

COMMUNITY EDUCATION

FALL 2009

SEPTEMBER 8 – DECEMBER 19

Beginning HIKING

SHARON BARNETT
leads hikers through
Marin's woodlands,
Page 36

TWO NEW CLASSES:
*Overview of U.S. Immigration
Rules and Overview of Simple Will
Making.* For information, go to
www.marincommunityed.org

**NEW CLASSES
GALORE!** Page 2
**NONCREDIT (FREE)
CLASSES,** Page 51

COLLEGE OF

MARIN

Community Education classes at the College of Marin offer access to a variety of affordable, quality 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.

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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 One Minute Drawing Class

This class is for you if you would like to be able to draw, think that you don't have any drawing talent, never took the time to learn how, haven't drawn for years and would like to start again, or would like to be able to teach drawing with style.

All materials are provided and include *The Magic of Drawing* written by the instructor. It is recommended that you bring your lunch.

Robert Regis Dvorak, FAAR, is an artist and popular speaker on subjects of creativity in business and education. He has authored four books on drawing.

- Saturday, 9am-4pm
- Sept. 19
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee \$97 (Includes \$29 materials fee)
- **Course #85066**

Drawing as Meditation



This hands-on class will introduce you to the practice of drawing as meditation. You will learn to perceive your world with clarity as you draw. You will learn the art of relaxed concentration as you draw—a spontaneous drawing activity which can

occur when the mind is calm and at one with the body. Without an agenda for success and the fear of failure, you will find that drawing can become pure enjoyment. Some of the many benefits of this workshop are:

- Improved drawing skill
- A sense of peace
- Focused attention
- Finding your creative voice

Wear comfortable drawing clothes and bring your lunch. The materials fee covers a 9" x 12" drawing pad, all drawing materials, a copy of *Drawing as a Daily Meditation* by the instructor, and handouts.

- **Robert Regis Dvorak**, FAAR
- Saturday, 9am-4pm
- Nov. 7
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee \$97 (Includes \$35 materials fee)
- **Course #85180**

Another course of interest ...

Holiday Projects Using Word

is listed under Computers.

Spontaneous Watercolor

Watercolor painting can be learned by anyone. This one-day workshop will teach you the skills necessary to get you started right and to keep you going on your own. During this day you will:

- Learn the one big secret of watercolor painting
- Paint small abstract watercolors for gifts or greeting cards
- Learn brush techniques for quickly painting various subjects
- Pine trees, small people, skies, still life subjects and water

No matter what your skill or background, this class will have you painting watercolors and loving it in a matter of minutes.

All materials provided. Please bring a water container and cotton rag. We recommend you bring your lunch.

- **Robert Regis Dvorak**, FAAR
- Saturday, 9am-4pm
- Nov. 21
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee \$97 (Includes \$36 materials fee)
- **Course #85067**

College of Marin Superintendent/President

Dr. Frances L. White

Community Education Program Staff

Diana Verdugo, Director, Noncredit, ESL Instruction, Community & Contract Education

Cheryl Carlson, Karen van Kriedt, Program Specialists

Cunsuelo Rafanan, Microcomputer Center/Online Classes Program Specialist

Jesse Klein, Administrative Assistant

Heather Peitz, Office Technician

www.marincommunityed.org

Drawing and Painting Workshop

Explore drawing and painting using pen and ink, pencil, acrylic/oil. This class is devoted to developing your skills while discovering and nurturing your unique expression. Composition, color, spatial relationships, layering, adding and subtracting will be addressed as a means for creating images. Accepting the unpredictable will be encouraged. Subject matter drawn from still life, nature, the imagination, photographs, poetry, music, film, the news: anything. A model will be present for at least two sessions. You will be asked to keep a visual and written journal.

Bring your choice of materials to work with to the first class. Expect to spend at least \$30 on materials. Visual presentations, books, discussion.

June Yokell, MFA, is an award-winning artist who has studied, taught, and exhibited since 1978.

- **Kentfield Campus**, Fine Arts 226

Fall 1

- 7 Wednesdays, 6:40-10pm
- Sept. 9-Oct. 21
- Fee \$179 (Includes \$15 models/materials fee)
- **Course #85268**

Fall 2

- 6 Wednesdays, 6:40-10pm
- Oct. 28-Dec. 9 (No class Nov. 11)
- Fee \$148 (Includes \$15 models/materials fee)
- **Course #85269**

Abstract Painting in Oils

To abstract from reality is to create a metaphor. Michael Azgour

This course is designed for students with some painting experience who wish to broaden their knowledge of concepts and strengthen their skills in abstract painting. The focus of this course is painting in oils although other media is welcome. Through discussions, demonstrations, lectures, and critiques, we will attempt to deconstruct the nature of abstract painting and apply course material to student work. Half of each class session will consist of in-class painting with one-on-one assistance from the instructor.

Please see **Note** regarding materials under Art heading above.

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

- **Kentfield Campus**, Fine Arts 226

Fall 1

- 6 Mondays, 6:10-10pm
- Sept. 14-Oct. 19
- Fee \$153
- **Course #85070**

Fall 2

- 7 Mondays, 6:10-10pm
- Oct. 26-Dec. 7
- Fee \$178
- **Course #85071**

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.

- **Kentfield Campus**, Fine Arts 226

Fall 1

- 7 Saturdays, 9am-1pm
- Sept. 12-Oct. 24
- Fee \$167 (Includes \$30 models fee)
- **Course #85072**

Fall 2

- 6 Saturdays, 9am-1pm
- Oct. 31-Dec. 12 (No class Nov. 28)
- Fee \$147 (Includes \$30 models fee)
- **Course #85073**

Painting in Acrylic: The Abstract Figure



Come and learn how to paint the Abstract Figure without knowing how to draw. Maria Nikl, MFA, has been teaching Abstract Painting and Figure Drawing since 1996. There are more important observations and considerations about the figure than photographic realism. This class will introduce the elemental concept of figure and how it is perceived: does a figure rule its environment, or

does the environment define the figure? You'll play with clay to make the figure act out—to study body gestures, and explore the phenomenon of multiple figures—their inevitable interaction, what drama do they create?

Combining media such as acrylic paint and collage will be encouraged, with special attention to composition. Research projects include esoteric sources: mummies, classical and Gothic statues, Aztec figures, icons, Egyptian figures, etc.

Please see **Note** regarding materials under Art heading above.

- **Maria Nikl, M.F.A.**
- 7 Thursdays, 6:40-10pm
- Oct. 29-Dec. 17 (No class Nov. 26)
- **Kentfield Campus**, Fine Arts 151
- Fee \$159
- **Course #85181**

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 \$40 for model fees in class.

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

- 6 Wednesdays, 11:10am-2pm
- **Kentfield Campus**, Fine Arts 201
- Fee \$76

Fall 1

- Sept. 9-Oct. 14
- **Course #85074 EC**

Fall 2

- Oct. 28-Dec. 9 (No class Nov. 11)
- **Course #85075 EC**

Creative Acrylic Landscape Painting

I am learning a lot in your class, and it's the most fun I've ever had painting. Jane

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

One session will be a "paint along" with the instructor.

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

- **Bernard Healey, M.F.A.**
- **Kentfield Campus**, Dance/Landscape Management Center 11

Fall 1

- 7 Thursdays, 11:10am-2pm
- Sept. 10-Oct. 22
- Fee \$134
- **Course #85076**

Fall 2

- 6 Thursdays, 11:10am-2pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- Fee \$114
- **Course #85077**

Mixed Media: Watercolor, Acrylic & Collage Techniques

This class is ideal for beginners, teachers, therapists and artists seeking a fresh start. Renew your art spirit with color and wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color flooding and gradation, brushwork, compositional energy, atmospheric effects, edge tinting, textural elegance, and the use of watercolor crayon and acrylic inks. In addition, we will experiment with the beauty of accidents, back-up puddles and color saturation. Whether your work moves in a realistic or abstract direction, innovative teaching methods will build self-confidence and enhance your skill. Individual instruction as time permits.

Please see **Note** regarding materials under the Art heading above.

Carol Duchamp, M.A., University of Strasbourg, France, has been teaching painting classes in the U.S. and abroad for 12 years.

- **Kentfield Campus**, Fine Arts 151

Fall 1

- 6 Wednesdays, 6:10-9:30pm
- Sept. 16-Oct. 21
- Fee \$159 (Includes \$1 materials fee)
- **Course #85078**

Fall 2

- 6 Wednesdays, 6:10-9:30pm
- Oct. 28-Dec. 9 (No class Nov. 11)
- Fee \$159 (Includes \$1 materials fee)
- **Course #85079**

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.

Fall 1

Marty Meade

- 7 Fridays, 10:10am-1pm
- Sept. 11-Oct. 23
- Fee \$89
- **Kentfield Campus**, Dance/Landscape Management Center 11
- **Course #85080 EC**

Nancy Johnson

- 7 Saturdays, 10:10am-1pm
- Sept. 12-Oct. 24
- Fee \$89
- **Kentfield Campus**, Fine Arts 151
- **Course #85081 EC**

Fall 2

Marty Meade

- 6 Fridays, 10:10am-1pm
- Oct. 30-Dec. 11 (No class Nov. 27)
- Fee \$76
- **Kentfield Campus**, Dance/Landscape Management Center 11
- **Course #85082 EC**

Nancy Johnson

- 6 Saturdays, 10:10am-1pm
- Oct. 31-Dec. 12 (No class Nov. 28)
- Fee \$76
- **Kentfield Campus**, Fine Arts 151
- **Course #85083 EC**

The Affects of the Seasons:

Water Soluble Media

Join this exciting new course by renowned Marin watercolorist, **Nancy Johnson**, and improve your skills while you learn to represent and express seasonal mood in your artwork. This fall we will focus on fall leaves, foliage, autumnal still lifes and landscapes.

