Los estudiantes se reúnen con un maestro una vez a la semana en la Escuela Primaria Barron Park y luego estudian en casa. Para obtener más información, por favor llame al (650) 324-8986.***

- **Learn English at Home (LEAH) \*** Learn English at Home (LEAH) is for students who cannot come regularly to class. Meet weekly with a teacher and take home materials to study. Call (650) 494-2326 for an appointment. **There is a \$30 materials fee per 8-week session.**

***Apranda Inglés en Casa (LEAH) es para los estudiantes que no pueden asistir regularmente a clase. Se reúnen semanalmente con un maestro y llevan materiales a casa para estudiar. Llame (650) 494-2326 para una cita. Hay un pago de \$30 por materiales por cada sesión de 8 semanas.***

### Transitions to Work or College/Career Training \*

Instructor: Matthew J. Vendryes, [mjv@eclasstic.com](mailto:mjv@eclasstic.com)

*Prerequisite: To enroll in this class, students must be eligible to work or attend college in the United States, and commit to attending a ten-week class.*

#### PREPARE TO TAKE THE NEXT STEP IN YOUR CAREER OR EDUCATION!



In this ten-week blended learning course, you will learn research, writing, and listening skills, develop communication skills, and increase your knowledge of employer expectations. You will discover local educational resources and create and polish a resume and cover letter for your job search. You will also hone your speaking skills by doing an oral presentation or a mock job interview. For information on how to enroll, call (650) 494-2326.

#### SECTION A

10 wks / January 14–March 20  
(No class January 21 and February 18)  
Monday / 6:30–9:30 p.m.

Palo Alto HS Rm 216 / No Fee \*

#### AND

Wednesday / ONLINE

**Required Orientation:** All students must attend an orientation session and take a placement test.

**DATE:** Wednesday, January 9

**TIME:** 6:30–9:30 p.m.

**WHERE:** Palo Alto HS Rm 216

#### SECTION B

10 wks / January 14–March 20  
(No class January 21 and February 18)  
Monday / 9:30–12:30 p.m.

Cubberley Rm A3 / No Fee \*

#### AND

Wednesday / ONLINE

**Required Orientation:** All students must attend an orientation session and take a placement test.

**DATE:** Wednesday, January 9

**TIME:** 9:30 a.m.–12:30 p.m.

**WHERE:** Cubberley Rm A3



## ESL WRITING ACADEMY

WINTER 2019 WRITING ACADEMY: January 17 to March 22, 2019

### WINTER SESSION CLASSES

#### The PAAS Writing Academy

Write for life! Whether it's a simple email, a thank-you note, or a complex essay, our Writing Academy classes will help you with content, organization, tone, and purpose. The Academy offers three levels of classes, beginning with the basics of sentence creation, paragraph development, and essay writing. Students who complete the required assignments can earn Certificates of Achievement and/or Proficiency.

**Required textbooks can be purchased in the Adult School office.**

**\*\* Students will provide a writing sample during the first class to determine their level. \*\***

### FUNDAMENTALS OF WRITING

#### Fundamentals of Writing I \*

Instructor: Adult School Staff

*Prerequisite: For students who are at the high beginning to low intermediate level*

Practice writing sentences and developing coherent paragraphs with the goal of writing about your own life experiences. Guidance will also be given on correct grammar and word choice.

##### SECTION A

9 wks / January 18–March 22

*(No class February 15)*

Friday / 9:30 a.m.–12 noon

Greendell Rm P5 / No Fee \*

##### SECTION B

10 wks / January 17–March 21

Thursday / 6:30–9 p.m.

Palo Alto HS Rm 205 / No Fee \*

#### Fundamentals of Writing II \*

Instructor: Adult School Staff

*Prerequisite: For students who are at the low intermediate to high intermediate level*

Learn how to write well-developed and cohesive paragraphs. This class will focus on how to choose and organize content, connect ideas, and use supporting details to address a topic.

##### SECTION A

10 wks / January 18–March 22

*(No class February 15)*

Friday / 9:30 a.m.–12 noon

Greendell Rm P6 / No Fee \*

##### SECTION B

10 wks / January 17–March 21

Thursday / 6:30–9 p.m.

Palo Alto HS Rm 216 / No Fee \*

#### Fundamentals of Writing III \*

Instructor: Adult School Staff

*Prerequisite: For students who are at the high intermediate to advanced level*

Learn how to plan, develop, and edit a five-paragraph essay with an introduction, thesis statement, body paragraphs, and conclusion. This class will prepare you for business and academic writing.

9 wks / January 18–March 22

*(No class February 15)*

Friday / 9:30 a.m.–12 noon

Greendell Rm P7 / No Fee \*

## ENGLISH ENRICHMENT

These classes are offered for non-native speakers who have tested above our state-supported program or who wish to focus on one specific area of English. It is not necessary to take the placement test before enrolling in these classes.

### 21ST CENTURY COMMUNICATION: LISTENING, SPEAKING AND CRITICAL THINKING

*(Class limited to 20 students)*

Instructor: Anjani Sarma, [asarma@pausd.org](mailto:asarma@pausd.org)

*Prerequisite: Advanced ESL. Students must have advanced ESL speaking skills—be able to comfortably participate in everyday conversations, express opinions, ask and answer questions, describe simple situations (errors are okay but they must not stop participation).*



If you have termed out of the advanced low ESL class at the Palo Alto Adult School, and if you want to take your *English listening and speaking skills* to the next level, this class is for you. Whether you are preparing

for the TOEFL, preparing to take college level courses, employed or a stay at home parent, this course uses powerful ideas from TED talks to teach ESL learners to think critically and communicate effectively. Students build and practice vocabulary; read, interpret and discuss info graphics; identify main ideas; develop fluency in listening and speaking and participate in group discussions and presentations. **Required textbook can be purchased at the Adult School office—bring to first class.**

7 wks / January 18–March 8 (*No class February 15*)  
Friday / 9:30 a.m.–12 noon  
Greendell Rm P4 / \$140

"I took the **21st Century Communication** class to improve my English speaking ability. We learned lots of useful information from TED talks and I feel more confident when I'm speaking now."

**Cagla Sahin**  
Auditor

### AMERICAN IDIOMS 101

Instructor: Simone Wojtowicz, [simonewojt@gmail.com](mailto:simonewojt@gmail.com)

*Prerequisite: Intermediate high to advanced English learners*

This class is ideal for students who want to develop their reading, listening, speaking and writing skills while becoming familiar with many useful English expressions. Do you want to increase your vocabulary? Improve your TOEFL score? Use idioms in conversation? We will dissect the top 300 idioms used on the TOEFL test in addition to discussing metaphorical language.

**No textbook required.**

8 wks / January 15–March 12 (*No class February 26*)  
Tuesday / 9:30 a.m.–11:30 a.m.  
Cubberley Rm A3/ \$128

### AVOIDING GRAMMAR MISTAKES IN CONVERSATION

*(Class limited to 18 students)*

Instructor: Anjani Sarma, [asarma@pausd.org](mailto:asarma@pausd.org)

*Prerequisite: Advanced ESL- Students must be willing and able to have basic conversations in English and not be limited to yes/no responses. They must be able to express likes and dislikes, talk about themselves, their culture, and work with different groups of students. Grammatical errors are okay and welcome.*

Do English prepositions such as *on* and *at*, *up* and *above*, *to* and *from* confuse you? Do you frequently omit or misuse articles such as *a*, *an* or *the*? How does one use modals—*can* and *could* and *would* and *may* and *might*—in conversation? If you said yes to any of these questions, then this *fun interactive conversation* class is for you. The class will look at some of the most common grammar errors ESL students make in conversation—modals and conditionals, prepositions, gerunds, and infinitives. Through structured activities and games, students will work in pairs or groups to identify errors and practice the correct form. On the last day of class, each student will use all the grammar topics learned to prepare and give a presentation. **No textbook required.**

8 wks / January 14–March 18  
(*No class January 21 and February 18*)  
Monday / 10 a.m.–12:30 p.m.  
Cubberley Rm A7 / \$160

### CONVERSATION STARTER AND GRAMMAR

Instructor: Nilou Shokrani, [niloufar.shokrani@gmail.com](mailto:niloufar.shokrani@gmail.com)

*Prerequisite: High beginning to intermediate English learners*

In this lively class you will build confidence and overcome your fear of speaking in class and in everyday situations. Learn basic phrases and expressions for conversing in real life situations. We will use conversation drills, grammar practice worksheets, and small group activities to help students improve their speaking skills.

#### SECTION A

5 wks / January 15–February 12  
Tuesday / 6–8 p.m.  
Palo Alto HS Rm 201 / \$80

#### SECTION B

5 wks / January 18–February 22 (*No class February 15*)  
Friday / 9–11 a.m.  
Greendell Rm P8 / \$80

## ENGLISH ENRICHMENT

### DIVERSITY IN THE COMMUNITY

Instructor: Simone Wojtowicz, [simonewojt@gmail.com](mailto:simonewojt@gmail.com)

*Prerequisite: Advanced English language learners*



This class is ideal for students who want to improve their English skills while exploring cultural diversity in America. Reading, listening, vocabulary, pronunciation, conversation, and a greater understanding of American culture are

incorporated into each class. We will investigate and discuss the varied and diverse population of the United States. **No textbook required.**

8 wks / January 16–March 13 (*No class February 27*)

Wednesday / 9:30–11:30 a.m.

Cubberley Rm A3 / \$128

### EFFECTIVE EMAILS

Instructor: Mitra Bahrami, [mbahrami@pausd.org](mailto:mbahrami@pausd.org)

*Prerequisite: High intermediate to advanced English learners*

This class covers the rules of writing effective emails. Section A focuses on the basics of writing informative (standard) emails. Section B covers the organization and format for other types of emails (persuasive, bad news and thank you/goodwill). **No textbook required.**

4 wks / January 31–February 28 (*See individual module dates below*)

Thursday / 6:30–8:30 p.m.

Palo Alto HS Rm 218 / \$64 for ALL 4 weeks

(*See individual module fees below*)

#### SECTION A: Basic Emails

2 wks / January 31 **AND** February 7

Thursday / 6:30–8:30 p.m.

Palo Alto HS Rm 218 / \$40

#### SECTION B: Advanced Emails

2 wks / February 21 **AND** February 28

Thursday / 6:30–8:30 p.m.

