Victory Gardens
for 2010: Spring/Summer

Remember the Victory Gardens of the 1940s, when people grew their own for the war effort?

The Novy sisters, Linda and Norma, put a new spin on Victory Gardens for 2010. This quarter the focus is on what to do during the spring. Bring nature’s bounty directly from your backyard into your kitchen.

For more information, see page 22.
Community Education classes at the College of Marin offer access to a variety of affordable, quality classes which can assist you in achieving personal, educational, and professional goals. These classes provide the Marin community with exciting lifelong learning opportunities, a place to prepare for entering college credit and transfer programs, and a center for career development classes designed to serve the working adult.

With the advent of spring, our thoughts turn to the Great Outdoors! This Spring Quarter 2010, Community Education is offering a number of classes which celebrate being outdoors, exploring, and active! New this quarter, Mountain Biking in Marin is offered by Christie Murphy, a bright, young athlete and instructor with a Master’s degree in Exercise Science. We have also added an early morning Fitness Swim class for those who like to exercise before starting their day. Other outdoor classes, such as Tennis and Basketball, can be found under the Physical Fitness heading, but one which may surprise you is Qigong and Women’s Health. Whenever the weather allows, dedicated instructor Denise Aubin takes her class outside to exercise under the open sky and in view of majestic Mount Tam.

Due to student demand, we have added a third section of Wendy Dreskin’s Meandering in Marin under Marin Adventures, and you will find California Geology: The Once and Future Land, listed under Contemporary Sciences. Treat yourself to a combination lecture/in-the-field class that includes a geological tour in Point Reyes and around Tiburon’s Ring Mountain with geoscientist Rolf Ursin-Smith.

Another outdoor activity, gardening is currently enjoying a ‘green’ revival. Take a look in our Homes and Gardens section, and you will find a variety of informative and experiential classes: Victory Gardens for 2010; Lean, Mean, and Going Green: Taking Charge of Your Own Food Supply; Great Soil=Great Gardens: Home Composting Made Easy; and The Medicinal and Edible Herb Garden. From the Novy sisters, Linda and Norma, who provided plant starts to the Marin Farmer’s Market for many years, to Christalene Loren, a local farmer who practices what she preaches, to Charlotte Torgovitsky, organic gardener for over 30 years, to herbal medicine expert Kami McBride, you will enjoy our stellar gardening gurus!

As we head into lighter and brighter days, we hope that you will find Community Education classes that inspire and satisfy! Here’s to lighter, brighter days for us all!

New for Spring 2010

101 Ways to Improve Your
Writing and Speaking .....................................35
Basics in Personal Financial Planning...20
Breema: Quiet Mind, Open Heart,
Vital Body....................................................31
Build a Quick and Easy Website with
Go Daddy™’s Web Tools...............................8
Deconstructing the Novel ...............................36
‘Experienceship’ Workshop: Creating
Your Future...................................................8
Experimental Encaustic Workshop:
The Art of Painting with Wax.............5
Exploration of Mathnavi: The Gate to
Rumi’s Practical Philosophy..................25
Game Time Elite Basketball
Players Skills Camp.................................35
Great Soil=Great Gardens: Home
Composting Made Easy.........................22
Have Fun and Be Fit Over 50...................33
Hildegard of Bingen: Practical Mystic,
Modern Ancient.................................27
How to Read A Contract and
Why You Want to........................................25
Internet Marketing Strategies..............8
Introduction to Farsi (Persian)..............24
Iranian Civilization and Culture...........17
Literature and Law: Anna Karenina......26
Living Your Legacy.................................30
Madame de La Fayette:
The Princess of Cleves.........................25
Mountain Biking in Marin.....................26
Portraiture and the Self Portrait ...........5
Principles of Holistic Health...............20
Tango for Health.................................21
Theater of the Absurd.............................19
Victory Gardens for 2010:
Spring/Summer.................................22
Wines of Spain.................................20

www.marincommunityed.org
Saturday Workshops

Do you want to do something just for you on the weekend? Invest in yourself and make your Saturdays special!

Community Education offers many educational and entertaining Saturday workshops for which you can register in class with the instructor. The date listed below is the start date for the class. See page listed for more information.

April 3
Introduction to the Macintosh .............11
April 10
Beginning Computing for
Older Adults ........................................10
Breema: Quiet Mind, Open Heart,
Vital Body.............................................31
Emeritus Writing and Performance
Group .............................................35
‘Experienceship’ Workshop:
Creating Your Future..............................8
Figure Painting .....................................4
Game Time Elite Players Skills Camp.......35
Marketing: for People
Who Hate to Sell .................................9
Victory Gardens for 2010:
Spring/Summer ..................................22
Water Media Abstractions Workshop.....7
Watercolor Basics and Beyond .............6
Yoga for Every Body, Every Mind............32
April 17
Find Your Inner Editor: Introduction to
Editing and Proofreading .......................35
Lean, Mean, and Going Green:
Taking Charge of Your Food .................22
April 24
Do It Yourself College Counseling for
Parents of High School Students...29
How to Write Any Book the Easy Way...36
Intermediate Excel... ..........................12

May 1
Intermediate Macintosh ..........................11
May 8
Breaking the Cycle of Stress ...................20
How to Get Your Teens and Young
Adults to Independence ......................29
Travel Sketching and Painting ...............4
May 15
Advanced Excel ....................................12
PowerPoint Tips and Tricks ....................13
May 22
Word Tips and Tricks ............................12
May 29
Excel Tips and Tricks ............................13

Contents

Art .......................................................4
Business/Professional Development/
Young Professionals/Marketing .........8
COM’s International Film Festival ...47
Computers .........................................10
Contemporary Sciences .....................17
Cultural Studies ...............................17
Current Events .................................18
Dance ..........................................18
Directory of Offices .............................44
Drama ............................................19
Emeritus College .................................40
Emeritus Students College of Marin
(ESCOM) .........................................41
Film Appreciation ..............................19
Financial Planning .............................20
Foods & Wine .................................20
Free Emeritus Classes .........................38
Health & Wellness ..............................20
Health Sciences/Dental Assisting .........21
Homes and Gardens ............................22
Intensive English Program .................23
Languages ......................................23
Law ..............................................25
Literature .........................................25
Marin Adventures...............................26
Music ............................................27
Parenting .........................................29
Parking, Directions, & Maps ...............45
Personal Development .......................30
Photography .....................................30
Physical Fitness ..................................31
Registration & General Information ....42
Registration Form ...............Center of Booklet
Writing ............................................35

Courses Offered at
Indian Valley Campus

Aqua Exercise for the Older Adult .......39
Computer Classes .............................10
Energy Warm Ups for the Older Adult ..39
Gentle Yoga for Active Older Adults ...39
Intensive English Program ...............23
Moving with Chi for Active
Older Adults .................................38
Samba for Health for Older Adults ......38
The Affects of the Seasons: Water
Soluble Media .................................6
Wild Goose Qigong for Active Older
Adults ...........................................38

College of Marin Superintendent/President
Dr. Frances L. White
Community Education Program Staff
Janice Austin, Director, Community Education, Lifelong Learning, and International Education
Cheryl Carlson, Karen van Kriedt, Program Specialists
Consuelo Rafanan, Microcomputer Center/Online Classes Program Specialist
Jesse Klein, Administrative Assistant; Heather Peitz, Office Technician
Note: Most supply lists and itineraries are available at www.marincommunityed.org (click on the course number found at the bottom of the course description). If you do not have Internet access, please call 415.485.9318, and leave your name and the name of the course for which you are registered. A notebook and pen are recommended for all classes. Regarding materials, when in doubt, bring whatever related materials you may already have. Students are expected to provide their own materials unless otherwise noted.

Travel Sketching and Painting
Want to make your next trip the most rewarding of all? Take a sketchbook with you and, rather than point and click your camera, take a few extra minutes to make some fine, quick sketches and color them with watercolor. Traveling with a sketch book can also open doors to interesting adventures, new friendships. We will cover:

- Quickly draw people, architecture, water, trees, and landscape
- Simplify your material – capture essence
- Prepare, pack, and what materials to bring
- Be comfortable and relaxed sketching and painting in public

Bring a water container, a cotton rag and your water color supplies.

Robert Regis Dvorák is a watercolor artist and popular speaker on subjects of creativity in business and education. He has authored four books on drawing: Drawing without Fear, The Pocket Drawing Book, The Magic of Drawing, and Experiential Drawing.

- Saturday, 9am-4pm
- May 8
- Kentfield Campus, Temporary Building 101
- Fee $97 (Includes $20 materials fee)
- Course #35001

Abstract Painting in Oils
“In a successful painting everything is integral...all the parts belong to the whole. If you remove an aspect or element you are removing its wholeness.” Richard Diebenkorn

This course is designed for students who wish to strengthen their skills in abstract painting. Through lectures, demonstrations, discussions, and critiques, we will attempt to deconstruct modern and contemporary themes as students work to develop a unique voice in their paintings. At least half of each session will consist of in-class painting with one-on-one assistance from the instructor. While the focus is painting in oils, other media is welcome. Topics include: materials, color theory, value pattern, depth, edge relationships, form, and movement.

Bring a notebook and pencil to the first class. The materials list will be distributed and discussed in class.

Michael Azgour, MFA, is an exhibiting artist and art instructor.

- 7 Mondays, 6:10-10pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 226
- Fee $213
- Course #35011

Figure Painting
This studio course is an opportunity to explore materials, color, composition, and agenda in any medium while painting the figure. Class time will be primarily devoted to painting but will also include discussions, demonstrations, and critiques as interest dictates. You will work from undraped models every session and also have the option of working on your own projects from photos.
Please see Note regarding materials under Art heading above. Course includes critique.

**Larry Bencich**, MFA, works primarily with the human figure in his own drawings and paintings. His teaching style references composition and perspective in the Renaissance tradition, and he has had extensive experience with students with a broad range of skills.

- 7 Saturdays, 9am-1pm
- Apr. 10-May 22
- **Kentfield Campus**, Fine Arts 226
- Fee $229 (Includes $53 models fee)
- Course #35002

**Portraiture and the Self Portrait**

Self portrait is a form of autobiography. As the artist as well as the subject, you will give a visual definition of yourself, or of your chosen subject. Recommended for those with at least some prior painting experience, this course will build your knowledge and skills and help to develop a more discerning dialogue between yourself and your work.

Class includes presentations of portraits and self portraits by famous artists, and there will be time for studio work during each meeting.

Bring large drawing paper and charcoal or pencils for quick gesture sketches and pictures of yourself or your loved ones. You may work in pastels on papers, acrylic on canvas paper or canvas, or oil on canvas. Students provide their own supplies.

**Mehri Dadgar**, MFA, is an artist and filmmaker and a native of Iran.

- 7 Tuesdays, 11:10am-2pm
- Mar. 30-May 18 (No class Apr. 13)
- **Kentfield Campus**, Fine Arts 226
- Fee $159
- Course #35068

**Heads and Hands**

Heads and hands are the gateway to the soul of the figure. You will have the opportunity to work from a live model to develop drawing and portraiture skills.

All media except oil are welcome, and you are expected to bring your own supplies. All skill levels are welcome. The instructor will collect approximately $40 for model fees in class.

**Ann Curran Turner** is a nationally acclaimed figurative artist who has taught in the Bay Area for 25 years.

- 7 Wednesdays, 11:10am-2pm
- Mar. 31-May 19 (No class Apr. 14)
- **Kentfield Campus**, Fine Arts 201
- Fee $134
- Course #35171

**Creative Acrylic Landscape Painting**

“We have learned more from your ‘paint along’ sessions than from any other teaching method.” **John, Marsha, and Loretta**

Learn to use various brush techniques and to apply acrylic paint to produce finished art work on canvas. There will be demonstrations, guidance, and supportive critiques on an on-going basis. For the first project, you will choose your own landscape subject. Working from photographs, we will consider composition, color theory, and perspective, how to render water, trees ocean waves, grasses, mood, and the various subjects found in nature. One session will be a “paint along” with the instructor.

Please see Note regarding materials under the Art heading above. Bring your own table top easel if you have one.

- **Bernard Healey**, MFA
- 7 Wednesdays, 2:10-5pm
- Mar. 31-May 19 (No class Apr. 14)
- **Kentfield Campus**, Fine Arts 153
- Fee $134
- Course #35003

**Experimental Encaustic Workshop: The Art of Painting with Wax**

Encaustic is an ancient medium composed of pigmented beeswax and damar resin. This style of painting has an amazing depth and luminosity and can be used on any rigid absorbent support, such as wood or clay. Wax is immediate and forgiving. The surface can be smooth or textured, and dimensional. Encaustic painting is rewarding and sensual. This class will be experimental in nature, and we will combine collage, photo transfers, and stencils to create highly personal works of art.

No prior art experience is needed. All supplies are provided and are covered by the materials fee.

**Nadine Gay** is a French-born artist who has shown extensively in Paris and the US. She is a painter, muralist, and sculptor.

- 7 Mondays, 6:30-9:30pm
- Mar. 29-May 17 (No class Apr. 12)
- **Northbay Art Works**
- 7049 Redwood Blvd., Novato
- Fee $228 (Includes $68 materials/ special fee)
- Course #35098
Mixed Media: Watercolor, Acrylic, and Collage Techniques

This class is ideal for beginners, teachers, therapists, and artists seeking a fresh start. Renew your art spirit with color and wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color flooding and gradation, brushwork, compositional energy, atmospheric effects, edge tinting, textual elegance, and the use of watercolor crayon, acrylic inks, and polymer mediums for collage. Whether your work moves in realistic or abstract directions, innovative teaching methods will build self-confidence and enhance your skill.

Please bring watercolor supplies to first class, and see Note regarding materials under the Art heading above.

Carol Duchamp’s teaching style encourages experimentation in a supportive environment that nourishes the intuitive power of self-expression. She holds an MA from the University of Strasbourg, France.

6 Wednesdays, 6:10-9:30pm
Mar. 31-May 12 (No class Apr. 14)
Kentfield Campus, Fine Arts 151
Fee $159 (Includes $1 materials fee)
Course #35004

The Affects of the Seasons: Water Soluble Media

Join this exciting new course by renowned Marin watercolorist, Nancy Johnson, and improve your skills while you learn to represent and express seasonal mood in your artwork. This spring, we will focus on still life subjects of the season, including flowers, and landscapes, such as green hills, gardens or a mass of blossoms. Abstraction is also an option, using the colors and moods of spring.

The class will include demonstration and lecture/discussion, and in-class painting with individual attention. Beginning painters are asked to work in watercolor. Those with prior experience may work in the water media of their choice, although transparent watercolors will be emphasized.

Please see Note regarding materials under the Art heading above.

Nancy Johnson
7 Fridays, 10:10am-1pm
Apr. 2-May 21 (No class Apr. 16)
Indian Valley Campus, Miwok 122
Fee $89
Course #35014 EC

Watercolor Basics and Beyond

A comprehensive class welcoming all skill levels. For those just starting out the basics will be covered: color mixing, washes, wet-dry approaches – just handling the paint itself! More advanced students are welcome to bring in their own projects or consult with the instructor for direction. We will work from studio still life and landscape. All subject matter welcome including abstraction.

Bring whatever watercolor supplies you may have to the first class. Materials will be discussed, and you are expected to purchase your own.

Please see Note regarding materials under Art heading above.

Marty Meade
7 Fridays, 10:10am-1pm
Apr. 2-May 21 (No class Apr. 16)
Kentfield Campus, Fine Arts 151
Fee $89
Course #35012 EC

Nancy Johnson
7 Saturdays, 10:10am-1pm
Apr. 10-May 22
Kentfield Campus, Fine Arts 151
Fee $89
Course #35013 EC

The Flow of Watercolor: Lakes and Reflections

Lakes can be tranquil and composed, or they can bust with energy, turbulent and riotous. Paint the contemplative and charismatic movement of water as it reflects trees, sky, buildings, and boats. Let watercolor move on its own to depict still water. Use brisk movements and calligraphic watercolor strokes to produce fast-moving, energetic water.

All levels welcome. Continuing students may choose to work independent-ly. Individual attention will be given as time allows. Please see Note regarding materials under the Art heading above.

Julie Cohn has been an exhibiting painter and teacher for over 20 years.

Julie Cohn
7 Mondays, 2:10-5pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Fine Arts 153
Fee $99 (Includes $10 materials fee)
Course #35005 EC
**Water Media Abstractions Workshop**

This class will start with a lecture about the major abstract art currents. You will have a chance to explore various styles in watercolor or acrylic paint. Structured approaches will dovetail with improvisation and chance happenings. Different materials, tools and techniques will be introduced. Group projects as well as individual instructions and instructor’s demonstrations are part of this class. Suitable for absolute beginners and intermediate students.

We will take an one hour lunch break. Please see Note under heading regarding materials.

Christine Cohen’s painting instruction covers a wide scope of styles. Her fresh style of teaching watercolors and acrylics inspires and support students of all skill levels.

- 4 Saturdays, 9:30am-4:30pm
- Apr. 10-May 1
- Kentfield Campus, Fine Arts 153
- Fee $158 (Includes $5 materials fee)
- Course #35099 EC

**Chalk Pastels and Mixed Media**

This class continues the study of using chalk pastels for painting and drawing with the addition of other media—watercolor, gouache, acrylic, ink, charcoal, whatever you choose—with pastels. Those joining the course for the first time will have a full introduction to the chalks, surfaces and techniques. Slides, demonstrations, critiques and discussions about color and composition augment the sessions. Individual exploration for expressive potential is emphasized.

Bring paper and a drawing board to the first class. Materials may cost from $30 to $100 and will be discussed in class. Enrollment limited.

Marianna Goodheart is an exhibiting artist who has been teaching Chalk Pastels since 1982. She is also a sculptor and has work in public and private collections in the United States, Canada and France.