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

Please see **Note** regarding materials under the Art heading above.

■ Nancy Johnson

- 7 Tuesdays, 9:40am-12:30pm
- Sept. 8-Oct. 20
- **Indian Valley Campus**, Miwok 122
- Fee \$89
- **Course #85084 EC**

The Flow of Watercolor:

Large Format Florals

Paint boldly! Paint from your heart! Enlarge your favorite flowers so that the flower's center radiates all its beauty outward. Within the flower's center, find your own story to tell. As Georgia O'Keefe mastered this floral format, so will you!

Continuing students may choose to work independently. Individual attention will be given as time allows. All levels welcome.

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

- 5 Thursdays, 2:10-5pm
- Sept. 24-Oct. 22
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee \$77 (Includes \$10 materials fee)
- **Course #85182 EC**

The Flow of Watercolor:

Reflections in the Still Life

Watercolors can make reflections sing! The fluid movement of the paint captures the reflective properties in metal, on glass and in ripe, glowing fruit. We will develop color and value ideas from French master, Chardin, whose subtle and luscious use of paint brought the still life to a heightened level of beauty.

Continuing students may choose to work independently. Individual attention will be given as time allows. All levels welcome.

■ Julie Cohn

- 6 Thursdays, 2:10-5pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee \$86 (Includes \$10 materials fee)
- **Course #85183 EC**

Water Media Abstractions Workshop



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

Bring a bag lunch. Please see **Note** under heading regarding materials.

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

- 4 Saturdays, 9:30am-4:30pm
- Oct. 17-Nov. 7
- **Kentfield Campus**, Fine Arts 153
- Fee \$120 (Includes \$5 materials fee)
- **Course #85184 EC**

Drawing with Chalk Pastels

From sketches to fully developed drawings, explore the full range of chalk pastels. Here is an opportunity to use a portable, dry medium with techniques to expand your drawing skills. Subject matter will vary, and you will work with a selection of colored papers. Classes will include: basic information about materials, demonstrations, slides and discussions about color and composition. Emphasis is on individual expressiveness.

First time students will have a full introduction to the chalks, surfaces and techniques. Continuing students will continue with expanded projects emphasizing the expressive use of the medium.

Bring a drawing board, paper and any supplies you have to the first class.

Marianna Goodheart is an exhibiting artist and sculptor who has been teaching Chalk Pastels since 1982.

Fall 1

- 7 Fridays, 1:10-4pm
- Sept. 11-Oct. 23
- **Kentfield Campus**, Fine Arts 201
- Fee \$118
- **Course #85085**

Fall 2

- 6 Fridays, 1:10-4pm
- Oct. 30-Dec. 11 (No class Nov. 27)
- **Kentfield Campus**, Fine Arts 201
- Fee \$114
- **Course #85086**

Jewelry and Metalsmithing

The beginners/beginners plus class will focus on fundamentals of soldering, forming, construction, use of hand tools and finishing techniques. There will be 2-3 projects. The goal of the intermediate/advanced class is the refinement of the fundamentals of jewelry making and a focus on the development of the student's personal design ideas. There will be one-on-one discussion between student and instructor and an evolving menu of new techniques.

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

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

For each course listed below:

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

Fall 1

Beginners/Beginners Plus

- 7 Tuesdays, 7:10-10pm
- Sept. 8-Oct. 20
- **Course #85087**

Intermediate/Advanced

- 7 Wednesdays, 7:10-10pm
- Sept. 9-Oct. 21
- **Course #85088**

Fall 2

Beginners/Beginners Plus

- 7 Tuesdays, 7:10-10pm
- Oct. 27-Dec. 8
- **Course #85089**

Intermediate/Advanced

- 7 Wednesdays, 7:10-10pm
- Oct. 28-Dec. 16 (No class Nov. 11)
- **Course #85090**

Glass Fusing

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

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

For each course listed below:

- **Kentfield Campus**, Fine Arts 151
- Fee \$210 (Includes \$58 materials fee)

Fall 1

- 6 Mondays, 7:10-10pm
- Sept. 14-Oct. 19
- **Course #85091**

- 6 Fridays, 2:10-5pm
- Sept. 11-Oct. 16
- **Course #85092**

Fall 2

- 6 Mondays, 7:10-10pm
- Oct. 26-Nov. 30
- **Course #85093**

- 6 Fridays, 2:10-5pm
- Oct. 30-Dec. 11 (No class Nov. 27)
- **Course #85094**

**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.

All materials are provided. Optional texts will be discussed in class. Register early; class limited to 13 students.

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.

- 7 Thursdays, 6-9pm
- Sept. 10-Oct. 22
- **Northbay Artworks**
- 7049 Redwood Blvd, Novato
- Fee \$253 (Includes \$93 materials/ special fee)
- **Course #85095**

Architecture Tours of the Bay Area

We will visit two sites in San Francisco—the controversial “green” Federal Building, renovated by Pritzker Prize winner Thom Mayne, and the dramatic new eight-storied Conservatory of Music, designed by the city’s only large architecture firm owned by women. In Berkeley, the eclectic First Church of Christ Scientist, designed by Bernard Maybeck, will offer aesthetic as well as technological surprises. In Marin, experience the breadth of I.M. Pei’s design at the Buck Institute for Aging. We will also visit a local Julia Morgan cottage. Our last tour will be to the world famous Filoli Estate and Gardens in Woodside.

Tours will be led by in-house experts. A fee of \$20 will be collected at the orientation to cover guide fees. Students pay entry fees and provide their own transportation. There may be substitute destinations.

- **Carolyn Talmadge**
- Orientation: Thursday, 1:10-4pm
- Sept. 10
- **Kentfield Campus**, Harlan Center 172
- **Plus 6 field trips:** Thursdays, 1-4pm
- Sept. 17-Oct. 22
- Fee \$89 (Includes \$1 materials fee)
- **Course #85096 EC**

**Art On the Go Bus Trip:
Hess Art Collection**

The Hess Winery in Napa Valley is the home to the extensive art collection acquired over a 45 year period by art collector Donald Hess. It includes works by American, European, African and Asian artists created from 1960 to the present. There are paintings, sculpture, and video installations. Included in the collection are works by Francis Bacon, Robert Motherwell, Frank Stella, Alan Rath, Anselm Kiefer, and a new installation by Andy Goldsworthy.

We will have a private tour of this very special collection.

Bring your lunch to eat on the bus. Limited to 20.

- **Rhoda Becker**
- Wednesday, 9:30am-2:30pm
- Oct. 28
- **Corte Madera Town Center**
- Meet on Madera Blvd.
- Fee \$54 (Includes \$30 special fee)
- **Course #85097 EC**

**BUSINESS/CAREERS/
PROFESSIONAL DEVELOPMENT/
SMALL BUSINESS**

CAREERS

Careers in Construction

Learn the basics about crafts, tools, terms, safety and building green. By the end of the course, you will understand the construction process and the different careers and avenues available for these highly skilled and well paid jobs.

Information on the many apprentice programs offered in construction will be offered along with testing and interview skills. You could potentially earn credits that will assist getting into these programs. Topics covered:

- The building process
- Construction tools, terms
- Math
- Green building
- Apprenticeship
- Communication and testing
- Plan reading and sketching
- Ethics in the workplace

A certificate will be awarded at the successful completion of the course.

Lecture and hands on demonstrations will be presented by staff from the **North Bay Apprenticeship Coordinator’s**

Association. For more information about this class, please call 415.328-0386.

- 9 Tuesdays and 9 Thursdays, 7:10-9pm
- Sept. 8-Nov. 5
- **Indian Valley Campus**, Miwok 114
- \$25 materials fee
- **Course #85098**

PROFESSIONAL DEVELOPMENT

Quantum Creativity: Shifting from Brain to Mind



The future of the American economy relies on the imagination of entrepreneurs. Barack Obama

It's time to leap out of the box! What's in great demand today isn't analysis (IQ) but synthesis, or metaphorical intelligence (MQ) – seeing the big picture and being able to combine disparate pieces into an arresting whole. Whether you want to recast or distinguish yourself in business, create original ideas or fresh brain cells while relieving the anxiety inherent in change, MQ is essential to your success. Participants will activate and advance their metaphorical mind through creative interplay with mythology, quantum principles and the expressive arts.

Malaya Quinn, MA, is a certified Creativity In Business teacher. She has been a creativity coach, artist, expressive arts therapy educator and entrepreneur for over twenty-five years.

- Saturday, 10am-4pm
- Sept. 26
- **Kentfield Campus**, Harlan Center 171
- Fee \$86
- **Course #85185**

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
- Oct. 3
- **Kentfield Campus**, Harlan Center 173
- Fee \$65 (Includes \$5 materials fee)
- **Course #85099**

SMALL BUSINESS

Marketing: Even for People Who Hate to Sell

There is terrific competition between businesses whether you are a psychologist, a retailer, or a construction company. It is no longer enough to provide quality service and wait for the word to spread. Fortunately it is relatively easy and inexpensive to dramatically improve your marketing, and we can show you how to do it on a budget in these tough times. We will cover what you need to know to comfortably and effectively promote your business.

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

Dr. Rick Crandall has worked as a business consultant for over 20 years and is author of *Marketing in Tough Times* and *1001 Ways To Market Your Services* (1997).