Palo Alto HS Rm 218 / \$40



### ENGLISH THROUGH MOVIES

Instructor: Mitra Bahrami, [mbahrami@pausd.org](mailto:mbahrami@pausd.org)

*Prerequisite: Intermediate high / intermediate–advanced English learners*

For those who want to expand vocabulary, improve speaking and listening skills, and learn about US history and culture. In each section you will watch 1 to 2 movies and discuss them in a guided setting. You will also make many new friends. **No textbook required.**

8 wks / January 22–March 14 (*See individual module dates below*)

Tuesday **AND** Thursday / 12:15–2:45 p.m.

Greendell Rm P9 / \$160 for ALL 8 weeks

(*See individual module fees below*)

#### SECTION A

2 wks / January 22–January 31

Tuesday **AND** Thursday / 12:15–2:45 p.m.

Greendell Rm P9 / \$50

#### SECTION B

2 wks / February 5–February 14

Tuesday **AND** Thursday / 12:15–2:45 p.m.

Greendell Rm P9 / \$50

#### SECTION C

2 wks / February 19–February 28

Tuesday **AND** Thursday / 12:15–2:45 p.m.

Greendell Rm P9 / \$50

#### SECTION D

2 wks / March 5–March 14

Tuesday **AND** Thursday / 12:15–2:45 p.m.

Greendell Rm P9 / \$50

### FOCUS ON PRONUNCIATION AND LISTENING

Instructor: Sue Stevick, [sstevick@pausd.org](mailto:sstevick@pausd.org)

*Prerequisite: High intermediate oral English skills (non-native speakers)*

Speak English more clearly and confidently. Improve your listening comprehension and master the most important elements of English pronunciation: stress, intonation, rhythm and linking. Practice difficult sounds such as *TH*, *R*, and *L*. Learn to guess the pronunciation of unfamiliar written words. The instructor will provide a written personalized evaluation of your pronunciation skills.

**Required textbook can be purchased in the Adult School office.** You can enroll in both sessions.

#### SECTION A

8 wks / January 14–March 18

(*No class January 21 and February 18*)

Monday / 6:30–8:30 p.m.

Palo Alto HS Rm 202 / \$128

#### SECTION B

8 wks / January 17–March 7

Thursday / 9:30–11:30 a.m.

Cubberley Rm A3 / \$128

### BE A VOLUNTEER ESL TUTOR Help Someone Learn English

Just two hours a week—work one-on-one with a student to help improve his or her English skills.

#### INFORMATIONAL MEETING

Tuesday, January 29, 7–8 p.m.

Palo Alto High School Tower Building Rm 33

#### FREE TRAINING

Tuesday, February 5 and 12, 7–9 p.m.

Palo Alto High School Tower Building Rm 33

**R.S.V.P.** to the ESL Volunteer Tutor Manager, Lynn Tanner, at [LTanner@pausd.org](mailto:LTanner@pausd.org)

## ENGLISH ENRICHMENT

### PLEASE LEAVE A MESSAGE:

#### BASIC PHONE SKILLS

Instructor: Michelle Skowbo, mskowbo@pausd.org  
*Prerequisite: Beginning and intermediate English learners*  
Improve your confidence when you speak in English on the phone! In this class, you will practice making appointments, canceling appointments, and lodging complaints. Students must have access to a telephone. **No textbook required.**

6 wks / January 24–February 28  
Thursday / 12:30–2:30 p.m.  
Greendell Rm P7 / \$96

### PRESENT WITH CONFIDENCE! ORAL PRESENTATION WORKSHOP

Instructor: Katherine Barg Ed.D, professorbarg@gmail.com  
*Prerequisite: High intermediate to advanced native English speakers*

Do you want to be able to present with confidence? Do you need to present information or research to a group? Then this 4 week workshop will help.... *and* the atmosphere is safe and friendly! We will focus on: How to know what to say before you say it! How to be *READY* to say it! The appropriate *length* of a presentation. Speaking *with* and *without* notes. When/how to be to be *funny*. And more!

#### Visit website for more details.

4 wks / February 13–March 6  
Wednesday / 6:30–9 p.m.  
Palo Alto HS Rm 213 / \$80

### TOEFL

Instructor: Mitra Bahrami, bahrami@pausd.org  
*Prerequisite: High/advanced English level students*  
This class is designed to help English language learners understand the TOEFL test and prepare for it. Students will build the skills in reading, listening, speaking and writing that are necessary to successfully pass the test. The class does not include online work in the classroom. Exam information is available at [www.ets.org/toefl](http://www.ets.org/toefl).

**Required textbook can be purchased at the Adult School office.** \*\* *Students can sign up for each segment separately or for two or more of the listed modules.* \*\*

9 wks / January 16–March 13 (See individual module dates below)  
Wednesday / 6:30–9:30 p.m.  
Palo Alto HS Rm 205 / \$216 for ALL 9 weeks  
(See individual module fees below)

#### SECTION A: Reading

2 wks / January 16 **AND** January 23  
Wednesday / 6:30–9:30 p.m.  
Palo Alto HS Rm 205 / \$60

#### SECTION C: Speaking

2 wks / February 13 **AND** February 20  
Wednesday / 6:30–9:30 p.m.  
Palo Alto HS Rm 205 / \$60

#### SECTION B: Listening

2 wks / January 30 **AND** February 6  
Wednesday / 6:30–9:30 p.m.  
Palo Alto HS Rm 205 / \$60

#### SECTION D: Writing

3 wks / February 27–March 13  
Wednesday / 6:30–9:30 p.m.  
Palo Alto HS Rm 205 / \$80

### US CULTURE WITH MOVIES

#### —SELECTED THEMES

Instructor: Mitra Bahrami, mbahrami@pausd.org  
*Prerequisite: High intermediate to advanced English learners*  
This class gives you a cultural understanding of Business and Education in the US. During the first two weeks of each session we will read and discuss the essentials, and during the last two weeks we will watch a related movie. This class will expand your vocabulary and improve your listening and speaking skills. **No textbook required.**

8 wks / January 22–March 12 (See individual module dates below)  
Tuesday / 6:30–9 p.m.  
Palo Alto HS Rm 205 / \$160 for ALL 8 weeks  
(See individual module fees below)

#### SECTION A: Business in the US

4 wks / January 22–February 12  
Tuesday / 6:30–9 p.m.  
Palo Alto HS Rm 205 / \$95

#### SECTION B: Education in the US

4 wks / February 19–March 12  
Tuesday / 6:30–9 p.m.  
Palo Alto HS Rm 205 / \$95

### US HISTORY AND CULTURE

Instructor: Simone Wojtowicz, simonewojt@gmail.com  
*Prerequisite: High intermediate to advanced English language learners*

This class is ideal for students who want to improve their English skills while becoming familiar with many interesting aspects of US history and culture. We address why Americans think and behave the way they do and the foundation for some of their attitudes and values such as the importance of competition and hard work. Reading, vocabulary improvement, pronunciation, and language usage are incorporated into each class.

**Required textbook can be purchased in advance at the Adult School office.**

8 wks / January 17–March 14 (No class February 28)  
Thursday / 9:30–11:30 a.m.  
Cubberley Rm A7 / \$128

NEW





## GENERAL INTEREST

### AROUND THE WRITER'S BLOCK!

Instructor: Chana Feinstein

*Prerequisite: None*

Do you want to write? Or write more happily? Join a fun, friendly, encouraging on-going workshop and learn new techniques based on research, taught by a formerly blocked writer. Students will participate in supportive groups and in-class exercises. From free-writing to visualization, find out what works for you!

8 wks / January 14–March 18

Monday / 7–9 p.m.

Palo Alto HS Rm 201 / \$128



### GENEALOGY: INTERMEDIATE

Instructor: Christine Bell Green, PLCGS, candmres@aol.com

*Prerequisite: Beginning genealogy or 1 year genealogy research experience*

Do you have ancestors you know little about? Do you have folks in your family tree that you cannot use direct evidence to place? Learn how to research smarter, use less known sources and become skilled at inferential genealogy. Field trip is included. **Optional Textbook (see website).**

10 wks / January 16–March 20

Wednesday / 12:30–3 p.m.

Greendell Rm P3 / \$75 \*

### CREATIVE WRITING

Instructor: Burt Liebert

*Prerequisite: None*

Become a better writer! Share your thoughts, feelings and experiences with others. Whether you express yourself through memoir, poetry, short stories, dramatic scripts, narrative, or essays, this class will encourage you to present your work and receive constructive feedback in a helpful, supportive environment.

10 wks / January 16–March 20

Wednesday / 1–3:30 p.m.

Greendell Rm P7 / \$65 \*

### POWERFUL SPEAKING SKILLS

Instructors: Hilda Sendyk

*Prerequisite: None*

If you plan on speaking in public for any reason—this is the class for you! This interactive class will cover many important topics that will help you plan your talk, handle anxiety, employ your body language effectively...and more! **Textbook: Required—Instructor will supply workbooks for \$10 made payable to the instructor at the first class.**

3 wks / January 23–February 6

Wednesday / 6–9 p.m.

Palo Alto HS Rm 1709 / \$72

### JUMP START YOUR GENEALOGY: FUNDAMENTALS

Instructor: Christine Bell Green, PLCGS, candmres@aol.com

*Prerequisite: Desire to learn more about your family*

Discovering your roots is exciting because you learn more about yourself. This class provides in-depth knowledge of frequently used record types, effective search techniques for large websites and introduction to a variety of new websites. Sharing stories is important. Field trip is included. **Optional Textbook (see website).**

10 wks / January 17–March 21

Thursday / 6:30–9 p.m.

Palo Alto HS Rm 204 / \$75 \*

### SENIOR FRIENDSHIP DAY

Instructors: Thanh Kosen Nguyen, nguyentht@gmail.com, and Lori Rock, lorierockcb@aol.com

*Prerequisite: None*

Seniors are invited to have fun and meet new friends by attending educational presentations and participating in exercise and crafts. Presentation topics include money management, health and senior services. **Sign in by 10:30 a.m. and donate \$3 for a catered lunch from La Comida Senior Nutrition Program.**

ONGOING

Wednesday / 9:30 a.m.–2:15 p.m.

Cubberley Rm M4 / No Fee\*

## HEALTH AND FITNESS

### AIKIDO

Instructor: Prashant Rangnekar

*Prerequisite: None*

Aikido! The Art of Peace—a dynamic martial art based on harmony. Enjoy noncompetitive training in a supportive community offered by 7th degree black belt Shihan Hideki Shiohira and his senior students. Aikido is a comprehensive system of throwing, joint locking, striking and pinning techniques, coupled with training in traditional Japanese weapons such as the sword, staff and knife.

