COME TO COLLEGE OF MARIN FOR EXCELLENCE IN LIFE LONG LEARNING!

Associated Students of Emeritus College (ASEC)
The Associated Students of Emeritus College is an organization which actively supports the principles of quality of life, life long learning and personal growth for the older adult community of Marin County.

Members of the ASEC Council are volunteers from the community!

ASEC’s Goals for Life Long Learners
• to continue to grow, learn and enjoy
• to meet other life long learners
• to engage in stimulating classroom experiences
• to support the Emeritus College program

ASEC Members
• award ASEC Tuition Grants
• create and lead clubs
• hold annual celebrations
• interview new instructors
• organize art exhibits
• participate in COM governance
• publish a newsletter
• show films
• welcome other members to each campus

Join ASEC. You Can be Active in ASEC Too!
A $12 annual fee allows you to participate in ASEC’s committees, clubs, forums, concerts, lectures, etc. Your membership will also contribute to subsidies for low-enrolled, qualifying Emeritus College classes and provide tuition assistance for those who would benefit!

For more information, see page 47 or call 415.485.9652.

ASEC Tuition Grants Available!
Don’t be shy! Deadline: March 10. See page 48

SPRING 2008
MARCH 24 – MAY 17

REGISTRATION BEGINS
WED., FEBRUARY 19

CLASSES BEGIN
MON., MARCH 24

C O M M U N I T Y  E D U C A T I O N

C O L L E G E  O F
M A R I N

www.marincommunityed.org
COM Welcomes You to Community Education
Your Pipelines to Success!

The following programs which make up Community Education at the College of Marin offer students access to a variety of low and no cost classes which can assist in achieving personal, educational and professional goals. These classes provide the Marin community with lifelong learning opportunities, a place to prepare for entering college credit and transfer programs and career development classes designed to serve the working adult.

**English as a Second Language**

The English as a Second Language program offers a series of free noncredit classes with flexible entry and exit dates. Classes focus on speaking, listening, reading, writing and grammar. Our excellent faculty will help you improve your English while you improve your life. For more information, see page 24.

**Community Services Education**

Community Services Education is a program of fee-based classes designed to serve individuals with educational goals that do not require college credits. Community Services Education classes are offered in addition to the College’s instructional program and are not academic equivalents of regular credit classes or prerequisites for the traditional college program. For more information regarding College of Marin’s credit classes, call 415.457.8811, ext. 8822, or go to www.marin.edu.

Dear Community Members:

College of Marin’s Community Education Program offers lifelong learning opportunities in a wide range of exciting program areas, including conversational foreign languages; health and wellness, English as a Second Language, physical fitness, art, business and much more! These short-term, not-for-credit workshops and classes are offered mornings, weekends and evenings for your convenience.

You also are invited to take advantage of our special tours to the wine country, Sonoma County, museums, art galleries and nature tours. I hope that you will find something of interest and take advantage of all that College of Marin has to offer.

Sincerely,

Frances L. White
Superintendent/President

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The Community Education & Services Schedule is published four times a year by the College of Marin (a nonprofit organization), 835 College Ave, Kentfield, CA 94904-2590, February 2008, Volume 10, Issue 1.
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Emeritus College

Emeritus College is a program of free noncredit and fee-based classes which are designed to meet the unique needs of older adult learners. Courses offered through Emeritus College seek to support the principles of quality of life, lifelong learning and creative retirement. See the Index of Emeritus College classes on page 47.

Basic Skills

Basic Skills provides an opportunity for those who did not graduate from High School to prepare for their GED and CHSPE. Basic Skills learning labs are free and are available to students needing help with high school-level reading, writing and math. For more information, see page 29.

Intensive English Program

The Intensive English Program (IEP) offers high-quality classes which focus on integrating language skills and American culture for international students and U.S. residents. IEP prepares students for entry to American colleges and universities, to pursue business careers, or to continue study in their own countries. The program also offers preparation for the Test of English as a Foreign Language (TOEFL). For more information, see page 24.

Disabled Students Program

The staff of the Disabled Students Program works individually with students to discover avenues through which students can better realize their goals in academic, communicative and life situations. Special guidance in learning ways to achieve best potential is also offered. For more information, see page 23.

REGISTRATION INFORMATION

Registration Begins
Tuesday, February 19, at 9 a.m.

Register Online

Go to www.marincommunityed.org. Registrations completed online will be processed with the same day’s mail.

Touch Tone Registration
415.883.3217

If you have taken a Community Education class within the past year, you may register for classes by Touch Tone phone 24 hours a day, seven days a week through April 25 until 3 p.m. the day prior to the first class meeting. Be sure to stay on the line until you hear “You will receive a confirmation postcard within 10 working days.”

Register In Person

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

Register after Class Begins

You may register in class at the instructor’s discretion. If the instructor accepts you into the class, ask the instructor to initial your registration form and then take it to Admissions & Records at either campus.

Register by U.S. Mail

Please mail your registration at least five working days prior to the first class meeting to ensure that your name appears on the instructor’s roster. The College’s mailing address is at the top of the registration form.

Register by Fax
415.460.0773

Faxed registrations will be processed with the same day’s mail.

Register for Online Classes

After registering with the college by any procedure listed on this page, email mike.lewis@marin.edu and include your name and course name(s) and number(s). For more information, see page 38. If you have any questions about online classes, please call Mike at 415.485.9305.

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 and declined credit cards.

Registration Forms

A registration form is at the center of this schedule. Additional forms may be Xeroxed or downloaded from the website 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. A

Classes start Monday, March 24.
A registration form is at the center of this schedule.

Early registration recommended

The college will not cancel a class that has sufficient enrollment. Be sure to register no later than Tuesday, March 18, for classes that begin the first week of the quarter.

Enrollment Confirmation

For all methods of registration, a confirmation postcard will be mailed within 10 working days. Students registering in person will also receive a confirmation of enrollment at the Admissions counter. Non-receipt of a postcard is not a basis for receiving a refund. You may confirm your enrollment status by calling the Touch Tone Registration number, 415.883.3217, through April 25. Have your Social Security/student identification number handy.

Waiting List Procedures

If you attempt to register for a class that is already full, your name will be placed on a waiting list, and your check will be mailed back to you or your credit card not charged. Unless specified otherwise in the course description, you may attend the first class meeting and check with the instructor. If the instructor approves your addition to the class, ask him/her to initial a new registration form or your waiting list verification postcard and submit it with payment (if applicable) to the Office of Admissions and Records.

Time Conflicts

Due to State regulations, the College is unable to register you in two “no fee” courses that have a time conflict.

GENERAL INFORMATION

Rules, policies, regulations, procedures, fees, courses, schedules and student services described in publications of College of Marin are subject to change at any time without prior notice.

Faculty Evaluation Questionnaire

Evaluating faculty is an essential element in maintaining our high standards. You may be asked to spend a few minutes of your class time completing a faculty evaluation questionnaire. 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 complete and submit a College of Marin Community Education Registration Form and a Parent Permission Card.

Minors 13 years of age and under must also obtain the verbal consent of the CES instructor prior to registration. To contact a CES 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 email community.ed@marin.edu to get a message to the instructor.

Refund Policy

100% of collected fees will be refunded if Community Education cancels a class. A $10 service charge applies to student cancellations submitted as described below under “To Request a Refund.”

Refunds take from six to eight weeks to process and will be in the form of a check made payable to the student. Please be sure that the college has your correct mailing address.

College of Marin reserves the right to add, cancel classes, make adjustments in scheduled hours, days, rooms assignments, or instructors of any class, or to increase fees. All class materials are mandatory unless stated as optional in the course description.

To Request a Refund

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) at least five working days prior to the start of class. Requests may be emailed to community.ed@marin.edu or faxed to 415.456.5086. Requests may also be mailed to: Refunds, Community Education, College of Marin, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least five days prior to the start of class.
Open College

Some College of Marin credit courses are open to Community Education students. Open College classes available for advance registration are listed on the Community Education page of the College of Marin website (www.marin.edu). You may also request to register in other credit classes as a Community Education student by attending the class and requesting the instructor to obtain a Community Education section number. Not all classes will be available to Community Education students and first priority goes to credit students. After receiving a Community Education Section number, you must register and pay fees with the Office of Admissions and Records by the next class meeting. Students who register in credit classes as Community Education students do not receive units or grades and are not eligible for a refund after the class has begun.

Students on a J-1 Visa who desire verification of attendance must consult with the ESL Office and the instructor.

Please note: Once a student has enrolled in an Open College section the student may not transfer their registration and fees to the credit program.

Community Education classes are not given for credit and are not graded.

ART

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.

The Art of Selling Your Arts & Crafts

This is an information-packed workshop for artists, designers and craftpeople who intend to realize their dream of marketing and selling their work.

Course offers an introduction to:
• Defining your vision and intention
• Identifying your niche and target audience
• Creating a winning portfolio
• Pricing for profit
• Selling to galleries
• Getting accepted at fine craft fairs
• Hosting an open studio sale
• Displaying your work

Nanette Jordan, Smithsonian jewelry designer, artist marketing coach and college instructor, has successfully run her home-based business since 1989, guiding designers and craftpeople in selling their work.

Saturday, 11am-4pm
Apr. 5
Kentfield Campus, Dance/Landscape Management Center 11
Fee $99
Course #8001

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 sketches and color them with a little watercolor. This class will show you how to:
• Prepare/pack/what materials to bring
• Be comfortable/relaxed sketching and painting in public
• Simplify your material—capture the essence

DIRECTORY

Community Education Office: 415.485.9305
Emeritus College: 415.485.9368
English as A Second Language: 415.485.9642
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
Reentry Services: 415.485.9641
Disabled Students Program: 415.485.9406
• Draw people, architecture, water, trees and landscape

You will practice all these techniques for drawing and painting in class.

Sketchbooks and drawing pens will be provided. Please bring your own pencil, watercolors, palette, brush, water container, rag and lunch.

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.

Saturday, 9am-4pm
May 10
Kentfield Campus, Dance/Landscape Management Center 11
Fee $97 (Includes $0 materials fee)
Course #8002

Realistic, Classical and Impressionistic Painting

This course examines principles of three major schools of painting: Impressionistic, Realistic and Classical. You may work in the style of your choice. Traditions of masterful composition will be presented, and you will become aware of the power of balance, unity, space and focal points. Lectures and demonstrations will cover techniques, including meaningful use of the color wheel and exciting methods for articulating light and shadow, and materials such as grisaille (grey) painting, glazing, scumbling and chiaroscuro. Excellent instructional video shown each week.

You may work in oils or acrylic. Please see Note regarding materials under the Art heading above. We may work from an undraped model and, if so, a model fee will be collected in class.

Behrouz Mirdadian studied painting in Iran, England, Canada and at the College of Marin.

7 Wednesdays, 6:10-10pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Fine Arts 226
Fee $137
Course #8003

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
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Fine Arts 226
Fee $167 (Includes $30 models fee)
Course #8004

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, maybe two, 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 $20 for model fees in class. Bring a bag lunch; we will work through the lunch hour.

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

Saturday, 9:30am-4:30pm
Mar. 29
Kentfield Campus, Fine Arts 201
Fee $55
Course #8005 EC

Expressive Painting

This class will focus on developing an expressive quality to your paintings. We will work with still lifes and a live model. There will be a variety of demos on working with different mediums and techniques for both pastels and oil painting. We will discuss mark making and brush strokes, with the concept of creating a feeling and mood with your painting. This is a good class for those who want to develop their own style and is open to realistic as well as abstract painters.

New students should bring a drawing board, paper and charcoal to the first class. Materials will be discussed, and you are expected to purchase your own. The instructor will collect a models fee of approximately $0 per student.

Cathy Locke is an award winning portrait and fine arts painter who shows her work in galleries and competitions internationally.

7 Mondays, 6:10-9pm
Mar. 24-May 12 (No class Apr. 7)
Kentfield Campus, Fine Arts 226
Fee $108
Course #8006
**Flower Painting Workshop**

At this one-day workshop, emphasis will be placed on refining the composition, the use of warm and cool colors and creating mood. First, we will do a series of quick studies on a variety of different set-ups followed by one still life for the rest of the day. Set-ups will vary with different types of flowers, some more formal in a glass vase to more casual types. We will explore different lighting, from dark and moody to sunny. The instructor will work one-on-one. Any drawing style welcome, from realistic to abstract.

You may paint or draw and are expected to bring all of your supplies. Bring at least six 9x12" and two 16x20" or 18x22" canvases. If you plan to draw, bring plenty of paper and charcoal pencils 6B and 4B, some compressed and vine charcoal. Bring a bag lunch.

- Cathy Locke
- Saturday, 9am-4pm
- Apr. 5
- Kentfield Campus, Fine Arts 201
- Fee $55
- Course #8007

**Abstract Painting in Acrylic: Composing with Textures**

Learn to preplan and compose directly with textures without having to apply toxic and troublesome materials, such as resin, wax and encaustic. You will be introduced to inventive and affordable techniques and mediums, such as rustic newspaper reliefs, smooth rice paper mounts, plaster, glazing and many others. Abstract imagery is emphasized, though these textures will breathe life into any style or subject matter. Being conscious of one’s creative process and vision is an integral part of this course.

It is highly recommended that you have taken at least one painting class before registering for Textures.

Please bring acrylic paints, brushes, small containers to mix paint in, watercolor or pad (18”x24”) and newspaper to first class.

- Maria Nikl, MFA (Painting & Sculpture)
- 7 Wednesdays, 7:10-10pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $108
- Course #8008

**Color Meditation for Artists**

This non-academic approach for honing your color vision is based on a simple tool: your imagination. Using short, relaxing right-brain meditations to visualize and intensify the colors that resonate for you, we will allow colors to emerge in the inner field of vision without effort. We explore six hues of one color each class culminating in a painting, using abstract imagery in acrylic and collage.

Color has been used in meditation practices before, now we’ll use meditation in our Color Practice, thus creating a sophisticated and vibrant personal palette.

Bring a 24”x18 watercolor pad, any collage material, acrylic paints and mediums. Uniform size canvases or panels are particularly encouraged as these paintings look great in a series. Please see Note regarding materials under Art heading above.

- Maria Nikl, MFA (Painting & Sculpture)
- 7 Thursdays, 7:10-10pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Fine Arts 153
- Fee $108
- Course #8009

**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
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $118
- Course #8010

**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, 10am-1pm
- Mar. 28-May 16 (No class Apr. 11)
- **Kentfield Campus**, Fine Arts 151
- Fee $89/Course #8011 EC

**Nancy Johnson**
- 7 Saturdays, 10am-1pm
- Mar. 29-May 17 (No class Apr. 12)
- **Kentfield Campus**, Fine Arts 151
- Fee $89/Course #8012 EC

**Designing Watercolors: Seascapes**
Ocean waves move with a raw, unbridled power. Watercolors move like the sea. Feel the rhythm of this natural force in nature as you paint ocean swells, troughs, curling and crashing foam, and surrounding beach areas. We will move from simple to more complex sea compositions. All levels are welcome!