- Saturday, 1-5pm
- Sept. 12
- **Kentfield Campus**, Harlan Center 161
- Fee \$65 (Includes \$15 materials fee)
- **Course #85223**

Marketing Yourself: Time for a Change



Hands-on instruction on how to position (reposition) yourself for your next career move by learning how to market yourself in print and online. You will not only learn the value of social networking sites such as LinkedIn and FaceBook; by the end of the course, you will have established yourself on LinkedIn and will be reaching out to professionals who are the key to your future. Please come to the first class with a job you are interested in, your current resume, and several names and/or e-mails of people who are in positions to help open doors for you.

The materials fee covers the text, *Marketing Yourself Workbook* by Dianne Levy, which will be distributed in class.

Dianne Levy is a media/marketing consultant who has been positioning clients in print and on the Internet for 20 years.

- 2 Saturdays, 10am-4pm
- Oct. 3 & 10
- **Indian Valley Campus**, Ohlone 216
- Fee \$75 (Includes \$15 materials fee)
- **Course #85222**

How to Run a Great Home Business



One of the best ways to test a business idea, to keep overhead down, and to control your lifestyle is to run a business from home. This new course covers everything you need to know from starting a business to permits and regulations, to how to get customers. There are many ways to test a business idea from home, even if your idea is retailing or food. Whether you're online or selling services your home business can give you the results you want.

Rick Crandall runs three businesses from home and ran a home business support group for years.

- Saturday, 1-5pm
- Sept. 19
- **Kentfield Campus**, Harlan Center 161
- Fee \$60 (Includes \$10 materials fee)
- **Course #85186**

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 a CD containing an 80-page manual.

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
- Sept. 26
- **Kentfield Campus**, Harlan Center 161
- Fee \$60 (Includes \$10 materials fee)
- **Course #85100**

Importing as a Small Business

Learn how you can become an importer now in a one day seminar highly rated for the instructor's experience, pace, candor and humor. You will be guided through licensing, selecting products, finding suppliers; working with governments,

bankers, brokers, carriers; financing, costing and pricing and gaining orders for your products. This knowledge becomes the basis for an export business as well. After the seminar, help via e-mail with instructor and past students is included. Travel! Work out of your home to start!

Recommended text, *How Small Business Trades Worldwide*, is available at Kentfield Campus bookstore.

John Spiers has worked and traveled extensively worldwide with import-export companies since 1974, in virtually every position. Since 1984, John is self-employed trading internationally.

- Saturday, 9am-5pm
- Oct. 10
- **Kentfield Campus**, Harlan Center 161
- Fee \$69 (Includes \$4 materials fee)
- **Course #85187**

ONLINE SMALL BUSINESS CLASS

For registration information, please refer to "To Register for Classes Taught Online" on page 59, or go to www.marincommunityed.org.



Import Export Now!

In these unusual times self-employment may no longer be an option, but a necessity. For those who want a career self-employed in import or export (or both) goods or services and need a step-by-step hands-on course we offer this nine week seminar delivered over the internet. This course is appropriate for people with zero business background, as well as established businesses looking for new trade. Now in this tenth year, the course is highly rated for content, delivery and personalization.

Learn how to develop your product or service, find the best suppliers, best customers, work with banks, currency issues, insurance companies, government agencies and other trade entities. You will be taken through licensing and permits, setting yourself up for properly conducting trade worldwide at the small business level as well as such topics as intellectual property.

- **John Spiers**
- Fee \$95
- 9 Wednesdays, 6-8pm Pacific Time
- Oct. 7-Dec. 2
- **Course #85251**

ONLINE MARKETING CLASSES

For registration information, please refer to “To Register for Classes Taught Online” on page 59, 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
- Sept. 8/**Course #85248**
- Oct. 7/**Course #85249**
- Nov. 3/**Course #85250**

COMPUTERS

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

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

COMPUTER CENTER

Hands-on courses are offered in the Ohlone and Pomo Clusters (Mondays-Saturdays) on the Indian Valley Campus (located at the west end of Ignacio Blvd.,

Novato). See map at the back of this schedule. College parking is \$3 per calendar day and free on Saturdays. All parking permit machines accept quarters and some accept dollar bills.

IMPORTANT INFORMATION

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to ensure your seat. Be sure to review “Registration Information” on page 59 before registering.

You are expected to have:

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

On the Indian Valley Campus, the Internet Café is located in building #17, and offers 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

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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

Levi Allen

- Wednesday, 9am-12noon
- Sept.9
- **Course #85001**

Tom Millard

- Monday, 1:30-4:30pm
Sept.14
Course #85002
- Monday, 1:30-4:30pm
Oct. 26
Course #85003

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

Levi Allen

- 2 Wednesdays, 9am-12noon
- Sept. 16 & 23
- **Course #85004**

Tom Millard

- 2 Mondays, 1:30-4:30pm
Sept. 21 & 28
Course #85005
- 2 Mondays, 1:30-4:30pm
Nov.2 & 9
Course #85006

Intro. to Windows

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

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

For each of the following courses:

- **Indian Valley Campus**, Ohlone 216
- **Fee \$155 (Includes \$20 materials fee)**

Levi Allen

- 3 Wednesdays, 9am-12noon
Sept. 30-Oct. 14
Course #85007
- 3 Wednesdays, 9am-12noon
Nov. 11-Dec. 2
Course #85008

Tom Millard

- 3 Mondays, 1:30-4:30pm
- Oct. 5-19
- **Course #85009**

Differences Between Windows XP & Vista

Note! This is Demonstration Class

Come and observe the basic differences between Window XP and Vista, Microsoft's newest Operating System. We will demonstrate the differences in the screen displays, the grouped task-oriented-centers, file and folder navigation, new and changed accessories, and the vastly improved security system, including Parental Controls.

When the instructor is using Windows XP, you will be able to follow along on your class computer, so we suggest you be familiar with the mouse and keyboard before enrolling.

For each of the following courses:

- **Indian Valley Campus**, Ohlone 216
- **Fee \$45**

Tom Millard

- Wednesday, 1:30-4:30pm
- Oct. 21
- **Course #85010**

Levi Allen

- Saturday, 9am-12noon
- Dec. 5
- **Course #85011**

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
- Sept. 15-29
- **Indian Valley Campus**, Pomo 192
- Fee \$170 (Includes \$35 materials fee)
- **Course #85012**

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
- Oct. 6-20
- **Indian Valley Campus**, Pomo 192
- Fee \$135
- **Course #85013**

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 Connie Rafanan at 415.485.9305.

To register for the series at a reduced fee:

- Fee \$335 (Includes \$25 materials fee)
- Fall 1/**Course #85019**

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.

For each of the following courses:

- **Tom Millard**
- **Indian Valley Campus**, Ohlone 216
- Fee \$160 (Includes \$25 materials fee)

Fall 1

- 3 Wednesdays, 1:30-4:30pm
- Sept.9-23
- **Course #85014**

Fall 2

- 3 Wednesdays, 1:30-4:30pm
- Nov. 11-Dec. 2
- **Course #85015**

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.

Fall 1

- **Tom Millard**
- 3 Wednesdays, 1:30-4:30pm
- Sept. 30-Oct. 14
- Fee \$135
- **Course #85016**

Adv. Word 2007

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

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

Fall 2

- **Susan Henning**
- 2 Wednesdays, 9am-12noon
- Oct.28-Nov. 4
- Fee \$90
- **Course #85018**

Word Tips and Tricks

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

- **Tom Millard**
- Monday, 1:30-4:30pm
- Nov. 23
- **Indian Valley Campus**, Ohlone 216
- Fee \$45
- **Course #85020**

Holiday Projects Using Word

Did you know Word can be used to design and print paper projects? This three-hour workshop will guide you step-by-step in creating five projects:

- A garage sale flyer
- A Holiday note card using online templates
- An invitation to dinner
- Gift tags
- A folding book marker with magnets for secure attachment
- You will complete one project in class. Bring a keydrive or diskette to download course material. Various helpful publications will be shared in class. Free product samples and coupons are provided.

Arthur Corbin teaches at the Academy of Art University in San Francisco.

- Saturday, 9:30am-12:30
- Sept. 26
- **Indian Valley Campus**, Ohlone 216
- Fee \$42 (Includes \$3 materials fee)
- **Course #85254 EC**

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 Connie Rafanan at 415.485.9305. **To register for the series at a reduced fee:**

- Fee \$335 (Includes \$25 materials fee)
- Fall 1/**Course #85025**

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.

For each of the following courses:

- **Levi Allen**
- **Indian Valley Campus**, Ohlone 216
- Fee \$160 (Includes \$25 materials fee)

Fall 1

- 3 Mondays, 9am-12noon
- Sept. 14-28
- **Course #85021**

Fall 2

- 3 Mondays, 9am-12noon
- Nov.2-23 (No class Nov.9)
- **Course #85022**

Interm. Excel 2007

In this course you will learn how to become more productive using Excel's financial and logical functions. You will

learn how to create tables, apply custom and conditional format options, use protection features and create templates for printing worksheets. You will also create links, hyperlinks and explore quick and easy chart techniques. This course builds upon skills that are learned in Intro. to Excel.

Fall 1

- **Susan Henning**
- 3 Mondays, 9am-12noon
- Oct. 5-19
- Fee \$135
- **Course #85023**

Adv. Excel 2007

Become an advanced Excel user and learn about 3-D reference formulas, data consolidation, recording macros to automate tasks, generate a subtotal report and analyze data using a pivot table. This course builds upon skills that are learned in Interm. Excel.

Fall 2

- **Susan Henning**
- 2 Mondays, 9am-12noon
- Oct. 26 & Nov.2
- Fee \$90
- **Course #85024**

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 Excel.