10 wks / January 15–March 23

Tuesday and Thursday / 6:30–8 p.m.

**AND**

Saturday / 10–11 a.m.

Palo Alto HS Rm 904 / \$240



## HEALTH AND FITNESS

### COMPASSION CULTIVATION TRAINING

Instructors: Chanda Dharap,  
chandadharap@gmail.com

*Prerequisite: None*

Compassion Cultivation Training (CCT) by Compassion Institute, is an 8-week educational program designed to help you improve your resilience and feel more connected to others—ultimately providing an overall sense of well-being. The program helps you develop qualities of compassion, empathy, and kindness for oneself and for others, by integrating traditional contemplative practices with contemporary psychology and scientific research on compassion. Daily meditation home-practice is assigned.

8 wks / January 29–March 19

Tuesday / 7:30–9:30 p.m.

Palo Alto HS Rm 1709 / \$128 (*One time introductory rate*)

NEW

### THE CORE NUTRITIONAL FOUNDATION TO PREVENT CANCER

Instructor: Chen Ben Ascher,  
contact@mor-nutrition4life.com

*Prerequisite: None*

The link between nutrition and cancer is proven by hundreds of scientific researches. In fact, studies show that at least 35% of all cancers are related to diet. We can't ignore it! In this informative class, students will gain practical knowledge on what kind of food (fruits, vegetables, grains, legumes, dairy, meat, herbs and spices, etc.) can affect and prevent cancer growth. Students will also learn what type of phytochemicals, phytoestrogens, antioxidants, mineral and vitamins will strengthen their immune function to destroy cancer-causing substances before they cause more harm. The quality and the quantity of the foods is essential for our health, especially when dealing with cancer.

Two Sessions / January 22 **AND** January 24

\* Tuesday, January 22 / 6–7 p.m. (*Lecture Only*)

\*\* Thursday, January 24 / 6–8:30 p.m. (*Cooking Class*)

Palo Alto HS Rm 103 / \$75

\* **January 22:** Nutrition Talk—Living with and Beyond Cancer

\*\* **January 24:** The Healing Power of Food—  
Fight Cancer in Your Kitchen

### PILATES: BEGINNING/INTERMEDIATE

Instructor: Judy Lee-Squire, jleesquire@aol.com

*Prerequisite: None*

Come increase your strength, flexibility and functional movement with Pilates exercise, a full body exercise method that uses your own body's resistance and conscious breath. Learn to actively engage your muscles to move more efficiently and feel better about how you move. Must be able to work on your back and do some work on your knees. **Mat required.**

10 wks / January 15–March 19

Tuesday / 6:30–7:30 p.m.

Palo Alto HS Small Gym / \$80

NEW

### TAI CHI: CHEN STYLE

Instructor: Lisette Yung, lisetteyung@gmail.com

*Prerequisite: None*

Learn and practice the basic principles of traditional Tai Chi. Enhance body coordination, increase joint mobility, improve balance and build strength. Tai Chi, which originated from China, emphasizes smooth gentle movements and self-awareness. Practice Tai Chi form to increase agility, balance, flexibility and mind-body coordination. Also learn and practice Silk-reeling exercise, a series of spiral movements which increases body joints mobility and reduces physical tension. Explore standing meditation to increase awareness and improve muscle relaxation.

**\*No black marking soled shoes allowed in class.\***

10 wks / January 16–March 20

Wednesday / 7–8:30 p.m.

Palo Alto HS Small Gym / \$120

### TAIKO (*Class limited to 20 students*)

Instructor: Kensuke Sumii, info@drumrevolution.com

*Prerequisite: None*

Taiko is the art of Japanese drumming, which develops self-expression and musical creativity. This course is a basic introduction to the world of taiko, which includes Japanese expressions, the kinds and use of taiko, and the sounds of various taiko beats. In each class, everyone will participate by playing on actual drums.

**All the equipment—including drums and sticks—are provided. NOTE:** Taiko is a physical activity requiring fitness and stamina. **There will be a \$50 (Section A) and \$100 (Section B) materials fee payable to the instructor at the first class to cover the drum heads replacement.**

#### SECTION A

(*Continuing students ONLY*) (*Open to ALL students*)

4 wks / January 6–January 27

Sunday / 2:30–4 p.m.

Palo Alto HS Rm 109 / \$30

(*plus \$50 materials fee*)

#### SECTION B

(*Open to ALL students*)

7 wks / February 3–March 17

Sunday / 2:30–4 p.m.

Palo Alto HS Rm 109 / \$60

(*plus \$100 materials fee*)

### ODAIKO (\*\*See page 18 in this catalog\*\*)

7 wks / February 6–March 20

NEW

### YOGA AND MEDITATION

Instructor: Kamal Vilms, kvilms@pausd.org

*Prerequisite: None*

Gently stretch, relax and energize your body with yoga poses that cultivate balance, inner awareness, and mobility, and release muscle tension. Regular yoga practice can improve health in many ways from stress reduction to increased flexibility and improved breathing.

**Bring a yoga mat.**

8 wks / January 14–March 18

(*No class January 21 and February 18*)

Monday / 5–6:30 p.m.

Palo Alto HS Rm 109 / \$96

## HISET® (HIGH SCHOOL EQUIVALENCY)

### HISET® (HIGH SCHOOL EQUIVALENCY TEST PREPARATION)

*Preparation classes only—Testing not offered*  
Instructors: Marie Holley, Robert Borregard, and Eve Sutton  
*Prerequisite: None*



Prepare for the HiSET® exam in our individualized program. You will take a practice exam and work with the instructor to develop a program of guided study. Work at your

own pace using computers and textbooks.

**To enroll, call (650) 329-3752.**

10 wks / January 14–March 21

*(No class January 21 and February 18)*

Monday–Thursday / 6–9 p.m.

Palo Alto HS Rm CL1 / No Fee \*

### MATH REVIEW FOR ADULTS —FREE ONLINE COURSES

Instructor: Eve Sutton, eve@well.com  
*Prerequisite: None*

*Beta test* our upcoming math review programs for CBEST (California Basic Educational Skills Test—for California educator credentialing), GED®/HiSet®, and classified staff in winter as we develop fee-based online courses for spring. You will be assigned to a course that meets your interests and schedule. **Send a description of your available dates for the months of December–February and math review goals (CBEST, GED/HiSet, Classified Staff) to the instructor: eve@well.com**

1 or 2 wks

Starting mid-December, mid-January, and mid-February

ONLINE / No Fee \*

NEW

## HOME AND ENVIRONMENT

### FLORAL DESIGN WITH IKEBANA

Instructor: Thanh Kosen Nguyen, nguyehnt@gmail.com  
*Prerequisite: None*



Learn traditional and contemporary forms of Ikebana and develop a closeness with nature while exploring this elegant art form. Each student will complete one or two beautiful designs, then bring them home to display and enjoy

with friends and family. **A \$150 flower fee (\$15 per class) is payable to the instructor on the first day of class—or you can bring your own flowers.** Bring sturdy garden scissors, a Pyrex bowl, and a large frog to the first class. Information will be given on additional equipment you will need.

10 wks / January 17–March 21

Thursday / 1–4:30 p.m.

Cubberley Rm H6 / \$105

### GARDENING IN WINTER

Instructor: Sherri Bohan, bloomngrdr@gmail.com  
*Prerequisite: None*

Winter is a fantastic time to begin your Spring and Summer Garden! Join this class to learn ideas that will make you successful this year. Organically control diseases, learn about soil and how to water correctly in any season, have healthy strong plants using easy and sustainable methods for flowers, bulbs, ornamental and native shrubs and trees, roses, citrus that you grow in your garden. **A \$5 materials fee will be payable to the instructor. Textbook: optional (to be discussed in class).**

10 wks / January 16–March 20

Wednesday / 10 a.m.–12 noon

Cubberley Rm A2 / \$65 \*

### MANAGING YOUR REMODELING PROJECT LIKE A PRO

Instructor: Mollyanne Sherman,  
mollyanne@macdesignstudio.com  
*Prerequisite: None*



Learn the steps, be aware of the process, and obtain the knowledge that gets you the home of your dreams! It is not just about surviving, but attaining the home you dream about. We will address the steps from beginning to end

and the resources available to you. **A \$30 supply fee is payable to the instructor.**

5 wks / January 15–February 12

Tuesday / 6:30–9 p.m.

Palo Alto HS Rm 1707 / \$100

### SEWING BASICS

Instructor: DeAnne Appleton, appletonsews@gmail.com  
*Prerequisite: None*

Learn new or refresh existing sewing skills in a supportive open-studio setting. Choose the project you would like to sew. Work from a commercial pattern or design your own. Basic sewing skills are demonstrated and individual project help is given. Sewing machines are provided, or bring your own. All sewing levels welcome! **A \$10 materials fee will be payable to the instructor at the first class.**

9 wks / January 15–March 12

Tuesday / 7–10 p.m.

J L Stanford Middle School Rm 140 / \$110

## HOME AND ENVIRONMENT

### SUCCESS IN THE YEAR-ROUND VEGETABLE

**GARDEN:** *(How to grow more, work less, and reduce your environmental impact)*

Instructors: Jennifer Doniach, [jdoniach@gmail.com](mailto:jdoniach@gmail.com) and Gerlando Palazzotto, [gpalmj@yahoo.com](mailto:gpalmj@yahoo.com)

*Prerequisite: None*

A productive vegetable garden can provide delicious produce year around, without being a full time job! Learn how to get the most vegetables by applying science-based gardening methods that minimize environmental impacts. Classes cover soil, irrigation, taking care of seeds and seedlings, pest management, and advice on growing specific vegetables and on container gardening.

6 wks / February 4–March 18

*(No class February 18)*

Monday / 7–9 p.m.

Palo Alto HS Rm 1702 / \$96

### UPHOLSTERY: BASIC TECHNIQUES

Instructors: Kathleen Koenig, [kathleenkoenig4@gmail.com](mailto:kathleenkoenig4@gmail.com), Ann Laveroni, [arlaveroni@aol.com](mailto:arlaveroni@aol.com), Isabelle Trainer, [isatrainer@gmail.com](mailto:isatrainer@gmail.com), Shelly Kim, [shellybkim@gmail.com](mailto:shellybkim@gmail.com)

*Prerequisite: None*

Learn the hands-on skills and traditions of the craft of upholstery by working on your own contemporary or antique project. Use basic and more advanced techniques to change or update the style of a piece, or to restore the original cover, trimmings and other upholstery components of a classic chair.