Continuing students may choose to work independently. Individual attention will be given as time allows. Please see Note regarding materials under Art heading above.

- **Julie Cohn**
  - 7 Thursdays, 1:40-4:30pm
  - Mar. 27-May 15 (No class Apr. 10)
  - **Kentfield Campus**, Dance/Landscape Management Center 11
  - Fee $99 (Includes $10 materials fee)
  - Course #8013 EC

**An Introduction to Stained Glass and Non Traditional Glazing**
Designed for both the beginning student and the craftsman. Beginning students will explore glass as a creative outlet while learning to construct a panel that illustrates both beginning and advanced techniques. The craftsman seeking greater mastery and sophistication will be offered an overview of every technique of glazing required in the production of sophisticated windows, including advanced glass cutting, sculpted lead and copper foil, soldering perfectly and structural reinforcement.

The materials fee includes clear glass, lead, foil and solder for the first project. For all additional projects the student is responsible for providing materials. Materials will be discussed the first night of class.

Register early; class is limited to 12 students.

**Rachel Schutt Mesrahi** has been working on the leading edge of stained glass innovation for over 30 years.

- 7 Wednesdays, 6:10-10pm
- Mar. 26-May 14 (No class Apr. 9)
- **Kentfield Campus**, Fine Arts 151
- Fee $233 (Includes $45 materials fee)
- Course #8014

**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 a manually operated kiln, as well as a state of the art, computerized kiln and sandblaster with a pressure pot. 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 151
- Fee $200 (Includes $48 materials fee)
- 6 Mondays, 7:10-10pm
  - Mar. 24-May 5 (No class Apr. 7)
  - Course #8015
- 6 Fridays, 2:10-5pm
  - Mar. 28-May 9 (No class Apr. 11)
  - Course #8016

**Jewelry and Metalsmithing**
The beginners/beginners plus class will focus on fundamentals of soldering, construction, use of hand tools and several finishing techniques. The first project will be a stamped silver ring. The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making and a focus on the development of the students’ personal design ideas. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques. The intermediate class will include one cast...
sterling silver project and lost wax casting will be available.

Class size is limited to 20; early enrollment advised. Students purchase supplies as needed. Please note: lost wax casting will not be available in either class.

A nationally recognized artist, Lisa D’Agostino has been designing, making and selling her work in her one-person studio for 25 years.

For each course listed below:

- **Kentfield Campus**, Fine Arts 15
  - **Beginners/Beginners Plus**
    - 7 Wednesdays, 7:10-10pm
    - Mar. 26-May 14 (No class Apr. 9)
    - **Course #8017**
  - **Intermediate/Advanced**
    - 7 Tuesdays, 7:10-10pm
    - Mar. 25-May 13 (No class Apr. 8)
    - **Course #8018**

- **Ceramic Sculpture: The Art of Hand Building**
  Clay is a wonderful medium to work in, tactile and responsive. Bring to life your vision, whether you are interested in figurative, abstract or functional work. You will learn to master the skills of hand-building and choose the one best suited to your project. By looking at the works of different artists, you will learn to recognize the basic elements of design in space. A variety of surface treatments such as glazes, stains, encaustics, etc., will also be covered.

  For beginning and experienced students. All materials are provided. Optional texts will be discussed in class. Register early; class limited to 15 students. Bring your lunch.

  **Nadine Gay** is a French born artist who has shown extensively in Paris and the USA. She is a painter, a muralist and a sculptor and has worked with clay for more than twenty years.

  - 5 Thursdays, 6:15-9:15pm
  - Mar. 27-May 15 (No class Apr. 10)
  - Plus Saturday, 10am-4pm, Mar. 8
  - **Hamilton Field, Novato**
  - 781 Hamilton Parkway
  - Fee $197 (Includes $79 materials/special fee)
  - **Course #8019**

- **Art On the Go Bus Trip: Metal Sculpture Studios**
  We will visit the Islais Creek Studios, a unique building in the Bayview District. Meet and see the works of sculptors who work with steel, stainless steel, aluminum, copper and bronze. Learn about welding, forging bronze pouring and casting.

  Bring your lunch to eat on the bus or lunch upon return. Limited to 20.

  - **Rhoda Becker**
    - Thursday, 9am-1pm
    - Apr. 17
  - **Corte Madera Town Center**
    - Meet on Madera Blvd.
    - Fee $48
    - **Course #8020 EC**

- **Architectural Tours of the Bay Area**
  In Marin, tours will feature a private home designed by Julia Morgan as well as an estate located on the verdant slopes of Mount Tamalpais. In San Francisco, we will view historic murals in the Rincon Annex (the original S.F. post office) and a two-story mural by Diego Rivera at the Art Deco City Club. Also to be experienced is the Beaux Arts design of Congregation Sherith Israel which is a treasure trove, containing the rare surviving work of three significant San Francisco artists, Albert and Emile Pissis and Attilio Moretti. Our last tour will be of City Hall, designed in 1915 by Arthur Merill Brown, Jr. and John Blakewell (restored in 1999).

  A fee of $20 will be collected at the orientation to cover docent fees. Students provide their own transportation. There may be substitute destinations. Tours will be led by docents and guides, including San Francisco City Guides.

  - **Carolyn Talmadge**
    - Orientation: Thursday, 1:10-4pm
    - Apr. 3
    - **Kentfield Campus**, Olney Hall 103
    - Plus 5 field trips: Wednesdays, 1-4pm
    - Apr. 10-May 8
    - Fee $77 (Includes $1 materials fee)
    - **Course #8021 EC**

- **Ancient Persia to Modern Iran: An Art History Survey**
  This slide-illustrated class will survey the highlights of the most significant periods in Iranian art history, starting with examples of pottery and bronzes from more than 3000 years ago and ending with contemporary art in Iran. We will focus on the glories of the Persian Empire founded in the 6th century BCE, the largest empire that had ever existed in the world up to that time. Its magnificent capital at Persepolis was destroyed by Alexander the Great when he defeated the Persians in the 4th century BCE, yet there is still enough of the architecture and sculpture remaining to thrill the viewer. A long succession of conquerors, such as Greeks (following Alexander
the Great), Parthians, Sasanians, Arabs, Mongols, and various Turkish dynasties, resulted in a rich mixture of foreign influences blended with local traditions to form works of a distinctive style of great excellence.

- Roberta Shaw
- Saturday, 9:30am-12:30pm
- May 10
- Kentfield Campus, Science Center 101
- Fee $29
- Course #8022 EC

Online Art courses are available! Go to www.marincommunityed.org

### BUSINESS/SMALL BUSINESS/ CAREER DEVELOPMENT

#### SMALL BUSINESS

**So You Want to Start a Specialty Food Business**

Perhaps your friends and family have encouraged you to sell your delicious BBQ sauce, homemade cookies or jams; perhaps you have already begun and want information on expanding; or maybe you just love food and need an overview of the marketplace to point you in the right direction. Whatever your motivation, you will gain a competitive edge by learning the ups and downs, the ins and outs of the trendy specialty food industry from an insider.

Topics include the planning and production process, contacts to get you started, capitalization options, creative marketing ideas, unraveling the distribution network and more. Course fee includes a packet containing worksheets, resource guides and current trend analyses.

Anni Minuzzo is a 27-year veteran in the food trade, has owned a wholesale baking company for over 18 years, teaches in four regional counties and is a business coach.

- Thursday, 5:40-8:30pm
- May 1
- Kentfield Campus, Science Center 177
- Fee $55 (Includes $5 materials fee)
- Course #8023

#### How to Be an eBay Power Seller

Over 100 million people worldwide have bought or sold on eBay and hundreds of thousands of new entrepreneurs now make their living selling on eBay. This course will cover eBay and its competitors, as well as online stores. Our discussion will focus on what it takes to be a Power Seller doing significant volume. There is considerable research and “lore” to be covered about starting prices, reserves, pictures, PayPal and when to sell.

The most important decision you will make is what to sell. You can sell services or merchandise, your own or others. You will leave with an 80-page handout and an action checklist for your next steps.

Rick Crandall, Ph.D., is an active Power Seller who sells about 75% on the first listing (vs. only about 45% of average listings) and often sells items for more the second time around.

- Saturday, 1-5pm
- Apr. 5
- Kentfield Campus, Harlan Center 161
- Fee $60 (Includes $10 materials fee)
- Course #8024

Another course of interest . . .

**How to Buy and Sell on eBay** is listed under Computers.

### CAREER DEVELOPMENT

#### A Woman’s Guide to Starting a Business

Women are very different from men when it comes to starting a business. Our culture does not teach us to nurture our creative talents, celebrate, enjoy and tell the world about our big ideas. It becomes easy to let years of precious life go by without going out on our own. This class is not about the nuts and bolts of business – we do not write business plans. Instead we use a collaborative model, a feminine model. Join us for an exciting class where all participants provide focus for one another’s projects in a supportive environment. Learn how to expand and clarify your vision of launching your own business.

Robin Matuk, B.A. (Fine Arts), has experience in Counseling Psychology, Human Resources Training and Development and Web Design and has founded a business to help women reach their true potential.

- 4 Thursdays, 6:40-8:30pm
- Mar. 27-Apr. 24 (No class Apr. 10)
- Kentfield Campus, Harlan Center 169
- Fee $59
- Course #8025

#### The Best Is Yet to Come! Career Exploration for the Bonus Years

If you’re 50+, it’s your turn now! What do you want to do with the 20+ bonus years science has added to mid-life? Do you want to continue in your existing work/career but also find more time for

More The Best Is Yet to Come!
other things in your life? Do you want to discover some entirely new career, but don’t know what it is yet? To step into the work and lifestyle you’ve always wanted, start planning now by joining a small group on the same journey. You’ll collaborate with others to identify your true motivators, match them to information about new types of work and create a short, effective plan for your next step. 

Betty Burr has been helping people plan their mature lifestyles and later-stage careers for 15 years. Betty is completing an MA in Gerontology and is a professionally trained career and business coach.

- Saturday, 9am-5pm
- May 10
- Kentfield Campus, Harlan Center 161
- Fee $69 (includes $10 materials fee)
- Course #8026

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. 5
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $65 (includes $5 materials fee)
- Course #8027

Bay Friendly Landscape Maintenance Training and Qualification Program

Designed for the landscape professional, this fast-paced course includes practical information on waste management, soils and nutrition, water management, plant choices, air quality, energy conservation, and Integrated Pest Management (IPM) in order to become a “Bay Friendly Landscaper.” The course also includes ideas and materials for promoting “bay friendly gardening” to prospective clients.

You will receive extensive resource information plus a copy of Bay Friendly Landscape Guidelines: Sustainable Practices for the Landscape Professional.

Upon successful completion of a final exam, you will receive a certificate that entitles you to be promoted as a “Bay Friendly Qualified Landscaper” by public agencies, listed on municipal websites and in display advertising, have access to use of the Bay Friendly logo, and more!

The course is provided at a significantly reduced fee through the courtesy of the Marin County Stormwater Pollution Prevention Program (MCSTOPPP), the Marin Municipal Water District and the Marin Art and Garden Center. For more detailed information, please call Gina Purin at MCSTOPPP at 415.499-3202.

- Debi Tidd, B.S. (Conservation of Natural Resources)
- 7 Thursdays, 4:10-7pm
- Mar. 6-Apr. 24 (No class Apr. 20)
- Marin Art & Garden Center
- SF Drake Blvd. at Lagunitas Blvd.
- Fee $30
- Course #8028

ONLINE MARKETING CLASSES

For registration information, please refer to “Register for Online Classes” on page 5, or go to www.marincommunityed.org. The dates shown below are the starting dates for the associated course number.

- Mystery Shopping
  Get paid to go shopping as a freelance mystery shopper! Mystery shopping is used by hundreds of well-known businesses in the United States to ensure consistent, top-quality customer service from their employees. Paid shoppers earn from $10-$40 per hour and are in regular demand. This four week, Internet-based, online course will provide you with information about how to become a freelance shopper or to set up your own business service. The course has four modules and includes case studies, exercises and handouts.
  - Rick Sheridan
  - Fee $79
  - Apr. 16/Course #8029
  - May 21/Course #8030

- Patents, Prototypes and Profits
  This four-week course covers patent dos and don’ts; patent searches; patent infringement; filing a patent application for $75; creating prototypes; finding markets for your product; trade secrets; public...
domain and trademark definitions; doing it yourself vs. attorneys or invention marketing companies; and doing your own manufacturing vs. selling or licensing. We use a step-by-step process to cover material and include most forms.

- **Claudia M. Doege**
- Fee $59
- Apr. 16/Course #8031
- May 21/Course #8032

### Rights, Royalties and Revenue Streams

Artists, authors, crafters, musicians, photographers, publishers! Focusing on copyrights and trademarks, we cover the step-by-step process from idea or design to ownership of the work, the forms needed, and the ultimate sale or license. “Fair Use,” public domain items, trademarks and new copyright laws are all explained and a list of 365 ways to distribute your work is included.

- **Claudia M. Doege**
- Fee $59
- Apr. 16/Course #8033
- May 21/Course #8034

### A License to Print Money

How do you bring that great idea or product to market that you’ve already copyrighted or patented, especially without the time or finances to risk manufacturing it yourself? You license it! This four-week course gives specific information and forms on where and how to obtain license fees for your ideas or products.

- **Claudia M. Doege**
- Fee $59
- Apr. 16/Course #8035
- May 21/Course #8036

### Other Online Business courses are available! Go to www.marincommunityed.org

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**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 text-book 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. College parking is $3 per calendar day and free on Saturdays. All parking permits 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. Be sure to review “Registration Information” on page 4 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 the Administrative Services cluster, building #12, and offers complementary 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**

<table>
<thead>
<tr>
<th>Course Title</th>
<th>Room/Cluster</th>
<th>Days</th>
<th>Times</th>
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<tbody>
<tr>
<td>Computer Fundamentals I &amp; II</td>
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<td>Digitizing Your Music Collection</td>
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<td>Dreamweaver, Intro &amp; Interm</td>
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<td>Excel Tips &amp; Tricks</td>
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<td>How to Buy &amp; Sell on eBay</td>
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<td>Illustrator: Series, Interm, Interm &amp; Adv</td>
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<td>InDesign: Series, Intro, Interm &amp; Adv</td>
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<td>Internet, Intro</td>
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<td>Macintosh, Intro &amp; Interm</td>
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<td>Photoshop: Series, I, II, III &amp; IV</td>
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* A registration form is at the center of this schedule. *
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, 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.