- **Tom Millard**
- Monday, 1:30-4:30pm
- Nov. 30
- **Indian Valley Campus**, Ohlone 216
- Fee \$45
- **Course #85026**

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 Connie Rafanan at 415.485.9305. **To register for the series at a reduced fee:**

- Fee \$335 (Includes \$25 materials fee)
- Fall 1/**Course #85031**

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.

For each of the following courses:

- **Susan Henning**
- **Indian Valley Campus**, Ohlone 216
- Fee \$160 (Includes \$25 materials fee)

Fall 1

- 3 Tuesdays, 9am-12noon
- Sept. 8-22
- **Course #85027**

Fall 2

- 3 Tuesdays, 9am-12noon
- Nov. 10-24
- **Course #85028**

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 and timing methods. You will also create links and OLE objects and explore presentation methods and techniques.

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

Fall 1

- **Susan Henning**
- 3 Tuesdays, 9am-12noon
- Sept. 29-Oct. 13
- Fee \$135
- **Course #85029**

Adv. PowerPoint 2007

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

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

Fall 2

- **Susan Henning**
- 2 Tuesdays, 9am-12noon
- Oct. 27 & Nov. 3
- Fee \$90
- **Course #85030**

PowerPoint Tips and Tricks

Designed for intermediate and advanced users, this three-hour, hands-on, class will present great tips and techniques that will help you become a PowerPoint Expert.

- **Susan Henning**
- Saturday, 9am-12noon
- Nov. 14
- Fee \$45
- **Course #85246**

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.

For each of the following courses:**Susan Henning**

- **Indian Valley Campus**, Ohlone 216
- Fee \$115 (Includes \$25 materials fee)

Fall 1

- 2 Tuesdays, 1-4pm
- Oct.13 & 20
- **Course #85032**

Intro. to QuickBooks Pro

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

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

For each of the following courses:

- **Pamela Lyons**
- **Indian Valley Campus**, Ohlone 216
- Fee \$185 (Includes \$45 materials fee)
- 3 Tuesdays, 6-9pm
Sept. 8-22
Course #85034
- 3 Thursdays, 6-9pm
Sept. 10-24
Course #85035

Interm. QuickBooks Pro

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

This class builds upon skills that are learned in Intro. to QuickBooks Pro. We highly recommend completing Intro before taking Interm.

- **Pamela Lyons**
- 3 Thursdays, 6-9pm
- Oct.22-Nov. 5
- **Indian Valley Campus**, Ohlone 216
- Fee \$140
- **Course #85036**

Adv. QuickBooks Pro

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

This class builds upon skills that are learned in Intern. QuickBooks Pro.

- **Pamela Lyons**
- 2 Tuesdays, 6-9pm
- Nov. 12 & 19
- **Indian Valley Campus**, Ohlone 216
- Fee \$153 (Includes \$53 materials fee)
- **Course #85037**

How to Buy and Sell on eBay

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

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

Students must be at least 18 or accompanied by parent/guardian. For each of the following courses:

- **Carolynn Crandall**
- **Indian Valley Campus**, Ohlone 216
- Fee \$100
- 2 Tuesdays, 1-4pm
- Sept. 8 & 15
- Course #85038**
- 2 Tuesdays, 1-4pm
- Oct. 20 & 27
- Course #85039**

Blogs: What They Are All About and How You Can Become A Fellow Blogger

This course is open to virtually everyone—but is focused on adults who utilize the internet but might not be fully conversant with the powerful agent accompanying the internet—blogging. As such it is the aim of the course to give content and perspective regarding the importance of and role that blogging now plays in our world. If anyone had any doubts, the recent 2008 presidential election results should have dispelled those doubts. Bloggers were a vitally important factor in the outcome of the 2008 presidential election with their cyberspace “presence.” Ultimately, the goal is to have each student undertake

construction of their own individual blog site and develop its look and feel with the available widgets, gadgets, side bar capabilities as well as embedding video content and photo images within their blog site.

- **Peter Newcome**
- 7 Fridays, 7-10pm
- Sept.25-Nov. 6
- **Indian Valley Campus**, Ohlone 216
- Fee \$210
- **Course #85267**

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 Tuesdays, 7-10pm
- Oct. 27-Nov. 10
- **Indian Valley Campus**, Pomo 192
- Fee \$170 (Includes \$30 materials fee)
- **Course #85040**

Intern. 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**
- 3 Tuesdays, 7-10pm
- Nov.17-Dec.1
- **Indian Valley Campus**, Pomo 192
- Fee \$140
- **Course #85041**

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 192. If you have any questions, please call Connie Rafanans at 415.485.9305. **To register for the series at a reduced fee:**

- Fee \$390 (Includes \$30 materials fee)
- **Course #85045**

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 Fridays, Sept. 25 & Oct. 2
- Sept. 25, 9am-4pm
- Oct. 2, 9am-12noon
- Fee \$170 (Includes \$30 materials fee)
- **Course #85042**

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 Intro. to Illustrator.

- 2 Fridays, Oct. 2 & 9
- Oct. 2, 1-4pm
- Oct. 9, 9am-4pm
- Fee \$140
- **Course #85043**

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 envelopes, 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 Fridays, Oct. 16 & 23
- Oct. 16, 9am-4pm
- Oct. 23, 9am-12noon
- Fee \$140
- **Course #85044**

FLASH SERIES

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 192. If you have any questions, please call Connie Rafanan at 415.485.9305. **To register for the series at a reduced fee:**

- Fee \$390 (Includes \$30 materials fee)
- **Course #85049**

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.

- 3 Thursdays, 7-10pm
- Sept. 17-Oct. 1
- Fee \$170 (Includes \$30 materials fee)
- **Course #85046**

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 Thursdays, 7-10pm
- Oct. 8-22
- Fee \$140
- **Course #85047**

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 Interim Flash.

- 3 Thursdays, 7-10pm
- Oct.29-Nov.12
- Fee \$140
- **Course #85048**

INDESIGN SERIES

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 Connie Rafanan at 415.485.9305. **To register for the series at a reduced fee:**

- Fee \$390 (Includes \$30 materials fee)
- **Course #85053**

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, Oct. 30 & Nov. 6
- Oct. 30, 9am-4pm
- Nov. 6, 9am-12noon
- Fee \$170 (Includes \$30 materials fee)
- **Course # 85050**

Interim. 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, Nov. 6 & 13
- Nov. 6, 1-4pm
- Nov. 13, 9am-4pm
- Fee \$140
- **Course #85051**

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 Interim InDesign.

- 2 Fridays, Nov. 20 & Dec.4
- (No class Nov. 27)
- Nov. 20, 9am-4pm
- Dec. 4, 9am-12noon
- Fee \$140
- **Course #85052**

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 Connie Rafanan at 415.485.9305.

Introductory Photoshop Series

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

- Fee \$270 (Includes \$30 materials fee)
- Fall 1/**Course #85058**
- Fall 2/**Course #85059**

Photoshop I

In this introduction, learn the basics of Photoshop while we cover the fabulous digital photography features, basic approaches to repairing damaged photos, correcting color and enhancing details of digital and scanned photographs. Adobe Bridge/Browser functions will be introduced to learn to make global edits on multiple RAW, TIF and JPG files. Color bit-depth, resolution and file formats and file compression formats will also be explained. Learn about the basics of editing digital photography and fine art for print and the web.

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

Fall 1

- 2 Thursdays, Sept.10 & 17
- Sept. 10, 9am-4pm
- Sept. 17, 9am-12noon
- Fee \$170 (Includes \$30 materials fee)
- **Course #85054**

Fall 2

- 2 Thursdays, Oct. 29 & Nov. 5
- Oct. 29, 9am-4pm
- Nov. 5, 9am-12noon
- Fee \$170 (Includes \$30 materials fee)
- **Course #85055**

Photoshop II

Discover techniques of unlimited image editing using layers, type masks, clipping layers and clipping paths. Learn about Adjustment Layers for advanced image editing and simple tricks that allow you to take advantage of paths as selection strategies.

This course builds upon skills that are learned in Photoshop I.

Fall 1

- 2 Thursdays, Sept.17 & 24
- Sept. 17, 1pm-4pm
- Sept. 24, 9am-4pm
- Fee \$140
- **Course #85056**

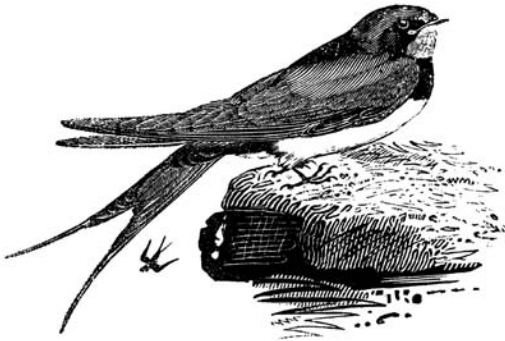
Fall 2

- 2 Thursdays, Nov. 5 & 12
- Nov. 5, 1pm-4pm
- Nov. 12, 9am-4pm
- Fee \$140
- **Course #85057**

Another course of interest . . .

**Photoshop Elements:
The Digital Darkroom**

is listed under Photography.



Interm./Adv. Photoshop Series

This series includes Photoshop III & IV at a reduced fee:

- Fee \$240
- Fall 1/Course #85064
- **Fall 2/Course #85065**

Photoshop III

Enhance digital imaging with more special effects. Learn about type effects, the improved type environment and an introduction to the creation of buttons, banners and type masks for the web environment and printing. Discover how to create and use channels for blending photos, art Images and more.

This course builds upon skills that are learned in Photoshop II.