- 7 Fridays, 1:10-4pm
- Apr. 2-May 21 (No class Apr. 16)
- Kentfield Campus, Fine Arts 201
- Fee $133
- Course #35006

**Jewelry and Metalsmithing**

The beginners/beginners plus class will focus on fundamentals of soldering, forming, construction, use of hand tools, and finishing techniques. The number of projects will be at the discretion of the instructor. The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making with a focus on the development of the student’s personal design ideas. There will be one-on-one discussion between student and instructor, and an evolving menu of new techniques.

Class size is limited to 20; early enrollment advised. Students purchase supplies as needed.

A nationally recognized artist, Lisa D’Agostino has been designing, making, and selling her work in her one-person studio for 29 years.

For each course listed below:

- Kentfield Campus, Fine Arts 15
- Fee $133 (Includes $25 materials fee)

**Beginners/Beginners Plus**

- 7 Tuesdays, 7:10-10pm
- Mar. 30-May 18 (No class Apr. 13)
- Course #35015

**Intermediate/Advanced**

- 7 Wednesdays, 7:10-10pm
- Mar. 31-May 19 (No class Apr. 14)
- Course #35016

**Glass Fusing**

A six-week course, limited to ten students, introducing basic glass fusing techniques. Create small pieces of jewelry, simple plates and bowls, and a project using 12 layers of glass. Our studio includes two state of the art kilns. Glass pack includes compatible glass, stringers, and frit for each week’s projects. Based on kiln space availability, returning students may use class time for further exploration. Projects created elsewhere, will not be fired. If needed, additional glass to be purchased by students.

Marty Meade, who has been teaching stained glass since 1978, won the College of Marin’s Academic Senate award for Community Education Teacher of the Year in 2006.

For each course listed below:

- Kentfield Campus, Fine Arts 201
- Fee $235 (Includes $63 materials/special fee)

**For each course listed below:**

- Kentfield Campus, Fine Arts 151
  - Fee $235 (Includes $63 materials/special fee)
- 6 Mondays, 7:10-10pm
  - Mar. 29-May 10 (No class Apr. 12)
  - Course #35007
- 6 Fridays, 2:10-5pm
  - Apr. 2-May 14 (No class Apr. 16)
  - Course #35008
Art On the Go Bus Trip:
South of Market Art Adventures

We will visit artist Liz Mamorsky’s studio/gallery of functional and dysfunctional art. Hear about how she creates unique sculpture using circuit boards to wooden factory patterns. We will also see and hear about her paintings and drawings in her very specially designed setting. Then a quick lunch break nearby and a visit to two south of Market art galleries. The featured exhibitions will include contemporary photography, watercolor, and new media work. Limited to 20.

Rhoda Becker
Wednesday, 10am-3pm
Apr. 8
Corte Madera Town Center
Meet on Madera Blvd.
Across from Best Western Corte Madera Inn
Fee $55 (Includes $31 special fee)
Course #35100 EC

BUSINESS/PROFESSIONAL DEVELOPMENT/YOUNG PROFESSIONALS/MARKETING

PROFESSIONAL DEVELOPMENT

Build a Quick and Easy Website with Go Daddy™’s Web Tools

Everyone needs a compelling website nowadays—but do you have to pay an arm and a leg to get one? If you can navigate the internet and have basic computer skills, you can easily build your own website with Go Daddy™! We will cover:

• What you want your website to do for you
• How to search for and register a domain name
• Choose a Go Daddy™ template and personalize the look
• Insert a motion element and/or widget
• Learn how to make your website live

If you have a laptop, bring it to class. The class will also be conducted on large screen display.
Sherri Ortegren is a web designer and developer who has also created courseware.

2 Wednesdays, 1:10-4pm
May 5 & 12
Kentfield Campus, Learning Resources Center 53
Fee $110
Course #35172

Also of interest ...

101 Ways to Improve Your Writing and Speaking
See page 35.

YOUNG PROFESSIONALS

’Experienceship’ Workshop: Creating Your Future

Do you want to impress college or human resource recruiters by stating that you had an ‘experienceship’? Did you know that a recent New York Times article stated that due to the current competitive job market, students are actually paying thousands of dollars to be considered prospective interns in large corporations? Get a step ahead of your peers by creating your own service-learning program that is a structured as an “experienceship” of the academic and professional field that interests you. You will develop transferable skills while pursuing your civic responsibilities within your community. This program will encourage you to broaden your relationships with students, parents, teachers, businesses, and the community to help develop and implement the best career choices you can make for your future!

Please bring your laptop if you have one.

Ajen Busher, MBA (Health Care Administration)
7 Saturdays, 12:30-4:30pm
Apr. 10-May 22
Kentfield Campus, Physical Education Center 92
Fee $159 (Includes $12 materials fee)
Course #35160

MARKETING

Internet Marketing Strategies

This course offers the essentials for entrepreneurs building a business online, or for those who want to know the basics of how to create a targeted, searchable, and reputable online presence. This class will provide hands-on web projects including opportunities to bring your questions and concerns to the table for analysis and group discussions. We will cover:

• Strategic marketing online and how it has changed over the last ten years
• The importance of market research and where to begin

Classes start Monday, March 29. Register early.
• How branding gets mixed into an online strategy
• Fundamentals of search engine marketing
• Social Media: Twitter, Facebook, LinkedIn, YouTube, blogs, email marketing, etc.

If you have a laptop, bring it to class. The class will also be conducted on large screen display.

Martha Lee, MBA, is a web strategist with ten plus years experience in the online marketplace.

- 7 Thursdays, 6:10-8pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Learning Resources Center 53
- Fee $99
- Course #35173

Marketing: Even for People Who Hate to Sell

There is terrific competition for all businesses whether you are a retailer, a psychologist, or a construction company. It is no longer enough to provide quality service/products and wait for the word to spread. Fortunately it is relatively easy and inexpensive to dramatically improve your marketing, and we can show you how. We will cover what you need to know to comfortably and effectively promote your business in a way that makes your business uniquely competitive (USP).

You will leave with a 52-week “mini-plan” for setting up regular, painless marketing and a book written by the instructor.

Dr. Rick Crandall has worked as a business consultant for over 20 years and is author of Marketing Your Services: For People Who Hate To Sell (1995) and 1001 Ways To Market Your Services (1997).

- Saturday, 1-5pm
- Apr. 10
- Kentfield Campus, Harlan Center 161
- Fee $70 (Includes $20 materials fee)
- Course #35017

Also of interest ...

Find Your Inner Editor: Introduction to Editing and Proofreading

See page 35.
**COMPUTERS**

Community Education’s computer courses are designed to offer exposure to a specific program or application rather than to build skills. All courses are hands-on and taught with one student per computer, offering one-on-one instruction. Courses are offered at a variety of times throughout the quarter for your convenience. There is no homework and no grades.

If you wish to build skills, College of Marin offers credit classes. The goal of these classes is to provide in-depth understanding of the subject through textbook study, homework, and lab assignments. Credit Classes are graded, and you can work toward a certificate or associate degree. For more information, please refer to the Credit Schedule.

**COMPUTER CENTER**

Hands-on courses are offered in the Ohlone and Pomo Clusters (Mondays-Saturdays) on the Indian Valley Campus (located at the west end of Ignacio Blvd., Novato). See map at the back of this schedule. Note: College parking is $3 per calendar day and free on Saturdays. All parking permit machines accept quarters, and some accept dollar bills.

**IMPORTANT INFORMATION**

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to ensure your seat. Be sure to review “Registration Information” on page 42 before registering.

You are expected to have:

- Windows proficiency before enrolling in any PC application course that is held in Ohlone 216. If you do not have these skills, we recommend that you take Intro. to Windows XP.
- Mac proficiency before enrolling in any Mac application course that is held in Pomo 199. If you do not have these skills, we recommend that you take Intro. to Macintosh.

On the Indian Valley Campus, the Internet Café is located in building #17 and offers complimentary coffee and tea, as well as edibles for purchase, Monday through Thursday, 8:30am-7:00pm, and Fridays, 8:30 am-12noon. It is two miles to the nearest eatery, so if you are coming during off hours, we recommend that you bring something to eat and drink.

**Hands-On Computer Courses**

**Beginning Computing for Older Adults**

This course is designed to be a hands-on introduction to basic computer usage and the Windows XP Operating System (not for Macs) for older adult beginning computer users. At the first class meeting, you will have a chance to examine the inside of a computer. During classes, mini-lectures followed by hands-on exercises will help you understand the computer and build skills and confidence. Weekly handouts include glossaries, exercise instructions, and topical reference information. By the time class is finished, you will have had the opportunity to learn how to turn on the computer, log in, and shut down; manipulate the mouse effectively (there are tricks for those with limited mobility); use a web browser and search engine; create, save, open, close, and print files; and send an e-mail with attachments, including photographs.

**Alice L. Dieli**, MS Ed (Instructional Technology), is experienced teaching computer skills to older adult learners.

- 7 Saturdays, 10am-12noon
- Apr. 10-May 22
- **Kentfield Campus**, Science Center 144
- Fee $66 (Includes $2 materials fee)
- **Course # 35105 EC**

**Computer Fundamentals I**

This is an introduction to the PC for the first-time computer users and is designed to remove intimidation. We will teach you how to turn on the computer.
and the first steps to Touch Typing; how to hold, move, and click the mouse, computer hardware identification, open a window, launch a Windows program, start an Internet browser to access several websites, and how to turn the computer off. A flash drive is required.

For each of the following courses:
- **Indian Valley Campus, Ohlone 216**
- Fee $38

**Tom Millard**
- Monday, 1:30-4:30pm
- Mar. 29
- Course #35106

**Levi Allen**
- Mondays, 9am-12noon
- May 17
- Course #35107

**Computer Fundamentals II**

In this course you can get more familiar with the PC by learning the fundamental elements for successful computer literacy. We will cover computer system basics, tips on buying a computer, revealing the secret of computer terminology, and using application programs to create, edit, save, retrieve, and print documents. Along the way students will learn to navigate Windows by using menus, toolbars, and dialogue boxes.

We want you to succeed in this course and suggest you be proficient with the mouse and keyboard before enrolling. A flash drive is required.

For each of the following courses:
- **Indian Valley Campus, Ohlone 216**
- Fee $76

**Tom Millard**
- 2 Mondays, 1:30-4:30pm
- Apr. 5 & 19 (No class Apr. 12)
- Course #35108

**Levi Allen**
- 2 Mondays, 1-4pm
- May 17 & 24
- Course #35109

**Introduction to Windows 2007**

Learn about the basic features of Windows, Microsoft’s desktop operating system. This course covers desktop navigation, running programs, connecting to the Internet, and getting online help. Learn how to manage files by using Windows Explorer to copy, move, delete, and restore deleted files. You will also be given other basic information to help prepare you for our software application courses.

We want you to succeed in this course and suggest you be proficient with the mouse and keyboard before enrolling. A flash drive is required.

For each of the following courses:
- **Indian Valley Campus, Ohlone 216**
- Fee $134 (Includes $20 materials fee)

**Levi Allen**
- 3 Wednesdays, 9am-12noon
- Mar. 31-Apr 21 (No class Apr. 14)
- Course #35110

**Tom Millard**
- 3 Mondays, 1:30-4:30pm
- Apr. 26-May 10
- Course #35111

**Intermediate Macintosh**

This course will take you to the next level of Mac usage. We will cover advanced Finder options, Smart Folders and Spotlight searches, Administrative privileges and account settings, installing and switching among Applications, overview of Apple Mail, installing Fonts and Font Sets, iTunes and iPhoto overview, backup options, and where to get help.

This course builds upon skills that are learned in Intro. to the Macintosh. A flash drive is required.

**Steve Salzman**
- 3 Saturdays, 1-4pm
- Apr. 3-24 (No class Apr. 17)
- **Indian Valley Campus, Pomo 192**
- Fee $149 (Includes $35 materials fee)
- Course #35112

**Introduction to the Macintosh**

Become productive with the Mac in the shortest time possible! This course is designed for the beginning computer user. We will cover how RAM chips and hard disks work together; opening, closing and resizing windows; Finder/desktop navigation; creating a navigational alias; printing documents; accessing online help; file organization and backup; using the find utility; exploring Control Panels and installing fonts. A flash drive is required.

**Steve Salzman**
- 3 Saturdays, 1-4pm
- May 1-15
- **Indian Valley Campus, Pomo 192**
- Fee $114
- Course #35113
## Introduction to Word 2007

If you are looking for a job in today’s market, this is the software program to learn. This course will explore techniques used to create letters, reports, and other text-based documents. Learn how to use shortcut keys; create, save, print, and edit documents; move, copy, find, and replace text; enhance a document by formatting text; use efficiency tools such as spell checker, auto correct, and auto text.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.

- **Tom Millard**
- 3 Wednesdays, 1:30-4:30pm
- Mar. 31-Apr. 21 (No class Apr. 14)
- **Indian Valley Campus**, Ohlone 216
- Fee $139 (Includes $25 materials fee)
- **Course #35114**

## Intermediate Word 2007

This course will help you become more productive with the program. We will review and then we will turn our attention to templates, envelopes and labels, styles, headers and footers, toolbars, creating and formatting tables, working with columns, and inserting graphics into your word documents.

This course builds upon skills that are learned in *Intro. to Word*. A flash drive is required.

- **Tom Millard**
- 3 Wednesdays, 1:30-4:30pm
- Apr. 28-May 12
- **Indian Valley Campus**, Ohlone 216
- Fee $114
- **Course #35115**

## Advanced Word 2007

Become a Word expert! We will cover drawing tools, the advanced table features, how to structure a long document using Styles to create a table of contents and an index, record time-saving macros for repetitive tasks, create instant hyperlinks using text and graphics to access files and the Web, and learn how to use the Mail Merge feature.

This course builds upon skills that are learned in *Intro. to Word*. A flash drive is required.

- **Tom Millard**
- 2 Wednesdays, 1:30-4:30pm
- May 19 & 26
- **Indian Valley Campus**, Ohlone 216
- Fee $76
- **Course #35116**

## Word Tips and Tricks

Whether you are a beginning or an advanced user of Microsoft Word, you will be amazed how much more productive you can become in a short period of time. This course will show you tips and tricks gleaned over years of experience teaching Word.

This course builds upon skills that are learned in *Intro. to Word*. A flash drive is required.

- **Tom Millard**
- Saturday, 1:30-4:30pm
- May 22
- **Indian Valley Campus**, Ohlone 216
- Fee $38
- **Course #35118**

## Introduction to Excel 2007

A spreadsheet is a powerful, yet easy-to-use tool to keep track of anything that can be counted. In this course you will learn the basics of creating, modifying, printing, and formatting worksheets, working with basic formulas and functions, and enhancing worksheets using styles and auto formats.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.

- **Levi Allen**
- 3 Mondays, 9am-12noon
- Mar. 29-Apr. 19 (No class Apr. 12)
- **Indian Valley Campus**, Ohlone 216
- Fee $139 (Includes $25 materials fee)
- **Course #35119**

## Intermediate Excel 2007

In this course you will learn how to become more productive using Excel’s financial and logical functions. You will learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You will also create links, hyperlinks, and explore quick and easy chart techniques.

This course builds upon skills that are learned in *Intro. to Excel*. A flash drive is required.

- **Alice L. Dieli, MS Ed**
- 3 Saturdays, 1-4pm
- Apr. 24-May 8
- **Kentfield Campus**, Science Center 144
- Fee $114
- **Course #35120**

## Advanced Excel 2007

Become an advanced Excel user and learn about 3-D reference formulas, data consolidation, recording macros to au-
tomate tasks, generate a subtotal report, and analyze data using a pivot table.

This course builds upon skills that are learned in *Interm. Excel*. A flash drive is required.

- Alice L. Dieli, MS Ed
- 2 Saturdays, 1-4pm
- May 15 & 22
- Kentfield Campus, Science Center 144
- Fee $76
- Course #35121

**Excel Tips and Tricks**

Learn the most popular and requested techniques to maximize effectiveness and ease of use for this indispensable spreadsheet program. We will use the most common tasks and present time-saving and easy ways to dramatically improve your productivity.

This course builds upon skills that are learned in *Intro. to Excel*. A flash drive is required.

- Tom Millard
- Saturday, 1:30-4:30pm
- May 29
- Indian Valley Campus, Ohlone 216
- Fee $38
- Course #35122

**Introduction to PowerPoint 2007**

This course will give you a solid foundation for creating and delivering effective and dynamic presentations through a visual, full-color approach. Learn how to create a presentation from scratch as you build, layout, and design each slide using text, graphics, color, animation, and sound.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.

- Jazmine Loiselle
- 3 Tuesdays, 9am-12noon
- Mar. 30-Apr. 20 (No class Apr. 13)
- Indian Valley Campus, Ohlone 216
- Fee $139 (Includes $25 materials fee)
- Course #35123

**Intermediate PowerPoint 2007**

In this course we will take a closer look at PowerPoint with an emphasis on multimedia, animation, and the Internet. Learn different ways to use sound, insert digital photographs, custom animations, and timing methods. You will also create links and OLE objects and explore presentation methods and techniques.

This course builds upon skills that are learned in *Intro. to PowerPoint*. A flash drive is required.

- Jazmine Loiselle
- 3 Tuesdays, 9am-12noon
- Apr. 27-May 11
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #35124

**Advanced PowerPoint 2007**

Become a PowerPoint expert by learning how to integrate images from a camera, scanner, and the Internet. Create links from Excel and Word, create a custom slide show, use action buttons, and design advanced animations. We will work with various sound formats and insert a narration.

This course builds upon skills that are learned in *Intro. to PowerPoint*. A flash drive is required.

- Jazmine Loiselle
- 2 Tuesdays, 9am-12noon
- May 18 & 25
- Indian Valley Campus, Ohlone 216
- Fee $76
- Course #35125

**PowerPoint Tips and Tricks**

Designed for intermediate and advanced users, this three-hour, hands-on, class will present great tips and techniques that will help you become a PowerPoint expert. A flash drive is required.