For each of the following courses:
- **Indian Valley Campus**, Ohlone 216
- Fee $45
- **Tom Millard**
  - Monday, 1:00-4:00pm
  - Mar. 24
  - Course #8037
- **Levi Allen**
  - Wednesday, 9am-12noon
  - Mar. 26
  - Course #8038

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.

For each of the following courses:
- **Indian Valley Campus**, Ohlone 216
- Fee $90
- **Tom Millard**
  - 2 Mondays, 1:30-4:30pm
  - Apr. 1-22 (No class on Apr. 8)
  - Course #8043
- **Steve Salzman**
  - Tuesdays, 7-10pm
  - Apr. 1-22 (No class on Apr. 8)
  - Indian Valley Campus, Pomo 192
  - Fee $170 (Includes $35 materials fee)
  - Course #8044

Intro. to the Internet

The skills and knowledge provided in this course will help you feel comfortable using the Internet and email. We will cover how to check and use email, search the Internet and refine your search, download programs and documents, shop online and access the Internet’s most popular and useful sites.

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

- **Tom Millard**
  - 2 Wednesdays, 1:30-4:30pm
  - May 14 & 21
  - **Indian Valley Campus**, Ohlone 216
  - Fee $90
  - Course #8043

Intro. 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.

- **Steve Salzman**
  - 3 Tuesdays, 7-10pm
  - Apr. 1-22 (No class on Apr. 8)
  - **Indian Valley Campus**, Pomo 192
  - Fee $170 (Includes $35 materials fee)
  - Course #8044
Interm. 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.

- **Steve Salzman**
- 3 Tuesdays, 7-10pm
- Apr. 29-May 13
- **Indian Valley Campus**, Pomo 192
- Fee $135
- **Course #8045**

### OFFICE 2007 SERIES

Whether you are currently employed or are looking for a job in today’s market, these courses will teach you skills required by many companies. For course descriptions, please refer to the courses listings below. You may register for the entire series or for the individual courses. All of the courses in the Office Series are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Mike Lewis at 415.485.9305.

#### Introductory Office 2007 Series

To register for Intro. to Word, Excel & Powerpoint at a reduced fee:
- Fee $420 (Includes $75 materials fee)
- **Course #8046**

#### Intermediate Office 2007 Series

To register for Interim. Word, Excel and Powerpoint at a reduced fee:
- Fee $345
- **Course #8047**

#### Advanced Office 2007 Series

To register for Adv. Word, Excel and Powerpoint at a reduced fee:
- Fee $240
- **Course #8048**

### WORD 2007 SERIES

Word is the best-selling word processor and is used to create impressive looking documents, brochures and flyers. Use these courses to upgrade your administrative skills and advance in the job market. You may register for the entire series or for the individual courses. All of the courses in the Word Series (Intro, Interm and Adv) are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:
- Fee $5 (Includes $25 materials fee)
- **Course #8049**

#### Intro. 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.

- **Tom Millard**
- 3 Wednesdays, 1:30-4:30pm
- Mar. 26-Apr. 16 (No class on Apr. 9)
- Fee $160 (Includes $25 materials fee)
- **Course #8050**

#### Interm. 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.

- **Tom Millard**
- 2 Wednesdays, 9am-12noon
- May 14 & 21
- Fee $90
- **Course #8052**

### ADV. WORD 2007

Become a Word expert! We will cover desktop publishing, the draw table feature, 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 the ins and outs of Mail Merge. This course builds upon skills that are learned in Interm. Word.

- **Susan Henning**
- 2 Wednesdays, 9am-12noon
- May 14 & 21
- Fee $90
- **Course #8052**
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.

Tom Millard

Monday, 1:00-4:00pm

May 19

Indian Valley Campus, Ohlone 216

Fee $45

Course #8053

EXCEL 2007 SERIES

Excel is a very useful and powerful tool that enables you to turn data into information so that it can be analyzed. You may register for the entire series or for the individual courses. All of the courses in the Excel Series (Intro, Interm and Adv) are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:

- Fee $340 (Includes $30 materials fee)
- Course #8054

Intro. 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, 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.

Levi Allen

3 Mondays, 9am-12noon

Mar. 24-Apr. 14 (No class on Apr. 7)

Fee $160 (Includes $25 materials fee)

Course #8055

Interm. Excel 2007

This course covers skills that can help you utilize many of Excel’s time-saving and enhancement features. You will work with advanced functions, formatting features, special format and print options, protection features and queries. You will practice linking and consolidating information from multiple workbooks, using templates and macros to automate tasks, importing and exporting data, and working with charts.

This course builds upon skills that are learned in Intro. to Excel.

Susan Henning

2 Mondays, 9am-12noon

May 12 & 19

Fee $90

Course #8057


Become an advanced Excel user and learn about 3-D reference formulas with live links, data consolidation, recording macros, sorting and filtering data, using subtotals and creating pivot tables.

This course builds upon skills that are learned in Interm. Excel.

Susan Henning

2 Mondays, 9am-12noon

May 12 & 19

Fee $90

Course #8057

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 timesaving and easy ways to dramatically improve your productivity.

This course builds upon skills that are learned in Intro. to Word.

Tom Millard

Monday, 1:30-4:30pm

May 12

Indian Valley Campus, Ohlone 216

Fee $45

Course #8058
POWERPOINT 2007 SERIES

PowerPoint is the world’s leading presentation software program and is widely used to create dynamic and high-impact presentations. You may register for the entire series or for the individual courses. All of the courses in the PowerPoint Series (Intro, Interm and Adv) are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:
- Fee $335 (Includes $25 materials fee)
- Course #8059

Intro. 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.
- Susan Henning
  - 3 Tuesdays, 9am-12noon
  - Mar. 25-Apr. 15 (No class on Apr. 8)
  - Fee $160 (Includes $25 materials fee)
- Course #8060

Interm. 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 animation, timing methods, linking to a Website using PowerPoint Viewer and Package-for-CD features.

This course builds upon skills that are learned in Intro. to PowerPoint.
- Susan Henning
  - 3 Tuesdays, 9am-12noon
  - Apr. 22-May 6
  - Fee $135
- Course #8061


We will work on integrating images from a camera, scanner and the Internet. Come and learn how to link from Excel and Word, create a custom slide show, use action buttons and incorporate advanced animation techniques. We will finish up with using a CD soundtrack and saving the presentation to a CD and to a webpage.

This course builds upon skills that are learned in Intro. to PowerPoint.
- Susan Henning
  - 2 Tuesdays, 9am-12noon
  - May 13 & 20
  - Fee $90
- Course #8062

EVENING OFFICE SERIES

Whether you are currently employed or are looking for a job in today’s market, these courses will teach you skills required by many companies. For course descriptions, please refer to the courses listings above. You may register for the entire series or for the individual courses. All of the courses in the Evening Office Series are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Mike Lewis at 415.485.9305.

Evening Introductory Office Series

To register for Intro. to Word, Excel & PowerPoint at a reduced fee:
- Fee $420 (Includes $75 materials fee)
- Course #8063

Evening Intro. to Excel
- Levi Allen
  - 3 Mondays, 7-10pm
  - Apr. 21-May 5
  - Fee $160 (Includes $25 materials fee)
- Course #8064

Evening Intro. to Word
- Susan Henning
  - 3 Tuesdays, 7-10pm
  - Apr. 22-May 6
  - Fee $160 (Includes $25 materials fee)
- Course #8065

Evening Intro. to PowerPoint
- Susan Henning
  - 3 Wednesdays, 7-10pm
  - Apr. 23-May 7
  - Fee $160 (Includes $25 materials fee)
- Course #8066

A registration form is at the center of this schedule.
Intro. to Outlook 2007

Learn about email and the other powerful parts of Outlook to help better manage your time or business. We will teach you email features such as how to manage folders, search for that lost email, mark emails for follow up, creating signatures and setting email preferences. We will also cover: contacts and how to manage them and build a distribution list, the calendar and how to schedule repeating events, set reminders and export it 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.

- Susan Henning
- 2 Tuesdays, 1-4pm
- May 13 & 20
- Indian Valley Campus, Ohlone 216
- Fee $115 (Includes $25 materials fee)
- Course #8067

Intro. to QuickBooks Pro

QuickBooks is designed specifically for small to medium-size businesses. In this course you will learn all of the major features of the program including company set up; working with lists, bank accounts and reconciliations; how to set up credit cards and using other accounts; entering sales and invoices; receiving payments and making deposits; entering and paying bills and analyzing financial data. You will receive an overview of inventory and payroll options. We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

- Pamela Lyons
- 3 Thursdays, 6-9pm
- Mar. 27-Apr. 17 (No class on Apr. 10)
- Indian Valley Campus, Ohlone 216
- Fee $185 (Includes $45 materials fee)
- Course #8068

Interm. QuickBooks Pro

We will take QuickBooks to the next level by learning how 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); email invoices to clients; receive payments over the Internet for invoices; handle credits for clients; track sales tax and inventory management; data management of files; reports and financial analysis and preferences management to customize QuickBooks for your business. This class builds upon skills that are learned in Intro. to QuickBooks Pro.

- Pamela Lyons
- 2 Tuesdays, 6-9pm
- Apr. 24-May 8
- Indian Valley Campus, Ohlone 216
- Fee $140
- Course #8069

Adv. QuickBooks Pro

The skills taught in this course are for use in 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 invoice your customers using payroll features and cost controls. Financial analysis of this information and important financial reports will also be covered. This course builds upon skills that are learned in Interm. QuickBooks Pro.

- Pamela Lyons
- 2 Tuesdays, 6-9pm
- May 15 & 22
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #8070

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.

- Carolynn Crandall
- 2 Tuesdays, 1-4pm
- Mar. 25 & Apr. 1
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #8071

Another course of interest . . .

How to Be an eBay Power Seller is listed under Business.
**Digitizing Your Music Library**

This class is for anyone with a desire to preserve old vinyl records, remove some of the noise and copy them to digital media. We will cover the equipment and computer programs that are needed, methods of cleaning and preparing records and disks, play and record music, how to remove the noise, partition the tracks into separate recordings, convert it to digital format and burn them to CD's. In the process we will also learn how to back up CD's that are in danger of deteriorating. We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

- **Levi Allen**
- **2 Fridays, 9am-12noon**
- **May 9 & 16**
- **Fee $90**
- **Course #8072**

**Intro. 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, roll-overs 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.

- **Steve Salzman**
- **3 Thursdays, 7-10pm**
- **Mar. 27-Apr. 17 (No class on Apr. 10)**
- **Indian Valley Campus, Pomo 192**
- **Fee $170 (Includes $30 materials fee)**
- **Course #8073**

**Interm. 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.

- **Steve Salzman**
- **Thursdays, 7-10pm**
- **Apr. 24-May 15 (No class on May 8)**
- **Indian Valley Campus, Pomo 192**
- **Fee $140**
- **Course #8074**

**ILLUSTRATOR SERIES**

Produce professional art and graphics for print, video, web, fabrics and mobile devices with this program of choice. These courses will take you from simple shapes to powerful tool for creating more complex art. You may register for the entire series or for the individual courses taught by Lynda Banks. All of the courses in the Illustrator Series are offered at Indian Valley Campus, Pomo 199. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:
- **Fee $390 (Includes $30 materials fee)**
- **Course #8075**

**Intro. to Illustrator**

In this course you will learn basic approaches to creating graphics; type effects strategies for optimizing graphics for the Internet; receive an introduction to the toolbox, palettes, graphic tools, path tools, layers; and improve Image and color editing for the print environment. We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

- **2 Tuesdays, Mar. 25 & Apr. 1**
- **Mar. 25, 9am-4pm**
- **Apr. 1, 9am-12noon**
- **Fee $170 (Includes $30 materials fee)**
- **Course #8076**

**Interm. Illustrator**

We will cover symbols and the use of symbol tools, brushes, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes and other tools and techniques to create spectacular art. This course builds upon skills that are learned in Interm. Illustrator.

- **2 Tuesdays, Apr. 1 & 15 (No class on Apr. 8)**
- **Apr. 1, 1-4pm**
- **Apr. 15, 9am-4pm**
- **Fee $140**
- **Course #8077**

**Adv. Illustrator**

Take your knowledge of Illustrator to the next level! Create 3D objects and map art to 3D surfaces, gradient mesh tool, warp distortion and envelops, actions, web graphics and how to export your file to Flash for animation. This course builds upon skills that are learned in Interm Illustrator.

- **2 Tuesdays, Apr. 22 & 29**
- **Apr. 22, 9am-4pm**
- **Apr. 29, 9am-12noon**
- **Fee $140**
- **Course #8078**
THOUSANDS, if not millions of web sites use Flash for everything from streaming animation, games, educational movies, and interfaces. Flash has brought motion to the Internet and is a great tool for energizing content and increasing user interest and attention. You may register for the entire series or for the individual courses taught by Lynda Banks. All of the courses in the Flash Series are offered at Indian Valley Campus, Pomo 199. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:

- Fee $90 (Includes $30 materials fee)
- Course #8079

Intro. 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.

- 1 Tuesday & 2 Wednesdays, 7-10pm
- Tuesday, Mar. 25
- Wednesdays, Mar. 26 & Apr. 2
- Fee $170 (Includes $30 materials fee)
- Course #8080

Interm. Flash
Build your Flash skills by adding to your basic animation and motion graphic techniques with sound properties. We will cover the integration of Illustrator and Photoshop layers to increase your production skills, masks and animation masks, effects and more advanced drawing and animation techniques. This course builds upon skills that are learned in Intro. to Flash.

- 3 Wednesdays, 7-10pm
- Apr. 16-30
- Fee $140
- Course #8881

Adv. Flash
We will cover how to setup a Flash project, add interactivity to your projects using simple action scripting with buttons and the timeline as well as importing video. This course builds upon skills that are learned in Interm Flash.

- 3 Wednesdays, 7-10pm
- May 7-21
- Fee $140
- Course #8082

JOIN the creative professionals who are choosing the new standard in layout and design for brochures, newsletters, posters, magazines, books and other printed materials. Build on your skills with this series whether you are new to layout programs or are experienced and switching from Quark Xpress. You may register for the entire series or for the individual courses taught by Lynda Banks. All of the courses in the InDesign Series are offered at Indian Valley Campus, Pomo 192. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:

- Fee $90 (Includes $30 materials fee)
- Course #8083

Intro. to InDesign
Designed by Adobe to surpass XPress, InDesign is tightly integrated with their Photoshop, Illustrator, and GoLive applications. Learn to set up pages, create style sheets, import photos, graphics and create great effects such as drop shadows and blending modes all in one program. By the end of the course, you will have created either a small brochure or a magazine article. We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

- 2 Fridays, Apr. 25 & May 2
- Apr. 25, 9am-4pm
- May 2, 9am-12noon
- Fee $170 (Includes $30 materials fee)
- Course #8084

Interm. 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.