Fall 1

- 2 Thursdays, Oct.1 & 8
- Oct. 1, 9am-4pm
- Oct. 8, 9am-12noon
- Fee \$140
- **Course #85060**

Fall 2

- 2 Thursdays, Nov. 19 & Dec. 3
- Nov. 19, 9am-4pm
- Dec. 3, 9am-12noon
- Fee \$140
- **Course #85061**

Photoshop IV

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

This course builds upon skills that are learned in Photoshop III.

Fall 1

- 2 Thursdays, Oct. 8 & 15
- Oct. 8, 1-4pm
- Oct. 15, 9am-4pm
- Fee \$140
- **Course #85062**

Fall 2

- 2 Thursdays, Dec. 3 & 10
- (No class Nov. 26)
- Dec. 3, 1-4pm
- Dec. 10, 9am-4pm
- Fee \$140
- **Course #85063**

CURRENT EVENTS**Current Issues before the United States Supreme Court**

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

Marshall W. Krause was Chief Attorney for the ACLU of Northern California, a reporter for KQED's Newsroom, a Professor of Political Science at San Francisco State University, and practiced law in Marin County from 1974 to 2000. He handled 7 cases decided by the US Supreme Court, winning 6 of them.

- 7 Wednesdays, 11:10am-1pm
- Oct. 28-Dec. 16 (No class Nov. 11)
- **Kentfield Campus**, Olney Hall 103
- Fee \$66 (Includes \$2 special fee)
- **Course #85101 EC**

DANCE

Looking at the Dance:**A History of the American Moving Spirit**

Theater dance, including ballet, modern, folk, post-modern, hip-hop, and other community forms have become increasingly popular since audiences today enjoy physical activity and spectacle. Dance has also become a reflection of political and social change. This class will be of interest to new audiences, as well as to dance enthusiasts.

Drawing on a wonderful collection of videos, including a private collection of rehearsal tapes, these seven sessions provide an overview of major periods in dance history: 19th Century Ballet Classics, early 20th Century Ballet and Modern Dance: Jazz, "Show Biz," Post-Modern, and Performance Art ... and some Ethnic Dance.

Joanna G. Harris, Ph.D. (Dramatic Arts), MA (Dance), is a dancer, choreographer, teacher, therapist, dance historian and critic, author of *Beyond Isadora; Bay Area Dancing, 1915-1965*.

- 7 Tuesdays, 1:40-3:30pm
- Oct. 27-Dec. 8
- **Kentfield Campus**, Harlan Center 165
- Fee \$64
- **Course #85224 EC**

Another course of interest ...**American Musical Theater**

is listed under **Music Appreciation**.

Introduction to West Coast Swing Dance

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

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

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

has won numerous other championship titles.

- **Almonte Clubhouse**

- 105 Wisteria, Mill Valley

Fall 1

- 5 Tuesdays, 6:30-8:15pm
- Sept. 1-29
- Fee \$60
- **Course #85103**

Fall 2

- 4 Tuesdays, 6:30-8:15pm
- Oct. 6-27
- Fee \$50
- **Course #85104**

Argentine Tango

Dance the tango as they do in Buenos Aires! In this introduction to social tango, you will be shown new steps each week and have the opportunity to practice leading and following, as well as improvising with simple moves. Solo exercises will be given to do outside of class to improve balance, frame, and axis. By the end of class, you will be able to dance the tango wherever it is danced!

Appropriate shoes will be discussed in class. Handouts and a CD will be distributed in class.

Bob Lansburg and his partner **Jenny Arpke** have made several trips to Buenos Aires and will be sharing what they learned from their teachers there. They will also provide information on the social etiquette of the dance.

- 7 Fridays, 8:10-9:30pm
- Sept. 11-Oct. 23
- **Kentfield Campus**, Physical Education Center One
- Fee \$77 (Includes \$2 materials fee)
- **Course #85225**

Belly Dance for Fun and Fitness

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

shimmies. Learn to dance to a drum solo and to identify various Arabic rhythms.

Latifa is an experienced teacher and performer of Belly Dance.

- 6 Wednesdays, 7:10-8:30pm
- Sept. 9-Oct. 14
- **The Spiritual Healing Center**
- 260 E. Blithedale Ave., Mill Valley
- Fee \$92 (Includes \$23 special fee)
- **Course #85105**

Traditional Samba

Samba is a traditional Afro-Brazilian art form which blends music, dance and exercise to promote wellness. Accompanied by traditional Brazilian instruments such as the surdo, the timbau, the Berimbau (a gourd with one string) and pandeiros (tambourines), you will learn and practice the basic steps of a traditional samba circle dance.

Maestre Samuka was born and trained in Bahia, Brazil, and is the director of a Capoeira and Samba dance group. Samuka has dedicated his life to teaching the therapeutic combination of samba, Capoeira and massage therapy. Samuka is also teaching “Samba for Health for Older Adults” at the Indian Valley Campus which is free to the student. See page 55 of this schedule.

- **Kentfield Campus**, Physical Education Center One

Fall 1

- 6 Mondays, 7:10-8:30pm
- Sept. 14-Oct. 19
- Fee \$69
- **Course #85106**

Fall 2

- 7 Mondays, 7:10-8:30pm
- Oct. 26-Dec. 7
- Fee \$75
- **Course #85107**

DRAMA

Shakespeare from A Director’s Perspective: *Julius Caesar*



Join **Robert Currier**, artistic director of Marin Shakespeare Company and director of the Company’s fall production of “Julius Caesar,” for the director’s vision and the process through which it shapes a production. Class includes a deep read-

ing of the play and consideration of the language, poetry, history, major themes, character, plot and comparisons to other Shakespeare plays, as well as a history of famous productions, and how set, props, and costume design inform the production.

Text: Shakespeare’s *Julius Caesar* (any edition)

You are invited to join Mr. Currier in the audience for an evening performance of “Julius Caesar” at Marin Shakespeare Company. Students will cover their cost of a group (discounted) ticket and provide their own transportation. The performance will be at the Forest Meadows Amphitheatre on the campus of Dominican University of California in San Rafael.

- **Robert Currier**
- 4 Tuesdays, 10:10am-12noon
- Sept. 8-29
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Plus evening performance: Saturday, Sept. 26
- **Forest Meadows, San Rafael**
- Fee \$98
- **Course #85188 EC**

Voice Overs: The Big Picture

This is a chance to have time on the mic with a critique from Terry McGovern, as well as learn everything you’ve ever wanted to know about the business and marketing side of being a successful voice over actor. This experiential and informational workshop includes a guest speaker from the industry who will be available to answer questions.

Scripts provided! Bring an audio tape and a bag lunch to both classes.

Terry McGovern, the voice of Launchpad McQuack from Ducktales and Darkwing Duck fame, the voice of “These are not the droids you’re looking for.” from Star Wars, the voice of Sega NFL, will share with you his knowledge of the Voice Over business.

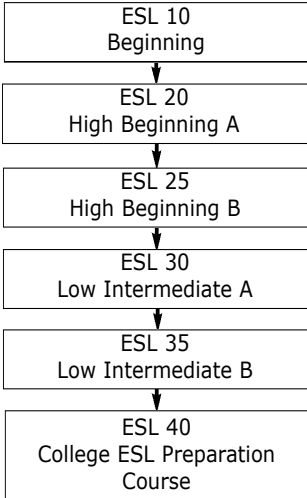
- 2 Saturdays, 10am-5pm
- Oct. 10 & 17
- **Kentfield Campus**, Dance/Landscape Management Center 12
- Fee \$69 (Includes \$2 materials fee)
- **Course #85108**

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.

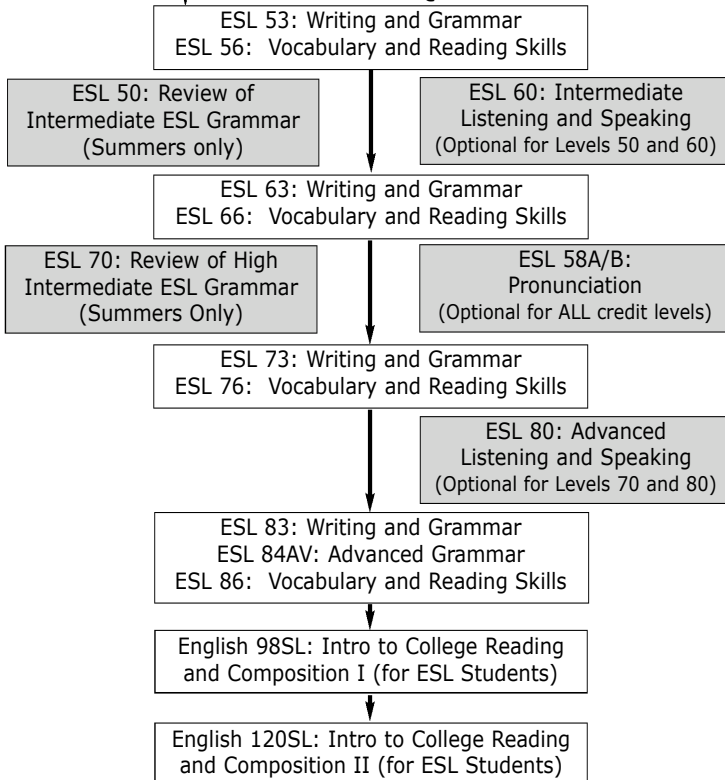
NONCREDIT ESL SEQUENCE



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.

CREDIT ESL SEQUENCE



Another course of interest for the English Language Learner ...

Understanding Social Justice and Equality

is offered under Public Service.