#### SECTION A

10 wks / January 8–March 12

Tuesday / 9 a.m.–2:30 p.m.

Palo Alto HS Rm 904 / \$264

#### SECTION B

10 wks / January 10–March 14

Thursday / 9 a.m.–2:30 p.m.

Palo Alto HS Rm 904 / \$264

**\*\* NEW UPHOLSTERY STUDENTS \*\***

**Contact the Adult School Office at (650) 329-3752 for more information after registering.**

## MUSIC

### ACOUSTIC (FINGER STYLE) GUITAR:

**BEGINNING** *(Class limited to 12 students)*

Instructor: Paul J. Prochaska, [paul@prochaska.com](mailto:paul@prochaska.com)

*Prerequisite: None*

Bring your own guitar, buy the book, and we'll get started on the joyful journey of playing the guitar! Nylon or steel string guitars are acceptable, but the instructor strongly recommends nylon strings. **Required textbook can be purchased in the Adult School office.**

**\*\*Students must bring their own guitar.\*\***

#### SECTION A

10 wks / January 16–March 20

Wednesday / 7–8:30 p.m.

Palo Alto HS Rm 1710 / \$120

#### SECTION B

10 wks / January 16–March 20

Wednesday / 2–3:30 p.m.

Greendell Rm P9 / \$120

### ACOUSTIC (FINGER STYLE) GUITAR:

**ADVANCED BEGINNING**

Instructor: Paul J. Prochaska, [paul@prochaska.com](mailto:paul@prochaska.com)

*Prerequisite: Beginning acoustic guitar or equivalent*

Renew your musical experience by revitalizing your guitar knowledge and skills. We will continue score reading with the Carcassi book used in the Beginning guitar class, learn more chords, runs and finger patterns, and play with songs in different styles. **Required textbook can be purchased in the Adult School office.**

**\*\*Students must bring their own guitar.\*\***

10 wks / January 16–March 20

Wednesday / 8:30–9:30 p.m.

Palo Alto HS Rm 1710 / \$80

### UKULELE: BEGINNING

Instructor: Paul J. Prochaska, [paul@prochaska.com](mailto:paul@prochaska.com)

*Prerequisite: None*

Do you own a playable ukulele? What? It's in the closet? Well, that's no fun! Learn the basics of playing the ukulele: conventional tuning, basic chord positions, notes, and strumming the instrument. Also learn to play some popular folk and traditional songs for the ukulele. **No textbook required. Instructor will provide all materials.**

**\*\*Students must bring their own ukulele.\*\***

10 wks / January 17–March 21

Thursday / 7–8:30 p.m.

Palo Alto HS Rm 1710 / \$120

### MASTER SINFONIA CHAMBER ORCHESTRA

Instructor: David Ramadanoff,

[info@mastersinfonia.org](mailto:info@mastersinfonia.org), <https://mastersinfonia.org>

*Prerequisite: Students must have advanced technical and musical skills on an orchestral instrument*

Be part of one of the best chamber symphony orchestras in the Bay Area peninsula. The Master Sinfonia Chamber Orchestra rehearses and performs classics such as Mozart, Beethoven, Brahms, to 20th Century composers such as Samuel Barber and living composers such as John Adams. The orchestra performs four concerts per year TBA.

**NOTE: Applicants must audition with the instructor before attending the first orchestra rehearsal.**

**For details contact: [info@mastersinfonia.org](mailto:info@mastersinfonia.org).**

10 wks / January 17–March 21

Thursday / 7:30–10 p.m.

Palo Alto HS Palo Alto Performing Arts Center (PAC) / \$55

#### 1st Concert:

Saturday, January 19, at 7:30 p.m.

Palo Alto Performing Arts Center (PAC)

#### 2nd Concert:

Saturday, March 9, at 8 p.m.

Valley Presbyterian Church (Portolla Valley)

**NEW**

## MUSIC

### PIANO: BEGINNING/INTERMEDIATE

Instructor: Kathy Woveris, woveris@yahoo.com

Students will learn to play on the provided keyboards. Instruction includes basic notes, rhythm, theory and finger exercises as well as chords and scales. Students will need a keyboard at home to practice, or you can rent one. Every term we will study a classical composer's biography and simple music by that composer as well as listening to a recording. **Textbook:** (*Adult All-In-One Course: Lesson-Theory-Technic: Level 1 Fundamentals of Piano Theory-Preparatory Level*). **Bring book to first class (or purchase from teacher).** Note: No perfumes or scented hair products of any kind in class due to the instructor's allergies.

#### SECTION A: Beginning (No previous lessons)

10 wks / January 16–March 20  
Wednesday / 5:30–6:30 p.m.  
Palo Alto HS Rm 305 / \$80

#### SECTION B: Beginning/Intermediate

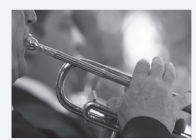
10 wks / January 16–March 20  
Wednesday / 6:30–7:30 p.m.  
Palo Alto HS Rm 305 / \$80

#### SECTION C: Intermediate

10 wks / January 16–March 20  
Wednesday / 7:30–8:30 p.m.  
Palo Alto HS Rm 305 / \$80

### SYMPHONIC BAND

Instructor: Ted Henderson, mrhenderson@sbcglobal.net



Experience the thrill of performance in this fully instrumental band for experienced players of wind and mallet-rhythm percussion instruments. Enjoy playing

traditional, popular, and classical music. Percussionists and tubists are especially needed. *A concert will be given at the end of the quarter, on Sunday, March 24, 2019.*

**NOTE: Before attending the first band practice, applicants must email Ted Henderson at [mrhenderson@sbcglobal.net](mailto:mrhenderson@sbcglobal.net) or call him at (408) 910-1830.**

7 wks / January 14–March 18 (No class January 21)  
Monday / 7:30–10 p.m.  
Palo Alto HS Rm 109 / \$70

**\*\* \$15 discount for registration before December 7, 2018 \*\***

### TAIKO (Class limited to 20 students)

Instructor: Kensuke Sumii, info@drumrevolution.com

*Prerequisite: None*

Taiko is the art of Japanese drumming, which develops self-expression and musical creativity. This course is a basic introduction to the world of taiko, which includes Japanese expressions, the kinds and use of taiko, and the sounds of various taiko beats. In each class, everyone will participate by playing on actual drums.

**NOTE: Taiko is a physical activity requiring fitness and stamina. All the equipment—including drums and sticks—are provided. There will be a \$50 (Section A) and \$100 (Section B) materials fee payable to the instructor at the first class to cover the drum heads replacement.**

#### SECTION A (For continuing students ONLY)

4 wks / January 6–January 27  
Sunday / 2:30–4 p.m.  
Palo Alto HS Rm 109 / \$30 (plus \$50 materials fee)

#### SECTION B (Open to ALL students)

7 wks / February 3–March 17  
Sunday / 2:30–4 p.m.  
Palo Alto HS Rm 109 / \$60 (plus \$100 materials fee)

### ODAIKO

Instructor: Kensuke Sumii,  
info@drumrevolution.com

*Prerequisite: Ages 15+*

This class is designed for individuals with stamina to hit odaiko (*big taiko*) for two hours. The consequence to take this class would build up your stamina, rhythmic competence and speed to hit taiko. **NOTE: Odaiko is a physical activity requiring fitness and stamina. All the equipment—including drums and sticks—are provided. There will be a \$10 materials fee payable to the instructor at the first class to cover the drum heads replacement.** The class requires the instructor's consent. Send CV of taiko training history to [info@drumrevolution.com](mailto:info@drumrevolution.com).

7 wks / February 6–March 20  
Wednesday / 8 p.m.–10:15 p.m.  
Palo Alto HS Rm 109 / \$30 (plus \$10 materials fee)

NEW



### SYMPHONIC BAND WINTER CONCERT

*Conducted By Ted Henderson*

- Sunday, March 24, 2019 at 3 p.m.
- Performing Arts Center, Palo Alto High School
- Admission Free — Donations Appreciated



# Instructor-Facilitated Online Courses

ed2go



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AS LOW AS  
\$60

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office...any time of the day or night!

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Want to build an attractive, sophisticated blog or website—without having to learn any special coding? WordPress is one of the world's most popular, easy to use, free Web design tools that produces professional results. Learn how to organize a blog or website, create appealing content, and achieve better positions on search engine results pages.

## DISCOVER DIGITAL PHOTOGRAPHY

An informative introduction to the fascinating world of digital photography equipment.

## GUIDE TO GETTING PUBLISHED

If your goal is to become a published freelance writer of fiction or nonfiction for books or magazines, this comprehensive course will help you guide your work directly into the hands of an editor and onto the shelves of your favorite stores or online provider.

## INTRODUCTION TO INDESIGN CC

Learn how to use Adobe InDesign CC software to create professional-quality letterhead, brochures, forms, eBooks, business materials and more.

## PHOTOSHOP CC FOR THE DIGITAL PHOTOGRAPHER

You'll master techniques to make the most of your digital images and add a professional polish to your work. Designed for those with no image editing experience, this class will take you from novice to accomplished photo editor.

## SAT/ACT PREP SERIES

Most universities and colleges throughout the U.S. require applicants to take the SAT or ACT as part of their evaluation package. This series will prepare you for both tests.

## SPEED SPANISH

Learn six easy recipes to glue Spanish words together into sentences and you'll be speaking Spanish in no time.

## STARTING A NONPROFIT

This highly interactive, hands-on course will teach you how to incorporate, select a board of directors, write bylaws, craft a mission statement, obtain tax-exempt status, develop a budget, create a marketing plan, explore fundraising options, and more.

## USING SOCIAL MEDIA IN BUSINESS

Learn how Facebook, Twitter, LinkedIn, Pinterest and Google+ can grow and promote your business.



**MORE COURSES AVAILABLE AT OUR ONLINE INSTRUCTION CENTER**

Call 650-329-3752 / Visit [ed2go.com/PaloAlto](http://ed2go.com/PaloAlto)

New course sessions begin monthly.