- 2 Fridays, May 2 & 9
- May 2, 1-4pm
- May 9, 9am-4pm
- Fee $140
- Course #8085

Adv. 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 Interm InDesign.

PHOTOSHOP SERIES

Whether your interest is in fine arts, digital illustration, digital photography, or graphics for print or the Internet, come explore your creativity and find your digital niche. We have grouped the four courses into two different series. You may register for either series or for the individual courses taught by Jazmine Loiselle. All of the courses in the Photoshop Series are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Mike Lewis at 415.485.9305.

Introductory Photoshop Series
This series includes Photoshop I & II at a reduced fee:

- Fee $270 (Includes $30 materials fee)
- Course #8087

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. The file browser will be introduced while learning how to troubleshoot your digital photos with the new image “metadata” feature. Color bit-depth, resolution and file formats will also be explained. Learn about the basics of editing digital photography, creating web graphics, print and fine art issues. We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

- 2 Thursdays, Mar. 27 & Apr. 3
- Mar. 27, 9am-4pm
- Apr. 3, 9am-12noon
- Fee $170 (Includes $30 materials fee)
- Course #8088

Photoshop II
Discover techniques of unlimited image editing using layers, type masks, clipping layers and clipping paths. Learn simple tricks that allow you to take advantage of paths as selection strategies as well as for use in creating graphics and type effects, the improved type environment and an introduction to the creation of buttons, banners and type masks for the web environment and printing. This course builds upon skills that are learned in Photoshop I.

- 2 Thursdays, Apr. 24 & May 1
- Apr. 24, 9am-4pm
- May 1, 9am-12noon
- Fee $140
- Course #8089

Interm./Adv. Photoshop Series
This series includes Photoshop III & IV at a reduced fee:

- Fee $240
- Course #8090

Photoshop III
Enhance digital imaging with more special effects. Learn how to create and use channels for special effects, type effects, transparencies for the web and print, transferring layers to Image Ready for simple animated logos on your web page and lots of tips and tricks. This course builds upon skills that are learned in Photoshop II.

- 2 Thursdays, Apr. 24 & May 1
- Apr. 24, 9am-4pm
- May 1, 9am-12noon
- Fee $140
- Course #8091

Photoshop IV
Develop a broader understanding of the application of layer masks, channel masks, unique type treatments and transparencies. Learn how to apply these masks to achieve special effects for art and photographic images while achieving the ultimate control over your image for both the web and print. This course builds upon skills that are learned in Photoshop III.

- 2 Thursdays, May 1 & 8
- May 1, 1-4pm
- May 8, 9am-4pm
- Fee $140
- Course #8092

Another course of interest . . .

Photoshop Elements: The Digital Darkroom is listed under Photography.

Online Computer courses are available! Go to www.marincommunityed.org
CULTURAL STUDIES

A Western Perspective on the Islamic Faith

This survey of Islam will cover the history, beliefs, sects and current events relating to the faith. With a maximum of class dialogue, questions and answers, and media presentations we will address such questions as:

- What is Islam and where did it come from?
- Is peace possible with Islam?
- What is the meaning of Jihad?
- What is the situation of women in Islam?
- How can we improve the dialogue?

An extensive book list and relevant handouts will be distributed in class. Guest speakers will join the class.

J. Chris Killough, MA, (Theology), is a retired San Francisco police officer who now speaks on aspects of his upcoming book, Islam and Its Intersection with the Rest of the World.

- 7 Thursdays, 6:10-8pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Science Center 133
- Fee $89 (Includes $5 special fee)
- Course #8093

Another course of interest . . .

Ancient Persia to Modern Iran: An Art History Survey

is listed under Art.

CURRENT EVENTS

Current Issues
Before the 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 Courts cases are chosen. The course will cover the historical development of the Court and its place in our Constitutional government. Discuss all arguments in the cases and vote on the outcome. No legal background or specialized knowledge is required.

Marshall W. Krause was Chief Attorney for the American Civil Liberties Union of Northern California from 1960 to 1968, a reporter for KQED’s Newsroom from 1968 to 1974, taught Political Science at San Francisco State University from 1968 to 1974, and was an attorney in private practice in Marin County from 1974 to 2000. His law degree is from UC Berkeley’s Boalt Hall.

- 7 Tuesdays, 11:10am-1pm
- Mar. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Olney Hall 107
- Fee $66 (Includes $2 special fee)
- Course #8094

DANCE

Tap Dancing

Tap Dancing is America’s true Folk Dance. It has been elevated to an art form by Fred Astaire, Eleanor Powell, Gene Kelly, Gregory Hines and others. We will cover a brief history of tap dancing and learn the terminology with an emphasis on technique and style. You will learn to perform basic combinations and before you know it your feet will be flying with confidence and joy. Bring your tap shoes, wear comfortable clothing and not only will you learn to Tap Dance, but it is a terrific way to get in shape while having great fun.

Margie Belrose has owned the Belrose Theatrical School since 1954. She continues to teach tap, jazz, ballet, ballroom and acting. She is a performing actress, dancer and singer at her theater and has been since 1962.

- 7 Wednesdays, 8-9pm
- Mar. 26-May 14 (No class Apr. 9)
- Belrose Theatrical School
- 1415 Fifth Ave. San Rafael
- Fee $55
- Course #8095

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 Buckwalter-Casanova was inducted into the Swing Dance Hall of Fame in 2004 and has been a National West Coast Swing competitor, instructor, judge and chief judge with 24 years experience. She was U.S. Swing Dance Champion in 1988 and 1994.

- 5 Tuesdays, 6:30-8:15pm
- Apr. 1-29
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $55
- Course #8096
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.

Continuing students who feel ready for more advanced techniques may register for an extra half hour of instruction by using the second course # below.

Please see Note on “PE Complex Construction” on page 39.

Latifa is an experienced teacher and performer of Belly Dance.

7 Wednesdays, Mar. 26-May 14 (No class Apr. 9)

Kentfield Campus, Physical Education One

Beginners

7:10-8:30pm

Fee $75

Course #8097

Continuing

7:10-9pm

Fee $84

Course #8098

DISABLED STUDENTS PROGRAM

Please consult the credit schedule for additional course offerings and services, or go to www.marin.edu or call 415.485.9406.

Guidance for Disabled

Staff works individually with students to discover avenues to realize students’ capacities in academic, communication and life situations. Offers special guidance in learning ways to achieve best potential and provides information on disability issues. Call 415.485.9406 for more information.

Adaptive Exercise: Aerobics

Group aerobic fitness activities geared to students with developmental disabilities.

Please see Note on “PE Complex Construction” on page 39.

Carol Cokinos

Tuesdays & Thursdays, 11:10am-12:30pm

Mar. 18-May 15 (No class Apr. 8 & 10)

Kentfield Campus, Dance/Landscape Management 11

FREE

Course #8101

Interpersonal Skills: Stroke Support Group

An opportunity for individuals who have experienced a stroke to connect with others, share information, practice communication/thinking skills, enjoy guest speakers and learn about resources for continued recovery and health. Family members and friends are welcome.

Carol Cokinos

Kay Pepitone

Wednesdays, 1:10am-3pm

Mar. 26-May 14 (No class Apr. 9)

Kentfield Campus, Dance/Landscape Management Center 12

FREE

Course #8102

Interpersonal Skills for Developmentally Delayed Learners

A support group and class that offer guidance to strengthen students’ confidence and realize their best potential. Students learn and practice communication skills, conflict resolution, giving and receiving support and self-expression. Awareness and movement exercises are part of this class to strengthen focus, integrate body and mind and encourage learning.

Sonja Anderson

Fridays, 9:40-11:30am

Mar. 28-May 16 (No class Apr. 11)

Kentfield Campus, Dance/Landscape Management Center 12

FREE

Course #8103

Staff

Mondays, 10:10-11:30am

Mar. 24-May 12 (No class Apr. 7)

Indian Valley Campus, Ohlone 153

FREE

Course #8104
Creative Writing Skills for Developmentally Delayed Learners

Goals of this class are the development of clear self-expression, sustained focus and expanded creativity. Students will learn basic writing formats: journal, poetry, story and essay. Skillful use of the written word is promoted as a tool toward self-empowerment and independence.

Sonja Anderson
- Fridays, 12:10-1:30pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Dance/Landscape Management Center 12
- FREE
- Course #8105

Staff
- Mondays, 12:10-1:30pm
- Mar. 24-May 12 (No class Apr. 7)
- Indian Valley Campus, Ohlone 153
- FREE
- Course #8106

Management of Hearing Loss

Whether you have hearing aids and still need to improve your communication skills or you are just realizing you may have a problem, this class is for you. We will discuss ways in which everyone can communicate with more ease and less stress. This is a light-hearted class in which people participate as much as they wish. Information will be given on how to get started if you think you have a problem. Modern hearing aids will be discussed. Spouses, family members, medical professionals and caregivers are welcome to attend.

For dates, times and location, or more information, call Peter Marincovitch, Ph.D., at 707.528.4740.

FREE
Course #8107

ENGLISH AS A SECOND LANGUAGE

Spring Semester 2008: Jan. 19-May 17

FREE, NONCREDIT CLASSES at Kentfield and Indian Valley Campus
- Beginning to Low Intermediate ESL
- Pronunciation Classes
- English for Gardeners
- English for Childcare Workers

Off Campus locations include:
- Marin Conservation Corps, San Rafael Whistlestop, San Rafael Margaret Todd Senior Center, Novato

Call us at 415.485.9642
Or visit the ESL Office: Harlan Center 101, Kentfield Campus Monday-Thursday, 8 am to 7:30 pm Friday, 8 am-4:30 pm Saturday, 9 am-1 pm

Credit ESL classes are available through Open College for higher-level noncredit ESL students. Open College students do not receive credit or grades. Credit classes cover intermediate to advanced level English skills. The fees are $212 for a 2-unit class, $268 for 3-unit classes, $324 for 4-unit classes and $380 for 5 unit classes. New students are required take the credit ESL placement test. Call the ESL Office as above.

INTENSIVE ENGLISH PROGRAM (ESL)

Spring 2008: January 22-May 16

$2,550 full-time (20 hours) F-1 Visa Students (I-20s issued by College of Marin)
- SMALL CLASSES
- FIELD TRIPS
- 16 WEEKS
- TOEFL PREPARATION—I-20s
- EASY TRANSFER TO CREDIT CLASSES

Spring 2008—Two 8-week sessions
Non-F1 students can now choose from two 8-week sessions or one 16-week session:
Session A: January 22-March 14
Session B: March 18-May 16
$1175 for 8 weeks
$2325 for 16 weeks (20 hours)
$975/1925 (15 hours)
$725/1425 (10 hours)
$375/$775 (5 hours)

Certificates of Attendance or Completion issued at end of all sessions.

New affordable 8-week sessions let students enroll at semester beginning or mid-term.

For more information or to apply:
Call 415.883.2211, ext. 8579
Fax: 415.883.2632
Email: intensive.english@marin.edu
For schedule and downloadable F-1 application: www.marincommunityed.org

DISABLED STUDENTS PROGRAM ENGLISH AS A SECOND LANGUAGE
**College of Marin ESL - Start here...Go Far**

The College of Marin ESL course sequence takes students from beginning levels through classes designed to prepare them for freshman composition classes. New students must take a placement test to determine their level before enrolling in classes. For more information, visit us in HC 101 or call 415.485.96422.

### NONCREDIT ESL SEQUENCE

- **ESL 10**: Beginning
- **ESL 20**: High Beginning A
- **ESL 25**: High Beginning B
- **ESL 30**: Low Intermediate A
- **ESL 35**: Low Intermediate B
- **ESL 40**: College ESL Preparation Course

### CREDIT ESL SEQUENCE

- **ESL 53**: Writing and Grammar
- **ESL 56**: Vocabulary and Reading Skills
- **ESL 50**: Review of Intermediate ESL Grammar (Summers only)
- **ESL 60**: Intermediate Listening and Speaking (Optional for Levels 50 and 60)
- **ESL 63**: Writing and Grammar
- **ESL 66**: Vocabulary and Reading Skills
- **ESL 70**: Review of High Intermediate ESL Grammar (Summers Only)
- **ESL 58A/B**: Pronunciation (Optional for ALL credit levels)
- **ESL 73**: Writing and Grammar
- **ESL 76**: Vocabulary and Reading Skills
- **ESL 80**: Advanced Listening and Speaking (Optional for Levels 70 and 80)
- **ESL 83**: Writing and Grammar
- **ESL 84AV**: Advanced Grammar
- **ESL 86**: Vocabulary and Reading Skills
- **English 98SL**: Intro to College Reading and Composition I (for ESL Students)
- **English 120SL**: Intro to College Reading and Composition II (for ESL Students)

### Intensive English Program

In addition to the noncredit to credit ESL sequence, the Intensive English Program offers up to 20 hours/week of day classes at the Indian Valley Campus. Small classes include both F-1 International students and full-time or part-time immigrant students. Three levels span noncredit and credit levels 35 – 80. Each level includes classes in Reading and Vocabulary Development, Writing, Grammar for Oral and Written Communication, and Speaking / Listening / Pronunciation. The highest level includes TOEFL preparation. For more information, call 415.883-2211 ext. 8579.
FILM APPRECIATION

Film Appreciation: “In Spring, Everyone’s Fancy Turns to Love”

Humans may not be the only animals to experience love, but we are the only ones who write stories or shoot films about it. Some people might even say that this capacity, not only to feel but to think about love, is a defining quality of what it means to be human. The film selections explore love in some of its many permutations: between lovers, parents and children, and friends. It will look at the heady exhilaration of falling in love and the day-to-day work of staying in love; of love that comes naturally and love that we must struggle to find; of the pain of losing the beloved. Films will include (but not be limited to): Sweet Land (USA 2005), Talk to Her (Spain 2002), and Chutney Popcorn (USA 1999).

Suresa Dundes
7 Thursdays, 2:10-5pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus, Science Center 101
Fee $89
Course #8197 EC

Another course of interest . . .

So You Want to Start a Specialty Food Business
is listed under Business.

Online Food & Wine courses are available! Go to www.marincommunityed.org

HEALTH & WELLNESS

Change Your Mind, Change Your Life: An Introduction to Attitudinal Healing

Discover why this approach has been adopted by thousands of people and institutions worldwide. This class will focus on discovering and developing our innate potential to create a more joyful and satisfying life experience for ourselves and in our relationships with others.

You will be presented with important information and the latest scientific research about stress and attitude and will be provided with tools to shift old habit patterns, recover your vitality and enhance your quality of life. You will move toward an experience of well being and self confidence that is not easily unsettled. Topics focus on:

• Facing change, loss and crisis
• Managing strong and difficult emotions
• Understanding the role of attitude
• Effective Communication
• Fear and Trust
• Forgiveness

Presented by senior staff from The Center for Attitudinal Healing.