- Jazmine Loiselle
- Saturday, 9am-12noon
- May 22
- Indian Valley Campus, Ohlone 216
- Fee $38
- Course #35127

**Introduction to Outlook 2007**

Learn about e-mail and the other powerful parts of Outlook to help better manage your time or business. We will teach you e-mail features such as how to manage folders, search for that lost e-mail, mark e-mails for follow up, creating signatures, and setting e-mail preferences. We will also cover: contacts and how to manage them and build a distribution list; the calendar and how to schedule repeating events; and set reminders and export them to other programs or your PDA, as well as tasks, notes and journals.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.

- Jazmine Loiselle
- 2 Tuesdays, 1-4pm
- Mar. 30 & Apr. 6
- Indian Valley Campus, Ohlone 216
- Fee $101 (Includes $25 materials fee)
- Course #35128

A registration form is at the center of this schedule.
INTRODUCTION TO QUICKBOOKS PRO

QuickBooks is a perfect accounting program for the small to medium sized business. In this course, you will learn the major features of the program, including new company set up; how to have a perfect chart of accounts; how to use the features of lists; set up bank accounts and credit cards and how to reconcile these accounts; invoice your customers, receive payments, and make deposits; enter and pay bills; reports to manage AR, AP, and cash flow.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.

For each of the following courses:

- Indian Valley Campus, Ohlone 216
  - Fee $159 (Includes $45 materials fee)
  - Pamela Lyons
    - 3 Tuesdays, 6-9pm
    - Mar. 30-Apr. 20
    - Course #35129

BEVERLY GOODWIN

- 3 Thursdays, 6-9pm
- Apr. 1-22
- Course #35130

INTERMEDIATE QUICKBOOKS PRO

We will build on skills learned in Level I and take QuickBooks to the next level. You will learn to: track time for your services; process payroll using employee timesheets; pay payroll taxes; perform year-end payroll management functions; invoice your clients with professional formats (using the layout designer) and how to e-mail invoices to clients; process credits for clients; setup and track sales tax to enable QuickBooks to pay your sales tax; inventory setup and management; data management of files, including backup procedures; reports and financial analysis.

This class builds upon skills that are learned in Intro. to QuickBooks Pro. We highly recommend completing Introduction before taking Intermediate. A flash drive is required.

For each of the following courses:

- Pamela Lyons
  - Indian Valley Campus, Ohlone 216
  - Fee $114
  - 2 Tuesdays, 6-9pm
  - Apr. 27-May 11
  - Course #35131

- 2 Thursdays, 6-9pm
- Apr. 29-May 13
- Course #35132

ADVANCED QUICKBOOKS PRO

The skills taught in this course are for all job-costing companies: construction, consulting, architecture, interior design—any company that tracks income and expenses by project for customers and jobs. In easy-to-understand examples and written materials, these important features will enable you to increase your company’s cash flow. We will also cover how to set up jobs, track income by job, track expenses, track your employees’ and subcontractors’ time spent on the job and invoicing your customers using payroll features and cost controls. Financial analysis of this information and important financial reports will also be covered.

This class builds upon skills that are learned in Interm. QuickBooks Pro. A flash drive is required.

For each of the following courses:

- Pamela Lyons
  - Indian Valley Campus, Ohlone 216
  - Fee $129 (Includes $53 materials fee)
  - 2 Tuesdays, 6-9pm
  - May 18 & 25
  - Course #35133

- 2 Thursdays, 6-9pm
- May 20 & 27
- Course #35134

HOW TO BUY AND SELL ON EBAY

Learn the secrets of buying and selling almost anything on eBay, one of the most popular sites on the Internet. This course will include an overview of the eBay site, how to setup your own personal account, details of the eBay auction system, how to find items to purchase, listing an item for sale (including pictures and information), and how to safely complete your sale or purchase. eBay is a worldwide community of buyers and sellers which means that you are not limited to just your local area. The world is truly your oyster.

We want you to succeed in this course and suggest you be proficient with the Internet before enrolling. Students must be at least 18 or accompanied by parent/guardian.

For each of the following courses:

- Carolynn Crandall
  - Indian Valley Campus, Ohlone 216
  - Fee $100
  - 2 Mondays, 6-9pm
  - Mar. 29 & Apr. 5
  - Course #35135

- 2 Mondays, 6-9pm
- May 3 & 10
- Course #35136

Register early to secure your place in class, see pages 42-44.
Introduction to Dreamweaver

This course introduces you to the fundamentals of the market-leading software for creating and maintaining web sites in one well-integrated package. This course is for anyone who wants to design visually compelling Web sites without having to hand-code their pages. We will cover formatting text, preparing and placing images, and using dynamic media files. Learn how to easily create links, rollovers, and image maps for site navigation. Dreamweaver’s powerful site management feature allows you to quickly access and manage all the pieces that make up your web site.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.

- **Steve Salzman**
  - 3 Wednesdays, 7-10pm
  - Mar. 31-Apr. 21 (No class Apr. 14)
  - **Indian Valley Campus**, Ohlone 216
  - Fee $144 (Includes $30 materials fee)
  - **Course #35137**

Intermediate Dreamweaver

Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets), smart objects, learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces and go more in-depth with site management and uploading/maintaining your website via a built in FTP client.

This class builds upon skills that are learned in *Intro. to Dreamweaver*. A flash drive is required.

- **Steve Salzman**
  - 3 Wednesdays, 7-10pm
  - Apr. 28-May 12
  - **Indian Valley Campus**, Ohlone 216
  - Fee $144 (Includes $30 materials fee)
  - **Course #35138**

Introduction to Flash

Learn the basics of Flash, the premier program for streaming animation for the Internet. We will cover basic timeline animation and step-by-step motion graphics. Create simple movies that have motion, music, and sound effects. Learn how to draw within Flash and how to import photos, visuals, and sound. We will begin animating in the first class.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.

- **Lynda Banks**
  - 2 Fridays, Apr. 2 & 9
  - Apr. 2, 9am-4pm
  - Apr. 9, 9am-12noon
  - **Indian Valley Campus**, Pomo 192
  - Fee $144 (Includes $30 materials fee)
  - **Course #35143**
Intermediate InDesign
You will learn the book feature that makes managing long documents a breeze, explore many typographic refinements, master the drawing tools including the pen tool and the pathfinder palette, learn to create tables for both data and visuals, export your document to a PDF with customized presets and package files for the printer.
This course builds upon skills that are learned in Intro. to InDesign. A flash drive is required.
- Lynda Banks
- 2 Fridays, Apr. 9 & 23
- Apr. 9, 1-4pm
- Apr. 23, 9am-4pm
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #35144

Advanced InDesign
We will cover how to create more interesting, complex and sophisticated documents utilizing greater depth of the tools, styles and techniques. You will learn to manage color calibration and document prep, use advanced typography, prepare documents for the Internet, learn to use text tags and to automate some processes. You will also learn how to take advantage of InDesign’s integration with other Adobe programs.
This course builds upon skills that are learned in Intern. InDesign. A flash drive is required.
- Lynda Banks
- 2 Fridays, Apr. 30 & May 7
- Apr. 30, 9am-4pm
- May 7, 9am-12noon
- Indian Valley Campus, Pomo 192
- Fee $114
- Course #35145

Photoshop I
In this introduction, learn the basics of Photoshop while we cover the fabulous digital photography features, basic approaches to repairing damaged photos, correcting color, and enhancing details of digital and scanned photographs. Adobe Bridge/Browser functions will be introduced to learn to make global edits on multiple RAW, TIF, and JPG files. Color bit-depth, resolution, and file formats and file compression formats will also be explained. Learn about the basics of editing digital photography and fine art for print and the web.
We want you to succeed in this course and suggest you be proficient with the computer before enrolling. A flash drive is required.
- Jazmine Loiselle
- 2 Thursdays, Apr. 1 & 8
- Apr. 1, 9am-4pm
- Apr. 8, 9am-12noon
- Indian Valley Campus, Ohlone 216
- Fee $144 (Includes $30 materials fee)
- Course #35147

Photoshop II
Discover techniques of unlimited image editing using selections, layers, type masks, clipping layers, and clipping paths. Learn about Adjustment Layers and simple tricks that allow you to take advantage of paths as selection strategies.
This course builds upon skills that are learned in Photoshop I. A flash drive is required.
- Jazmine Loiselle
- 2 Thursdays, Apr. 8 & 22
- Apr. 8, 1pm-4pm
- Apr. 22, 9am-4pm
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #35148

Photoshop III
Enhance digital imaging with more special effects. Learn about type effects, the improved type environment, the creation of buttons, banners, web transparencies, masks for printing, and the CMYK print environment. Discover how to create and use channels for blending photos, art images, and more.
This course builds upon skills that are learned in Photoshop II. A flash drive is required.
- Jazmine Loiselle
- 2 Thursdays, Apr. 29 & May 6
- Apr. 29, 9am-4pm
- May 6, 9am-12noon
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #35150
Photoshop IV

Develop a broader understanding of the application of layer masks and channel masks. Learn how to apply these masks to achieve the ultimate image editing control for both print and web. If time permits, we will also learn about exporting and importing images with other programs, and more tips and tricks.

This course builds upon skills that are learned in Photoshop III. A flash drive is required.

- Jazmine Loiselle
- 2 Thursdays, May 6 & 13
- May 6, 1-4pm
- May 13, 9am-4pm
- Indian Valley Campus, Ohlone 216
- Fee $114
- Course #35151

Also of interest ...

Build a Quick and Easy Website with Go Daddy™’s Web Tools

Internet Marketing Strategies
See both on page 8.

CONTEMPORARY SCIENCES

California Geology: The Once and Future Land

This survey class is for those interested in geology and in expanding their knowledge of California topography. California has existed for only the last 4% of earth’s 4.5 billion years. Still the state’s geology is the most diverse of any state in the continental U.S.

The dynamics of the earth’s crust, moving plates, ocean crust subduction, volcanoes, strike slip faults, and earthquakes all have played major roles California’s geomorphology. The course explains how these tectonic forces have shaped the state’s mountains, valleys, and coastal areas and the rocks they exhibit. Class hours are devoted to review and comparison of California’s ten major geological provinces and their diverse landforms. Diagrams, maps, rock, mineral, and fossil samples are used to illustrate province specific geologic features.

The last two class sessions are field trips to Point Reyes and Ring Mountain on the Tiburon Peninsula. Students will meet onsite and are responsible for their own transportation.

- Rolf Ursin-Smith
- 5 Thursdays, 1:10-3pm
- Apr. 1-May 6 (No class Apr. 15)
- Kentfield Campus, Harlan Center 169
- Plus two field trips, 1-3pm
- May 13 & 20
- Fee $69 (Includes $5 materials fee)
- Course #35101 EC

Also of interest ...

Exploration of Mathnavi: The Gate to Rumi’s Practical Philosophy
See page 25.

Introduction to Farsi (Persian)
See page 24.
CURRENT EVENTS

Current Issues before the United States Supreme Court

This is a discussion class for which we read a summary, briefs and other materials concerning major cases on the current calendar of the U.S. Supreme Court. The instructor provides background materials on the Court, explanation of legal jargon and how the Court’s cases are chosen. The course will cover the historical development of the Court and its place in our Constitutional government. We will discuss all arguments in the cases and vote on the outcome. No legal background or specialized knowledge is required.

The Portable Village is near the PE Complex, off of Parking Lot #12.

Marshall W. Krause was Chief Attorney for the ACLU of Northern California, a reporter for KQED’s Newsroom, a Professor of Political Science at San Francisco State University, and practiced law in Marin County from 1974 to 2000. He handled seven cases decided by the US Supreme Court, winning six of them.

7 Tuesdays, 11:10-1pm
■ Mar. 30-May 18 (No class Apr. 13)
■ Kentfield Campus, Portable Village 4
■ Fee $66 (Includes $2 special fee)
■ Course #35082 EC

DANCE

Introduction to West Coast Swing Dance

If you are between 18 and 80, with no previous dance background, and would like to learn the basic and social skills of West Coast Swing, then come and join the fun! In addition to learning the basic steps, you will also be exposed to a variety of styles and techniques not usually presented in an introductory class. You will be given ample time to practice to music.

Go to our website for driving directions, or call 415.485.9318 to request them.

Kelly Casanova was inducted into the National Swing Dance Hall of Fame in 2004 and is a national West Coast Swing competitor, instructor, judge, and chief judge with 25 years experience. She is the 1988 US Open Classic Champion and has won numerous other championship titles.

■ 4 Tuesdays, 6:30-8:15pm
■ Apr. 6-27
■ Almonte Clubhouse
■ 105 Wisteria, Mill Valley
■ Fee $55
■ Course #35018

Argentine Tango Workshops

Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance! To register for the following two classes at a discount, use course #35019. All levels of ability are welcome.

Debbie Goodwin, MA (Dance Education) and John Campbell specialize in Argentine Tango, studying dance both in the US and in Buenos Aires with renowned Argentine Tango Masters since 1996.

For each course listed below:
■ 7 Fridays
■ Apr. 9-May 28 (No class Apr. 16)
■ Kentfield Campus, Physical Education Center 60
To register for both courses listed below at a reduced fee:
■ Fee $108
■ Course #35019

Beginning Argentine Tango

This course is an introduction to the social form of Argentine Tango as danced in Buenos Aires. No previous experience necessary! You will learn a code of movement that will get you started with this improvised dance. Embrace, posture, connection with your partner, and basic navigation on the dance floor will be emphasized. It is highly recommended that this class be taken in conjunction with Argentine Tango: Practica and Cultural Series which is held directly following this class. To register for both this class and the next at a discount, use. #35019 as described above.

Appropriate shoes will be discussed in class.

■ 7:10-8pm
■ Fee $55
■ Course #35020

Argentine Tango: Practica

This course is open to all levels. Practice what you have learned in Level 1 during the supervised Practica portion of this class. A challenging figure will be presented to the more advanced students each week. In addition we will explore the Argentine Tango culture through the presentation of films, music, lectures, and discussions. During the practica we will take a short break to present video and discuss cultural issues.

Recommended: Registration in Beginning Argentine Tango or previous experience in Argentine Tango.

■ 8:10-10pm
■ Fee $84
■ Course #35021

Register early to secure your place in class, see pages 42-44.
FILM APPRECIATION

Also of interest ...

Tango for Health
See page 21.

Belly Dance for Fun and Fitness
Belly Dance can develop postural alignment, core strength, and flexibility while exploring facets of feminine sensuality and the exotic musical nuances of Middle Eastern music. Designed to teach you the basic movements of the art form, we will begin each class with warm ups transitioning into steps and combinations. Practice will include a variety of hip movements in stationary position, the development of arm work for a polished look, how to travel across the floor, and different styles of shimmies. Learn to dance to a drum solo and to identify various Arabic rhythms.

Latifa is an experienced teacher and performer of Belly Dance.
- 7 Fridays, 6:10-7:30pm
- Apr. 2-May 21 (No class Apr. 16)
- Kentfield Campus, Physical Education Center 22
- Fee $75
- Course #35022

Traditional Samba
Samba is a traditional Afro-Brazilian art form which blends music, dance, and exercise to promote wellness. Accompanied by traditional Brazilian instruments such as the surdo, the timbau, the berimbau (a gourd with one string), and pandeiro (tambourines), you will learn and practice the basic steps of a traditional samba circle dance. Register early to ensure your place in class.

Maestre Samuka was born and trained in Bahia, Brazil, and is the director of a Capoeira and Samba dance group. Samuka has dedicated his life to teaching the therapeutic combination of samba, Capoeira, and massage therapy. Samuka also teaches Samba for Health for Older Adults at the Indian Valley Campus which is free to the student. See page 40 of this schedule.
- 7 Mondays, 7:10-8:30pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Physical Education Center 22
- Fee $75
- Course #35023

FILM APPRECIATION

The Second Annual 'In Spring, Everyone's Fancy Turns to Love' Film Fest
Love is always in air, but it seems particularly potent in the spring as every living creature shakes off the winter doldrums and rejoices in the love connections that surround us. Love comes in many forms: lovers, family, friends, sometimes even strangers. Usually a boon in our lives, love can be heartbreaking when it goes awry or the loved one dies. Three of the films for Spring are: Enemies, A Love Story (USA 1989); Bread and Tulips (Italy 2000); and Last Orders (UK 2001).

Suresa Dundes, MFA (Theatre), MA (Education), has worked as a Literary Manager, director, and designer in films, video, and theatre. Experienced in teaching Acting, Voice, Film Appreciation, and Art Direction, she writes fiction, screenplays, and creative nonfiction.
- 7 Thursdays, 2:10-5pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Science Center 101
- Fee $89 (Includes $1 special fee)
- Course #35024 EC

Also of interest ...

COM's International Film Festival
See page 47.

DRAMA

Theater of the Absurd
After World War II, playwrights wrote tragic-comedies in response to the world's conditions. That style informs today's theater from Samuel Beckett to Tony Kushner. We will read and view performances from plays by Alfred Jarry (Ubu Roi), Apollinaire (Breasts of Tiresias), Eugene Ionesco (The Chairs, Rhinoceros), Samuel Beckett (Waiting for Godot, Happy Days), Harold Pinter (Birthday Party, Homecoming), Tom Stoppard (Rosencrantz and Guildenstern Are Dead), and the short plays of Tony Kushner (Tiny Kushner). This course will update today's playgoers for contemporary productions.

Joanna G. Harris, PhD (Dramatic Arts)
- 7 Tuesdays, 1:40-3:30pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 169
- Fee $64
- Course #35102 EC

COMEDY

Theater of the Absurd
After World War II, playwrights wrote tragic-comedies in response to the world's conditions. That style informs today's theater from Samuel Beckett to Tony Kushner. We will read and view performances from plays by Alfred Jarry (Ubu Roi), Apollinaire (Breasts of Tiresias), Eugene Ionesco (The Chairs, Rhinoceros), Samuel Beckett (Waiting for Godot, Happy Days), Harold Pinter (Birthday Party, Homecoming), Tom Stoppard (Rosencrantz and Guildenstern Are Dead), and the short plays of Tony Kushner (Tiny Kushner). This course will update today's playgoers for contemporary productions.