## PARENTING AND FAMILY \*

### ESL FOR PARENTS (CBET): STUDY AT HOME

Instructor: Susan Stevick and Nikki Holt  
Palo Alto Adult School and Barron Park Elementary School offer individualized classes for parents who want to learn English and help their children with school. Students follow a customized program of instruction and meet once a week with a teacher for 30 minutes. **For more information, call (650) 324-8986.**

### CLASES LÉS PARA LOS PADRES (CBET): PUEDE ESTUDIAR EN SU CASA

Instructor: Susan Stevick and Nikki Holt  
Palo Alto Adult School y la escuela primaria de Barron Park ofrecen clases individuales para los padres que quieren aprender inglés y ayudarles a sus niños con su tarea. Los estudiantes siguen un programa personalizada de instrucción y se reúnen con la maestra una vez a la semana por 30 minutos. **Por favor llame (650) 324-8986. Se habla español.**



DreamCatchers engages the next generation of leaders in helping low-income PAUSD middle school students to thrive. Stanford undergrads and high schoolers provide free after school tutoring/mentorship. We are currently looking for individual and business volunteers to support our youth-driven efforts.



**DreamCatchers**  
*Tutoring Underserved Youth for a Brighter Future*

For more information contact:

**Barbara Sih Klausner at [Barbara@dreamcatchersyouth.org](mailto:Barbara@dreamcatchersyouth.org)**

[dreamcatchersyouth.org](http://dreamcatchersyouth.org)

### PARENT PROJECT® (*Offered in English or Spanish*)

Instructor: Palo Alto Police Department Staff

The Palo Alto Police Department, in partnership with the Palo Alto Adult School offers the Parent Project. This national program was created for parents with strong-willed teens. Topics addressed include understanding why teens do what they do, identifying gang involvement, music, and media influences, friendships and dating, and alcohol and drug use. Classes are held at the Greendell School located at 4120 Middlefield Road, Palo Alto.

12 wks / January 10–March 28

Thursday / 6–9 p.m.

Greendell Rm P4 / \$120 per person / \$155 per couple

*(includes workbook, light dinners, and childcare for children ages 3–5)*

For more information, go to [www.papd.org](http://www.papd.org) (search: Parent Project)

or email [parentproject@cityofpaloalto.org](mailto:parentproject@cityofpaloalto.org)



## PARENTING AND FAMILY \*

For 73 years, we have offered preschool programs organized primarily for parent education. Parents develop a deeper understanding of early childhood development and parenting skills through adult discussion classes, formal and informal observations, and community exchanges. The school provides children and their families a nurturing play-based curriculum helping children develop in all areas including creativity, cooperation, peaceful conflict resolution, positive communication, fine and gross motor skills and kindergarten readiness. Our unique participatory structure allows parents to be involved in their children's preschool education.

## PRESCHOOL FAMILY

4120 MIDDLEFIELD ROAD • PALO ALTO, CA 94303-4741  
INSTRUCTOR: PRESCHOOL FAMILY STAFF

PreSchool Family is a parent education, parent participation program serving families with children from birth through five years. The program is designed to offer parents an opportunity to learn about parenting and to actively participate in their child's education. For children, the program offers a developmentally appropriate, play-based, educational experience.



### CLASSES FOR PARENTS AND THEIR

- 0-6 month old
- 6-12 month old
- 12-18 month old
- 18-30 month old

*Ask about availability in classes for 2, 3, and 4 year olds.*

**TOUR FOR PARENTS:** To sign up for a tour visit [psf.pausd.org](http://psf.pausd.org)

*For class availability, program information and registration, visit [psf.pausd.org](http://psf.pausd.org)*

## PHOTOGRAPHY

### FUNDAMENTALS OF PHOTOGRAPHY

Instructor: Liz Crandall, [ecrandall@pausd.org](mailto:ecrandall@pausd.org)

*Prerequisite: None*



Take control of your camera! Investigate dials, icons and screens on your camera and learn how to use them.

Improve your photography through exploring and

understanding the exposure triangle, visual elements and compositional guidelines. Achieve skillful use of photographic concepts by completing weekly assignments.

**All camera types welcome.**

8 wks / January 14–March 18

*(No class January 21 and February 18)*

Monday / 7:30–9:30 p.m.

Palo Alto HS Photo Lab (MAC102) / \$128

### PHOTOGRAPHY: ADVANCED BLACK-AND-WHITE DARKROOM

Instructor: Liz Crandall, [ecrandall@pausd.org](mailto:ecrandall@pausd.org)

*Prerequisite: Prior black and white darkroom experience*

Enhance and sharpen your darkroom skills and express, expand and realize your unique artistic vision by creating your own photographic projects. Troubleshoot prints to reduce variables and gain more control over your printing technique. Use compositional guidelines to view prints critically yet artistically. **Bring negatives, photographic paper, and blotter book to first class. Full materials list and standard darkroom chemicals will be provided.**

8 wks / January 14–March 18

*(No class January 21 and February 18)*

Monday / 6:30–9:30 p.m.

Palo Alto HS Photo Lab (MAC102) / \$192

## WOODWORKING

### WOODWORKING 1:

#### **BUILD A TABLE** (*Class limited to 15 students*)

Instructors: Derek Witte, derek\_witte@yahoo.com, Rayan Ghazal, rayan@stanford.edu, and Marty Lastowski, martylastowski@alumni.stanford.edu

*Prerequisite: None*

Develop woodworking skills while building a table from rough wood using power tools. The class will focus on safety, project planning and understanding the medium of wood. **There will be a \$60 materials fee payable to the instructor to cover the cost of wood.** Storage space is available for projects during the quarter. Eye protection is required and ear (noise) protection is highly recommended. **No textbook required.** Materials will be emailed before the class.

#### **SECTION A**

Instructor: Derek Witte, derek\_witte@yahoo.com

10 wks / January 16–March 20

Wednesday / 2–5 p.m.

Palo Alto HS Woodshop / \$240

#### **SECTION B**

Instructors: Rayan Ghazal, rayan@stanford.edu and Marty Lastowski, martylastowski@alumni.stanford.edu

10 wks / January 17–March 21

Thursday / 6:30–9:30 p.m.

Palo Alto HS Woodshop / \$240

### WOODWORKING 2:

#### **GUSTAV STICKLEY PLANT STAND**

Instructor: Marc Brown, marc@chezbrown.org

*Prerequisite: This class requires the successful completion of Woodworking 1, building on the skills learned there for the safe use of power-tools in the shop.*

Students will build a classic Gustav Stickley plant stand. The stand is approximately 15" x 15" x 26". This class will reinforce skills learned in Woodworking 1 and cover a number of new techniques such as shaping multiple parts to a pattern, morticing and tenons. **No textbook required.** **There will be an \$80 materials fee payable to the instructor to cover the cost of materials.**

8 wks / January 17–March 21

*(No classes on 2 occasions during quarter – TBD by instructor)*

Thursday / 2–5 p.m.

Palo Alto HS Woodshop / \$192



### WOODWORKING 2:

#### **BUILD A KNOCK-DOWN BENCH**

Instructor: Marcus Miller, wmmiller2@yahoo.com and Mary Ann Carmack

*Prerequisite: Woodworking 1 - NO EXCEPTIONS*

Build an attractive bench that features robust joinery, yet is easily disassembled when not in use! Students will expand their joinery vocabulary with three classic mortise and tenon joinery techniques—blind, through, and wedged—using new tools and techniques including template routing, tablesaw tenoning jig, and mortising machine! **There will be a materials fee payable to the instructor to cover the cost of wood.**

10 wks / January 15–March 19

Tuesday / 6:30–9:30 p.m.

Palo Alto HS Woodshop / \$240

### WOODWORKING 3:

#### **ADVANCED POWER TOOLS TECHNIQUES**

Instructor: Claude Godcharles, claudeg@earthclod.com

*Prerequisite: Woodworking 1 and Woodworking 2*

— **NO EXCEPTIONS**

Learn power tool setup and techniques beyond the basics. This class will include short tutorials as well as open shop time to work on your personal project under supervision. The class prepares students for Open Shop (*Woodworking 4*). Become competent and capable of machine setup and operation on your own. Additionally, this class will cover routine maintenance on most power tools. **Students supply their own materials.** Storage space for projects is available during the quarter.

8 wks / January 14–March 18

*(No class January 21 and February 18)*

Monday / 6:30–9:30 p.m.

Palo Alto HS Woodshop / \$192

### WOODWORKING 4:

#### **ADVANCED—OPEN SHOP**

*(CLASS LIMITED TO 15 STUDENTS)*

Instructor: Rayan Ghazal, rayan@stanford.edu

*Prerequisite: Three quarters of woodworking classes*

Work at your own pace with access to instruction, equipment and advice when you need it. A skills test will be given at the first class. Students supply their own materials. Storage space is available for projects during the quarter. **Prior to enrolling, email the instructor at [rayan@stanford.edu](mailto:rayan@stanford.edu).**

10 wks / January 16–March 20

Wednesday / 6:30–9:30 p.m.

Palo Alto HS Woodshop / \$240



## WORLD LANGUAGES

### CHINESE: BEGINNING II

Instructor: Lucia Wu, lucia\_wwh@sbcglobal.net

*Prerequisite: None*



Improve pronunciations through practice of tongue twisters and readings, learn the ways to apply different tone changes and the use of measure words. Continue to expand vocabulary on topics

including asking for directions and time, dates and schedule of the day. These topics are especially useful for traveling in China. Recognize 200 common characters.

**Required textbook can be purchased in the Adult School office.**

10 wks / January 16–March 20

Wednesday / 6–8 p.m.

Palo Alto HS Rm 309 / \$160

### CHINESE: CONTINUING CLASS

Instructor: Lucia Wu, lucia\_wwh@sbcglobal.net

*Prerequisite: Beginning Chinese or fundamentals of Chinese Phonetics*

Learn to use words with different structures to express yourself more skillfully in daily life. Continue to extend vocabulary and sentence structures. With the practice of individual presentations, small group and whole class interactions, and listening comprehensions, students can participate actively in conversation of various topics.

150 characters will be introduced. **Required textbook can be purchased in the Adult School office.**

10 wks / January 16–March 20

Wednesday / 8–10 p.m.

Palo Alto HS Rm 309 / \$160

### FRENCH BEGINNING—CRASH COURSE LEVEL I

Instructor: Hunter Reardon, hreardon@pausd.org

*Prerequisite: None*



*Bienvenue à Palo Alto Adult School!* Dreaming of a vacation in the French Riviera? Going to Paris on business? Hoping to explore a Chateau in Tours? Want to better appreciate French cinema? This course, covering *everything* from basic pronunciation to

essential vocabulary and grammar, will orient students to the language and culture of France. Review and practice outside of class is necessary. **No textbook required.**

10 wks / January 14–March 18

*(No class January 21 and February 18)*

*(Makeup classes on Wednesdays: January 23 and February 20)*

Monday / 8–9:30 p.m.