7 Thursdays, 7:10-9:30pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus, Olney Hall 103
Fee $106 (Includes $10 materials fee)
Course #8199

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 aid in healing illness. Learn to:

- Dramatically reduce stress with five-minute meditations and powerful breathing techniques
- Work more effectively with difficult situations and people
- 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 15,000 people in these methods; clients include NASA, Hyatt Hotels, Yahoo and the U.S. Army.

Saturday, 10am-1pm
May 17
Kentfield Campus, Science Center 133
Fee $45 (Includes $3 materials fee)
Course #8200

The Art of Meditation
Join us in an exploration of a variety of meditation techniques with seasoned teachers from different traditions. Experience sitting meditation, walking meditation, chanting and periods of deep silence in a group setting, and deeksha, or Oneness Blessing. Disciplines may include Zen at the Green Gulch Zen Center, Vipassana or Insight Meditation at Spirit Rock, Tibetan Buddhism at the Nyingma Institute in Berkeley, a Kabbalah Meditation at Open Secret bookstore, the Vedanta Society at Olema and a labyrinth walk.

No previous experience necessary. We reserve the right to substitute destinations. A fee of approximately $10 per person will be collected at the orientation to cover tour fees. Voluntary contributions recommended. We will meet on site. Students provide their own transportation.

Carolyn Talmadge
Orientation: Tues., 1:10-4pm
Orientation: Mar. 25
Kentfield Campus, Harlan Center 161
6 field trips: Tuesdays, 1-4pm
Field trips: Apr. 1-May 6
Bay Area Meditation Sites
FREE
Course #8259 EC

Metaphors for Transformation: Music and Your Inner World
Music can be a powerful tool for connecting us with our inner world and accessing our deeper wisdom for personal growth, transformation and self-understanding. Using a short form of the Helen Bonny Guided Imagery and Music, we will choose topics for exploration, and listen to music selected specifically to evoke internal imagery and experiences that relate to each topic. Drawing and sharing (optional) our images will help process the experience, and we will explore new possibilities of music to enrich our lives.

This class is not intended as therapy. No musical training or experience is necessary. Please bring some drawing paper, pencils, crayons, or craypas (no paint or pastels).

Marcia Bauman, Ph.D. (Eastman), is a composer and certified practitioner of Music Imagery, Level II, of the Helen Bonny method. She has guest taught in Music and Consciousness at JFK University and the Institute of Transpersonal Psychology.

7 Tuesdays, 2:10pm-4pm
Mar. 25-May 13 (No class Apr. 8)
Kentfield Campus, Harlan Center 165
FREE
Course #8201 EC

Food and Healing: How to Have an Appetite You Can Trust and a Body You Can Love
By tracing unhealthy habits back to early survival strategies, we will find ways to free ourselves from compulsive eating and develop a healthy appetite we can trust and a vibrant body we can love. By studying our patterns around food, we will discover a useful key to early trauma which we will then learn how to process without resorting to over eating or eating unhealthily.

Please bring a spoon and a blanket or mat to lie down on.

Since 1986, Julie Motz has been doing energy healing and lecturing, teaching and writing about energy healing and alternative medicine. She worked in operating rooms doing energy work with patients undergoing surgery and is the author of Hands of Life, Bantam, 1998.

Saturday, 10am-5pm
May 3
Kentfield Campus, Dance/Landscape Management Center 11
Fee $93 (Includes $3 materials fee)
Course #8202

Another course of interest . . .

The Medicinal and Edible Herb Garden is listed under Home Arts.

www.marincommunityed.org
The Rational Use of Medications
(14 CE Hours)

Do you know the difference between prescription drugs and OTC drugs? Do you know how drugs work to treat different diseases? How do drugs get approved by the FDA, and how are they watched afterward? These and other topics will be covered in this class. Classes of drugs and individual drugs will be discussed as to their efficacy, safety, side effects, cost, etc. We will cover the treatment of common diseases and conditions, e.g., hypertension, heart attacks, high cholesterol, diabetes mellitus, depression, and others.

- New material offered each quarter.
- Recommended texts will be discussed in class.

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724.

Robert Levin, Pharm.D., is a Professor Emeritus of Clinical Pharmacy who recently retired from the faculty of the UCSF School of Pharmacy. He has taught many classes for all types of health care providers and the lay public. See Note regarding Continuing Education for Health Professionals on page 28.

- 7 Mondays, 2:10-4pm
- Mar. 24-May 12 (No class Apr. 7)
- Kentfield Campus, Science Center 133
- Fee $69 (Includes $5 materials fee)
- Course #8203 EC

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:

The Rational Use of Medications

is listed under Health.

A New Way to Exercise for Pain Relief and Physical Repair

is listed under Physical Fitness.

Brian Dresser is a certified instructor for this course and is a firefighter in Mill Valley.

- Saturday, 9am-4pm
- Apr. 5
- Kentfield Campus, Olney Hall 107
- Fee $88 (includes $42 materials fee)
- Course #8214

Heartsaver First Aid and CPR

This is the course you need to take if you are a person assigned to respond to emergencies in the workplace or community. It is also recommended for anyone who wants to learn first aid, CPR and AED skills. Some rescuers are required to take this course as part of their employer’s efforts to comply with OSHA regulations, e.g., corporate employees, security guards, airline personnel, lifeguards and other individuals who want or need first aid training. Upon passing the manipulative and written exams you will receive certification in First Aid and CPR through the American Heart Association.

Please see Note on “PE Complex Construction” on page 39.

DENTAL ASSISTING

To register for any of the following classes, please email 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 2-10
- Kentfield Campus, Harlan Center 156
- Fee $355 (Includes $155 materials fee)

**Coronal Polish**

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 license. 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 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.

- Marlene Wilgis, CDA, RDA
- Friday, 5-9pm
- Saturday, 8:30am-5pm
- May 16 & 17
- Kentfield Campus, Harlan Center 156
- Fee $240 (Includes $60 materials fee)

**HIGH SCHOOL EQUIVALENCY**

**PREPARATION/BASIC SKILLS**

**G.E.D. (General Educational Development) Preparation**

Do you need to . . .

- Have a high school diploma for a certain job?
- Get qualified to enter a vocational program?
- Brush-up to start college?
- Show your parents (or kids) that you can do it?
- Just feel better about yourself?

If so, . . . free help is available!

- **Open-Entry Class** lets you enroll at any time during the semester.
- **Pretesting** determines your skill levels.
- **Individual Study Plan** focuses on your needs and goals.
- **Instructor Assistance and Guidance** is available at all listed times.
- **Self-Paced Improvement** removes time pressure.
- **Practice Testing** assures your readiness.
- **Drop-in Learning Lab** allows flexible scheduling.

Call 415.485.9363 (lab) or 415.485.9445 (Michael Timmel) for further information. Please note: help with math is available ONLY on Monday and Wednesday, 9a.m. to 3 p.m.

- Michael Timmel, Coordinator
- Mon. & Wed., 9am-7pm
- Tues. & Thurs., 9am-5pm
- Fri., 9am-2pm
- Ongoing through May 16
- Kentfield Campus, Learning Resources Center 120
- **FREE**
- **Course #8218**

**Basic Skills**

This program offers free instruction to any adult wishing to improve pre-college skills such as reading comprehension, writing, math. Brush-up for College of Marin’s placement tests is also available. Class structure is the same as the High School Equivalency Preparation learning lab described above.

For further information call 415.485.9445. Please note: help with math is available ONLY on Monday and Wednesday, 9a.m. to 3 p.m.

- Michael Timmel, Coordinator
- Mon. & Wed., 9am-7pm
- Tues. & Thurs., 9am-5pm
- Fri., 9am-2pm
- Ongoing through May 16
- Kentfield Campus, Learning Resources Center 120
- **FREE**
- **Course #8219**

**Online High School Equivalency courses are available! Go to www.marincommunityed.org**
**The Medicinal and Edible Herb Garden**

Learn to grow plants that are not only beautiful but can be used to make nutritious foods and to stock your home medicine cabinet. You can easily grow herbs in your own back yard that can help alleviate many common ailments and be used in making delicious meals, sauces, deserts, condiments and more.

Learn how to prepare a wide variety of herbal medicines and foods that are easily incorporated into your busy schedule.

**Kami McBride** has taught herbal medicine and women’s health since 1988. She has studied medicinal plants for almost 20 years and has taught Herbolology at the University of California School of Nursing and Stanford Hospital.

- Thursday, 6:40-9pm
- May 1
- Kentfield Campus, Harlan Center 169
- Fee $40
- Course #8221

**Home Composting Made Easy**

This hands-on workshop takes place at the MAGC composting demonstration site where you can see several types of composting systems in use. We will look at tools that make the process easier, and actually build a compost pile! We will discuss the basic science behind composting and the soil food web; but the emphasis will be on the practical application and getting you started with a system suitable for your particular home and garden needs.

You will learn about passive or active composting, composting with worms, and pit or sheet composting to prepare new garden sites. You’ll also learn how to use the finished product in your containers or garden and how to utilize the compost you make for various “soil soup” preparations. Hand-outs provided.

**Charlotte Torgovitsky** is the Garden Education Manager at the Marin Art and Garden Center (MAGC).

- Saturday, 10am-3pm
- May 24
- Marin Art & Garden Center
- SF Drake Blvd. at Lagunitas Blvd.
- Ross
- Fee $45
- Course #8223 EC

**Gardening for Butterflies**

Lots of butterflies are indicators of a healthy environment, and if you are gardening organically, it is easy to entice these beautiful creatures into your own backyard. We’ll take a “slide show tour” through a year of butterflies; learning how to identify different species and discussing some interesting facts about each one. You will also learn about basic Lepidopteran biology, their amazing life cycle and the important associations these insects have developed with certain plants.

We will utilize a tour of the Marin Art and Garden Center’s habitat gardens as a tool to learn about the simple elements necessary to create a successful Butterfly Garden. Each participant will take home a Milkweed plant for the Monarchs; other butterfly plants will be available for purchase from the MAGC nursery. Hand-outs will be provided.

**Charlotte Torgovitsky** is the Garden Education Manager at the Marin Art and Garden Center (MAGC).

- Saturday, 10am-1pm
- Marin Art & Garden Center
- SF Drake Blvd. at Lagunitas Blvd.
- Ross
- Fee $30
- Course #8222 EC

**Marin’s Eco-Friendly Garden Tour**

Join this self-guided tour of Marin gardens which feature “eco-friendly” gardening methods in action. Expect to see: gardens with colorful native plants that attract birds and butterflies; fire resistant plants that improve the odds of your home surviving a fire; medicinal and edible plants; home composting systems; how mulch can be used to suppress weeds; permeable driveways/pathways that absorb water and reduce runoff; management practices that conserve water and save money; deer-resistant plants; plants for creekside settings; owl boxes used to keep rodents under control; a variety of plants that attract beneficial insects (good at controlling pests naturally!); and lawns and gardens being maintained without the use of pesticides. Signs will identify native plants and eco-friendly features, and docents will be available to answer questions.
You may sign up for one or two days: Day One (Saturday, May 17) will feature mature gardens by professional landscapers; Day Two (Sunday, May 18) will highlight gardens created by homeowners (including Master Gardeners).

All registered participants receive a Garden Guide that describes highlights and offers driving directions. The Guide also includes your “garden admission pass!” You may visit as many sites as you wish on the day(s) you select—but must complete your visits by 2 p.m. All aspects of transportation are the responsibility of the participant, and the College requires signing of a waiver that will be included with your Garden Guide. Please note: Depending on the number of gardens on display, you may not make it to ALL gardens!

Each garden will have different educational information available for you to take home, and each participant will receive their choice of a Bay Friendly Gardening Guide or a laminated bug chart after returning a completed evaluation!

On Sunday, May 18, the Marin Art and Garden Center will host an exclusive native plant sale from 2 to 4 p.m. for those registered for either day.

Pre-registration is required! See page 4 for information. If you register on or before May 2, you will automatically receive your Garden Guide in the mail during the week of May 11. If you register after May 2, please call Marin County Stormwater Pollution Prevention Program at 415.499.3202 for assistance.

This two-day tour is being offered through the Marin County Stormwater Pollution Prevention Program and the Marin Art and Garden Center.

**Another course of interest . . .**

**Bay Friendly Landscape Maintenance Training and Qualification Program**

is listed under Business.

[Online Home Arts courses are available! Go to www.marincommunityed.org]

**LANGUAGES**

**Note:** The following classes were developed to teach conversation skills. They 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 students 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 485-9305 and ask to have the instructor call you.

When the purchase of a text book is required, that text will be used for the entire two-year series. Cost of text books vary and are available at the College Bookstore, 415.485.9394.

Please note: If you wish to develop reading and writing skills, please call the Modern Languages department at 415.485.948 or go to www.marin.edu.

**Conversational French: First Year, Fourth Quarter**

For continuing and new students who would like to improve basic conversation skills in a relaxed and fun atmosphere. Build vocabulary, practice basic structures and polish pronunciation while developing greater ease in communicating. Be ready to sing. The class will use the text Ultimate French, Beginner-Intermediate, starting with Lesson 15. See Note at the beginning of the Languages section.

- **Ellen Karel**
- 7 Thursdays, 7:10-9pm
- Mar. 27-May 15 (No class Apr. 10)
- **Kentfield Campus**, Olney Hall 109
- Fee $84
- Course #8227
Classes start Monday, March 24.

**Conversational French: Second Year, Fourth Quarter**

The second year refresher course is for those who have completed “Conversational French: Second Year, Third Quarter,” or who would like to review what they learned in high school or college French classes. The primary goal is to boost confidence and fluency in speaking. The class will use the text Ultimate French, Beginner-Intermediate, starting with Lesson 35. See Note at beginning of the Languages section.

*Venez apprendre dans une ambiance joyeuse!*

- Ellen Karel
- 7 Tuesdays, 7:10-9pm
- Mar. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $84
- Course #8228

**Conversational German: First Year, Fourth Quarter**

For continuing students, this class is an opportunity to continue to practice basic conversational German. Native speakers of German participate in many sessions, and pertinent audio/visual materials are used. See Note at beginning of Languages section.

Hamid Emami holds a Masters from University of Hamburg, Germany, and is fluent in German, English, French, Spanish and Farsi.

- 7 Thursdays, 6:40-8:30pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Temporary Building 119
- Fee $84
- Course #8229

**Conversational Italian: First Year, Fourth Quarter**

Learn 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. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Olney Hall 105
- Fee $84
- Course #8230

**Conversational Italian: Second Year, Fourth Quarter**

These courses are designed for students who have completed “Conversational Italian: Second Year, Third Quarter” or have some knowledge of Italian. Starting with a review, we continue to develop knowledge of vocabulary, pronunciation, idiomatic expressions and situational colloquialisms. Emphasis will be on speaking and comprehension through intensive oral drills. See Note at beginning of Languages section.