Joanna G. Harris, PhD (Dramatic Arts)
- 7 Tuesdays, 1:40-3:30pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 169
- Fee $64
- Course #35102 EC
FINANCIAL PLANNING

Basics in Personal Financial Planning

In this modern world of do-it-yourself financial planning, this course will help you gain mastery in cash flow, investing, and goal planning. Starting with the basics, you will learn money management strategies for a good quality of life today and in the future.

Hand outs are provided.

Barbara Bachelder, CFP, is the founder and owner of a financial planning, investment management, and insurance firm.

7 Mondays, 6:40-8:30pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Physical Education Center 91
Fee $84 (Includes $1 materials fee)
Course #35070

FOODS & WINE

Wines of Spain

Learn about the wine and wine grape growing regions in Spain. We will explore the principle growing regions, taste representative wines and discuss their uniqueness to each area, including Rioja, Sherry, Penedes, Galicia, and Central and Southern Spain.

Please bring four wine glasses to taste wine each week. All students must be at least 21 years old.

Cynthia Sutko teaches wine and food classes at several Bay area colleges. She has worked at wineries in Napa and Sonoma counties.

4 Tuesdays, 6:30-8:30pm
Apr. 6-27
Osher Marin Jewish Community Center
200 N. San Pedro Rd. San Rafael
Fee $118 (Includes $60 special fee)
Course #35025

Also of interest ...

Victory Gardens for 2010: Spring/Summer

Lean, Mean and Going Green: Taking Charge of Your Own Food Supply
See both on page 22.

The Medicinal and Edible Herb Garden
See page 23.

HEALTH & WELLNESS

Principles of Holistic Health (14 CE Hours)

This course gives an in-depth overview of integrated and holistic principles that are shaping holistic health/medicine. Major topics include Larry Dossey’s Three Eras of Healing, an overview of alternative medicine practices, the history of healing, and the general paradigm shift that is taking place in modern medicine.

Open to all, this course is designed for those interested in a career in holistic or integrated health (e.g., nurses seeking continuing education, health educators, consultants or alternative health practitioners) and may be taken for 14 Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. Please see Note regarding Continuing Education for Nurses under the Health Sciences heading.


Susan McLoughlin, MA (Holistic Health Education)
7 Thursdays, 6:40-8:30pm
Apr. 10-May 22
Kentfield Campus, Physical Education Center 92
Fee $99 (Includes $2 materials fee)
Course #35071

Breaking the Cycle of Stress: Skills for Health and Peak Performance

Incorporate powerful changes in attitude into your life, as well as simple meditation techniques that can greatly reduce stress. This training, used at NASA, has been clinically proven to reduce blood pressure, relax deep tensions within the body and increase mental focus. Learn to:

• Dramatically reduce stress with five-minute meditations and powerful breathing techniques
• Work more effectively with difficult situations and people
• Relieve chronic pain, high blood pressure and insomnia
• Release tension and chronic pain
• Increase your ability to concentrate and focus the mind
• Feel happier, more relaxed and at peace with yourself

David and Karen Gamow are corporate trainers who specialize in stress reduction and meditation. They have trained 20,000 people in these methods; clients include NASA, Hyatt Hotels, Yahoo, the U.S. Army, and CBS.

- Saturday, 10am-1pm
- May 8
- Kentfield Campus, Harlan Center 161
- Fee $45 (Includes $3 materials fee)
- Course #35026

Also of interest ...

Breema, Quiet Mind, Open Heart, Vital Body

See page 31.

Yoga for a Healthy Back

See page 32.

Tango for Health

Tango your way to better health! The health benefits of doing the Tango are documented (Scientific American, June 2008). In this fun, non-threatening class, you will be surprised to realize that we are using experiential anatomy and the principles of the Alexander Technique of neuromuscular retraining to develop and enhance balance, tension release, and coordination in the context of Argentine Tango. Develop your awareness, sensitivity, vulnerability, and independence through this unique couples dance. We will emphasize the connection to ourselves, our partners, and the earth.

No partner required. Please wear leather soled shoes or thin socks.

Janet Lott, MFA (Dance), has been dancing Tango since 1997 in San Francisco, Buenos Aires, and Europe, is a certified teacher of the Alexander Technique, and has taught Argentine Tango at Vajrayana Buddhist retreats.

- 7 Mondays, 3:40-5pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Physical Education Center 60
- Fee $75
- Course #35161

HEALTH SCIENCES

CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

Note for Health Professionals: The following courses may also be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. Under BRN regulations, 100% attendance is required; no partial credit for CE hours is given. The instructor will request your R.N., CNA, HHA license number at the beginning of the course. Certificates of attendance are awarded upon completion of all courses authorized for Continuing Education Hours.

Courses offered for CE Hours for Nurses:

Principles of Holistic Health

is listed on page 20.

DENTAL ASSISTING

To register for any of the following classes, please e-mail Grace Hom at grace.hom@marin.edu, or call 415.485.9327 and request the flyer and registration form. Be sure to leave your mailing address. Please follow the instructions on the flyer to submit your registration. Enrollment is limited; register early. Please see Note regarding Continuing Education hours under the “Continuing Education Program for Health Professionals” heading above.

Radiology Course

This course is approved by the Board of Dental Examiners to instruct in the operation of dental x-ray equipment with emphasis on radiation safety. Course content includes: fundamentals of radiology, safety regulations, and XCP technique of film and cone placement.

The students will produce complete dentition radiographic surveys of diagnostic quality on four patients. Attendance is mandatory for all four days. All course work must be met with 75% accuracy to receive your California Certificate.

Prerequisite: Students must have prior knowledge of mounting and developing radiographs, and be employed in a dental office. Class is limited to 12. Fee includes syllabus and all supplies. Lab coats or uniforms and gloves are required for all classes. There are no Continuing Education Hours given for this course.

- Shirley Watt, CDA, RDA
- 2 Fridays, 5-9pm
- 2 Saturdays, 8am-5pm
- May 7-15
- Kentfield Campus, Harlan Center 156
- Fee $355 (Includes $155 materials fee)
Coronal Polish  
(12 CE Hours)  
This course is approved by the California State Board of Dental Examiners to prepare the student in the technique of Coronal Polish as required for RDA licensure. Participants will serve as practice patients for fellow classmates. The participant will need to provide one outside patient for the final evaluation by a dentist/hygienist on Saturday afternoon. Please bring a lab coat or uniform, gloves, and safety glasses to all courses. Attendance is mandatory for both Friday and Saturday. All course work must be met with 75% accuracy to receive your certificate. 12 Continuing Education hours are given upon successful completion of the course.

- Marlene Wilgis, CDA, RDA
- Friday, 5-9pm
- Saturday, 8:30am-5pm
- May 21 & 22
- Kentfield Campus, Harlan Center 156
- Fee $263 (Includes $60 materials fee)

HOMES AND GARDENS

Victory Gardens for 2010: Spring/Summer  
Learn some history about Victory Gardens and how best gardening practices have evolved. We'll discuss current cost-effective, eco-friendly, organic gardening principles for 2010. Get your soil ready for planting. Select the proper organic amendments from local resources. Plan and plot out your garden for best sun exposure and other environmental factors. Select the plants and seeds best suited to Marin's eco-climates. Include flowers, pollinators, and birds in your garden plan. The last two class meetings will meet off-campus. You'll leave the last class with your garden all planned out, lots of knowledge, and plant starts and seeds.

Linda Novy, is a former landscape contractor, Bay Friendly Gardener, sustainable landscape professional, and former co-owner of Mellinor Farms.

Norma Novy is a Master Gardener and former co-owner of Mellinor Farms, an organic plant nursery that sold at the Marin County Farmer's Market.

- 7 Saturdays, 10am-12noon
- Apr. 10-May 22
- Kentfield Campus, Temporary Building 119
- Fee $87 (Includes $3 materials fee)
- Course #35164

Great Soil = Great Gardens: Home Composting Made Easy  
Learn about different soil types, and how to improve the fertility of any soil type with various organic and sustainable methods. Discussions will include the environmental impact of gardening; the basic science behind the decomposition process; and how to harness this process to recycle yard trimmings and kitchen waste. The emphasis will be on practical applications with a field trip to a private garden for hands-on instruction in worm composting, sheet mulching, and building a hot compost pile.

Each student is eligible to purchase a Smith and Hawken's Biostack compost bin for the subsidized price of $25. Subsidy provided by the Marin County Hazardous and Solid Waste Management Joint Powers Authority. Checks only, please, made out to the JPA. Limit one bin per Marin County household. Biostacks will be available for pick up at this demonstration site; directions to the site will be given in class.

- Charlotte Torgovitsky
- 2 Saturdays, 10am-1pm
- Apr. 10 & May 1 (No class Apr. 17 & 24)
- Kentfield Campus, Temporary Building 101
- Fee $35
- Course #35084

Lean, Mean and Going Green: Taking Charge of Your Own Food Supply  
This is a great class for anyone who wants to take charge of significantly supplementing their own food. The course is designed for backyard gardening and husbandry using a holistic and organic approach. Topics include: growing your own winter garden and preserving your harvest; how to raise chickens and keep goats; pruning and winter preparation for fruit trees and more! After taking this course, you will see your backyard in a whole new way! Teaching assistants include a happy goat and a happy chicken!

This course contains numerous handouts; bring a binder to class. We will work through the lunch hour; please bring a bag lunch. The Portable Village is near the PE Complex, off of Parking Lot #12.

Christalene Loren owns a working ranch, has a multi-fruit orchard and keeps a large vegetable garden through out both the winter and summer. She raises and breeds San Clemente Island goats and Australorp chickens.

- 4 Saturdays, 11am-4pm
- Apr. 17-May 8
- Kentfield Campus, Portable Village 4
- Fee $99 (Includes $3 materials fee)
- Course #35027
The Medicinal and Edible Herb Garden
Did you know that we live in one of the bread baskets of the world for growing edible and medicinal herbs? You can save money and easily grow herbs for preventive medicine, cosmetic uses, cooking and increasing your nutritional health. Join me for a fun evening where you learn about growing plants that are not only beautiful but can be used to make nutritious foods and to stock your home medicine cabinet and cooking pantry. Learn which medicinal plants will grow well in your yard! Kami McBride has taught herbal medicine and women’s health since 1988. She has studied medicinal plants for almost 20 years and has taught Herbolgy at the University of California School of Nursing and Stanford Hospital.
• Wednesday, 6:40-9pm
• Apr. 21
• Kentfield Campus, Harlan Center 129
• Fee $45
• Course #35083

INTENSIVE ENGLISH PROGRAM (ESL)
INDIAN VALLEY CAMPUS IN NOVATO
The Intensive English Program is an international community of English language learners located at the beautiful naturally landscaped Indian Valley Campus. Small classes, excellent instructors, and fun, but rigorous coursework are key to our more than 30 years success in Marin County. We welcome Marin residents, au pairs, F-1 international students, and other students learning English as their second language. Join us at the beautiful Indian Valley Campus.
• SMALL CLASSES • FIELD TRIPS • 8 WEEKS • TOEFL PREPARATION • EASY TRANSFER TO CREDIT CLASSES
Spring Semester 2010: Session B
March 16—May 14, 2010
$1175 for 8 weeks (20 hours)
$975 (15 hours)
$725 (10 hours)
$375 (5 hours)
Courses meet 5 hours per week:
Writing with Grammar Practice
Tuesday/Thursday 9:10-11:35
Speaking/Listening/Pronunciation
Wednesday/Friday 9:10-11:35:
Grammar for Oral and Written Communication
Tuesday/Thursday 12:30-2:45:
Reading and Vocabulary Development with Topics in American Culture
Wednesday/Friday 12:30-2:45: A Certificate of Attendance is issued at our Graduation Ceremony on May 14, 2010.
For more information or to apply: Call 415.883.2211, ext. 8579
Fax: 415.883.2632
E-mail: intensiveenglish@marin.edu
For schedule and downloadable F-1 application: www.marincommunityed.org
F-1 International Students (new and transfer welcome) apply now for 16-week Fall 2010: August 17, 2010—December 3, 2010
Contact paulette.foster@marin.edu

Note: The following classes were developed to teach conversation skills in modern foreign languages. The emphasis will be on developing the ability to engage in everyday conversation and to handle typical situations. Unless otherwise noted, classes are organized in a two-year series with a potential of four quarters offered each year if warranted by enrollment. Classes designated “First Year, First Quarter” are for those with no previous background in the language. Each successive quarter continues to develop your ability to converse in the language. Those with equivalent knowledge are welcome to enroll mid-year; however, please be advised that no refunds are given for mistaken placement in the Language series. If in doubt, call the Community Ed office at 415.485.9305, press #4 to reach a staff person and ask to have the instructor call you.
When the purchase of a text book is recommended, that text will be used for the entire series. Cost of text books vary and are available at the College Bookstore, 415.485.9394.

COM Modern Languages Department: If you wish to develop reading and writing skills, please call the Modern Languages department at 415.485.9348 or go to www.marin.edu.
Introduction to Farsi (Persian)

You will be introduced to basic Farsi vocabulary and simple sentence structure. The emphasis of this class is on learning Persian pronunciation, and vocabulary building. Upon successful completion of this course, you will be able to speak in simple sentences and be familiar with general expressions, short phrases, proper greetings, and how to make introductions.

Classes will be held with the aid of an audio book. Text: Course book with CDs: *Farsi, A Complete Course for Beginners*, Nick Pendar, PhD, pub.: Living Languages. This course book and CDs will be used for future classes in Farsi.

Mehri Dadgar, (MFA), is a native of Iran and received her teaching credential there.

- 7 Saturdays, 10-11:15am
- Apr. 10-May 22
- Kentfield Campus, Harlan Center 166
- Fee $69 (Includes $1 materials fee)
- Course #35028

Also of interest ...

Iranian Civilization and Culture
See page 17.

Exploration of Mathnavi: The Gate to Rumi’s Practical Philosophy
See page 25.

Conversational French:
First Year, Fourth Quarter

These sequential courses are designed for those who have no or very little knowledge of French. We work with pronunciation, vocabulary enrichment and short conversations. See Note at beginning of the Languages section.

French language instructor Anne-Marie Lebas is a native of France who has taught in the Bay Area for over 20 years. She teaches with great enthusiasm and energy, and creates a lively and comfortable learning environment for students at any level. A bientôt!

- 7 Mondays, 6:40-8:30pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Olney Hall 104
- Fee $84
- Course #35030

Conversational French:
Second Year, Fourth Quarter

These second year refresher courses are for those who would like to review what they learned in high school or college French classes, or for those students who have taken the beginning French conversation courses. The goal is to boost confidence and fluency in speaking. See Note at beginning of the Languages section. Venez apprendre dans une ambiance joyeuse!

- Anne-Marie Lebas
- 7 Thursdays, 7:10-9pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 161
- Fee $84
- Course #35031

Conversational Italian:
First Year, Fourth Quarter

Continue learning basic conversational Italian, including pronunciation, vocabulary and command of idiomatic expressions and colloquialisms. See Note at beginning of Languages section.

Lido Cantarutti

- 7 Tuesdays, 7:10-9pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Learning Resources 53
- Fee $84
- Course #35032

Ilia Salomone-Smith

- 7 Tuesdays, 3:10-5pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 161
- Fee $64
- Course #35033 EC

Conversational Spanish:
First Year, Fourth Quarter

This continuing course is designed for first-year students who wish to learn to converse in Spanish with others at home or while traveling. You will learn and practice vocabulary, pronunciation, idiomatic expressions, and colloquialisms. The emphasis will be on developing the ability to converse. See Note at beginning of the Languages section.

Nancy McInnes

- 7 Thursdays, 7:10-9pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Harlan Center 165
- Fee $84
- Course #35035

Milt Hain

- 7 Tuesdays, 2:10-4pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Science Center 177
- Fee $64
- Course #35036 EC
Conversational Spanish: Second Year, Fourth Quarter

Join other students who have completed at least five quarters of Conversational Spanish, or have equivalent knowledge. With the goal being to gain more fluency and be able to express thoughts and feelings in Spanish, we work on enlarging vocabulary, pronunciation, and comprehension through oral drills. See Note at the beginning of the Languages section.

- **Milt Hain**
- 7 Fridays, 2:10-4pm
- Apr. 2-May 21 (No class Apr. 16)
- **Kentfield Campus**, Temporary Building 119
- Fee $64
- Course #35037 EC

LAW

How to Read A Contract and Why You Want to

Contracts are an important part of everyday life, and yet many people find them overwhelming. These six sessions will demystify ‘legalese’ and provide an overview of typical contracts, including real estate purchase and sale agreements, mortgages, car loans, leases, and home improvement contracts.

- **Judith Hanks** received an MBA from Golden Gate University, a JD from Hastings College of the Law, and a BA from Stanford University. She has been a Real Estate and Corporate Consultant.
- 6 Mondays, 6:10-7:15pm
- Apr. 19-May 24
- **Kentfield Campus**, Learning Resources Center 36
- Fee $59 (Includes $2 materials fee)
- Course #35072

Also of interest ...

Current Issues before the United States Supreme Court

See page 18.

LITERATURE

Exploration of Mathnavi: The Gate to Rumi’s Practical Philosophy

This course is for those who wish to gain the essence of love, intimacy, acceptance, and presence through an introduction to stories from the Mathnavi, the best known work by the great Persian saint and poet, Rumi. Each class will start with a reading in Rumi’s native Farsi, followed by an English translation, of a story from the first book of the Mathnavi. We will discuss how the stories reveal Rumi’s philosophy and show each of us how we can create a joyful and pleasant life and reach a state of satisfaction and happiness. A goal of this class will be to release the music of Rumi’s poetry and its transformative power.