ENGLISH AS A SECOND LANGUAGE

**Fall Semester 2009:
August 17-December 12**

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
Closed Fridays/Saturday, 9 am-1 pm
Credit ESL classes cover intermediate to advanced level English skills. New students are required take the credit ESL placement test. Call the ESL Office as above.

INTENSIVE ENGLISH PROGRAM (ESL)

Fall Semester 2009: Aug. 18-Dec. 4
Spring Semester 2010: Jan. 19-May 14

\$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**

Fall 2009—Two 8-week sessions
Non-F1 students can now choose from two 8-week sessions or one 16-week session:

Session A: August 18-October 9
Session B: October 13-December 4
\$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
E-mail: intensive.english@marin.edu
For schedule and downloadable F-1 application: www.marincommunityed.org

FILM APPRECIATION

Evening Film Class: We the People, Diversity in American Culture

American society is not so much the Melting Pot (which implies that differences between various groups become homogenized within a generation or two) as a colorful mosaic of different ethnic, racial, and cultural communities. Many people hold on tenaciously to their particular cultural identities at the same time as they strive to be part of mainstream American culture and economy. This diversity can be a source of conflict, but it may also be our greatest strength as a nation. Films will include, but not be limited to: *Quinciera* (USA 2006), *Honey Dripper* (USA 2007), *The Business of Fancy Dancing* (USA 2002).

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.

- 6 Tuesdays, 7:10-10pm
- Sept. 15-Oct. 20
- **Kentfield Campus**, Learning Resources Center 53
- Fee \$97 (Includes \$1 special fee)
- **Course #85190**

Film Appreciation: Immigration, The World on the Move

In an era when every prosperous, industrialized nation is seeing an influx of people from the poorer nations of the world looking for a better life for themselves and their families, it is important to think about the impact these people have on the countries they move to, the ones they leave behind and on the immigrants themselves. What are the gifts that these new people bring our societies and what are the problems that they and the resident populations face trying to integrate the newcomers into existing cultures? Films for this course will include, but not be limited to: *Golden Door* (Italy/France 2006), *Besieged* (1998 Italy/UK) and *Pretty Dirty Things* (2002 UK/France).

- **Suresa Dundes**, MFA (Theatre), M.A. (Education)
- 7 Thursdays, 2:10-5pm
- Sept. 10-Oct. 22
- **Kentfield Campus**, Science Center 101
- Fee \$89 (Includes \$1 special fee)
- **Course #85191 EC**

Film Appreciation: Oddballs, Folks Who Don't "Fit In"

How society as a whole and smaller groups within society deal with those who are different, is often a good barometer to the health and flexibility of those groups. It's easy to include people who conform to generally accepted norms of daily life, but what happens to those who cannot or will not behave as other people think they should? Who benefits by a more inclusive group ethos and who is going to end up feeling short changed? How should we behave towards people who recognize no rules and no boundaries? Films for this course will include, but not be limited to: *Lars and the Real Girl* (USA 2007), *Schultze Gets the Blues* (Germany 2003), and *Fast, Cheap and Out of Control* (USA 1997)

- **Suresa Dundes**, MFA (Theatre), M.A. (Education)
- 6 Thursdays, 2:10-5pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- **Kentfield Campus**, Science Center 101
- Fee \$77 (Includes \$1 special fee)
- **Course #85288 EC**

**Hidden Dimensions:
The Impact of Music in Film**

How does music convey the grief of the gods as they look down and weep over humanity's eternal bent toward violence in Kurosawa's epic film *Ran*? or the longing and tenderness of an angel who sacrifices eternity to experience love and the profundities of mortal human existence in *City of Angels*? How does Ennio Morricone's poignant and majestic score express rage, cruelty, penance, redemption and forgiveness in *The Mission*? Come and enjoy watching these and other movies (all new selections!), focusing on how the music conveys the unspoken dimensions of the story and deepens our experience of the film. You do not need any special musical training to enjoy this class.

Marcia Bauman, Ph.D. (Eastman), is an award-winning composer who has taught composition at Stanford and has composed for film, dance and radio serial drama.

- 6 Mondays, 7:10-9pm
- Sept. 14-Oct. 19
- **Kentfield Campus**, Harlan Center 165
- Fee \$79 (Includes \$1 specials fee)
- **Course #85109**

FINANCIAL PLANNING

Financial Workshop for Individual Investors: The Basics of Investing

No matter what age, financial situation or goals, people need to know about the power of investing, and this workshop is a great way to start. Participants will learn how to potentially increase investment income while reducing taxes on those investments. We will examine available investments, pros and cons of each and how to determine which are best for you. We will explore the resources available, including the Internet, newspapers, magazines and libraries. This is a hands-on approach to investing and tax savings with time to analyze your personal situation and meet your goals.

Course fee includes a workbook which will be distributed in class.

Philippe Hobson has an educational background in Finance and Business Administration. He currently works as an Investment Advisor.

- 6 Mondays, 6:40-8:30pm
- Sept. 14-Oct. 19
- **Kentfield Campus**, Harlan Center 169
- Fee \$84 (Includes \$6 materials fee)
- **Course #85111**

FOODS AND WINE

The Enjoyment of Wine

The goal of this course is to enhance your enjoyment of wine and to breakdown the mysteries that surround it. Class is designed for those new to wine and also for those with some knowledge that would like to build on that base. We will explore wine tasting basics, viticulture, making wine, food and wine pairings and more.

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

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

- 4 Tuesdays, 6:30-8:30pm
- Nov. 10-Dec. 1
- **Osher Marin Jewish Community Center**
- 200 N. San Pedro Rd. San Rafael
- Fee \$118 (Includes \$60 special fee)
- **Course #85112**

HEALTH & WELLNESS

10 Steps to Improve Self Confidence 

The way we feel about ourselves impacts all areas of our life. Love. Work. Peace of mind. The problem with confidence and self-esteem is our tendency to judge. Rejecting parts of ourselves can lead to shame and pain. To avoid getting hurt, we take fewer social and vocational risks.

Fortunately, how we think and feel about ourselves can be changed. Improving self-confidence involves increased awareness of self-talk and active steps to silence our internal critic. Changed self-beliefs lead to new choices with more flexibility and freedom.

In this afternoon class, you will be given numerous techniques and tools to increase self-confidence, including a suggested reading list and several handouts to take home.

Adrian Tiller, MFT, has been a teacher and counselor for over twenty years. He formerly taught graduate students in the Counseling Psychology Department at Dominican University.

- Saturday, 1-5pm
- Oct. 17
- **Kentfield Campus**, Harlan Center 172
- Fee \$75
- **Course #85194**

Practical Intuition: Making Wise Choices in Difficult Times 

While our "thinking mind" is vital in the smooth functioning of our day-to-day life, it quickly reaches the limits of its usefulness when facing a crisis, or in cultivating a life filled with meaning and depth. Intuition is a natural but underutilized way of knowing that connects us to wisdom inaccessible through logical thought processes. This practical course offers valuable skills that reduce stress and increase confidence. Learn how to relax into your intuition whether you are seeking guidance in facing a crisis, reflecting on a significant life transition, or deepening gratitude in simple day-to-day moments.

The materials fee covers the text, *Healing and Transformation through Self Guided Imagery* by Leslie Davenport, and will be distributed in class.

Leslie Davenport, M.S. (Counseling Psychology) has nineteen years in healthcare and more than eight years of University-level teaching.


- Saturday, 9:30am-12:30pm
- Oct. 10
- **Kentfield Campus**, Harlan Center 172
- Fee \$45 (Includes \$15 materials fee)
- **Course #85226**

Women's Wellness and Power: Meditative Workshops 

The goal of this workshop is to learn to use your Female Power for yourself, consciously, with certainty and joy. Cultural programming of the female role has not supported women's enormous ability to create. A woman can succeed if she runs male energy, but if she turns on her female energy, she is pressured, often unconsciously, to sacrifice it for others, making herself a Victim. According to cultural programming, a "good woman" lives for others, sees herself as secondary, and spends her energy fixing other's problems, taking over their emotional and other difficulties. This programming has been implemented by physical, emotional or mental punishment, and invalidation.

In this workshop, you will learn simple tools to release programming, tune up your Female Energy System, and heal yourself in specific ways. You will be complete and radiant in your Female Body!

- **Maria Nikl**
- 7 Wednesdays, 6:40-10pm
- Oct. 28-Dec. 16 (No class Nov. 11)
- **Kentfield Campus**, Harlan Center 161
- Fee \$175
- **Course #85193**

Courageous Happiness for Women Seeking Balance, Meaning and Joy in the Second Half of Life 

Research shows that as women age, they have a resurgence of creative energy, passion for new ideas and projects, and a greater interest in spiritual growth and meaning focused on the greater good. Through learning simple practices based on the science of happiness, engaging in mindfulness and exploring your authentic creative self, this class can help you to clarify your calling and desires, while using your strengths and resources in pursuit of greater balance, meaning and joy. Non-threatening expressive art modalities will be used to integrate and amplify your experiences and learning. No art experience is necessary. If you have any questions, call Gail at 415.456.8743 or e-mail gail@gaildanchig.com.

Gail Danchig, MFT, is a registered expressive arts therapist, teacher, coach and founder of an integrative process using positive psychology, creativity, mindfulness, ritual, and nature.

- 2 Tuesdays, 6-8:30pm
- Sept. 22 & 29
- **The Courageous Happiness Studio**
- Fairfax
- Fee \$83 (Includes \$8 materials fee)
- **Course #85227**

The Baby Boomer Generation: What Now?



This course will discuss the future of the baby boomer generation who are entering their sixties. In 2009, approximately 10,000 will turn 63 every day and begin to wonder how they will spend the next twenty years of their lives. The answers will not come easy.