Palo Alto HS Rm 219 / \$160

### FRENCH BEGINNING—CRASH COURSE LEVEL II

Instructor: Hunter Reardon, hreardon@pausd.org

*Prerequisite: French Beginning – Crash Course Level I or a cursory understanding of French numbers, gender, grammar, and pronunciation*

*Bon retour!* This course will support students who enrolled in the first quarter of Beginning French – Crash Course Level I in continuing to develop their understanding of French vocabulary and grammar. An additional 500 vocabulary terms will be introduced, including vocabulary needed for making purchases, more complex transportation needs, securing accommodations, and more. **No textbook required.**

10 wks / January 14–March 18

*(No class January 21 and February 18)*

*(Makeup classes on Wednesdays: January 23 and February 20)*

Monday / 6:15–7:45 p.m.

Palo Alto HS Rm 219 / \$160

### FRENCH: INTERMEDIATE

Instructor: Mireille Belloni, mbelloni@pausd.org

*Prerequisite: French Advanced Beginning III or equivalent*

More grammar, more vocabulary, more conversational French: work on your oral comprehension and on expressing yourself in a more complex way. Emphasis is put on collaborative work and active participation. Review the present, passé composé and future tenses before the beginning of the quarter. Weekly assignments.

**Required textbook (*Vite et Bien 2*) can be purchased at the Adult School office—bring book to first class.**

9 wks / January 16–March 13

Wednesday / 6–7:30 p.m.

Palo Alto HS Rm 308 / \$108

### FRENCH: ADVANCED

Instructor: Mireille Belloni, mbelloni@pausd.org

*Prerequisite: High Intermediate (natural use of simple tenses, passé composé and present conditional; personal and relative pronouns)*

This class is aimed at students who can express themselves in French fairly fluidly and want to move towards more ease and complexity. Supports: textbook, oral and written documents on contemporary society. Weekly assignments. Some of the grammar topics covered in this class: *if* clauses, subjunctive, indirect speech.

**Two required textbooks can be purchased in the Adult School office. DVD player needed.** We will start with *Unité 2*.

9 wks / January 16–March 13

Wednesday / 7:30–9 p.m.

Palo Alto HS Rm 308 / \$108



## WORLD LANGUAGES

### FRENCH: ADVANCED

#### ET SI NOUS PARLIONS FRANÇAIS?

Instructor: Malika Labidi, malikalabidi@yahoo.com

*Prerequisite: Advanced French skills*

*Bienvenue!* Welcome to our advanced conversational French class! Communicate effectively in a fun and lively environment. Discover and discuss many topics, current events, arts, history, literature, culture from France and more, while reviewing and developing vocabulary, grammar, language structures, reading and listening skills.

**Textbook: None** – Teacher provides all materials.

10 wks / January 16–March 20

Wednesday / 7–9 p.m.

Palo Alto HS Rm 310 / \$160

### GERMAN FOR TRAVELERS

Instructor: Kathleen Stender-Theuring,

kathleen.st.theuring@gmail.com

*Prerequisite: None*

*Guten Tag und herzlich willkommen!* This class is designed for students that are interested in learning German, or traveling to Germany. In a fun way, you will learn practical German used in common travel situations. We will emphasize developing basic communication skills with a splash of German culture. **No textbook required.**

8 wks / January 16–March 6

Wednesday / 6:30–8:30 p.m.

Palo Alto HS Rm 307 / \$128

### ITALIAN: ELEMENTARY II

Instructor: Francesca Lorenzon

*Prerequisite: Italian Elementary I*

Students will deepen their knowledge of Italian language and culture practicing hands-on Italian structures already learned and introduce new ones based on oral pattern drills. Students will be able to speak about themselves and their free time, order at a restaurant and some other common conversation subjects in everyday life at the end of the quarter. **Required textbook can be purchased in the Adult School office. Returning students do not need to buy a new book.**

7 wks / February 5–March 19

Tuesday / 6–7:30 p.m.

Palo Alto HS Rm 308 / \$84

### ITALIAN: INTERMEDIATE I

Instructor: Francesca Lorenzon

*Prerequisite: High beginning (knowledge of greetings, articles, adjectives, nouns present tense and passato prossimo of Italian verbs)*

This course will continue the work already done with Nuovo Espresso 1 and students will master previous concepts and deepen their understanding and speaking ability in Italian. **Required textbook can be purchased in the Adult School office.**

6 wks / February 4–March 18 (No class February 18)

Monday / 6:30–8:30 p.m.

Palo Alto HS Rm 308 / \$96

### ITALIAN: INTERMEDIATE GRAMMAR

*(Italian prepositions)*

Instructor: Francesca Lorenzon

*Prerequisite: High beginning or intermediate Italian*



Students will master their knowledge of Italian prepositions, known to be a troublesome subject! Students will learn to use the correct preposition when writing and speaking, and gain more confidence in their ability

to communicate correctly in Italian through a series of written exercises. **Required textbook can be purchased in the Adult School office.**

7 wks / February 5–March 19

Tuesday / 7:35–9:05 p.m.

Palo Alto HS Rm 308 / \$84

### ITALIAN: ADVANCED GRAMMAR (2<sup>nd</sup> Quarter)

Instructor: Stefania Filigheddu,

stefania.filigheddu@gmail.com

*Prerequisite: High Intermediate (knowledge of present, past, future, prepositions, adjectives and pronouns, present and past conditional, comparatives and superlatives, relative pronouns, subjunctive and high intermediate vocabulary)*

*Un'esperienza tutta italiana!* Students will acquire new linguistic and grammatical elements, and will master and refine their abilities of describing, narrating and discussing. Class is conducted completely in Italian and students will be asked to complete weekly assignments at home and actively participate in class. **Textbook: Please contact the instructor for more information.**

9 wks / January 17–March 21 (No class February 21)

Thursday / 6–7:30 p.m.

Palo Alto HS Rm 308 / \$108

### ITALIAN BOOK CLUB: ADVANCED—READING AND CONVERSATION

Instructor: Stefania Filigheddu,

stefania.filigheddu@gmail.com

*Prerequisite: Advanced Italian skills*

Have fun in this lively and challenging class and increase your Italian vocabulary and culture while reading and conversing completely in Italian. The selected book contains complex grammatical structures that enhance your ability to incorporate new idioms and vocabulary in different contexts. **Students can buy the required book online (paperback or e-book edition). Please contact the instructor or check the website for the book title.**

9 wks / January 17–March 21 (No class February 21)

Thursday / 7:35–9:05 p.m.

Palo Alto HS Rm 308 / \$108

## WORLD LANGUAGES

### JAPANESE: BEGINNING I

Instructor: Ryoko Tsung, ryoko185@gmail.com

*Prerequisite: None*

Do you want to start learning the Japanese language? Then this is the right class for you! You will learn how to write Hiragana, Katakana, and some Kanji throughout the quarter. You will also learn useful vocabulary, correct pronunciation and phrase to practice basic conversation with your classmates. **Optional textbook:** *Genki*.

10 wks / January 15–March 19

Tuesday / 7–9 p.m.

Palo Alto HS Rm 303 / \$160

### JAPANESE: BEGINNING II

Instructor: Ryoko Tsung, ryoko185@gmail.com

*Prerequisite: Japanese Beginning I or equivalent*

This class is for students who have previously taken at least 10 hours of Japanese. Students should be able to read and write Hiragana and Katakana for this level. Learn useful vocabulary, phrases and expressions, and some Kanji characters emphasizing conversational skills.

**Optional textbook:** *Genki*.

8 wks / January 14–March 18

*(No class January 21 and February 18)*

Monday / 7–9 p.m.

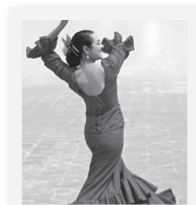
Palo Alto HS Rm 303 / \$128

NEW

### SPANISH: BEGINNING

Instructor: Leonardo McCord Salazar

*Prerequisite: Level 1, None; Level 2 and 3, previous level*



Learn the essentials of Spanish grammar from a native speaker, and develop the four language skills in meaningful contexts.

**Required textbook can be purchased in the Adult School office.**

**\*\*Level 3 is not offered in the winter quarter.\*\***

#### SECTION A (Level 1)

*(Class limited to 30 students)*

8 wks / January 14–March 18

*(No class January 21 and February 18)*

Monday / 7–9 p.m.

Palo Alto HS Rm 302 / \$128

#### SECTION B (Level 2)

10 wks / January 17–March 21

Thursday / 7–9 p.m.

Palo Alto HS Rm 302 / \$160

#### SECTION C (Level 4)

10 wks / January 15–March 19

Tuesday / 7–9 p.m.

Palo Alto HS Rm 302 / \$160

### SPANISH: LOW INTERMEDIATE

Instructor: Sara Tevis, Tevvy67@hotmail.com

*Prerequisite: Two quarters of beginning Spanish or equivalent Habla Vd. español?* Continue your studies and focus on conversational skills. Add to your knowledge of grammar and Hispanic culture. **Textbook: None** –Teacher provides all materials.

10 wks / January 16–March 20

Wednesday / 7–9 p.m.

Palo Alto HS Rm 303 / \$160

### SPANISH: HIGH INTERMEDIATE

Instructor: Leonardo McCord Salazar

*Prerequisite: Three quarters of low intermediate Spanish or equivalent*

Learn the fine points of Spanish grammar and the multiple uses of the subjunctive mood in this engaging course.

Read, translate, and discuss a masterpiece of Spanish, Latin-American, or Chicano literature. **Required textbook can be purchased in the Adult School office.**

10 wks / January 16–March 20

Wednesday / 6–8 p.m.

Palo Alto HS Rm 302 / \$160

### SPANISH: ADVANCED CONVERSATION AND LITERATURE

Instructor: Leonardo McCord Salazar

*Prerequisite: Advanced Spanish skills*

Converse with other students in Spanish, and read contemporary Spanish or Latin-American plays, novels, or short stories. Repetition of the course is encouraged, as new literature is introduced every quarter.

**Required textbook can be purchased in the Adult School office.**

10 wks / January 16–March 20

Wednesday / 8–10 p.m.