A reading list will be distributed in class.

- **Ardeshir Arbab**, PhD (Mysticism), MA (Persian Literature), and has been founder and alternate president of Iranian-American Community of Northern California.
- 7 Wednesdays, 4:10-6pm
- Mar. 31-May 19 (No class Apr. 14)
- **Kentfield Campus**, Harlan Center 165
- Fee $84 (Includes $1 materials fee)
- Course #35165

Also of interest ...

Iranian Civilization and Culture

See page 17.

Introduction to Farsi (Persian)

See page 24.

Madame de La Fayette: The Princess of Cleves

The Princess of Cleves, written in the XVII century during the Golden Age of French Literature, is considered the first historical novel. It is foremost the first “novel of self-analysis,” dissecting emotions and attitudes in an intelligent manner. The plot takes place between October, 1558, and November, 1559, at the Royal Court of Henry II of France, recreating with precision the era, relationships and feelings between the protagonists. La Princesse de Clèves marked a major turning-point in the evolution of the novel which had been consumed by implausible romances. Its highly realistic plot and introspective language explore the characters’ inner worlds. Join us in discussing this fascinating story that gives perception into human nature and interesting historical facts. We will also discuss the biography and times of the famous Madame de La Fayette.

- **Erika Harkins**, MA (French Literature)
- 7 Wednesdays, 2:10-4pm
- Mar. 31-May 19 (No class Apr. 14)
- **Kentfield Campus**, Harlan Center 170
- Fee $66 (Includes $2 materials fee)
- Course #35073 EC

A registration form is at the center of this schedule.
Famous Texts that Changed the Course of the World

Can a text change the course of the world? Yes, it has and it will!

This Spring, we will discuss a new selection of texts which include those by William Harvey – the first person to demonstrate the circulation of the blood – Isaac Newton, Montesquieu, Jean-Jacques Rousseau, and Adam Smith. In particular, we will compare and discuss the Declaration of Independence with the Declaration of the Rights of Man, written during the French Revolution. We will explore the meaning of each text and address how, and why, each changed the course of the world. We will learn about the historical circumstances and personal lives and motivations of each author. Join us to discover the thrill of witnessing established norms being challenged and overthrown by innovative visioning. New students welcome!

- Erika Harkins, MA
- 7 Mondays, 2:10-4pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Harlan Center 165
- Fee $66 (Includes $2 materials fee)
- Course #35039 EC

Literature and Law: Anna Karenina

Leo Tolstoy once described his greatest novel, Anna Karenina, to a friend as a “labyrinth of linkages.” Anna Karenina presents not only a compelling story about two Russians, Anna Karenina and Konstantin Levin, searching for happiness and meaning in their separate lives, but also a complex analysis of Russian law about property, marriage, and family. We will decide in this course what this nineteenth century Russian can teach us about our own modern society. The sensational Pevear and Volokhonsky translation in 2001 of Anna Karenina (864 pages) will be our only reading for this popular limited enrollment, interdisciplinary course.

- David Robertson, (Stanford, AB, Yale Law School, JD) has taught political philosophy and literature at Yale College and College of Marin.
- 7 Fridays, 10:10am-12:30pm
- Apr. 2-May 20 (No class Apr. 15)
- Kentfield Campus, Portable Village 4
- Fee $64
- Course #35085 EC

Poetry: From Delight to Wisdom

“A poem begins in delight and ends in wisdom.” Robert Frost

Whatever defeats the Irish have suffered at the hands of the English these past 400 years, no one questions their utter triumph over the common literature during the last hundred. The flowering of Irish poetry alone that reached its culmination in the soaring achievement of William Butler Yeats during the first third of the twentieth century and that continues into the present through the work of Seamus Heaney has no equal across the Irish Sea. This quarter, we will examine the poems of Yeats, Heaney, Muldoon, Boland and, other contemporary Irish poets whose gifts have immeasurably enriched our shared literary heritage. Poems will be distributed and read in class.

The Portable Village is near the PE Complex, off of Parking Lot #12.

Longtime writing and literature instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer. Jackie was recognized as Outstanding Community Education Teacher of the Year by the COM Academic Senate in 2007.

- 7 Thursdays, 1:10-3pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Portable Village 4
- Fee $64
- Course #35085 EC

Note: Marin Adventures courses are conducted in the field; students provide their own transportation. There may be incidental entrance fees to parks. Wear comfortable shoes and dress for weather; bring drinking water and snacks – and your binoculars! Come prepared to have fun!

Itineraries: With the exception of Bird-Watching in Marin, itineraries for the classes listed below are available on www.marincommunityed.org. Go to the Marin Adventures section and double-click on the appropriate course number. If you do not have internet access, call 415.485.9305 and press 4 when you hear the automated voice. Please leave a detailed request, including the class you are registered for and your name and mailing address.

Mountain Biking in Marin

We live in a beautiful location with lots of open spaces and mountain bike trails to explore and enjoy. These seven sessions provide instruction for beginning to intermediate mountain bikers. Mountain bike skills, including bike handling, maintenance, trail etiquette, and learning local mountain bike trails, is the focus of the course.

We will meet at trailheads. You must provide your own bike. Please see Note.
above, including the information about Class Itineraries.

- **Christy Murphy**, MA (Exercise Science)
- 7 Thursdays, 4:10-6pm
- Apr. 1-May 20 (No class Apr. 15)
- **Locations:** See Itineraries Note above
- Fee $84
- **Course #35074**

**Bird-Watching in Marin:**
**A Field Exploration**

Learn to recognize local birds by sight or sound! This class is a field exploration of birds and birding localities of Marin County. The first class will meet in the classroom for a slide show and lecture, featuring local seasonal birds, to be followed by a bird-watching walk. All other classes will meet at field sites. An itinerary and directions to field sites will be distributed at the first class meeting. Please see Note above.

- **Lisa Hug**, MEd, is an experienced birder in Marin and Sonoma Counties who co-leads pelagic trips and teaches seminars at the Point Reyes National Seashore. Careful! Her passion for birds is contagious!
- **Orientation:** Tuesday, 9:10am-1pm
- Apr. 6
- **Kentfield Campus**, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- Apr. 13-May 4
- Fee $92
- **Course #35040 EC**

Also of interest ...

**California Geology:**
**The Once and Future Land**

See page 17.

**Meandering in Marin**

If you enjoy getting exercise, socializing with a congenial group, and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. Hikes are four to five miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine. Please see Note under Marin Adventures heading.

- **Wendy Dreskin**, one of the most informative and enjoyable naturalists in the county, leads the always popular Meandering in Marin. Wendy is a recipient of the Terwilliger Environmental Award.
- For each course listed below:
  - **Locations:** See Itineraries Note above
  - Fee $115
  - 7 Mondays, 9:45am-1:45pm
  - Mar. 29-May 17 (No class Apr. 12)
  - **Course #35043 EC**

- **7 Tuesdays, 9:45am-1:45pm**
  - Mar. 30-May 18 (No class Apr. 13)
  - **Course #35044 EC**

- **7 Thursdays, 9:45am-1:45pm**
  - Apr. 1-May 20 (No class Apr. 15)
  - **Course #35045 EC**

**Beginning Hiking**

Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our County on these four to six mile hikes. Along the way we will discuss plants, birds, insects, and whatever else may catch our eyes. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1000 feet of elevation gain.

Please see Note under Marin Adventures heading. Please, dogs are not invited to this class. Please bring a bag lunch.

Naturalist **Sharon Barnett** is a thoughtful and enthusiastic trail guide. She leads programs for Marin Nature Adventures, Point Reyes Field Seminars, and Marin Art and Garden Center.

- 6 Saturdays, 10am-2pm
- Apr. 10-May 22 (No class May 1)
- Last class: 10am-4pm
- **Locations:** See Itineraries Note above
- Fee $104
- **Course #35086 EC**

**Hildegard of Bingen:**
**Practical Mystic, Modern Ancient**

Eleventh century Germany was the stage for the brilliant and unpredictable Hildegard of Bingen: Although she saw visions and had mystical experiences, she was a practical bureaucrat and knew how to govern; largely unschooled in science and music, she wrote treatises and compositions that are valued and loved today. She was a feminine theologian long before that concept even had a name, a botanist, healer, apothecary, visual artist; her achievements and worldview speak to us, even one thousand years later.

This course will focus a great deal on Hildegard’s musical compositions and how her philosophy and theology is revealed in them, but we will also discuss her scientific writings and what her “greening” visions have to say to us in 2010.

- **Lenore Alford** is a Doctor of Musical Arts and Music Director of St. John’s Episcopal Church, Ross.
- 7 Tuesdays, 2:10-3:30pm
- Mar. 30-May 18 (No class Apr. 13)
- **Kentfield Campus**, Harlan Center 165
- Fee $57 (Includes $2 materials fee)
- **Course #35166 EC**
The Transformations in Classical Music in the Twentieth and Twenty-First Century

This course is devoted to listening to, recognizing, and discussing the varying styles and approaches to twentieth and twenty-first century classical music. Quickly leaving behind the Romanticism that ended the prior century, we take on and explore the radical changes that took place, from 1900 until the present, in melody, harmony, rhythm, time signatures, deceptive simplicity of compositions, and new instruments (non-Western and electronic).


Norman Masonson of the COM Music Department is a graduate of Juilliard, Columbia, and The Mannes College. He was a Fulbright Scholar in Conducting in Hamburg, Germany. His conducting work spans 50 years in New York and California.

- 7 Mondays, 2:10-4pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 177
- Fee $64
- Course #35041 EC

Russian Music: Rarely Performed Masterpieces Continued

This quarter, the rarely performed masterpieces which we will learn about and enjoy include Rachmaninoff’s sacred music, Stravinsky’s Piano Concerto, Khachaturian’s ballet music, Rimsky-Korsakov’s opera-ballet, Mlada, and Tchaikovsky’s Cantatas and String Quartets. New and returning students are always welcome.

Alexander Vereshagin, one of the Soviet Union’s premier musicians and currently Music Director and Conductor of the Russian Chamber Orchestra in San Francisco.

- 7 Fridays, 12:10-2pm
- Apr. 2-May 16 (No class Apr. 12)
- Kentfield Campus, Fine Arts 177
- Fee $64
- Course #35104 EC

Marin Men’s Chorus

“The camaraderie and brotherhood is an important part of this group, and keeps me coming back year after year.” Michael

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $40 at the first class meeting for materials/accompanist fees.

Don Miller, PhD, has forty years of choral singing experience under the batons of masters such as Seiji Ozawa and Robert Shaw. He brings a broad knowledge of choral music from classical to jazz.

- 7 Tuesdays, 7:30-9:30pm
- Mar. 30-May 18 (No class Apr. 13)
- St. Stephen’s Church
- 3 Bayview Ave., Belvedere
- Fee $39
- Course #35042 EC

Also of interest . . .

Chorus Emeritus

A Free Emeritus Class — page 40.

Piano Classes for Beginners to Advanced

Piano instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive and friendly environment. You will have your own upright piano in the classroom.

Section A (Tuesdays, 7:40-9pm) for those with little or no knowledge of the piano.

Section B (Tuesdays, 6:10-7:30pm) assumes the student has knowledge of note reading and basic piano skills.

Section C (Thursdays, 7:40-9pm) is for students who can proficiently play and count, hands together, pieces of moderate difficulty.

Section D (Thursdays, 6:10-7:30pm) is for the more advanced student. Emphasis is on musical interpretation and expression.

Students will be required to buy music at an approximate cost of $25.

To sign up for Piano Class, use the course number below. Students should attend the section that matches their ability. If you are new to the course or are unsure of your placement, e-mail the instructor at marciabau@aol.com.

Marcia Bauman, PhD (Eastman) is an award-winning composer and pianist, and has taught at Stanford University and the Eastman School of Music.

For each section listed above:

- Times as above
- 7 Tuesdays & 7 Thursdays
- Mar. 30-May 20 (No class Apr. 13 & 15)
- Kentfield Campus, Fine Arts 188
- Fee $88
- Course #35087
Harmonica Workshops: Double Your Fun

No previous ability to read or play music is needed for either class. You will need a C major diatonic harmonica. Harmonicas will be available in class for $10. CD and handouts are included in the materials fee.

Questions? Call the instructor at 707.987.0165. Take both harmonica workshops at a reduced fee or sign up for only one as shown below.

Dave Broida is a teacher and performer with over 20 years of experience who loves to share music, especially with those who don’t consider themselves musical.

For each course listed below:

- Thursday, May 6
- Kentfield Campus, Fusselman Hall 120

To register for both workshops at a reduced fee:

- Fee $75 (Includes $25 materials fee)
- Course #35046

Healthy Harmonica: Tunes and Rhythms

Breathing is our foundation when playing the harmonica. We will take the simplest of pop, folk, and blues rhythms and melodies, and invigorate them with simple, but powerful, easy-to-learn techniques to make any song deeply expressive!

- 6:10-7:45 pm
- Fee $39 (Includes $13 materials fee)
- Course #35047

Very Beginning Blues Harmonica

Got da’blues? Beginning Blues Harmonica will get you jammin’ the blues immediately! Our emphasis will be on playing and having fun as you are introduced to many of the tricks and techniques to make the harmonica cry, laugh, wail, and scream!! If you love the blues, this is the class for you.

- 8-10 pm
- Fee $44 (Includes $14 materials fee)
- Course #35048

Do It Yourself College Counseling for Parents of High School Students

In this introductory course, you will receive the necessary tools to get started and keep you and your child ‘on track’ with the college application process. Learn about College Entrance Tests (SAT and ACT) and the appropriate time for your child to take them. Understand how colleges evaluate student transcripts and the best courses to take in high school. Discover what role extra-curricular activities play in the application process and receive tips for choosing the best activities for your child. Examples of how these factors relate to different colleges including the UC, Cal State, and selective private colleges will be provided. You will have plenty of opportunity to ask questions.

Rosemary Costello, MA (Education/Counseling) has advised over 1800 students on the college admission process, and has a thorough understanding of what it takes to get into college today.

- Saturday, 10 am-12 noon
- Apr. 24
- Kentfield Campus, Harlan Center 161
- Fee $46 (Includes $1 materials fee)
- Course #35075

How to Get Your Teens and Young Adults to Independence

Our young people can find themselves lost after finishing college, and parents often do not understand how crucial their parenting role is in helping their young adult enter the work world and find a career. Learn how to mentor and be an effective role model for your adult child as you guide him or her into acquiring the life skills necessary to become independent. Learn how to help them research careers, create a viable plan for their future, manage their money, and become responsible adults.

A copy of Failure to Launch: How to Get Your Teens and Young Adults to Independence, written by the instructor, is covered by the materials fee and will be distributed in class.

Ellen Gibran-Hesse is a parent educator, motivational speaker, life coach, and author and has also written Parenting Your High School Graduate and When College Isn’t a Choice.

- Saturday, 1-4 pm
- May 8
- Kentfield Campus, Harlan Center 127
- Fee $55 (Includes $20 materials fee)
- Course #35049

Also of interest ...

‘Experienceship’ Workshop: Creating Your Future

See page 8.
PERSONAL DEVELOPMENT

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Patty Cala, Program Director

This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. On-going seminars and support groups are offered to help in the day-to-day caring for these children. Professionals, foster parents, and guest speakers address topics identified by the Foster and Kinship Care Education Advisory Board. Call Patty Cala at 415.457.8811, ext. 8239, for further information. These courses are funded by a grant from the Chancellor’s Office, California Community Colleges.

Intro. to Foster and Adoptive Parenting

Especially for those new to foster and adoptive parenting, or those beginning the process. Couples and single parents will learn about the court process, behavior issues, and emotional stresses for foster children and their new family; how to work with the agencies involved; the parent’s role in the child’s life; and the different ages and problems of the children. Offered in Spanish and English. For information, call Patty Cala at 415.457.8811, ext. 8239.

PERSONAL DEVELOPMENT

Celebrate Retirement: The Freedom and the Frustration

Every business day approximately 15,000 doctors, lawyers, engineers, CEOs, entrepreneurs, teachers, and others retire. We’re talking about Boomers, those over 55. This group leaves the work force with well-honed talents and skills. They have amazing gifts needed by their communities. If this describes you, this is your class! Discover what gives meaning and purpose to retirement. Learn how to handle unexpected frustrations and make adjustments. Using a well-crafted workbook, we will complete stimulating and dynamic written exercises in class and engage in lengthy discussions about what we discovered about ourselves and this new enterprise called ‘Retirement’.

Text: Celebrate Retirement, the Freedom and the Frustration is covered by the materials fee and will be distributed in class.

Roberta Dillon is a retired corporate Vice President who was accustomed to operating in a fast-paced, successful environment and suddenly found herself retired.

Living Your Legacy

How can you be more memorable? This class will give you the tools to explore what makes you who you are, what gives your life meaning, and how to live richly and fully and in a way that you may be proud of yourself. This class is for anyone who wants to tap into their own uniqueness and begin to live their own legacy. Topics to be covered include:

• Creating a ‘Portrait’ of Your Life
• What Is Important? What Is Not Important?
• Your Essential Self, Your Social Self, and Your Destiny
• The Map of Change: Catalysts that Transform You

Text: Start Living Your Legacy, Janet Benjamin, will be distributed in class. Please bring a 3-ring binder.

Janet Benjamin has been in sales, owned her own ‘green’ company, is a certified arthritis aquatics instructor, and has been a successful fundraiser for well-known Marin nonprofits.

Also of interest …

101 Ways to Improve Your Writing and Speaking

See page 35.