*Ci divertiamo e talvolta festeggiamo mentre impariamo la lingua e cultura italiana!*

Ilia Salomone-Smith, who has taught for COM’s Modern Languages department, teaches with passion and energy, and strives to make the learning environment comfortable for all students with non-judgmental strategies and techniques.

- 7 Tuesdays, 6:40-8:30pm
- Mar. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Learning Resources Center 20
- Fee $84
- Course #8231

**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 and idiomatic expressions. See Note at beginning of the Languages section.

- Patricio Tapia
- 7 Tuesdays, 7:10-9pm
- Mar. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Harlan Center 165
- Fee $84/Course #8232

- Nancy McInnes
- 7 Wednesdays, 7:10-9pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus, Learning Resources Center 36
- Fee $84/Course #8233

- Milt Hain
- 7 Tuesdays, 3:10-5pm
- Mar. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Temporary Building 119
- Fee $64/Course #8234 EC
**Conversational Spanish: Second Year, Fourth Quarter**

Join other students who have completed “Conversational Spanish: Second Year, Third Quarter,” or have equivalent skills, to increase fluency. You will study vocabulary, pronunciation and comprehension through intensive oral drills in order to express your thoughts and feelings in Spanish. See Note at beginning of Languages section.

- **Patricio Tapia**
- 7 Mondays, 4:10-6pm
- Mar. 24-May 12 (No class Apr. 7)
- **Kentfield Campus**, Harlan Center 169
- Fee $84
- Course #8235

**LAW**

**Introduction to the Legal System for Community Members**

This course is designed to give the average community member a basic knowledge of the structure and workings of the County, State and Federal court systems, with an emphasis on procedures that must be followed should he or she become involved in a civil dispute, such as small claims court, personal injury, property damage, traffic tickets and landlord-tenant disputes.


- **Richard Wallace** is a mediator with Marin Mediation Service and an Attorney with the Legal Self Help Center.
- 7 Mondays, 1:10-3pm
- Mar. 24-May 12 (No class Apr. 7)
- **Kentfield Campus**, Harlan Center 161
- Fee $69 (Includes $5 materials fee)
- Course #8236 EC

**LITERATURE**

**Literature and Law**

At the intersection of literature and law, twelve great writers (including four Nobel winners and two Pulitzer winners) will offer their remarkable ideas. Their shorter pieces of fiction—often tragic, often funny, always ambiguous—can be read as literary masterpieces or as political theory or as both. Each class, two writers—for example, William Shakespeare and Bob Dylan, or William Faulkner and Anne Beattie, or Gabriel García Marquez and Jhumpa Lahiri—will address a social issue. They will show us how, through the creation of law, we sometimes can create community, and we sometimes can tear it apart.

- **David Robertson**, B.A., J.D., a graduate of Stanford and Yale Law, has taught political philosophy and literature and has practiced law.
  - 7 Fridays, 10:10am-12:30pm
  - Mar. 28-May 16 (No class Apr. 11)
  - **Kentfield Campus**, Harlan Center 165
  - Fee $76
  - Course #8237 EC

**In the Footsteps of Dracula: The Truth about a Legend**

Explore the biography of King Vlad the Impaler of Walachia (present day Romania); learn about his accomplishments and about his historical, as well as his political importance to Medieval Europe. This course is a rich and colorful fresco of life in Romania, Hungary, Poland and Turkey at the end of the Middle Ages. In addition, other types of “vampire literature” will be discussed and their cultural importance will be explored. The cultural and historical background of Romania, Hungary, Poland and Turkey will be presented.

- **Erika Harkins** is a Hungarian with a passion for Literature and History.
  - 7 Fridays, 10:10am-12:00pm
  - Mar. 28-May 16 (No class Apr. 11)
  - **Kentfield Campus**, Learning Resources Center 36
  - Fee $86 (Includes $2 materials fee)
  - Course #8238

**The Literary Life of France: The Roman of the Rose**

The Roman of the Rose, a major French poem and novel, is presented as an allegorical dream vision arranged around the “Rose,” symbol of femininity which should be conquered. Written in two parts by two different authors and in two different periods of time, it begins in the 13th century, the time of Courtly French Literature, and continues forty years later from a bourgeois point of view. We will read the poem translated into modern English, discuss its content and interpret, from the French point of view, the novel’s literary, social, psychological and political significance. We will discuss also the point of view of Christine de Pisan, the famous French writer from the Middle Ages, who headed the debates against the Sorbonne regarding the negative approach of Jean de Meun.

- **Erika Harkins** has passionately studied French Literature for over 20 years.
  - 7 Wednesdays, 2:10-4pm
  - Mar. 26-May 14 (No class Apr. 9)
  - **Kentfield Campus**, Harlan Center 172
  - Fee $66 (Includes $2 materials fee)
  - Course #8239 EC

*A registration form is at the center of this schedule.*
Henrik Ibsen: Playwright and Social Critic

Henrik Ibsen (1828-1906) was an important Norwegian playwright, social critic and agitator for women’s rights. Heinitiated the “Theater of Revolt” and inspired, among others, the American playwright Eugene O’Neill. This course will analyze some of Ibsen’s major works within the context of his life and times, his multicultural influence and his ongoing relevance as a writer who addresses contemporary problems of human existence.

We will read Ibsen’s A Doll House, Ghost and Hedda Gabler. We will also view film versions of these plays.

Ulla Thomsen, Ph.D. (Scandinavian Languages and Literature) has taught in colleges and universities in California to Shanghai, China.

7 Tuesdays, 2:10-4pm
Mar. 25-May 13 (No class Apr. 8)
Kentfield Campus, Harlan Center 170
Fee $65 (Includes $1 materials fee)
Course #8240 EC

Writer’s View of the World: Four Poets

This quarter’s exploration of current American poetry will serve as an introduction for those unfamiliar or uncomfortable with the territory, and a return adventure for those already acquainted with the pleasures of the path. From the contemporary American landscape, a dozen or so poets emerge into prominence on the basis of artistic virtuosity, originality, timeliness, or simple brilliance. We will read and discuss some of this distinguished group—among them, two poet laureates—for insight into the major ideas and techniques that drive the poetry that is being written today. Some poets under consideration this quarter will be Charles Wright, Louise Gluck, Robert Hass, and Philip Levine. Their poems will be distributed and read in class.

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

7 Thursdays, 1:10-3pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus, Olney Hall 105
Fee $64
Course #8241 EC

Online Literature courses are available! Go to www.marincommunityed.org

MARIN ADVENTURES

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 and directions for the following classes are available at www.marincommunityed.org (click on course number below course description). If you do not have Internet access, please call 415.485.9318. Leave your name and the course number and name of the class for which you are registered.

Nature at Night: Muir Woods
Each night under cover of darkness, various members of the redwood forest emerge from their resting spots to forage for food, to explore, or to find a mate. We will walk softly and silently, aided only by illumination from a low-intensity, hand-held blacklight to discover many of the smaller inhabitants of this world, including insects, spiders, as well as a variety of lichen and fungi which take on a revealing colorful “glow.” What sounds, sights and smells await us after dark? Will there be bats or owls? Whoo knows!

Wear a jacket and hiking boots and be prepared to slowly walk 1-2 miles. Park at Muir Woods and proceed to the front of the visitor center to meet Cathleen. Blacklight rental included. Please see Note above.

Cathleen Cannon, B.S. (BiologY/Chemistry)
Saturday, 6:30-10:30pm
Apr. 5
Meet at Muir Woods Visitor Center
Fee $44 (Includes $10 materials fee)
Course #8242 EC

Nature at Night: Oak Woodland at Indian Valley
Each night under cover of darkness, various members of the oak woodland emerge from their resting spots to forage for food, to explore, or to find a mate. We will walk softly and silently, aided only by illumination from a low-intensity, hand-held blacklight to discover many of the smaller inhabitants of this world, including insects, spiders, as well as a variety of lichen and fungi which take on a revealing colorful “glow.” What sounds, sights and smells await us after dark? Will there be bats? Whoo knows!

At times there is a 00 to 400 foot change in elevation. All participants should wear jackets and hiking boots. Park in Lot #7 on
the Indian Valley Campus and proceed to the Tennis Courts to meet Cathleen. Blacklight rental included.

- **Cathleen Cannon**, B.S. (Biology/Chemistry)
- **Indian Valley Campus**, Ohlone 156
- **Fee $44** (Includes $10 materials fee)
- **Course #8243 EC**

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

Spring is the best time of year to learn to identify birds by their different songs. 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** under Marin Adventures heading.

- **Lisa Hug**, M.Ed., 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
- **Mar. 25**
- **Kentfield Campus**, Learning Resources Center 53
- **Plus 4 field trips**
- **Tuesdays, 8:30am-12:30pm**
- **Apr. 1-29 (No class Apr. 8)**
- **Fee $92**
- **Course #8244 EC**

**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 1000 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:**
  - First class meets: **Indian Valley Campus**
  - Last parking lot

**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 4-6 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.

- **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. 1-29 (No class Apr. 1)**
- **1st class meeting: Deer Park, Fairfax**
- **Last class 6 hours**
- **Fee $92**
- **Course #8247 EC**

**Adventure Hiking**

Explore many of Marin’s wonderfully wild and obscure areas, using old roads, small trails and deer and cattle paths with particular attention to rushing creeks and waterfalls, mushrooms and wildflowers. These hikes are unique and cannot be found in any book. We will cover 6-8 miles on varied terrain and up to 1,500 feet elevation. Participants should be in good physical condition, able to climb fairly steep grades without over-exertion and to cover 2 to 2 ½ miles per hour.

Please see **Note** under Marin Adventures heading. You will not only find the itinerary on the website, but also a page of important hiking tips.

- **Judy Hall** is an active leader with the Sierra Club, hiking almost exclusively in Marin. She is by profession a jazz pianist and her hikes sometimes take on the flavor of an improvisation.
- **7 Sundays, 9:30am-1:30pm**
- **Mar. 30-May 18 (No class Apr. 13)**
- **Pine Mountain Road Trailhead**
- **First class meeting: 9:15am**
- **Fee $145**
- **Course #8248 EC**
MUSIC

The History of Rock Music: Rock on TV in the 70's & 80's

Years before YouTube and MTV, teenagers were introduced to rock music on weekly TV dance shows. They were taught new dance steps and able to glimpse a look at their idols, something radio couldn’t offer. As record sales soared, rock filtered into afternoon and nightly variety shows like The Mike Douglas Show, The Smothers Brothers Comedy Hour and The Dick Cavett Show. Guest speakers will join the class. Class supplement available at the college bookstore.

Join music journalist/archivist Steven Roby to explore the evolution of televised Rock and its impact on America’s youth. He will show examples of these broadcasts from his vast video archive.

7 Tuesdays, 7:10-9pm
Mar. 25-May 1 (No class Apr. 8)
Kentfield Campus, Learning Resources Center 53
Fee $94 (Includes $5 special fee)
Course #8249

Modern Jazz: The Past Is Prologue, The Future Is Now

This is an introduction, appreciation and mostly introspection of modern jazz from the 1950’s to the present covering creative music from Charlie “Yardbird” Parker to John Zorn and highlighting local Bay Area musicians. We’ll be discussing and experiencing how the music can act as a catalyst for social change, personal growth and enhance interpersonal communication skills. Join us to raise the level of respect, appreciation and support of modern jazz. The inspiration, excitement, uplift and sheer joy of jazz will be celebrated through the use of various media.

Recommended texts will be discussed in class.

Andrew Rosenthal
7 Wednesdays, 1:10-3pm
Mar. 26-May 14 (No class Apr. 9)
Kentfield Campus, Fine Arts 177
Fee $64
Course #8250 EC

Russian Music: Rachmaninov

Enjoy and learn about Russian composers with Alexander Vereshagin, one of the Soviet Union’s premier musicians and currently Music Director and Conductor of the Russian Chamber Orchestra in San Francisco. This quarter we will focus on the music of Rimsky-Korsakov. The instructor will lecture and perform excerpts on piano. New and returning students are always welcome.

Alexander Vereshagin
7 Tuesdays, 12:10-2pm
Mar. 25-May 13 (No class Apr. 8)
Kentfield Campus, Fine Arts 177
Fee $64
Course #8252 EC

Chorus Emeritus

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. During Spring Quarter, in April and May, we will perform at retirement and convalescent facilities. There are no auditions. We ask for $25 to buy new music and to pay our talented accompanist.

Philip Hildreth
7 Thursdays, 3:10-5pm
Mar. 27-May 15 (No class Apr. 10)
Kentfield Campus, Fine Arts 72
Fee $49
Course #8253 EC

Marin Men’s Chorus

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 $35 at the first class meeting for materials/accompanist fees.

Don Miller, Ph.D., 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. 25-May 13 (No class Apr. 8)
St. Stephen’s Church
3 Bayview Ave., Belvedere
Fee $37
Course #8254 EC
Sow Your Wild Notes: A Workshop for Aspiring Composers

Have you ever wanted to write your own music, but weren’t sure how to begin? We’ll share our music and receive instruction in a friendly, non-judgmental environment, learning from each other. Starting with the basics (melody, harmony, rhythm, etc.), we’ll explore the creative musical process, from initial ideas, through creative blocks, to the completion of a short piece of music and its performance.

Please bring a piece of music that you love to the first class, a recording and/or the score. Bring manuscript paper to each class session and your instrument if you choose. Students should be familiar with music notation.

Marcia Bauman, Ph.D. (Eastman), is an award-winning composer. She has taught the undergraduate seminar in composition at Stanford University and instructed students in their electronic music compositions at the Eastman School of Music.

- 7 Wednesday, 7:10-9pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus, Learning Resources Center 53
- Fee $84
- Course #8255

Community Ed Flute Choir

Flutists! Dust off your instruments! In this opportunity for intermediate-level flutists to play in an ensemble, we will sample a smorgasbord of music, including Bizet, Gluck, Bach and La Primavera, a tango by Christopher Caliendo. If you know your scales up to three sharps and three flats, please bring your flute and be ready to play. Music will be provided. Alto and bass flutes most welcome along with the regular flute and piccolo! Our last class will be a recital.

Please bring a music stand.

Judy Phillips, M.A., has led the Golden Gate Flute Choir for two years and is a former member of Sacramento and Marin Symphonies.

- 7 Saturdays, 10am-12noon
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 177
- Fee $65 (Includes $2 materials fee)
- Course #8256 EC

Basic Acoustic Guitar for the Beginner

Learn to play acoustic guitar: be the life of the party, or simply learn to play for your personal enjoyment. The emphasis in this program is learning the most important chords and strumming techniques. Each lesson will include basic music theory and advanced tips as well; this is an accelerated program to get you playing as quickly as possible. You don’t have to have an “ear for music” to learn guitar. Students will learn basic sing-along styles and “campfire” songs. This course is also a good refresher for someone who wants to brush up on basic skills. New material will be offered each quarter.