The class will focus on community as a solution and will discuss how to form successful communities. We will look at the institutionalization of aging and explore alternatives, including communal living, co-housing, planned retirement communities and living alone. The economics, including cost of living here and abroad, and health costs, will be examined.

Scott Adams grew up in a variety of communities and is an Architect with 25 years experience. He is currently working with the architect who founded cohousing in the United States, and is familiar with zoning restrictions.

- 6 Mondays, 7:10-9pm
- Sept. 14-Oct. 19
- **Kentfield Campus**, Science Center 177
- Fee \$79 (Includes \$1 materials fee)
- **Course #85277 EC**

Change Your Mind, Change Your Life: Healthy Attitudes for Challenging Times

Our goal is to develop and support emotional resilience – the ability to function competently, powerfully and peacefully under stress. It enables individuals to face challenges, develop and maintain a positive attitude, make healthful choices, and solve problems on every scale. You 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 staff from **CorStone**—formerly The Center for Attitudinal Healing.

- 7 Thursdays, 7:10-9:30pm
- Sept. 10-Oct. 22
- **Kentfield Campus**, Olney Hall 106
- Fee \$106 (Includes \$10 materials fee)
- **Course #85114**

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

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

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

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

- Saturday, 10am-1pm
- Oct. 10
- **Kentfield Campus**, Dickson Hall 113
- Fee \$45 (Includes \$3 materials fee)
- **Course #85115**

Strategies for Weight Loss and Healthy Maintenance

Do you or someone you know struggle with weight loss? This class gives you more effective tools in dealing with weight issues. By using the revolutionary Triangle of Change interactive exercises, you will be able to uncover internal blocks that prevent you from achieving your weight loss goals. You will also learn techniques for making the lasting, positive changes that you desire for a happier, more fulfilling life.

Dr. H. Christian Gunderson is a Doctor of Chiropractic and a Master Practitioner of Neuro-Linguistic Programming who has a deep compassion for the human condition.

- Saturday, 10am-4pm
- Sept. 26
- **Kentfield Campus**, Harlan Center 172
- Fee \$78
- **Course #85113**

Self-Care for Busy Moms

A self-care workshop for mothers, designed for women that are too busy to have a regular wellness practice. This course will be a “mini-retreat,” and the techniques you learn here can be done at home even in the midst of a busy day. The class combines meditation, Yoga/Pilates, self-foot massage and self-evaluation exercises which will allow for more relaxation time in your daily life.

Please bring a bath towel for cleaning lotion off feet, a yoga/pilates mat, a tea bag of your favorite tea, and a journal.

Susan McLoughlin, M.A. (Holistic Health Education) has 15 years experience teaching group exercise and mind-body fitness classes. She has also taught positive body image classes to women and teens.

- Saturday, 9:30am-12:30pm
- Oct. 3
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee \$30
- **Course #85278**

Bones Fit: Osteoporosis Prevention and Bone Strengthening Workshop

This workshop teaches you how to manage and prevent osteoporosis with the right exercise program. You will learn about spinal alignment, power posture, strength and resistance training, balance and fall prevention, weight-bearing exercises, stretching and life style, nutrition and helpful resource information. The goal is to provide you with the tools that prevent further loss of bone density, strengthen bones and prevent falls through better balance.

Please bring water, one bath towel, one beach towel and a yoga mat or blanket to the first class. Bring ankle or wrist weights, one to five pounds adjustable, to the second class. You must be able to get up and down from the floor independently. Individual attention as time allows.

Marion Kregeloh, PT, CFP, is highly skilled in evaluating, treating and

educating students in bone health, osteoporosis prevention, back care, body mechanics and exercise programs.

- 2 Saturdays, 1-3pm
- Oct. 3 & Oct. 10
- **Kentfield Campus**, Physical Education Center One
- Fee \$58
- **Course #85279 EC**

HEALTH SCIENCES**Exercise for Adults with Special Needs Instructor Certification Course**

Designed to train students, certified personal fitness instructors, activity coordinators, recreational therapists and occupational therapists interested in becoming certified fitness/wellness leaders specializing in exercise with the frail elderly and adults with special needs. Special needs include disorders ranging from Parkinson’s Disease, Arthritis, Cardiac Issues, COPD, Physical and Sensory Deficits and Dementia Specific Needs.

Upon completing the class, students may become certified trainers for Exercise Leader for Adults with Special Needs with the Senior Fitness Association. (There is an additional \$35 fee for the SFA certification, and current CPR and First Aid are needed for certification.)

Students participate in exercise activities in class. There is an hour lunch break each class.

Text: *Exercise for Frail Elders*, Best-Martini & Botenhagen, Human Kinetics, 2003, (\$36) is available at the college bookstore. The materials fee covers a 150-page syllabus to be distributed in class.

- **Betsy Best-Martini**, MS (Recreational Therapy), SFA certified
- **Kim Jones**, MS (Exercise Physiology), ACSM, SFA certified
- 5 Saturdays, 9am-5pm
- Sept. 12-Oct. 17 (No class Oct. 10)
- **Kentfield Campus**, Physical Fitness 7
- Fee \$161 (Includes \$3 materials fee)
- **Course #85197**

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.



Online Health Sciences courses are available! Go to www.marincommunityed.org

DENTAL ASSISTING

To register for any of the following classes, please e-mail 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
- Aug. 21-29
- **Kentfield Campus**, Harlan Center 156
- Fee \$355 (Includes \$155 materials fee)

Coronal Polish (12 CE Hours)

This course is approved by the California State Board of Dental Examiners to prepare the student in the technique of Coronal Polish as required for RDA licensure. Participants will serve as practice patients for fellow classmates. The participant will need to provide one outside patient for the final evaluation by a dentist on Saturday afternoon. Please bring a lab coat or uniform, gloves and safety glasses to all courses. Attendance is mandatory for both Friday and Saturday. All course work must be met with 75% accuracy to receive your certificate. 12 Continuing Education hours are given upon successful completion of the course.

- **Marlene Wilgis**, CDA, RDA
- Friday, 5-9pm
- Saturday, 8:30am-5pm
- Sept. 11 & 12
- **Kentfield Campus**, Harlan Center 156
- Fee \$240 (Includes \$60 materials fee)

HOME ENVIRONMENT

Home Painting Basics: HID (How It's Done)

Painting your home, with professional-level results, has never been easier! Join these classes to learn techniques and preparation specific to painting your bathroom or kitchen. You will learn how to select paint colors and finishes, and how to identify surfaces and know which products to use on them. Class includes lecture, demonstration and hands-on practice, and is suitable for those who

have never painted before, as well as those with experience.

The materials fee covers the cost of a professional-quality paint kit. The kit is a collection of quality tools and supplies and, when you leave this class, you will know which tool is the right tool for the job and how to use it.

Lupe Lecue is a Skilled Trades Painter with twenty years experience working in commercial and residential primarily in the Bay Area.

For each course listed below:

- 2 Tuesdays, 6:40-8:30pm
- **Kentfield Campus**, Fine Arts 151
- Fee \$97 (Includes \$54 materials fee)

HID: The Bathroom

- Sept. 15 & 22
- **Course #85118**

HID: The Kitchen

- Oct. 6 & 13
- **Course #85119**

Lean, Mean and Going Green:

Taking Charge of Your Own Food Supply

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

This course contains numerous hand-outs; bring a binder to class. We will work through the lunch hour; please bring a bag lunch.

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

- 4 Saturdays, 11am-4pm
- Oct. 3-24
- **Kentfield Campus**, Dickson Hall 30
- Fee \$99 (Includes \$3 materials fee)
- **Course #85198**

The Medicinal and Edible Herb Garden

Now is the time to plant medicinal plants which will grow well in your garden. Medicinal plants are not only beautiful, but can be used to make nutritious foods and to stock your home medicine cabinet. Learn to easily grow herbs in your own back yard that can help alleviate many common ailments and be used in making delicious meals and drinks. We will cover the medicinal uses of 15 easy to grow healing plants.

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

- Tuesday, 6:40-9pm
- Sept. 29
- **Kentfield Campus**, Harlan Center 172
- Fee \$45
- **Course #85120**

Practical Plant Propagation

In this hands-on workshop we will focus on the seasonally appropriate propagation possibilities of California native plants and other drought-tolerant species. The workshop takes place at the Marin Art and Garden Center, where every plant in the gardens can be considered a 'mother plant'; and where we will utilize our nursery facilities to teach practical methods and techniques that can be duplicated at home. Propagation techniques that will be learned include starting from seeds, cloning and division of plants.

You will be taking home a variety seeds and seedlings, cuttings and plants to grow on in your own garden. Extensive hand-outs, resources and suppliers lists are provided. Please bring your own clippers and gloves.

Charlotte Torgovitsky is the Manager of Sustainable Garden Resources at the Marin Art and Garden Center (MAGC).

- Saturday, 10am-2pm
- Oct. 3
- **Marin Art & Garden Center**
- SF Drake Blvd. at Lagunitas Blvd.
- **Ross**
- Fee \$35
- **Course #85121 EC**

LANGUAGES

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

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

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

Conversational French: First Year, First & Second Quarters

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

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

For each course listed below:

- **Kentfield Campus**, Science Center 102

First Year, First Quarter

- 6 Mondays, 6:40-8:30pm
- Sept. 14-Oct. 19
- Fee \$78/**Course #85207**

First Year, Second Quarter

- 7 Mondays, 6:40-8:30pm
- Oct. 23-Dec. 4 (No class Nov. 27)
- Fee \$84/**Course #85208**

Conversational French: Second Year, First & Second Quarters

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

For each course listed below:

- **Anne-Marie Lebas**
- 7 Wednesdays, 6:40-8:30pm
- **Kentfield Campus**, Physical Education Center Seven
- **Fee \$84**

Second Year, First Quarter

- Sept. 9-Oct. 21
- **Course #85209**

Second Year, Second Quarter

- Oct. 28-Dec. 16 (No class Nov. 11)
- **Course #85210**

Italian in the Kitchen: Learning Italian through Recipes



Have fun learning or improving your Italian by sharing recipes and food with your classmates. On alternate weeks, we will discuss Italian food and preparation: menus, recipes, ingredients, as well as Italian traditions surrounding food. Every other week, you will share with your classmates a simple dish from a recipe for four, which you will prepare at home following the cooking instructions. All in Italian, naturalmente!