PHOTOGRAPHY

Introduction to Photoshop Elements: The Digital Darkroom

The focus of this course is to learn basic photo editing to improve your digital photos. We will perform simple image clean up and photo enhancements and provide step-by-step exercises to create contact sheets of your digital camera folder, crop and resize images for e-mail and print, repair damaged or scratched old photos, correct lighting, brightness/contrast and color, remove blemishes, red-eye, and other irregularities.

We want you to succeed in this class and suggest that you be proficient with the computer before enrolling.

Register early to secure your place in class, see pages 42-44.
Intermediate Photoshop Elements: The Digital Darkroom
This course will continue to focus on photo editing techniques. We will review the basics, introduce basic selections and layers, and cover how to control separate areas of a photo in order to execute customized lighting and color adjustments. If there is enough time, we will cover step-by-step instructions to create a slide show with viewing capabilities on a CD or the Internet. This class builds upon skills learned in Intro. to Photoshop Elements.

Advanced Photoshop Elements: Digital Scrapbooking
The focus of this course is to build layer and selection skills necessary in compositing collages, montages, and digital scrapbooking. We will perform more advanced level enhancements and provide step-by-step exercises to develop skills in selection and layer techniques, creative composition, and layout tips, borders, patterns, and type effects, and an overview of how to create a digital photo album. This class builds upon skills learned in Interm. Photoshop Elements.

Breema: Quiet Mind, Open Heart, Vital Body
Experience the dynamic, interactive practice of Breema® which was developed to help create harmony between the mind, feelings, and the body and to promote balance in our relationship to ourselves, to others, and all life. We will learn a series of simple sequences that relax and energize the whole body and are done with a partner. We will also practice Self-Breema exercises, in sitting, standing, and reclining positions, which are done alone. Learn Breema’s Nine Principles which address working with our own body’s comfort, letting go of tension, balancing firmness and gentleness, and giving and receiving with support.

All levels of ability are welcome. Some of the exercises are done with partners. You must be able to raise and lower yourself to the floor. Floor mats are provided.

Denise Berezonsky, CMT, and Carrie Gray, MA, CMT, are certified Breema instructors.

Note: Please check with your physician before you register for any P.E. class(es). If you have any questions about the level of difficulty of the class, please call 415.485.9305, press #4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy on page 43.

The Feldenkrais Method™: Injury Prevention, Recovery and Comfort In Movement
Awareness through Movement™ classes provide tools for recognizing and releasing habitual patterns which may unknowingly contribute to chronic discomfort, injury or limitation. Through easy movement sequences that are relaxing and enjoyable, we learn to move safely beyond pain and limitation to new or forgotten levels of ability. Dramatic improvement in posture, breathing, flexibility, coordination, and vitality are the frequent benefits.

Please bring a towel and blanket, and wear loose, comfortable, layered clothing.

Naomi Schaeffer Draper is a certified Feldenkrais Practitioner™ Physical Therapist and former dance teacher who brings 25 years of movement related experience to her teaching.

Teresa Hanson is a certified Feldenkrais Practitioner™ whose teaching is influenced by years of meditation practice and the inner dynamics of awakening to the whole of one’s self.

The Feldenkrais Method™ is a registered trademark of The Feldenkrais Institute of California, Inc.

www.marincommunityed.org
Yoga for a Healthy Back

This course teaches you safe and effective strategies for a healthy back. It especially focuses on the lower back, an important supporting structure that often becomes compromised. If you have mild chronic back pain and/or are interested in an educational, preventive approach to back care, this program is for you.

There will be emphasis on slow movements that strengthen, stabilize, and stretch the lower back. With the aid of breathing techniques we will activate the deep core muscles, support the lumbar, and promote intervertebral space. As a way to address underlying causes for back problems we will also explore appropriate range of motion, bring awareness to movement patterns, and develop healthy ones.

Please bring a yoga mat, blanket or towel, and cushion if desired. Eat lightly before class.

Sara Persson is a certified Viniyoga Teacher.

- 7 Tuesdays, 3:40-5pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Physical Education Center 60
- Fee $75
- Course #35050

Yoga and Meditation

This class is designed to help the student improve strength, flexibility, breathing, concentration, deep relaxation, and meditation. Yoga changes our body, and meditation changes our attitudes and mind, leading us to optimal physical, psychological, and spiritual balance. The class is approximately 70% Hatha Yoga and 30% deep relaxation and meditation. Beginners are welcome.

Recommendation: Do not eat within two hours prior to class. Bring a yoga mat, wear comfortable non-binding workout apparel to class.

Paul Landrum, PhD, has been teaching yoga at the College of Marin since 1988.

- Mar. 30-May 20 (No class Apr. 13 & 15)
- 7 Tuesdays & 7 Thursdays, 5:40-7pm
- Indian Valley Campus, Ohlone 106
- Fee $108
- Course #35052

Yoga for Every Body, Yoga for Every Mind

Practice Iyengar yoga postures with attention to the connection of mind, spirit, and breath. Increasing flexibility and strength restores the body’s freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome. Be ready to explore the possibilities that yoga has to offer.

Note: If you are new to yoga or registering for the Intermediate class for the first time, contact the instructor before registering at susyoga2@yahoo.com or 415.388.1549.

Bring a sticky mat to the first class.

Susy Stewart has studied yoga for 30 years including in India with the Iyengars and Integral yoga at the Sri Aurobindo Ashram. She is certified in Integrated Yoga Studies by the California Institute of Integral Studies.

- Kentfield Campus, Physical Education Center 60
  - 7 Saturdays
  - Apr. 10-May 22
- Beginner
  - 10-11:30am
  - Fee $75
  - Course #35053
- Intermediate
  - 8-9:45am
  - Fee $81
  - Course #35054

Introduction to Pilates

This popular mind/body exercise-conditioning program was developed by Joseph Pilates. We will focus on deep breathing while strengthening the core muscles of the trunk of the body, allowing the limbs to move more freely and in proper alignment. Pilates tones muscles, creates self-body awareness, promotes focused movement, increases flexibility and control, and improves posture. Learning to move through Pilates training allows for better function and control of muscles for sports, and is now practiced by many athletes, dancers, and office workers, not only to increase performance, but also to rehabilitate the body after injury.

Please bring your own mat to classes at the Indian Valley Campus. Be sure to arrive on time for warm ups to prevent injury.

For each course listed below:

- MinJae Laws
- Fee $68

Indian Valley Campus, Miwok 170

- 7 Mondays, 6:10-7pm
- Mar. 29-May 17 (No class Apr. 12)
- Course #35090
Form Body Studio
1000 Fifth Ave., Suite B, San Rafael

- 7 Mondays, 10-11am
  Mar. 29-May 17 (No class Apr. 12)
  Course #35091

- 7 Tuesdays, 6:30-7:30pm
  Mar. 30-May 18 (No class Apr. 13)
  Course #35092

Qigong and Women’s Health
Join Denise Aubin, Certified Medical Qigong Practitioner, to obtain powerful tools for self healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression. Designed for women of any age, we will focus on breast and reproductive organ health, balancing female hormones, detoxification, and the cultivation of energy for the promotion of health and well being. These simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. These classes will also include self massage, acupressure points, and meditation.

Qigong can help you feel relaxed, happy, and invigorated. Handouts will be provided. Please wear clothing for ease of movement.

- Denise Aubin
  - 6 Saturdays, 9:10-10am
  - Apr. 3-May 8
  - Kentfield Campus, Physical Education Center 22
  - Fee $53 (Includes $1 materials fee)
  - Course #35055

Wado Ki Kai Karate
“At the end of a long day, it feels so good to move and stretch while learning something new!” Christina

Wado Ki Kai means “to learn from all things.” Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques. The class is open to everyone interested in learning martial arts techniques; there are no prerequisites. Building self-confidence, integrity, humility, physical strength, coordination, agility, and a powerful sense of awareness are all attributes to this class. Karate attire is optional. Class ends on a Monday.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 16 years. Hursey is certified by the American Teachers Association of Martial Arts and the American Aerobics and Fitness Association, as a group exercise instructor.

- 7 Mondays & 7 Wednesdays, 6:40-8pm
  - Mar. 29-May 19 (No class Apr. 12 & 14)
  - Kentfield Campus, Physical Education Center 60
  - Fee $124
  - Course #35093

Boxing for Fitness
Train in the Art of Boxing, and feel healthier and more alive! This fitness class is suitable for any reasonably active adult. It offers a work out that will build strength and endurance, and help you to lose weight. Using boxing skills and drills, you will increase your muscular and cardio endurance, and engage your core. Both the upper and lower body will be toned and strengthened. Exercises will be tailored to student’s level of fitness. One-on-one training and style development as time allows. This class will not include contact.

Edward Greene, Executive Director of Marin Boxing Club, created the “One Kid at a Time” boxing program.

- 7 Tuesdays & 7 Thursdays, 6:40-8pm
  - Mar. 30-May 20 (No class Apr. 13 & 15)
  - Kentfield Campus, Physical Education Center 60
  - Fee $124
  - Course #35056

Have Fun and Be Fit Over 50
Have fun getting fit! Increase your strength and endurance and improve your balance and flexibility with a variety of exercises using hand weights, resistance bands, and your own body weight. This class is designed to provide a comprehensive and safe strength-training program for older adults who want to begin a strength program or continue in their current conditioning program. We will focus on exercises that apply to daily functional activities.

Participants must be able to get down to and up from the floor. Weights, mats, and resistance bands are provided. Please bring a towel and exercise mat, if you have one.

- Ellen Goldman, MA (Education), NCSF-CPT
- Heather Hartley, CPR & ACE-Certified
  - 7 Mondays & 7 Thursdays, 1:10-2:15pm
  - Mar. 30-May 20 (No class Apr. 13 & 15)
  - Indian Valley Campus, Ohlone 106
  - Fee $76
  - Course #35169 EC

A registration form is at the center of this schedule.
Strength and Fitness Training

Get fit and have fun with safe, individualized strength training and stretching! You can also improve your cardiovascular fitness, posture, balance, and body composition. Wear comfortable clothing and close-toed shoes. This class is appropriate for adults of any age. You must be able to get up and down from the floor independently.

The “Beginner/Intermediate” class does not require previous weight training experience. We strongly recommend that you take that class at least two times before signing up for the “Advanced” class. These classes meet twice a week.

Beginner/Intermediate

- **Betsy Best-Martini**, MS (Recreational Therapy), SFA certified
- Mar. 31-May 21 (No class Apr. 14 & 16)
- **Kentfield Campus**, Physical Education Center
- 7 Wednesdays 7:30-9am, PE Center 22
- 7 Fridays, 8:10-9:30am, PE Center 20
- Fee $89
- **Course #35094 EC**

Advanced

- **Kim Jones**, MS (PE-Exercise Physiology), ACSM, SFA Certified
- 7 Tuesdays & 7 Thursdays, 7:8:45 a.m.
- Mar. 30-May 20 (No class Apr. 13 & 15)
- **Kentfield Campus**, Physical Education Center 20
- Fee $99
- **Course #35095 EC**

Effortless Tennis

This evolutionary approach to the game eliminates the biggest impediment to peak performance—competition. Playing competitively before mastering the basic skills lowers performance, limits potential, undermines self-esteem, and diminishes enjoyment. Undo past limitations around learning and performance while having fun developing the skills necessary to playing well. Great workout—physically, mentally, and emotionally! The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

Skill levels must be appropriate for the class. If you have any questions regarding your placement, please call the instructor at 415.457.9476 or e-mail him at effortlesstennis@comcast.net.

**Brent Zeller** has been playing tennis for 42 years, teaching the game for 36 years, and has an extensive background in psychology, philosophy, and learning theory.

**For each course listed below:**

- **Kentfield Campus, Tennis Courts**

**Beginning**

- 8 Tuesdays, 9:40-11am
- Mar. 30-May 25 (No class Apr. 13)
- Fee $122 (Includes $6 materials fee)
- **Course #35057**

**Intermediate 1**

- 8 Wednesdays, 9:40-11am
- Mar. 31-May 26 (No class Apr. 14)
- Fee $122 (Includes $6 materials fee)
- **Course #35058**

**Intermediate 2**

- 8 Thursdays, 9:10-11am
- Apr. 1-May 27 (No class Apr. 15)
- Fee $160 (Includes $6 materials fee)
- **Course #35059**

Aqua Exercise for Active Adults

The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Older adults will especially enjoy this kind of exercise because it releases all pressure from the skeletal system. At the same time it loosens painful joints and muscles, while improving flexibility, strength, endurance and the whole cardiovascular system. Enjoy your body in movement, floating weightless while meeting other students in a playful environment.

You must be able to get in and out of the pool on your own. No assistance is available.

- **Staff**
- 7 Tuesdays & 7 Thursdays, 9:40-11am
- Mar. 30-May 20 (No class Apr. 13 & 15)
- **Kentfield Campus**, Pool
- Fee $89
- **Course #35174 EC**

Fitness Swim

Swimmers of all levels, from novices to competitive athletes, are invited to join a fun and motivating Masters-style group workout to improve their fitness and get into great shape. Highly skilled instruction will help you to learn or improve stroke technique and build fitness. The focus will be on the freestyle stroke (crawl) with additional instruction in non-freestyle strokes as well (backstroke, breaststroke, and butterfly). Workout...
levels vary according to swimmers’ abilities. Some swimming experience highly recommended. What to bring: swim goggles (required); swim cap (optional); and water bottle (recommended).

For all courses listed below:
- Betsy Babson
- Tina Marie Rossi
- Kentfield Campus, Pool
- Fee $108

6:40-7:45am
- 7 Mondays & 7 Wednesdays
  Mar. 29-May 19 (No class Apr. 12 & 14)
  Course #35060
- 7 Tuesdays & 7 Thursdays
  Mar. 30-May 20 (No class Apr. 12 & 14)
  Course #35061

7:10-8:15pm
- 7 Mondays & 7 Wednesdays
  Mar. 29-May 19 (No class Apr. 12 & 14)
  Course #35062
- 7 Tuesdays & 7 Thursdays
  Mar. 30-May 20 (No class Apr. 13 & 15)
  Course #35063

Game Time Elite Players
Basketball Skills Camp

This class is designed to teach High School athletes of all skill levels the basics of basketball, including passing, dribbling, shooting, and rebounding. The course will also introduce individual play and the art of team offense and defense. Discussions will also cover rules, proper etiquette, terminology, and the components of fitness. Each practice is designed to teach players the basic fundamentals and team concepts of the game of Basketball. Players will go through individual, as well as team drills. Each day, players will be instructed during “Stations” where they will work on individual basic fundamentals, while being supervised by a knowledgeable coach. All players will participate in two to three games daily.

David Granucci is a former professional basketball player and currently the head assistant coach for the men’s basketball team at College of Marin.
- 7 Saturdays, 10:10am-12noon
  Apr. 10-May 22
- Kentfield Campus, Physical Education Center 20
- Fee $84
- Course #35170

101 Ways to Improve Your Writing and Speaking

Do I use who or whom? Is it affect or effect? What do I do with a semicolon? This course has all the answers to the most common grammar questions and issues. Designed for professionals, job seekers, recent graduates, students, and anyone who would like to be more confident when writing and speaking, the course begins with the basics such as parts of speech, parts of a sentence, punctuation, and capitalization. Using fun quizzes, lectures, and class discussions, we will cover dead words, parallel structure, often-confused words, commonly misspelled and mispronounced words, and how to write paragraphs, letters, and reports.

Text: The Best Little Grammar Book Ever! by the instructor is covered by the materials fee and will be distributed in class.

Arlene Miller, MA, has taught for six years and has over 20 years of experience as a writer and editor.
- 4 Thursdays, 6:10-7:30pm
  Apr. 22-May 13
- Kentfield Campus, Harlan Center 161
- Fee $64 (Includes $12 materials fee)
- Course #35078

Find Your Inner Editor: Introduction to Editing and Proofreading

When you are reading a magazine, does your eye automatically find typos? Do you have knowledge of grammar, spelling and punctuation? If so, you may have inherited good grammar genes and may want to consider becoming an editor or proofreader. We will cover job skills, training and terminology/vocabulary, as well as the inner workings of the editorial business, including pay rates, expectations, computers, self-marketing, definitions of editorial functions, handling criticism, deadlines and part-time and freelance opportunities. Fun and challenging exercises help you practice editing and proofreading skills.

John Maybury is a freelance copy editor and proofreader for a number of publications, advertising agencies, nonprofit organizations and corporations.
- Saturday, 1-5pm
  Apr. 17
- Kentfield Campus, Harlan Center 173
- Fee $65 (Includes $5 materials fee)
- Course #35064
How to Write Any Book the Easy Way

Your book can be a great credential or a life's dream. Publishing a book involves two parts: writing and getting published. This course will cover both. It will show you three ways to write a book, five ways to get paid in advance, and why writers block can't stop you. It will cover self-publishing vs. existing publishers, agents, and what to expect from the business of publishing. Come with a specific topic and we will brainstorm your outline or title. There are many handouts that will "put you to work."

Roderick Crandall, Ph.D., has written two books, ghost-written several and edited 20 others. Past president of the Bay Area Independent Publishers Association, he has consulted on all aspects of publishing, including starting five publishing companies.

- Saturday, 1:10-5pm
- Apr. 24
- Kentfield Campus, Harlan Center 172
- Fee $60 (Includes $10 materials fee)
- Course #35056

Deconstructing the Novel

In this class, we will break down a novel into its various parts so that you will understand how to write a novel that publishers will want to buy. This will be a step-by-step look at how to write a novel, and we will focus on writing best-selling fiction. Learn how to avoid writer's block, how to create an outline that supports your writing process, and what makes a story riveting.

Anne Jordan has been a professional writer since 1994, and is a Hollywood reader for some of the most prestigious organizations in Los Angeles, including Blue Cat and Scriptwriter's Network. She is also the founder of Northern California Screenwriters, a board member of the Sonoma Film Council, a professional script consultant, and a member of the Los Angeles Chapter of Women in Film.