Chris Killough has been playing guitar for 40 years and specializes in folk, spirituals and informal sing-alongs. He was known as the “Singing Cop” during his years in the San Francisco Police Department.

- 7 Fridays, 1:10-3pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Fine Arts 75
- Fee $84
- Course #8257

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, 6:10-7:00pm) 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, call the instructor at 415.459.3304.

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

- Times as above
- 7 Tuesdays & 7 Thursdays
- Mar. 25-May 15 (No class Apr. 8 & 10)
- Kentfield Campus, Fine Arts 188
- Fee $80
- Course #8258
ONLINE CLASSES

If you can surf the Internet, you can take an online class! We offer over 80 different online classes every month—
Business
Computers
Photography
Financial Planning
Law
Travel
Writing
And many more
Visit our website for more information and to register—
www.marincommunityed.org

PARENTING

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 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, behavioral 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.

PHOTOGRAPHY

Note: Community Education photography classes do not include darkroom work. If you are interested in learning about techniques used in the darkroom, please call the Art Department at 415.485.9480 or go to www.marin.edu.

Intro. to the Digital Camera
This course is designed to educate you about the different types of digital cameras and the features that are available. You will learn what you need to know before making your purchase, so that you can choose the best camera for your needs. We will also discuss basic terminology, explanations of the different camera settings, formats used by digital cameras and computers, transferring images to the computer, making basic image adjustments using Adobe Elements, preparing images to email as attachments and options for printing digital camera images.

You do not need to own a digital camera to take this class although, if you already own one, you are encouraged to bring the camera and the manual with you.

Ed Woods
Friday, 10am-5pm
Mar. 28
Indian Valley Campus, Ohlone 216
Fee $100
Course #8260

Intermediate Digital Camera
This course will cover techniques for improving the composition and quality of your photographs. You will use features of a digital camera to give you better control over your images: shutter and aperture priority, manual mode, white balance adjustment, metering, built in flash, zoom, macro and auto focus vs. manual focus. You will be given a list of different types of pictures to take during class. The images will be downloaded to the computer and we will use Adobe Photoshop Elements to evaluate and optimize the quality of the images.
If you own a digital camera, you should bring it with you to class.

This class builds upon skills learned in Intro. to the Digital Camera.

- Ed Woods
- Friday, 10am-5pm
- Apr. 4
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #8261

Intro. 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 email 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.

- Jazmine Loiselle
- Friday, 9am-4pm
- Apr. 18
- Indian Valley Campus, Ohlone 216
- Fee $122 (Includes $22 materials fee)
- Course #8262

Interm. 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, cover how to control separate areas of a photo in order to execute customized lighting and color adjustments and step-by-step instructions creating a slide show with viewing capabilities on a CD or the Internet.

This class builds upon skills learned in Intro. to Photoshop Elements.

- Jazmine Loiselle
- Friday, 9am-4pm
- Apr. 25
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #8263

Adv. 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 overview and creating a digital photo album.

This class builds upon skills learned in Interm. Photoshop Elements.

- Jazmine Loiselle
- Friday, 9am-4pm
- May 2
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #8264

Online Photography courses are available! Go to www.marincommunityed.org

PHYSICAL FITNESS

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. We have a strict Refund Policy as stated in our General Information section.

Physical Education Complex Construction

From January 2008 through approximately May 2009, the Diamond Physical Education Center on the Kentfield Campus will be undergoing construction. Alternative classrooms will be located in fully accessible portables adjacent to the tennis courts in Parking Lot 11. Locations for individual classes are listed with course descriptions.

Parking in Lots 11 and 12 will be limited during construction. Parking Lot 13 will remain available. It will be appreciated if you park on the main campus, car pool, or use alternative methods of transportation.
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.

Please see Note on “PE Complex Construction” on page 39.

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: Injury Prevention, Recovery and Comfort in Movement

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis and other conditions, as well as from a lack of physical activity.

To participate in this class it is necessary to be able to raise and lower yourself from the floor. Please bring a mat and two bath towels for comfort.

Please see Note on “PE Complex Construction” on page 39.

This class is offered free thanks to an endowment from the estate of Randy Weil. Randy is fondly remembered for over ten years of dedication to bringing ease and pleasure to the lives of older adult learners through Feldenkrais. Her wonderful gift goes far to continue to provide the classes she and her students so greatly valued.

- Teresa Hanson, GCFP
- 7 Tuesdays, 2:10-3:30pm
- Mar. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Physical Education One
- FREE
- Course #8265

The Feldenkrais Method for the Older Adult

The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis and other conditions, as well as from a lack of physical activity.

To participate in this class it is necessary to be able to raise and lower yourself from the floor. Please bring a mat and two bath towels for comfort.

Please see Note on “PE Complex Construction” on page 39.

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- Teresa Hanson, GCFP
- 7 Tuesdays, 7:10-8pm
- Mar. 25-May 13 (No class Apr. 8)
- Kentfield Campus, Physical Education One
- FREE
- Course #8266 EC

A New Way to Exercise for Pain Relief and Physical Repair for the Older Adult (CE Hours)

The original exercises we use in class let us relax, talk, and have fun while pushing limits and working muscles hard without straining existing problems. We make sounds; jiggle, shake and tremble. Leg exercises develop flexibility up and down the spine while hamstrings lengthen, and hips and thighs tone. Breathing exercises flatten the belly and detox lymph nodes. Come to a friendly exercise class that welcomes your pace and problems.

Class is designed to also benefit Health Care professionals. The skills taught in class provide a practical self-help method of pain relief positioning and a new way to exercise for recovery of lost function and pain relief using ordinary home and hospital items.

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. See Note regarding Continuing Education for Health Professionals on page 28.

Please see Note on “PE Complex Construction” on page 39.

- Meg Margolis
- 7 Mon., 7 Wed. & 7 Fri., 3:40-5pm
- Mar. 24-May 16
- (No class Apr. 7, 9 & 11)
- Kentfield Campus, Fusselman Hall 120
- FREE
- Course #8267 EC

Energy Warm-Ups for the Older Adult

A gentle, yet effective non-strenuous move, stretch and strengthen class for older adults. Goals include increased flexibility, mobility and range of motion with special attention paid to improving physical fitness...
balance. Classes will include a few minutes of light weight training, important for increasing upper body strength. Also breath and relaxation techniques will aid in reducing stress and increasing positive feelings of well being.

Please see Note on “PE Complex Construction” on page 39.

- **Eric Riswold**
  - 7 Tuesdays & 7 Fridays
  - Mar. 25-May 16 (No class Apr. 8 & 11)
  - Tuesdays, 8:10-9am
- **Kentfield Campus**, Physical Education
  - Five A
  - Fridays, 9:10-10am
- **Kentfield Campus**, Physical Education
  - One
  - FREE
  - Course #8268 EC

**Movement and Music for the Older Adult: A Universal Language**

This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs. Chair exercises (to tone both upper and lower body muscles) will comprise a major portion of the class. Also included: joint flexibility, muscle strengthening, balance, breathing coordination and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

- **Diane Hain**
  - 7 Mondays, 11:10am-12noon
  - Mar. 24-May 12 (No class Apr. 7)
- **Whistlestop**
  - 930 Tamalpais Ave., San Rafael
  - FREE
  - Course #8269 EC

**Exercise for Fitness and Pleasure for the Older Adult**

Maintaining and improving general health and fitness are the goals of this class for the active adult. Join us in stretching, toning, strengthening, relaxation techniques and rhythmic activities set to music.

Please see Note on “PE Complex Construction” on page 39.

For each course listed below:

- **Jack Bray**, MA
  - FREE

**Kentfield Campus**, Physical Education

- 7 Tuesdays & 7 Thursdays, 3:40-4:30pm
- Mar. 25-May 15 (No class Apr. 8 & 10)
- **Course #8270 EC**

**Indian Valley Campus**, Miwok 170

- 6 Mondays & 7 Wednesdays
- Mondays, 10:40-11:30am
- Wednesdays, 9:10-10am
- Mar. 24-May 14 (No class Mar. 31, Apr. 7 & 9)
- **Course #8271 EC**

**A Journey toward Vitality: Walking the Lighter Path**

Walk and talk your way to a healthier life! Walking is an excellent cardiovascular exercise. Walking regularly with a group will help you lose weight, tone your muscles and prevent osteoporosis as well as reduce your stress level. Proper technique will help you get more out of your exercise time. Our focus is on having fun while limbering the mind and body, increasing balance, flexibility and energy. Music and guided imagery will assist our relaxation practice. Students will receive individual attention.

- **Jack Bray**, MA
  - 6 Mondays, 9:10-10:30am
  - Mar. 24-May 12 (No class Mar. 31 & Apr. 7)
- **Indian Valley Campus**, Miwok 170
  - FREE
  - Course #8272 EC

**Race Walking for Health**

Race walking is an ideal and complete aerobic exercise. It can help you deal with stress, lose weight and bring clarity and focus to your life. Qigong, Tai Chi and stretching are included in warm-up and cool-down exercises. Get the most out of walking by developing the unbeatable combination of excellent technique and reasonable goals. Join us for the smiles, not the miles. We walk rain or shine.

Please see Note on “PE Complex Construction” on page 39.

**Jack Bray**, MA, is a Certified Race Walk Instructor and a World Champion Race Walker.

- 4 Saturdays, 11:40am-1pm
- Apr. 5-May 3 (No class Apr. 12)
- **Kentfield Campus**, Physical Education
  - One
  - Fee $51
  - Course #8273
Moving with Chi for the Older Adult

This course is based on principles of Tai Chi and Qigong. Using breath energy to cultivate soft dance-like Tai Chi movements, we will improve posture, breath, balance, memory, strength and flexibility. You will be taught acupressure points for self-healing and short Tai Chi/Qigong forms, including The Five Animal Frolics.

A floor warm-up will precede the standing exercises so please dress appropriately in loose, comfortable clothing. Bring blanket or mat for floor exercises.

- **Dove Harris Govrin, MS, A.D.TR.**
- 7 Thursdays, 1:10-3pm
- Mar. 27-May 15 (No class Apr. 10)
- **Indian Valley Campus, Miwok 170**
- **FREE**
- **Course #8274 EC**

Wild Goose Qigong for the Older Adult

Wild Goose Qigong is an ancient practice, 1700 years old. It is a non-strenuous discipline which generates health and balanced well being. Throughout the year, we will learn a lovely set of 64 flowing movements that imitate the daily activities of the wild goose, a bird much venerated in China. Warm-up stretches, self-massage of acupressure points and meditation are included in this daily routine of self-care.

Please dress appropriately in loose, comfortable clothing.

Please see Note on “PE Complex Construction” on page 39.

- **Dove Harris Govrin, MS, A.D.TR.**
- **Kentfield Campus, Physical Education**
- 7 Fridays, 12:10-1:30pm
- Mar. 28-May 16 (No class Apr. 11)
- **Kentfield Campus, Physical Education**
- **FREE**
- **Course #8275 EC**

Wild Goose Qi Functions

This course for Intermediate and Advanced students focuses on Qi functions (vital energy as it flows thorough the body) and Meridian theory as they relate to the Wild Goose Qigong. You must have previous knowledge and memory of the 64 movements. It is recommended that you be concurrently enrolled in a “Wild Goose Qigong” class. The class will practice the entire form.

Please dress appropriately in loose, comfortable clothing.

Please see Note on “PE Complex Construction” on page 39.

- **Dove Harris Govrin, MS, A.D.TR.**
- 7 Fridays, 12:10-1:30pm
- Mar. 28-May 16 (No class Apr. 11)
- **Kentfield Campus, Physical Education**
- **FREE**
- **Course #8277 EC**

Joy of Tai Chi for the Older Adult

The purpose of this tranquil class is to sample a series of gentle, health-giving exercises in a relaxed and playful environment. Tai Chi combines the flow of dance with stretching movements that tone and trim the body and Improve circulation, balance and vitality. The mind is focused and one experiences a general sense of well being as the “chi,” or life force, is strengthened. A sampling of Qigong exercises is included. The course is open to all ages.

Please see Note on “PE Complex Construction” on page 39.

Carolyn Talmadge

Beginning/Intermediate

- 7 Mondays, 3:40-5pm
- Mar. 24-May 12 (No class Apr. 7)
- **Kentfield Campus, Physical Education**
- **FREE/Course #8278 EC**

Beginning/Intermediate

- 7 Tuesdays, 10:45am-12noon
- Mar. 25-May 13 (No class Apr. 8)
- **The Redwoods**
- 40 Camino Alto, Mill Valley
- **FREE/Course #8279 EC**

Intermediate

- 7 Wednesdays, 3:40-5pm
- Mar. 26-May 14 (No class Apr. 9)
- **Kentfield Campus, Physical Education**
- **FREE/Course #8280 EC**

Advanced Tai Chi for the Older Adult

An advanced class is being offered to practice in a group the natural flowing movements of this ancient exercise. Continue to fine tune your movements as well as emphasize the meditative aspects and strengthen your “chi.” This
is an opportunity to relax and enjoy the benefits of previous Tai Chi discipline while you enhance your physical vitality, confidence and well being. Some Qigong exercises are included. Strongly recommended: Beginning and Intermediate Tai Chi.

Please see Note on “PE Complex Construction” on page 39.

- **Carolyn Talmadge**
  - 7 Fridays, 2:10-4pm
  - Mar. 28-May 16 (No class Apr. 11)
  - **Kentfield Campus**, Physical Education
  - **FREE**
  - **Course #8281 EC**

**Gentle Yoga for Older Adults**

Based on the Sivananda Yoga Tradition, “Gentle Yoga” offers classical yoga postures, taught with positive affirmations that are based on the Yoga Sutras and include the 10 Universal Precepts of life. For example, “May I always be attuned to the Peace that lies within.” This style of yoga is a call to open your heart while opening the inner channels of energy and focusing on the stillness of the peace that is always present within. Each class starts with a short lecture on different aspects of yoga and ends with a powerful, long, deep relaxation called Yoga Nidra, some simple peace chants and a few moments of silence.

This class is suitable for beginners, and has benefits for students of all levels of ability.

Please eat lightly prior to class. Bring a yoga mat and wear comfortable clothing to class.

- **Solana Walton**
  - 8 Mondays & 8 Wednesdays, 12:55-2:15pm
  - Mar. 24-May 14
  - **The Redwoods**
  - 40 Camino Alto, Mill Valley
  - **FREE**
  - **Course #8282 EC**

**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**, Ph.D., has been teaching yoga at the College of Marin since 1988.
  - 6 Tuesdays & 7 Thursdays, 5:40-7pm
  - Mar. 25-May 15 (No class Apr. 8 & 10 & May 13)
  - **Indian Valley Campus**, Ohlone 106
  - Fee $105
  - **Course #8283**

**Mindful Yoga**

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 susyoga@earthlink.net or 415.388.1549.