Palo Alto HS Rm 302 / \$160

## NEW TEACHERS WELCOME!

If you would like to become an Adult School instructor, please call (650) 329-3752 for an application. Specific teaching credentials are required for certain subjects, but not for all. For more information on how to apply, please visit

[PAAadultschool.org/new-instructors-welcome](http://PAAadultschool.org/new-instructors-welcome)

## MISSION AND STUDENT LEARNER OUTCOMES

### MISSION

Palo Alto Adult School is committed to excellence in providing a broad range of accessible and flexible educational programs that enable our diverse community of adult learners to achieve their academic, career, and personal goals.

### SCHOOLWIDE LEARNER OUTCOMES (SLOs)

#### SET GOALS:

Students will assess their own needs and identify their academic, career, and/or personal goals.

- With guidance, develop and communicate plans to achieve their goals.
- Be self-directed learners who learn independently and collaboratively in a diverse environment.

#### ACHIEVE SKILLS:

Using a variety of methods, technology, and resources, students will acquire knowledge and skills.

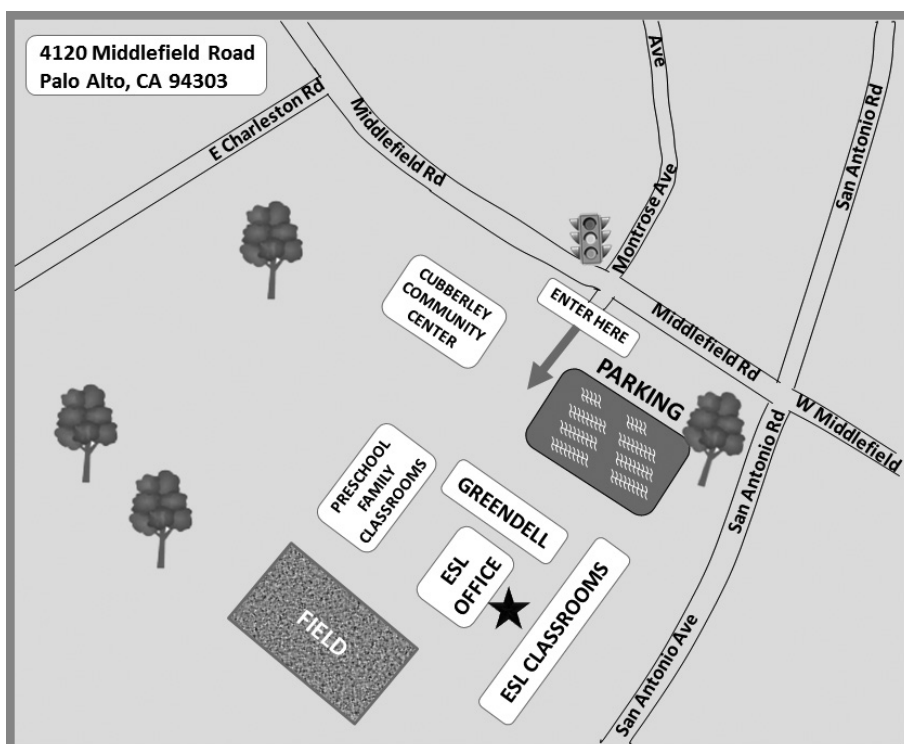
- Develop and apply critical thinking skills.
- Obtain academic and career skills for life and workforce readiness.

#### DEMONSTRATE LEARNING:

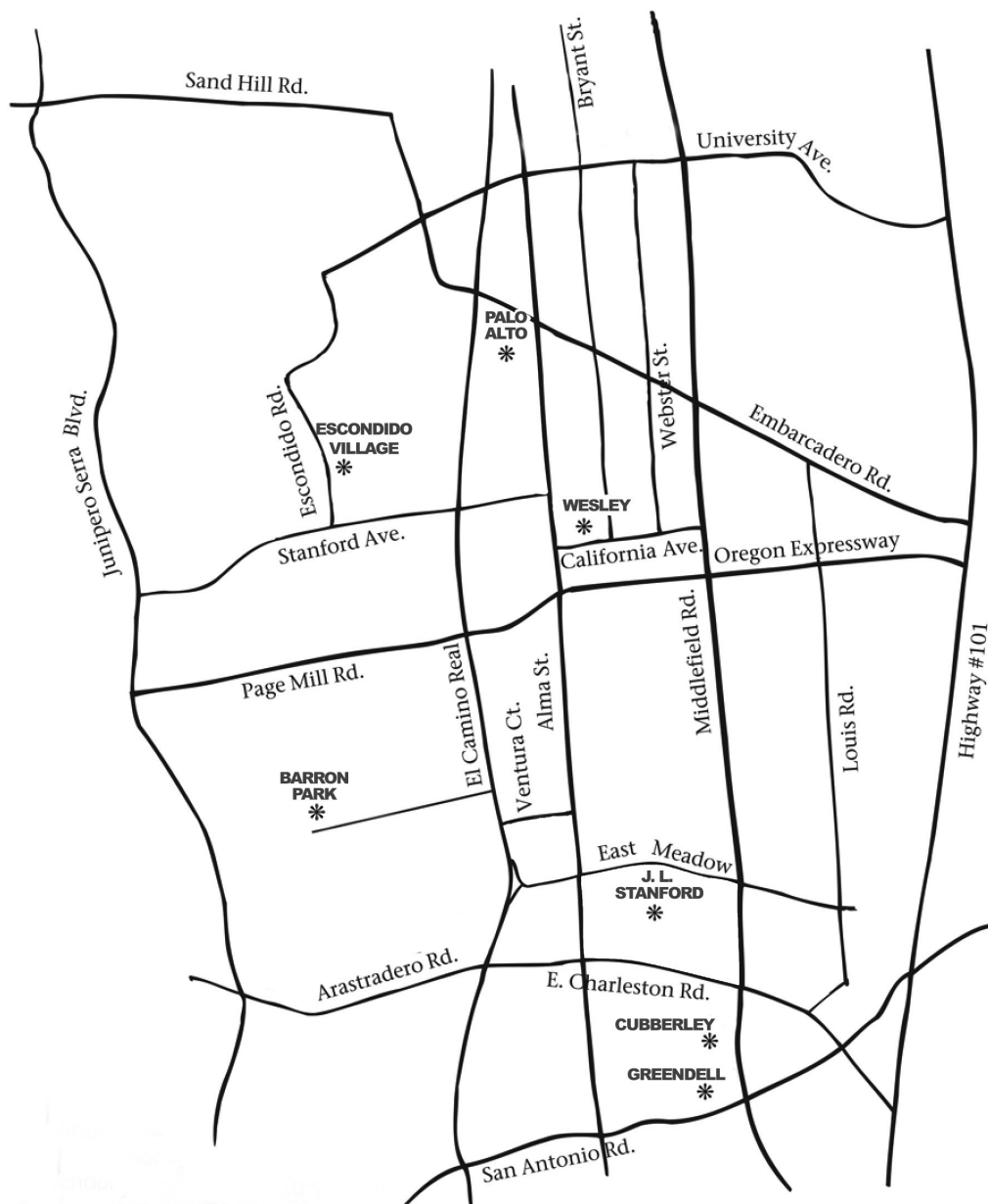
Students will apply their acquired core knowledge and skills appropriate to their goals.

- Advance to post-secondary education or training.
- Contribute to personal enrichment and the community.
- Demonstrate 21st century skills including critical thinking, communication, collaboration, and creativity.