- 4 Thursdays, 7:10-9pm
- Apr. 22-May 13
- Kentfield Campus, Physical Education 91
- Fee $119 (Includes $5 materials fee)
- Course #35096

How to Write Flash Fiction – And Why You Want to

Flash fiction is the art of writing a complete story in 500 words, or two pages. The practice of writing these short-shorts causes you to flex your best writing muscle: precision. In addition to being a writing adventure, flash fiction – unlike many other writing exercises – has a market. It is an official genre, with an ever-increasing number of print and online 'litmags,' and anthologies publishing it. Some of our best contemporary authors write flash fiction. Learn what else is needed, how to write these brief stories, and where to publish.

Please bring a notebook and pen to class.

Peg Alford Pursell, MFA (Creative Writing), is an award-winning writer and has taught writing since 1984.

- 7 Wednesdays, 1:10-3pm
- Mar. 31-May 19 (No class Apr. 14)
- Kentfield Campus, Harlan Center 129
- Fee $74 (Includes $1 materials fee)
- Course #35079 EC

Elements of Creative Writing

"There are three rules for writing well. Unfortunately, no one knows what they are." Somerset Maugham

Somerset Maugham might have been right, but that's no reason to be discouraged. For 24 years, this course has offered excellent, encouraging critiques of every genre for every level of writer. Some students have gone on to publish their work and win awards. Each class begins with a piece by a notable author and a brief discussion. This is an ongoing workshop; new students are welcome.

Thomas Centolella is a Lannan Literary Fellow and the author of three books, including Terra Firma, winner of the Bay Area Book Reviewers Award, and Lights and Mysteries, winner of the California Book Award from the Commonwealth Club. His work has been featured on National Public Radio and in many national anthologies.

- 7 Mondays, 5:30-8:30pm
- Mar. 29-May 17 (No class Apr. 12)
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $89
- Course #35066 EC
Creative Writing Workshop: The Writing Groove
“The two hardest things about writing are starting and not stopping.” Stewart O’Nan

Dive into this invigorating creative writing workshop and explore the genre of your choice. Use weekly writing ‘seeds,’ deadlines, and a creative venue to share your stories, poems, chapters or plays. Join an inspired community of writers like yourself who enjoy the process of discovery and the earnest pursuit of craft.

Guy Biederman, MA, has taught, written, published, and immersed himself in the creative writing life since returning from the Peace Corps in 1982. He is the author of two books of stories and poems, has produced five plays, and is a frequent guest speaker and literary contest judge.

- 7 Thursdays, 1:10-4pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Harlan Center 173
- Fee $91 (Includes $2 materials fee)
- Course #35080 EC

Tales Told from Memory
Memoir has become one of the hottest genres of the current literary scene. This writing workshop will help you retrieve your own remembered experience and shape it into story. Each session, we study and discuss the work of veteran memoir writers for insights into the crafting of personal narrative. The stories we then write draw upon lessons learned from literature, as well as weekly instructor and class feedback.

Longtime writing instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer.

- 7 Mondays, 1:10-3pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Harlan Center 170
- Fee $64
- Course #35097 EC

The Poetic Pilgrimage: Writing Poetry as Spiritual Practice
As we rush through our days, the urge to root ourselves in something deep and sustaining intensifies. The writing of poetry not only serves this urge, but has many similarities to traditional spiritual paths: focus on presence, development of compassion and detachment, sincere truth-telling, surrender to something beyond ourselves. In this class we will use poems and sutras from various traditions to lead us into such topics as: The Inner Ear, Luminosity, Rhythm (& Blues), and The Art of Being Surprised by Our Own Poems. And we will read and write poems to our hearts’ content and publish our own anthology!

Prartho’s publications include Call from Paris, which won the 2007 Washington Prize in The Word Works’ national poetry competition. She is also author/illustrator of Causing a Stir: The Secret Lives and Loves of Kitchen Utensils, bronze medalist in the 2008 National Independent Publisher’s Awards.

- 7 Tuesdays, 2:10-4pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 171
- Fee $67 (Includes $3 materials fee)
- Course #35081 EC

Emeritus Writing and Performance Group
Come join this weekly workshop, one of the longest continuously running classes in Emeritus College, focusing on the writing and presentation of personal monologues, dialogues, and poems. Both fiction and creative non-fiction are welcome. You will be encouraged to find the truth of your inner voice and be able to communicate those thoughts aloud to others. Open to both beginning and seasoned writers, we do weekly readings in class of current work, and students have the option of participating in a public performance at the end of spring quarter.

Suresa Dundes, MFA (Theatre), MA (Education), has worked as a Literary Manager, director, and designer in films, video, and theatre. Experienced in teaching Acting, Voice, Film Appreciation, and Art Direction, she writes fiction, screenplays, and creative nonfiction.

- 7 Saturdays, 10am-1pm
- Apr. 10-May 22
- Kentfield Campus, Fine Arts 134/136
- Fee $89
- Course #35067 EC

- 7 Thursdays, 1:10-4pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Harlan Center 173
- Fee $91 (Includes $2 materials fee)
- Course #35080 EC

- Tales Told from Memory
- 7 Mondays, 1:10-3pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Harlan Center 170
- Fee $64
- Course #35097 EC

- The Poetic Pilgrimage: Writing Poetry as Spiritual Practice
- 7 Tuesdays, 2:10-4pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 171
- Fee $67 (Includes $3 materials fee)
- Course #35081 EC

- Emeritus Writing and Performance Group
- 7 Saturdays, 10am-1pm
- Apr. 10-May 22
- Kentfield Campus, Fine Arts 134/136
- Fee $89
- Course #35067 EC
FREE CLASSES FOR OLDER ADULTS

The following classes are FREE to all. If you are a continuing noncredit student, you may register at https://MyCOM.marin.edu. You may also register in person at the Admissions Office on either campus or through the mail using the registration form at the center of this schedule. Please keep in mind that registration applications which are mailed will not appear on the Student Portal until five (5) business days following receipt of the application by Admissions & Records.

To confirm your registration and access your class schedule, go to https://MyCOM.marin.edu.

New Noncredit Students: If this is your first time to register for a noncredit (free) class, please complete the “Community Education Application for Admission” found at the center of this schedule and submit it to COM’s Office of Admissions & Records. You may mail it to: College of Marin, Admissions & Records, 835 College Avenue, Kentfield, CA 94904; or fax it to 415.460.0773; or submit it in person at the Admissions Office on either the Kentfield or Indian Valley Campus. Once your application has been processed, you will be mailed a letter with instructions for accessing the Student Portal where, in the future, you will be able to register and check your class schedule.

HEALTH AND SAFETY COURSES/EMERITUS COLLEGE

HSFN 9011 0.0 Unit
Movement and Music for Older Adults B

This class continues to offer the same exercise course described above under Movement and Music for Older Adults A.

11311 03/29-05/24 D Hain
Lab M 11:10am-12:00pm, OFF/WSTP
This class meets at The Whistletop, 930 Tamalpais Ave., San Rafael. No class Apr. 12

HSFN 9016 0.0 Unit
Exercise for Fitness and Pleasure B

Maintaining and improving general health and fitness are the goals of this class for the active adult. This class continues to build on the abilities and skills developed in HSFN 9015, including stretching, toning, strengthening, relaxation techniques and rhythmic activities set to music.

11365 03/30-05/27 E Riswold
Lab TR 3:40pm-4:30pm, KTD/PE022
No class Apr. 13 & 15

HSFN 9021 0.0 Unit
Moving with Chi for Active Older Adults B

Moving with Chi is a beginning course based on principles of Tai Chi and Qigong. Students receive training in acupressure points for self-healing and Tai Chi/Qigong forms. HSFN 9020 is not a requirement prior to enrolling in HSFN 9021. Note: please wear loose, comfortable clothing and bring blanket or mat for floor exercises.

11312 04/01-05/27 D Govrin
Lab R 1:10pm-3:00pm, IVC/BLDG15/ MW170
No class Apr. 15 & 22

HSFN 9026 0.0 Unit
Wild Goose Qigong for Active Older Adults B

This class continues to offer the same exercise course described above under Qigong for Active Older Adults A (HSFN 9025).

11324 03/30-05/25 D Govrin
Lab T 1:10pm-3:00pm, IVC/BLDG15/ MW170
No class Apr. 13 & 20

11354 04/02-05/28 D Govrin
Lab F 10:10am-12:00pm, KTD/PE060
No class Apr. 16 & 23

HSFN 9028 0.0 Unit
Advance Wild Goose Qigong for Active Older Adults B

Wild Goose, an ancient Chinese form 1700 years old, is a beautiful set of 128 movements imitating the daily life of the Wild Goose. This advanced Second Set of 64 movements is for students who have previous knowledge of the first 64 movement Set taught in HSFN 9027 and instructor consent. This course will include instruction of Second Set of 64 movements, practice of the First Set introduced in HSFN 9027, Qigong warm ups, acupressure massage and meditation.

11325 04/02-05/28 D Govrin
Lab F 12:10pm-2:00pm, KTD/PE060
No class Apr. 16 & 23

HSFN 9031 0.0 Unit
Tai Chi for Active Older Adults 1B

Experience the Joy of Tai Chi and increase your sense of well-being in this tranquil class where you will continue the practice of a series of gentle, health-giving exercises. Tai Chi combines the flow of dance with stretching movements that tone and trim the body while improving circulation, balance and vitality, and focusing the mind.

11331 03/30-05/25 C Talmadge
Lab T 10:45am-12:00pm, OFF/REDWD
This class meets at the Redwoods, 40 Camino Alto, Mill Valley. No class Apr. 13

11356 03/29-05/24 C Talmadge
Lab M 3:40pm-5:00pm, KTD/PE022
No class Apr. 12
FREE CLASSES FOR OLDER ADULTS

HSFN 9036 0.0 Unit
Int. Tai Chi for Active Older Adults 2B: Intermediate Level
Experience the joy of Tai Chi and increase your sense of well-being in this tranquil class where you will continue the practice of a series of gentle, health-giving exercises. Tai Chi combines the flow of dance with stretching movements that tone and trim the body while improving circulation, balance and vitality, and focusing the mind.
11357 03/31-05/26 C Talmadge
Lab W 3:40pm-5:00pm, KTD/PE022
No class Apr. 14

HSFN 9041 0.0 Unit
Advanced Tai Chi for Active Older Adults B
This class continues to offer the same exercise course described above under Advanced Tai Chi for Active Older Adults A.
11358 04/02-05/28 C Talmadge
Lab F 2:10pm-4:00pm, KTD/PE060
No class Apr. 16

HSFN 9046 0.0 Unit
Gentle Yoga for Active Older Adults B
This class continues to offer the same exercise course described above under Gentle Yoga for Active Older Adults A.
11361 03/30-05/27 S Tara
Lab TR 11:10am-12:30pm, IVC/BLDG20/OL106
No class Apr. 13 & 15

HSFN 9050 0.0 Unit
Your Medications and What You Should Know
We will cover the treatment of common diseases and conditions, e.g., hypertension, heart attacks, high cholesterol, diabetes mellitus, depression, and others. Common diseases, drug safety will be discussed. Bring your questions to class.
11391 03/29-05/17 R Levin
Lec M 1:10pm-3:00pm, KTD/HC129

OLDER ADULTS/EMERITUS COLLEGE

OLAD 7001 0.0 Unit
Feldenkrais for Older Adults B
Feldenkrais for Older Adults classes provide tools for recognizing and releasing habitual patterns which may be contributing to chronic discomfort or injury. This class is a continuation of Feldenkrais for Older Active Adults A; however, it is not required to enroll in A before enrolling in B. Note: Please bring head pads or two towels and a blanket, and wear loose, comfortable, layered clothing.
11335 03/31-05/26 T Hanson
Lab W 3:40pm-5:00pm, KTD/PE060
No class Apr. 14

OLAD 7005 0.0 Unit
Do It Yourself Pain Relief: A New Way to Exercise B
The original exercises learned in this friendly exercise class allow you to relax, talk and have fun while pushing limits and working muscles hard without straining existing problems.
11337 03/29-05/28 M Margolis
Lab MWF 3:40pm-5pm, KTD/FH120
No class Apr. 12, 14 & 16

OLAD 7011 0.0 Unit
Energy Warm Ups for the Older Adult B
This class continues to offer the type of exercise described above under Energy Warm Ups for the Older Adult A. OLAD 7011 is not required prior to enrolling for OLAD 7011.
11338 03/30-05/28 E Riswold
Lab T 8:10am-9:00am, KTD/PE022
Lab F 8:40am-9:40am, KTD/PE022
No class Apr. 13 & 16
11362 03/29-05/26 E Riswold
Lab MW 9:40am-10:30am, IVC/BLDG15/MW170
No class Apr. 12 & 14

OLAD 7041 0.0 Unit
Aqua Exercise for the Older Adult B
This course continues the learning offered in Aqua Exercise for the Older Adult A; however, A is not required to enroll in B.
11340 03/30-05/27 R Robles
Lab TR 9:10am-10:45am, IVC/POOL3/POOL1
No class Apr. 13 & 15
11341 03/29-05/26 R Robles
Lab MW 9:10am-10:45am, IVC/POOL3/POOL1
No class Apr. 12 & 14

OLAD 7045 0.0 Unit
The Art of Meditation
Join this field trip class for an introduction to meditation techniques with seasoned teachers from different traditions at spiritual centers throughout Marin and the Bay Area. May include Green Gulch Zen Center, Vipassana, or Nyingma Institute. Note: The first class is an orientation on campus; all other class meetings are field trips. Students provide their own transportation and meet on site. A fee of approximately $10 per person will be collected at the orientation to cover tour fees.
10383 04/01-05/20 C Talmadge
Lec R 1:10pm-4:00pm, KTD/HC127
This class meets on campus for first meeting only. All other classes are held off campus. Instructor will give itinerary at first meeting. No class Apr. 15

More Classes for Older Adults
OLAD 7051 0.0 Unit
Samba for Health for Older Adults B
Samba is a traditional Afro-Brazilian art form which blends music, dance and exercise to promote wellness. In this class for active, older adults, we continue to practice what we learned in the first session; new students welcome.
11343 03/31-05/26 R Alves
Lab W 7:40am-9:00am, IVC/BLDG15/MW170
No class Apr. 14

OLAD 7055 0.0 Unit
Psychology of Joy
In this course we will investigate the peak moments of our own lives and use meditation, dream work and artistic expression to invite more bliss into our lives. We will also explore the human capacity for joy as it has appeared in poetry, story and song throughout history.
11373 04/01-05/27 P Sereno
Lec R 2:10pm-4:00pm, KTD/FA072
No class Apr. 15

OLAD 7063 0.0 Unit
Chorus Emeritus B
If you like to sing or think you would like to sing in a mixed chorus, join us! We have a friendly, relaxed group of singers who sing a wide variety of music: show tunes, popular, folk, classical, spirituals, etc. Each year, in April and May, we perform at retirement and convalescent facilities. No auditions; everyone is welcome.
11367 04/01-05/27 P Hildreth
Lec R 3:10pm-5:00pm, KTD/FA072
No class Apr. 15

EMERITUS COLLEGE

Emeritus College is a unique program designed to meet the needs of the County’s lifelong learners who already have their degrees and/or are retired or considering retirement. Emeritus College classes and the Emeritus Students College of Marin (ESCOM) actively support the principles of quality of life, lifelong learning, and creative retirement.

INDEX OF EMERITUS COLLEGE CLASSES

Art
Art On the Go Bus Trip: South of Market Art Adventures ........8
The Affects of the Seasons: Water Soluble Media ......................... 6
The Flow of Watercolor: Lakes and Reflections .................. 6
Watercolor Basics and Beyond .......... 6
Water Media Abstractions Workshop... 7
Computers
Computing for Older Adults ................. 10
Contemporary Sciences
California Geology: The Once and Future Land ..................... 17
Cultural Studies
Iranian Civilization and Culture ............ 17
Current Events
Current Issues before the United States Supreme Court ...... 18
Drama
Theater of the Absurd ......................... 19
Film Appreciation
The Second Annual ‘In Spring, Everyone’s Fancy Turns to Love’ Film Fest ........................ 19
Languages
Conversational Italian: First Year, Fourth Quarter ................. 24
Conversational Spanish: First Year, Fourth Quarter ...................... 25
Conversational Spanish: Second Year, Fourth Quarter .............. 25
Literature
Exploration of Mathnavi: The Gate to Rumi’s Practical ............. 25
Famous Texts that Changed the Course of the World ............... 26
Literature and Law: Anna Karenina ........ 26
Madame de La Fayette: The Princess of Cleves .................... 26
Poetry: From Delight to Wisdom ..................... 26
Marin Adventures
Beginning Hiking ................................ 27
Bird Watching in Marin ......................... 27
Meandering in Marin ......................... 27
Music
Hildegard of Bingen: Practical Mystic, Modern Ancient .............. 27
Marin Men’s Chorus (Tiburon) .................. 28
Russian Music: Rarely Performed Masterpieces Continued ............ 28
The Transformations in Classical Music in the 20th and 21st Century 28
Noncredit (FREE) Classes
Advanced Wild Goose
Qigong for Active Older Adults ............. 38
Tai Chi for Active Older Adults
Aqua Exercise for Active Adults
Chorus Emeritus
Do It Yourself Pain Relief:
A New Way to Exercise
Energy Warm-Ups for the
Older Adult
Exercise for Fitness and Pleasure
Feldenkrais for Older Adults
Gentle Yoga for Active
Older Adults
Movement and Music for Older Adults
Moving with Chi for
Active Older Adults
Psychology of Joy
Samba for Health for Older Adults
The Art of Meditation
Tai Chi for Active Older Adults
(The Joy of Tai Chi), Beginning, Intermediate, and Advanced
Wild Goose Qigong for
Active Older Adults
Your Medications and
What You Should Know

Personal Development
Celebrate Retirement: The
Freedom and the Frustration
Living Your Legacy

Physical Fitness
Aqua Exercise for Active Adults
Have Fun and Be Fit Over 50
Strength and Fitness Training

Writing
Creative Writing Workshop:
The Writing Groove
Elements of Creative Writing
Emeritus Writing and Performance
Group
How to Write Flash Fiction –
And Why You Want to
Tales Told from Memory
The Poetic Pilgrimage: Writing
Poetry as Spiritual Practice

---

**EMERITUS STUDENTS COLLEGE OF MARIN**

**A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS**

Join Emeritus Students College of Marin (ESCOM) and discover a world of opportunity to support lifelong learning and to network with like-minded individuals. The ESCOM Council serves as an advocate for lifelong learning on the College of Marin's participatory governance system and articulates concerns for new programs, forums, and course directions. Purchase of a $15 Student Activities Card entitles you to receive a monthly newsletter and to participate in any of the clubs and other student body activities sponsored by ESCOM. The Student Activities Card fee supports programs, activities, and efforts of the Student Association, including subsidies for low-enrolled classes.