Bring three (or at least one for beginners) standard yoga blankets and a sticky mat after the second class.

Please see Note on “PE Complex Construction” on page 39.

- **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.

**For each course listed below:**

- **7 Saturdays**
  - Mar. 29-May 17 (No class Apr. 12)
  - **Kentfield Campus**, Physical Education
  - One

**Beginner**

- 10-11:30am
- Fee $75/Course #8284

**Intermediate**

- 8-9:45am
- Fee $81/Course #8285
Strength and Fitness Training for Older Adults

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 loose, comfortable clothing and close-toed shoes. This class is designed for older adults and is appropriate for adults of any age. You must be able to get up and down to the floor independently.

The Beginner 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 “Intermediate/Advanced” or “Advanced” class. Please see Note on “PE Complex Construction” on page 39.

Beginner
Kentfield Campus, Physical Education
Five A
Betsy Best-Martini, MS (Recreational Therapy), SFA certified
7 Wednesdays 7:30-9am
7 Fridays, 8-9:30am
Mar. 26-May 16 (No class Apr. 9 & 11)
FREE/Course #8286 EC

Indian Valley Campus, Ohlone 106
Vicki Jackson, MA (Kinesiology), SFA certified
7 Tuesdays & 7 Thursdays, 1:40-3pm
Mar. 25-May 15 (No class Apr. 8 & 10)
FREE/Course #8287 EC

For each course listed below:
Kim Jones, MA (Exercise Physiology), ACSM, SFA certified
Hazel Wood, BA, SFA, AF
7 Mondays & 7 Wednesdays
Mar. 24-May 14 (No class Apr. 7 & 9)
Kentfield Campus, Physical Education
Six
FREE

Intermediate/Advanced
5:15-7am
Course #8288 EC

Advanced
7-8:45am
Course #8289 EC

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 be sure to arrive on time for warm ups to prevent injury.

MinJae Laws

Form Body Studio
1000 Fifth Ave., Suite B, San Rafael
Fee $68
7 Mondays, 10-11am
Mar. 24-May 12 (No class Apr. 7)
Course #8291
7 Wednesdays, 6-7pm
Mar. 26-May 14 (No class Apr. 9)
Course #8292

Brady Wedman
Flow Studio
85 Bolinas Rd., Fairfax
Fee $68
7 Tuesdays, 7-8pm
Mar. 25-May 13 (No class Apr. 8)
Course #8293
7 Thursdays, 7-8pm
Mar. 27-May 15 (No class Apr. 10)
Course #8294

Other courses of interest . . .

Belly Dance for Fun and Fitness
are listed under Dance.

Wado Ki Kai Karate

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 who has an interest in learning martial arts techniques; there are no prerequisites. Warm-up exercises will incorporate Tai Chi, Qigong, yoga and Rosen Method movement. 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. Please see Note on “PE Complex Construction” on page 39.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 15 years. Hursey is certified by the American Teachers Association of Martial Arts and American Aerobics and fitness Association as a
group exercise instructor.
- 7 Mondays & 7 Thursdays, 6:40-8pm
- Mar. 24-May 15 (No class Apr. 7 & 10)
- Kentfield Campus, Physical Education
- Fee $109
- Course #8295

**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 email him at effortlesstennis@comcast.net.

Please see Note on "PE Complex Construction" on page 9.

**Brent Zeller** has been playing tennis for 40 years, teaching the game for 40 years, and has an extensive background in psychology, philosophy and learning theory.

For each course listed below:
- Kentfield Campus, Tennis Courts
- Intermediate 1
  - 6 Wednesdays, 9:40-11am
  - Mar. 26-May 21 (No class Apr. 9)
  - Fee $122 (Includes $6 materials fee)
- Course #8297
- Intermediate 2
  - 6 Thursdays, 9:10-11am
  - Mar. 27-May 22 (No class Apr. 10)
  - Fee $160 (Includes $6 materials fee)
- Course #8298

**Aqua Exercise for the Older Adult**

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.

**For each course listed below:**
- Russell Robles
- 8:40-10am
- Indian Valley Campus, Pool
- FREE
- 7 Mondays & 7 Wednesdays
  - Mar. 24-May 14 (No class Apr. 7 & 9)
  - Course #8299 EC
- 7 Tuesdays & 7 Thursdays
  - Mar. 25-May 15 (No class Apr. 8 & 10)
  - Course #8300 EC

**TRAFFIC SCHOOL**

**Traffic Violator School**

Required of all traffic violators directed to attend, but open to anyone interested. This course does not satisfy "Driving While Under the Influence" convictions. Course will meet the mandatory eight hours of instruction. Required registration is in person or by mail with TVS registration form. Please call 415.485.9305 for further information.

- Sunday, 8am-5pm
- Apr. 6
- Kentfield Campus, Temporary Building 101
- Fee $25

**WRITING**

**Elements of Creative Writing**

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

Somerset Maugham might have been right, but that’s no reason to be discouraged. For 21 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; first-time students are encouraged to bring a sample of their writing to the first class.

**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

More Elements of Creative Writing

**A registration form is at the center of this schedule.**
work has been featured on National Public Radio and in many national anthologies.

- 7 Mondays, 5:30-8:30pm
- Mar. 24-May 12 (No class Apr. 7)
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $89
- Course #8304 EC

Creative Writing Workshop: Finding Your Groove
Good writing excites me, and makes life worth living.—Harold Pinter

Learn the techniques of composing, summary narration, building characters, setting a scene, creating lively dialogue and sharpening thematic significance. The group becomes familiar with your subject and style, and we work together to uncover your true voice and ease you through revision. There will be optional craft assignments, in addition to your works in progress.

Guy Biederman, M.A. has published a literary magazine and six books by local writers. His fiction and nonfiction stories have appeared in journals and periodicals throughout the Bay Area and Sonoma County. He has taught writing with passion, and compassion, for sixteen years.

- 7 Thursdays, 1:10-4pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Harlan Center 161
- Fee $91 (Includes $2 materials fee)
- Course #8305 EC

Writing Stories about Travel
When the traveler awoke the day had scarcely dawned, and he observed that it was not only the river’s murmur which had disturbed him.—José Saramago

A lot of travel writing is more a guidebook account of hotels and where to eat, while the travel story will describe a meaningful encounter between the self and place. It uses the tools of fiction such as character and setting (self and place), and the plot will revolve around the change that the narrator must undergo as a result of being there. Personal memory will bump against the collective memory of locals and require re-examination and adjustment; sense of self and identity will shift in response to being in new, often challenging territory.

Learn various approaches to getting started, work toward completing one good story and leave with focused ideas and the necessary skills to write more. Continuing students are invited to work on stories from the previous quarter. Bring a pen and notebook. Recommended texts will be discussed.

- 7 Mondays, 1:10-3pm
- Mar. 24-May 12 (No class Apr. 7)
- Kentfield Campus, Olney Hall 107
- Fee $64
- Course #8307 EC

Emeritus Writing and Performance Group
This weekly workshop focuses on the writing and presentation of personal monologues, poems and other genres of writing to facilitate self-expression and discovery. Through supportive comments from the instructor and students, 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), M.A. (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
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 136
- Fee $89
- Course #8308 EC

Online Writing courses are available! Go to www.marincommunityed.org

Registration begins Tuesday, February 19, at 9 a.m.
EMERITUS COLLEGE

Emeritus College is a unique program which is designed to meet the needs of the County’s older adult student learner population. Courses offered through Emeritus College seek to support the principles of quality of life, lifelong learning and creative retirement.

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ASSOCIATED STUDENTS OF EMERITUS COLLEGE

A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS

All students currently enrolled in Emeritus College courses are urged to become members of the Associated Students of Emeritus College (ASEC). The ASEC Council serves as a voice for older adults on the College of Marin’s participatory governance system and articulates concerns for new programs, forums and course directions. Purchase of a $12 Student Activities Card entitles you to receive a monthly newsletter and to participate in any of the clubs sponsored by ASEC. The Student Activities Card fee supports other programs, activities and efforts of the Student Association, including subsidies for low enrolled classes.
Classes start Monday, March 24.

EMERITUS COLLEGE

EMERITUS CENTER
Kentfield Campus: 415.485.9652
Indian Valley Campus: 415.457.8811, ext. 8322
ASEC@marin.edu

Please visit the Emeritus Center on the Kentfield Campus and Emeritus North on the Indian Valley Campus. Both centers offer a lounge for ASEC members and a place for ASEC committees and clubs to meet. ASEC 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

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

ASEC TUITION GRANTS

The ASEC Council awards ASEC Tuition Grants to eligible older adult students for any College of Marin course, whether Community Ed or credit. 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, Mar. 10.

COMPUTERS AVAILABLE

A computer is available to ASEC members at both campuses. At the Kentfield center, time on a PC may be scheduled by calling 415.485.9652. At Emeritus North, time on an iMAC may be scheduled by calling 415.883.7805. Both have Internet connection.

CLUBS

Participation in ASEC clubs requires an ASEC Student Activities Card.

Adventurers: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433
Architectural Model Building: Barbu Hanciulesco, 415.927.2183
Ballroom Dance: E. Curtis, 415.453.1433
Bocce: J. Kouns, 415.332.5929
Bridge: L. Mason, 415.456.2508
T. Metzger, 415.479.8209
Clas Cinema: R. Mead, 415.388.8919
Current Events: E. Maguire, 415.461.0173
Italian: M. Weed, 415.453.6054
IVC Book Forum: L. Kerr, 415.883.2823
IVC Great Books: E. Walsh, 415.256.9964
IVC Philosophy: L. Witter, 415.883.6889
IVC Film Noir: J. Ramirez, 415.491.0522
Music Listening: R. King, 415.898.5845
Opera and Beyond: Giff Deane, 415.456.2853
Rumi Poetry: E. Curtis, 415.453.1433
Scrabble: M. Knox, 415.459.1427
Spanish: J. Hopper, 415.454.9256
Writers Workshop: R. Ritchie, 415.331.9316

Emeritus Student Activities Card Application

Name: _____________________
LAST     FIRST     MIDDLE INITIAL

Address: ___________________________________________________________
NUMBER      STREET
CITY        STATE     ZIP

Phone Number _____________________
E-mail address ___________________________________________________

Please check appropriate squares:

FEMALE
MALE
55 OR OVER
UNDER 55

Signed _____________________
New Renew

You may personally apply at EMERITUS CENTER, COLLEGE OF MARIN,
Kentfield, CA 94904, Monday-Friday, 9:30 a.m.-3:30 p.m., or mail this application enclosing a $12 check or money order and self-addressed, stamped envelope to the above address. Checks should be made out to Associated Students of Emeritus College.

ASSOCIATED STUDENTS OF EMERITUS COLLEGE OF COLLEGE OF MARIN
A registration form is at the center of this schedule.

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 Learning Resources Center (Library), 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.
Registration begins Tuesday, February 19, at 9 a.m. See the latest schedule at www.marin.edu.

Kentfield Campus/Indian Valley Campus

PARKING

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) 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).

College of Marin
Indian Valley Campus
1600 Ignacio Blvd.
Novato, CA 94949

Emergency:
911 or 9-911 from Campus extension
Urgent: 415.485.996
IVC Police Business Phone:
415.883.3179

Motorcycle and handicapped 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.

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EQUAL OPPORTUNITY

The Marin Community College District is committed to 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.


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 the 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
415.485.9504
Title IX/Section 504 (Disability) Coordinator—Arnufo 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.

SHORT TERM WORKSHOPS

Many short term workshops & classes (one to four meetings) will be offered through the COM Community Education program this quarter. The date listed below is the start date for the class. For the complete description of a class, refer to the section noted in parentheses following the title.

Many of our computer classes are short-term as well. Please see the Computer section of the schedule for listings.

March 27
A Woman's Guide to Starting a Business (Business)

March 28
Intro. to the Digital Camera (Photography)

March 29
Heads and Hands (Art)

April 2
The Enjoyment of Wine (Foods & Wine)

April 4
Intermediate Digital Camera (Photography)

April 5
The Art of Selling Your Arts & Crafts (Art)
Flower Painting Workshop (Art)
How to Be an eBay Power Seller (Business)
Find Your Inner Editor: Introduction to Editing and Proofreading (Business)
Heartsaver First Aid and CPR (Health Sciences)
Nature at Night: Muir Woods (Marin Adventures)

April 6
Traffic Violator School (Traffic School)

April 12
Home Composting Made Easy (Home Arts)

April 17
Art On the Go Bus Trip: Metal Sculpture Studios (Art)

April 18
Intro. to Photoshop Elements: The Digital Darkroom (Photography)

April 25
Intern. Photoshop Elements: The Digital Darkroom (Photography)

May 1
So You Want to Start a Specialty Food Business (Business)
The Medicinal and Edible Herb Garden (Home Arts)

May 2
Adv. Photoshop Elements: Digital Scrapbooking (Photography)

May 3
Food and Healing: How to Have an Appetite You Can Trust and a Body You Can Love (Health & Wellness)
Nature at Night: Oak Woodland at Indian Valley (Marin Adventures)

May 10
Travel Sketching and Painting (Art)

May 17
The Best Is Yet to Come! Career Exploration for the Bonus Years (Business)

May 24
Gardening for Butterflies (Home Arts)
COME TO COLLEGE OF MARIN
FOR EXCELLENCE IN
LIFE LONG LEARNING!

Associated Students of Emeritus College (ASEC)
The Associated Students of Emeritus College is an
organization which actively supports the principles of quality
of life, life long learning and personal growth for the older
adult community of Marin County.

Members of the ASEC
Council are volunteers
from the community!

ASEC’s Goals for Life Long Learners
• to continue to grow, learn and enjoy
• to meet other life long learners
• to engage in stimulating classroom experiences
• to support the Emeritus College program

ASEC Members
• award ASEC Tuition Grants
• create and lead clubs
• hold annual celebrations
• interview new instructors
• organize art exhibits
• participate in COM governance
• publish a newsletter
• show films
• welcome other members to each campus

Join ASEC, You Can be Active in ASEC Too!
A $12 annual fee allows you to participate in ASEC’s
committees, clubs, forums, concerts, lectures, etc.
Your membership will also contribute to subsidies for
low-enrolled, qualifying Emeritus College classes and
provide tuition assistance for those who would benefit!

For more information, see page 47 or call 415.485.9652.

ASEC Tuition Grants Available!
Don’t be shy! Deadline: March 10. See page 48

SPRING 2008
MARCH 24 – MAY 17

COLLEGE OF MARIN
www.marincommunityed.org