## PALO ALTO ADULT SCHOOL LOCATIONS



## PALO ALTO ADULT SCHOOL LOCATIONS



### Easy-to-Find CLASS LOCATIONS

#### **BARRON PARK**

Barron Park Elementary School  
000 Barron Avenue

#### **CUBBERLEY**

Cubberley Community Center  
4000 Middlefield Road

#### **ESCONDIDO VILLAGE**

Escondido Village  
Escondido Road, Stanford

#### **GREENDELL**

Greendell  
4120 Middlefield Road

#### **J. L. STANFORD**

J. L. Stanford Middle School  
480 E. Meadow Drive

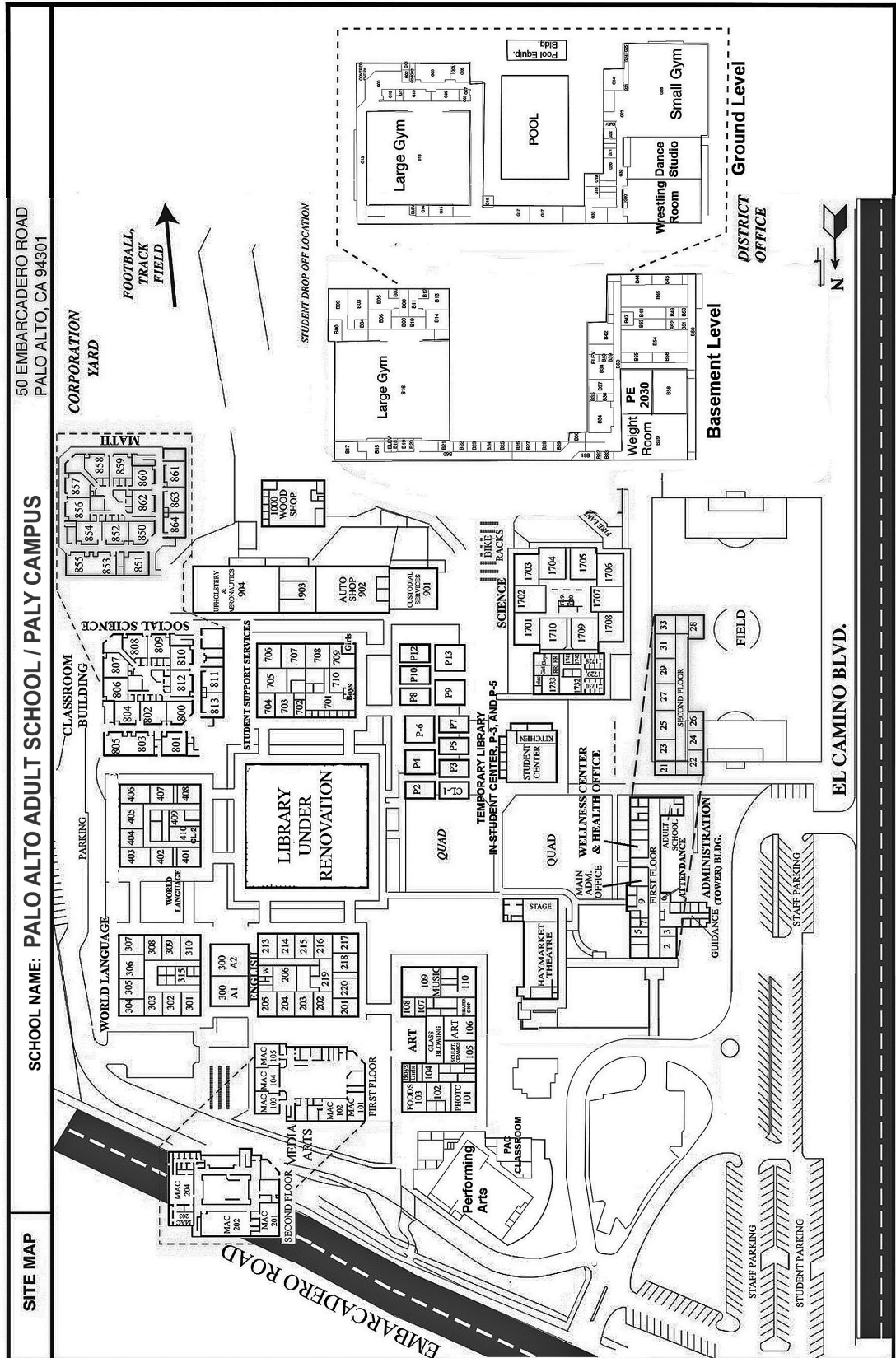
#### **PALO ALTO**

Palo Alto High School  
50 Embarcadero Road

#### **WESLEY**

Wesley Methodist Church  
463 College Avenue







## ADMINISTRATIVE POLICIES

### POLICIES AND PROCEDURES

Palo Alto Adult School follows the Policies and Procedures adopted by the Palo Alto Board of Education. These can be found at: <http://pausd-web.pausd.org/community/board/policies.shtml>. These policies support the Education Code of the State of California.

### NON DISCRIMINATION

BP 0400: The Board shall provide equal opportunities in all areas and assure that there will be no discrimination against any person on the grounds of race, religion, age, sex, national origin, color, disability, political belief, sexual orientation, marital status, or veteran's status.

### ACADEMIC REGULATIONS

BP 5131: The Board of Education believes that all students have the right to be educated in a positive learning environment free from disruptions. Students shall be expected to exhibit appropriate conduct that does not infringe upon the rights of others or interfere with the school program while on school grounds, while going to or coming from school, while at school activities, and while on district transportation.

Conduct is considered appropriate when students are diligent in study, careful with school property, courteous, and respectful toward their teachers, other staff, students, and volunteers. Prohibited student conduct includes, but is not limited to:

- Conduct that endangers students, staff, or others
- Conduct that disrupts the orderly classroom or school environment
- Harassment of students or staff
- Damage to or theft of property belonging to students, staff, or the district
- Use of profane, vulgar, or abusive language
- Plagiarism or dishonesty in school work or on tests
- Possession, use, or being under the influence of tobacco, alcohol, or other prohibited drug in violation of school rules

Students who violate district or school rules and regulations may be subject to discipline including, but not limited to, suspension, expulsion, transfer to alternative programs, or denial of participation in extracurricular or cocurricular activities in accordance with Board policy and administrative regulation. The Superintendent or designee shall notify local law enforcement as appropriate.

### STUDENT RECORDS

BP 5125: At each school, the principal or a certificated designee shall act as custodian of records for students enrolled at that school. The custodian of records shall be responsible for implementing Board policy and administrative regulation regarding student records.

School Policy: Adult student records can be released following a written request by the student to the adult school office. Records are released to other parties with the student's permission.

### ELIGIBILITY

All persons over the age of 18 are eligible for all Adult School classes with no residency restrictions.

### PRE-REGISTRATION

Please register early since classes that do not have sufficient enrollment are canceled.

### REFUND POLICY

Refund of fees will only be given if requested at least 72 hours before the first class meeting. **There is a \$15 fee for cancellations.** A complete refund will always be made if we cancel a class. Please choose your classes carefully.

- We are sorry we cannot accept medical, business travel or other reasons.
- Refunds will be given automatically if the Adult School cancels a class.
- Deposits and tuition for parent education classes are entirely non-refundable.
- Textbooks are not returnable.

### A CERTIFICATE OF COMPLETION

A certificate of completion and/or a letter stating participation in any Adult School class will be given to any student upon request to the office and verification of attendance.

### SCHOLARSHIPS

Please contact the Principal, Dave Hoshiwara, if you need scholarship assistance. All information given will remain confidential.

### TOBACCO-FREE SCHOOL DISTRICT PROPERTY

Smoking and the use of tobacco products by all persons is prohibited on Palo Alto Unified School District property and at district-sponsored events.

### SEXUAL HARASSMENT POLICY

It is the policy of the Palo Alto Unified School District to provide a school environment free from all forms of harassment, including sexual harassment, and to maintain an environment in which all students and staff model this behavior and are treated with dignity and respect. Please see the district website for complete information: <http://pausd-web.pausd.org/parents/discrimination/index.shtml>.

### UNIFORM COMPLAINT PROCEDURES

The Palo Alto Unified School District maintains a uniform complaint procedure. Please visit the district website for complete information at <https://www.pausd.org/about/complaint-policies-procedures>.

## CONSORTIUM PARTNERSHIP

### North Santa Clara County Student Transition Consortium

The Palo Alto Adult School is a member of the North Santa Clara County Student Transition Consortium (NSCCSTC), a collaboration between the Foothill-De Anza College District (FHDA), Palo Alto Unified School District Adult School (PAUSD), Fremont Union High School District Adult School (FUHSD), and the Mountain View Los Altos Union High School District Adult School (MVLA). The consortium serves the communities of Cupertino, Los Altos, Los Altos Hills, Mountain View, Palo Alto, and Sunnyvale, as well as portions of San Jose. Its mission is to coordinate and align programs, create linkages, and develop regional plans to better serve the educational needs of adults in the region.

#### Meet the members of our consortium:

- Palo Alto Adult School: [paadultschool.org](http://paadultschool.org)
- Mountain View Los Altos Adult School: [mvla.net](http://mvla.net)
- FUHSD Adult School Sunnyvale-Cupertino: [fuhsdadultschool.com](http://fuhsdadultschool.com)
- De Anza College: [deanza.edu](http://deanza.edu)
- Foothill College: [foothill.edu](http://foothill.edu)

Find out more about NSCCSTC at [sites.google.com/site/nscstcaebg](https://sites.google.com/site/nscstcaebg).



## CONTACT INFORMATION

### 2018-2019 PAUSD BOARD OF EDUCATION

Ken Dauber  
President 2018  
(650) 906-4340

Jennifer DiBrienza  
Vice President  
(917) 501-0930

Melissa Baten Caswell  
Board Member  
(650) 823-1166

Todd Collins  
Board Member  
(650) 403-2084

Board Member  
<not finalized at  
time of printing>

### DISTRICT ADMINISTRATION

Don Austin  
Superintendent  
(650) 329-3983  
[daustin@pausd.org](mailto:daustin@pausd.org)

Dave Hoshiwara  
Principal, Adult School  
(650) 329-3752  
[hoshiwara@pausd.org](mailto:hoshiwara@pausd.org)

Alex Scott  
ESL Program Coordinator  
(650) 494-2326  
[ascott@pausd.org](mailto:ascott@pausd.org)

Sharon Ofek  
Chief Academic Officer  
of Secondary Education  
(650) 329-3717  
[sofek@pausd.org](mailto:sofek@pausd.org)

Shannon Coleman  
Principal,  
Preschool Family  
(650) 856-0833  
[scoleman@pausd.org](mailto:scoleman@pausd.org)

## COMMUNITY PARTNER



Our Community Partner this quarter is

### Palo Alto Family YMCA

The YMCA strengthens our community, by improving the quality of life and inspiring individuals and families to develop their fullest potential in spirit, mind and body.

WEBSITE // [PaloAltoFamilyYMCA.org](http://PaloAltoFamilyYMCA.org)

PHONE // 650-856-9622

FACEBOOK // [facebook.com/paloaltofamilyymca](https://facebook.com/paloaltofamilyymca)

## 6

## WAYS TO REGISTER

PHONE	(650) 329-3752
FAX	(650) 329-8515
EMAIL	adultschool@pausd.org
WEBSITE	PAAAdultSchool.org
MAIL OR WALK IN	Palo Alto Adult School, 50 Embarcadero Road, Palo Alto, CA 94301

**RECEIPTS/CONFIRMATIONS**

Please call if you need a receipt or a confirmation:  
(650) 329-3752. You will be notified if a class is cancelled.

**REFUNDS**

Refunds are given up to 72 hours before the first class meeting. There is a \$15 fee for cancellation. A complete refund will always be made if we cancel a class. Textbooks are not returnable.

**NEED HELP? CALL (650) 329-3752**

**REGISTER EARLY**

Register today to secure your place in our most popular classes. If minimum enrollments are not met, classes will be canceled and a full refund will be processed. Refunds are given up to 72 hours before the first class meeting.

**OFFICE HOURS**

DAY: 8 a.m.–4:30 p.m., Monday through Friday  
EVENING: 4:30–9:30 p.m., Monday through Thursday  
HOLIDAYS: Please contact the office

**WINTER REGISTRATION BEGINS NOVEMBER 30, 2018**

This schedule is valid through March 22, 2019. Additional information, materials lists and schedule changes are posted on our website at PAAAdultSchool.org.

**REGISTRATION FORM****PALO ALTO ADULT SCHOOL**

Palo Alto Unified School District  
50 Embarcadero Road  
Palo Alto, CA 94301

Year: 2019 \_\_\_\_\_

Quarter:  Winter     Spring  
 Summer     Fall

Registration Date: \_\_\_\_\_

Name: \_\_\_\_\_  
(Last) (First) (Middle)

Address: \_\_\_\_\_  
(Street Number) (Street Name) (Apt.) (City) (State) (Zip Code)

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Start Date: \_\_\_\_\_  New Student  Returning Student Date of Birth: \_\_\_\_\_  M  F

Class Name	M	T	W	Th	F	S	Instructor	Time	Location	Fee

Type of Payment:  Check     Cash     Visa     MasterCard     No Fee

Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

How did you find out about this class? \_\_\_\_\_

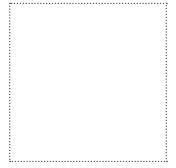
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