---

**Join the Fun!**

**Emeritus Students Activities Card Application**

Name:____________________
LAST FIRST MIDDLE INITIAL

Address: ______________________
NUMBER STREET
CITY STATE ZIP

Phone Number ______________________

E-mail ______________________

Signed ______________________

Please check appropriate squares:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>FEMALE</td>
<td>MALE</td>
</tr>
<tr>
<td>55 OR OVER</td>
<td>UNDER 55</td>
</tr>
</tbody>
</table>

New Renew

You may personally apply at EMERITUS CENTER, COLLEGE OF MARIN, Kentfield, CA 94904, Monday-Friday, 9:30am-3:30pm, or mail this application enclosing a $15 check or money order and self-addressed, stamped envelope to the above address. Checks should be made out to ESCOM.
EMERITUS CENTER

Kentfield Campus: 415.485.9652
Indian Valley Campus: 415.457.8811, ext. 8322

Please visit the Emeritus Center on the Kentfield Campus and Emeritus North on the Indian Valley Campus. Both centers offer a lounge for ESCOM members and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome you at both locations.

The Emeritus Center, Kentfield Campus, Student Services Building, room 146, is open Monday through Friday, 9:30am-3:30pm. Emeritus North, on the Indian Valley Campus, is located in the Administrative Services complex, Building 10, Room 140. To schedule use of Emeritus North, please call 415.883.7805.

CULTURAL ACTIVITIES

ESCOM sponsors film presentations, lectures, art shows, poetry readings, and recitals, as well as clubs. Consult the Emeritus Students Newsletter for details.

ESCOM TUITION GRANTS

The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any College of Marin course. An application may be obtained in person at the Kentfield Emeritus Center, or by phoning 415.485.9652, and making your request along with your mailing address. Applications must be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day Monday, March 15.

ESCOM CLUBS

Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433
Architectural Model Building: B. Hanciulesco, 415.927.2183
Bocce Ball: J. Kouns, 415.332.5929
Bridge: L. Mason, 415.456.2508
T. Metzger, 415.479.8290
Classic Cinema: R. Mead, 415.883.8919
Current Events: J. Weisman, 415.383.1831
J. Kennedy, 415.388.3939
French: D. McMurtry, 415.472.4738
Italian: M. Weed, 415.453.6054
IVC Book Forum: L. Kerr, 415.883.2823
IVC Film Noir: R. Ramirez, 415.491.0522
IVC Great Books: D. Polhemus, 415.883.3567
IVC Humanities: R. Ramirez, 415.491.0522
IVC Philosophy: L. Witter, 415.883.6889
Opera and Beyond: G. Deane, 415.456.2853
Rumi Poetry: E. Curtis, 415.453.1433
Scrabble: M. Knox, 415.459.1427
Sounds of Music: R. King, 415.898.5845
Spanish: D. Robinson, 415.388.6167
Writers Workshop: A. O’Briant, 415.453.3168

REGISTRATION INFORMATION

Registration Begins Monday, March 1, at 8 a.m.

Register through the Internet

Go to www.marincommunityed.org. Registration requests received through the website will be processed within five (5) business days.

Register In Person

You may register in person for Community Education classes at the Admissions Offices on either campus.

Register by U.S. Mail

Please mail your registration at least eight (8) business days prior to the first class meeting to ensure that your name appears on the instructor's roster. The mailing address is College of Marin, Community Education Registration, 835 College Ave., Kentfield, CA 94904.

Register by Fax: 415.460.0773

Faxed registrations will be processed within five (5) business days.

To Register for Classes Taught Online

For classes taught online, after registering with the college by any procedure listed on this page, e-mail cheryl.carlson@marin.edu and include your name and course name(s) and number(s) so that we may forward your information to the instructor. If you have any questions about online classes, please call 415.485.9305 and press 4.

Confirmation of Enrollment

A confirmation of enrollment may be obtained through the Student Portal at https://MyCOM.marin.edu.
Payment of Fees

You may pay for classes with a MasterCard or Visa number; please include the expiration date. If you prefer to pay by check, please send a separate check (or money order) made payable to College of Marin for each class requested. Be advised that the college charges $15 for all returned checks. Fees are not transferable between quarters.

Vouchers

Please be advised that we no longer accept or issue Vouchers.

Registration Forms

A registration form is at the center of this schedule. Additional forms may be Xeroxed or downloaded from www.marincommunityed.org and are also available at the Office of Admissions and Records on either campus.

For All Methods of Registration

Please answer all questions on the registration form to be sure that your registration can be processed. Registrations are processed in the order received.

Early Registration Recommended

Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class. For classes that begin the first week of the quarter, be sure that your registration is received by the COM Admissions Office no later than Tuesday, March 23.

To Register after Class Begins

If you would like to register for a class which has already begun, please go to the class and ask the instructor for an authorization code and reference the code when you register for the class, whether online, in person, or through the mail. Your admission into the class is at the instructor’s discretion.

Wait List Procedures

If you attempt to register for a full class, your name will be placed on a waiting list and you will NOT be charged. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If the instructor has room for you in class, please follow directions under “To Register after Class Begins” immediately above.

GENERAL INFORMATION

Changes May Occur Without Notice

College of Marin has made every reasonable effort to determine that information stated in its publications is accurate, but the College reserves the right to alter fees, statements, and procedures contained herein without notice. Fees and procedures are subject to change at any time by the State Legislature and the College Board of Trustees. It is the student’s responsibility to meet and remain informed of College requirements. When changes occur they will be printed in the next regular publication of the schedule, or posted online at www.marincommunityed.org. Classes may be cancelled for insufficient enrollment at the discretion of the College.

Faculty Evaluation Questionnaire

Evaluating faculty is an essential element in maintaining our high standards. You may be asked to spend a few minutes completing a faculty evaluation questionnaire in class. We appreciate your honest and thoughtful assessment of your instructor, and of your experience with us.

Students Under 18

Students who are minors may register for Community Education classes. The student must submit a completed Community Education Registration form and a Parent Permission Card. Minors 13 years of age and under must also obtain the verbal consent of the instructor prior to registration. To contact an instructor or if you have questions, please call 415.485.9318.

Attendance at First Class Meeting

If you are registered but cannot attend the first class meeting, please call the Community Ed Office at 415.485.9318 or e-mail community.ed@marin.edu to get a message to the instructor.

Refund Policy

Classes canceled by College of Marin will be refunded in full. All refunds are disbursed in the form of a check mailed to the address you have on file with the college. Refunds take approximately four weeks to process.
To Request a Refund

We will gladly process your request for a refund if it is received in our office at least three (3) business days prior to the starting date of the class. There is a $10 service fee for all processed refunds. We cannot accept requests for refunds, regardless of the reason, if they are received less than three (3) business days prior to the class start date.

To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number, and your signature). Requests may be e-mailed to community. ed@marin.edu or faxed to 415.456.5086. Requests may also be mailed to: College of Marin, Refunds/Community Education, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least three (3) days prior to the start date of the class. Refunds take approximately four weeks to process.

DIRECTORY

Community Education Office 415.485.9305
Emeritus College 415.485.9368
Intensive English Program 415.457.8811, ext. 8579
Admissions & Records Office 415.457.8811, ext. 8822
Counseling 415.485.9432
Bookstore 415.485.9394
Library Services 415.485.9656
Media Center/Language Lab 415.485.9645
Disabled Students Program 415.485.9406

EQUAL OPPORTUNITY STATEMENT

The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices, and procedures. Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights. The Marin Community College District is committed by policy to comply with the requirements of Title IX of the 1972 Education Amendments, the Equal Employment Opportunity Act of 1972 (Title VII of the Civil Rights Act of 1964 as amended), the Civil Rights Act of 1991, and Section 504 of the Rehabilitation Act of 1974, the Americans with Disabilities Act, the California Fair Employment and Housing Act of 1980, the California Fair Employment and Housing Commission Rules and Regulations, and the Vietnam Veteran’s Readjustment Act of 1974. College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review.

College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law. Nonemployees while on District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Contacts

Equal Opportunity Employment/A.D.A. Compliance Officer—Linda Beam
Executive Dean, Human Resources (or Designee)
Administrative Center, Kentfield Campus 415.485.9304
Title IX/Section 504 (Disability) Coordinator—Director of Student Affairs—Arnulfo Cedillo SS Center, Rm. 251, Kentfield Campus 415.485.9375
Gender, Equity Coordinator—David Cook
Director of Financial Aid SS Center, Rm. 263, Kentfield Campus 415.485.9409

OPEN ENROLLMENT POLICY

It is the policy of College of Marin that every course section or class, for which attendance is reported for state aid, shall be fully open to enrollment and participation by any person who has been admitted to the college and who meets such prerequisites as may be established pursuant to Chapter II, Division 2, Part VI., Title V of the California Code.
Kentfield Campus Map and Directory

College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904
Police Phone Numbers
Emergency: 911 or, from a Campus extension, 9-911.
Urgent: 415.485.9696
Kentfield Police Business: 415.485.9455

Spring 2010 Parking Notice
While our campus is under construction, parking lot 3 is closed and lots 4 and 9 will close in March 2010. Lots 12 and 15 typically have spaces available, and lot 13 remains a “free” lot. We appreciate your patience during our construction.

Parking
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District.
All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispensers located in parking lots. Parking permits are required at all times, except Saturdays, Sundays and school Holidays, and in Lot 13.

DIRECTIONS FROM HIGHWAY 101

Kentfield Campus
835 College Ave., Kentfield
From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight). For the Physical Education complex, the Science Center, the Emeritus Center and the Student Services Center (Admissions & Records), turn left on College Ave. and continue to second campus parking lot entrance on your right. For Harlan Center, stay on Drake Blvd., crossing the College Ave. intersection and turn right on Maple Ave. to parking lot. For Fine Arts, Fusselman Hall and Dickson Hall, stay on Drake Blvd. and take first left (left-hand turn lane) at Laurel Ave. and follow it to the end. Laurel will lead you into a student parking lot.

Indian Valley Campus
1800 Ignacio Blvd., Novato
From Highway 101, take Ignacio Blvd. exit in southern Novato and continue on Ignacio for approximately two miles to the Indian Valley Campus entrance. For the Administrative Services Cluster (Admissions & Records, Emeritus North), park in Visitor’s space (watch for flag pole); for the Ohlone Cluster (Computer classes) park in lot #6 or 7 and, for the pool, park in lot #7.

www.marincommunityed.org ■ 45
Indian Valley Campus Map and Directory

College of Marin
Indian Valley Campus
1800 Ignacio Blvd.
Novato, CA 94949
Emergency: 911 or 9-911 from Campus extension
Urgent: 415.485.9696
IVC Police Business Phone: 415.883.3179

SPRING 2010 Parking Notice
Due to construction, Parking Lots 1, 2, 3 and 4 are closed.

Spring 2010 Construction Notice
The Golden Gate Transit bus stop has been temporarily moved to Lot 6. The access road & vehicle bridge and the two pedestrian bridges closest to the campus entrance gate are also temporarily closed.

Motorcycle and handicap parking available
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District.

All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispenser.

Parking permits are required at all times, except Saturdays, Sundays, and school holidays.

POMO (PM)
1. Auto Collision Repair Lab (ACRT & AUTO courses are scheduled in Bldg 24. Bldg 1 is scheduled to open in 2010)
2. Auto Technology Lab (ACRT & AUTO courses are scheduled in Bldg 24. Bldg 2 is scheduled to open in 2010)
3. General Classrooms/Labs/Office/Medical Assisting Lab/Food Vending (Rooms 150-154, 250-263)
4. Machine & Metals Tech (Rooms 160-175)
5. SIM Center (Rooms 180-189)
6. General Classrooms/Labs/Office/Medical Assisting Lab/Food Vending (Rooms 100-119, 200-218)
7. Multi Media Lab & Offices (Rooms 190-199)

ADMINISTRATIVE SERVICES (AS)
8. Student Services
9. Fiscal Services, College Operations, Medical Assisting Lab/Food Vending (Rooms 150-154, 250-263)
10. Emeritus Meeting Room/Modernization Office
11. Information Systems Center
12. EMT / General Classroom Child Care Center (CS)

MIWOK (MW)
13. Offices/Court Reporting Labs (Rooms 120-122, 226)
14. Computer Lab (Room 144)
15. Conference Center/Lecture/Board Meetings (Room 181)
16. Dance Room (Room 170)
17. Classrooms/Office/Env. Landscape/Center for Sustainable Horticulture (Rooms 101-117, 202-217)

BUILDING #17
17. Career Study Center/Internet Cafe/Math, English, Computer Labs

CHOLONE (OL)
18. Computer Labs (Rooms 120-135)

20. Food Vending/PE/DSPS PE/Classrooms (Rooms 101-106)
22. Campus Police/Corporation Yard

TRANSPORTATION COMPLEX
24. A: Auto Collision & Repair B: Auto Technology Lab

ORGANIC FARM
25. IVC Greenhouse
26. Shade Structure

REST ROOMS:
Buildings 5, 6, 9, 11, 13, 15, 17, 19, 20

Kentfield Campus/Indian Valley Campus
Parking permits are required for parking Mon.-Fri., all day; they are not required Sat. or Sun., or holidays. The semester parking permit may be purchased for $50 (subject to change), $25 for summer semester, in the College Bookstore or at Indian Valley Campus. As an alternative, you may pay a $3 (subject to change) daily parking fee through parking permit dispensers located near the entrance to each lot. Dispensers accept both $1 bills and quarters and are designated by stars on campus maps. Semester permits must be attached inside the vehicle on the lower left of the front windshield; daily permits must be visible on the dashboard on the driver’s side. Permits are valid at either campus. Be sure to read parking rules posted at entrances to parking lots. All vehicles improperly parked will be ticketed. No parking permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard or license plate. Students receiving Financial Aid are permitted to purchase parking stickers at half price. Student police cadets when available may be requested to escort staff and students to and from their cars at night. Cadets also assist regular patrol officers with traffic and parking enforcement. For further information, contact the Campus Police at 415.485.9455 (Kentfield Campus) or 415.883.3179 (Indian Valley Campus).
The Modern Languages Department of College of Marin presents six foreign films with English subtitles.

When and Where

Five more Fridays, March 5-April 2, 7 p.m. Olney Hall 96, Kentfield Campus
Admission is FREE!

March 5
French – Le Vieil Homme et L’Enfant (The Two of Us), 1967
Director: Claude Berri
With: Michel Simon, Alain Cohen, Charles Denner, Luce Fabiole
The film takes place in France during the Second World War. Claude is a Jew, and he is at risk of being arrested. To save him, his parents send him to live with an elderly couple in the country. At the 1967 Berlin International Film Festival, Michel Simon won as Best Actor.

March 12
Chinese – To Live, 1994
Director: Zhang, Yimou
With: Gong Li, China’s Gong Li, Ge You, Niu Beh, Guo Tao, Jiang Wu
To Live weaves the history of the political and personal struggles in China from 1940s to the Cultural Revolution in the 1960s. Through the life of three generations, to live is not easy, yet to be alive is even more difficult, To Live reveals the true life of the Chinese people during this controversial period.

March 19
American Sign Language – Bridge to Silence, 1989
Director: Karen Arthur
With: Marlee Matlin, Lee Remick, Josef Sommer, Michael O’Keefe
A deaf woman, injured in a car accident that kills her husband, must come to grips with her responsibility to her little daughter. However, she is traumatized by her estranged mother’s desire to take custody of the child herself.

March 26
Japanese – Shall We Dance, 1996
Director: Masayuki Suo
With: Koji Yakusho, Tamiyo Kusakar
A typical, aging Japanese “salary man”, who is bored with his work, sees a pretty dance teacher from the window of a train. He decides to take lessons, but when he invites her to dinner, he is rejected. Out of pride, he makes a great effort to become a better dancer and, in the process, he becomes not only a good dancer, he also develops a passion for dancing.

April 2
Spanish – La Luz Prodigiosa, 2003
Director: Miguel Hermoso
With: Alfred Landa, Nino Manfredi
What if the poet and playwright Federico Garcia Lorca, killed by Franco’s fascists in 1936, survived but without any memory of who he was? This film picks up Lorca’s story in 1980, when an old man encounters the writer as a beggar on the streets of Granada.

Do you have a skill or talent to share? Are you an expert on some fascinating subject?

Consider joining our dedicated, quality faculty. Our instructors are experts who meet and often surpass the needs of Marin’s lifelong learners.

E-mail community.ed@marin.edu and request a course proposal form.

College of Marin 2010 International Film Festival

A registration form is at the center of this schedule.
Victory Gardens for 2010: Spring/Summer

Remember the Victory Gardens of the 1940s, when people grew their own for the war effort?

The Novy sisters, Linda and Norma, put a new spin on Victory Gardens for 2010. This quarter the focus is on what to do during the spring. Bring nature’s bounty directly from your backyard into your kitchen.

For more information, see page 22.