No previous knowledge of Italian or cooking ability needed. Students will provide the ingredients of the food they share. All recipes distributed in class are planned for four.

Recommended text: *L'italiano a tavola*; Mazzetti, Bagianti; Le Monnier, Firenze, 2007

Caterina Labriola is a native Italian with a Laurea (Master) in Foreign Languages and Literature. She also teaches in the credit program at College of Marin and at Santa Rosa Junior College.

- 6 Thursdays, 6:40-8:30pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- **Kentfield Campus**, Science Center 102
- Fee \$78
- **Course #85211**

Conversational Italian: First Year, First & Second Quarters

Learn basic conversational Italian, including pronunciation, vocabulary, and command of idiomatic expressions and colloquialisms. Emphasis will be on speaking and comprehension through oral drills.

See **Note** at the beginning of Languages section.

First Year, First Quarter

Lido Cantarutti

- 7 Tuesdays, 7:10-9pm
- Sept. 8-Oct. 20
- **Kentfield Campus**, Dance/Landscape Management Center 12
- Fee \$84
- **Course #85212**

Ilia Salomone-Smith

- 7 Tuesdays, 3:10-5pm
- Sept. 8-Oct. 20
- **Kentfield Campus**, Harlan Center 173
- Fee \$64
- **Course #85214 EC**

First Year, Second Quarter

Lido Cantarutti

- 7 Tuesdays, 7:10-9pm
- Oct. 27-Dec. 8
- **Kentfield Campus**, Dance/Landscape Management Center 12
- Fee \$84
- **Course #85213**

Ilia Salomone-Smith

- 7 Tuesdays, 3:10-5pm
- Oct. 27-Dec. 8
- **Kentfield Campus**, Harlan Center 173
- Fee \$64
- **Course #85215 EC**

Conversational Spanish: First Year, First & Second Quarters

These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn vocabulary, pronunciation, idiomatic expressions and colloquialisms. The stress is on developing the ability to converse. See **Note** at the beginning of the Languages section.

First Year, First Quarter

Nancy McInnes

- 7 Thursdays, 7:10-9pm
- Sept. 10-Oct. 22
- **Kentfield Campus**, Harlan Center 173
- Fee \$84/**Course #85216**

Milt Hain

- 6 Tuesdays, 2:10-4pm
- Sept. 8-Oct. 20 (No class Sept. 22)
- **Kentfield Campus**, Temporary Building 119
- Fee \$58/**Course #85218 EC**

First Year, Second Quarter

Nancy McInnes

- 6 Thursdays, 7:10-9pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- **Kentfield Campus**, Harlan Center 173
- Fee \$78/**Course #85217**

Milt Hain

- 7 Tuesdays, 2:10-4pm
- Oct. 27-Dec. 8
- **Kentfield Campus**, Temporary Building 119
- Fee \$64/**Course #85219 EC**

Conversational Spanish: Second Year, First & Second Quarters

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

For both courses listed below:

- **Milt Hain**
- **Kentfield Campus**, Temporary Building 119

Second Year, First Quarter

- 6 Fridays, 2:10-4pm
- Sept. 11-Oct. 23 (No class Sept. 25)
- Fee \$58/**Course #85220 EC**

Second Year, Second Quarter

- 6 Fridays, 2:10-4pm
- Oct. 30-Dec. 11 (No class Nov. 27)
- Fee \$58/**Course #85221 EC**

LITERATURE

French Literature: Michel de Montaigne, His Essays and Views

The famous French Humanist philosopher and writer of the XVI century, Michel de Montaigne, strongly believed that for a person to successfully understand and communicate with humanity, he/she must “have a clear portrait of oneself,” meaning the observation and contemplation of one’s own thoughts and feelings. In his famous *Essays*, de Montaigne achieved just that!

Join us to discuss, read and critique Montaigne’s *Essays* which were written with humor and also with nostalgia for ancient times when people like Socrates or Cato displayed their courage and loyalty. We will discuss his feelings about his parents and family, his ideas about friendship, education, his literary taste and political beliefs.

Erika Harkins has a Masters in French Literature and 20 years of teaching experience. Erika was recognized as “Outstanding Community Education Teacher of the Year” by the COM Academic Senate in 2008.

- 7 Wednesdays, 2:10-4pm
- Sept. 9-Oct. 21
- **Kentfield Campus**, Harlan Center 165
- Fee \$66 (Includes \$2 materials fee)
- **Course #85199 EC**

Famous Texts that Changed the Course of the World

Once again, we ask the question: Can a text change the course and evolution of the world? Yes, it has and it will!

This fall, we continue to engage in comprehensive and diverting discussions of a new selection of texts which include those by Euclid, Moses, Copernicus, Martin Luther, Galileo, Henri IV of France, and Rene Descartes. We will explore the meaning of each text and address how, and why, each changed forever the course of the world. We will also learn

about the historical circumstances, and personal lives and motivations of each author. Join us to discover the thrill of witnessing (through literature) established norms being challenged and overthrown by innovative visioning. New students welcome!

- **Erika Harkins**
- 7 Wednesdays, 2:10-4pm
- Oct. 28-Dec. 16 (No class Nov. 11)
- **Kentfield Campus**, Harlan Center 165
- Fee \$66 (Includes \$2 materials fee)
- **Course #85200 EC**

Another course of interest ...

Shakespeare from A Director’s Perspective: *Julius Caesar* is listed under Drama.

Literature and Law: American Pastoral

Writers and lawyers share a trait in common: they place their characters within a landscape. They seize our attention through the creativity and the singularity of their vision about the land. Both professions attempt to construct landscapes that will allow us to understand, if not admire, their characters. This popular course, which uses novels, short stories, essays, court decisions, and film, invites us to explore America’s infatuation with its landscape and America’s ambivalence about the presence, and absence, of law. With their shorter works, great American writers—David Foster Wallace, Annie Proulx, Don DeLillo, Joyce Carol Oates, Wallace Stegner, Louise Erdrich, Mark Twain, Lorrie Moore, and John Updike -- will serve as our guides.

David Robertson, (Stanford, A.B., Yale Law, J.D.) has taught political philosophy and literature at Yale College and College of Marin.

- 7 Fridays, 10:10am-12:30pm
- Sept. 11-Oct. 23
- **Kentfield Campus**, Harlan Center 165
- Fee \$76
- **Course #85122 EC**

Writer's View of the World: Interesting Times

"May you live in interesting times." Whether this (alleged) ancient Chinese proverb is a blessing or a curse, there is no question that we have been living through very "interesting" times since that fateful morning on September 11, 2001. That event and its disastrous aftermaths have provided a vivid backdrop for many works of fiction published in these past years, none better realized or more thought provoking than the four books we will be reading and discussing this quarter. Our study of Ian McEwan's *Saturday*, Elina Hirvonen's *When I Forgot*, Joseph O'Neill's *Netherland*, and Deborah Eisenberg's *Twilight of the Superheroes* will provide us, hopefully, with some of the insights we can use to better understand ourselves and our own times.

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

- 6 Thursdays, 1:10-3pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- **Kentfield Campus**, Dickson Hall 30
- Fee \$58
- **Course #85201 EC**

Anthropology through Literature: Empire and Empiricism in the 1800s

Travel throughout the 1800s as empires flourish and fail while daily life is changed by scientific inventions such as the telegraph, the railroad, the steam-ship and Carl Benz's first automobile. Consider the impact of the ideas of Mendel, Linnaeus, Darwin, the 1848 Communist Manifesto as well as the First Convention of Women's Rights, and the artistic emergence of Romanticism and Impressionism. Read one of Patrick O'Brian's excellent British naval novels, Sena Jeter Nasland's *Ahab's Wife*, and Michael Steen's *Enchantress of Nations: Pauline Viardot, Soprano, Muse and Lover*. The instructor provides a timeline, annotated bibliography and a book loanbox with period mysteries by Barbara Hambly (*A Free Man of Color*) set in 1833 New Orleans, by Miriam Grace Manfredi (*Seneca Falls Inheritance*) set in 1848 upstate New York, and Victoria Thompson's (*Murder on St. Mark's Place*) 1890s New York City.

- **Maggi Nicholson**
- 7 Mondays, 10:30am-12:30pm
- Sept. 14-Oct. 26
- **Tiburon Town Hall**, Community Room
- 1505 Tiburon Blvd., Tiburon
- Fee \$64 (Includes \$1 special fee)
- **Course #85202 EC**

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.

The Development of Western North America: Assembling California



Western North America did not exist 240 million years ago. Almost the entire Pacific Coast from Baja to Alaska has subsequently been added piecemeal onto the preexisting continent since then. The growing understanding of plate tectonics since the late 1950's provides answers to these remarkable developments.

This survey course is an exploration of California's assembly by repeated collisions with continental fragments, island arcs and the ocean crust. Obtain an overview of California's growth from western Nevada to the Pacific Coast. Learn messages carried from the past by rock and mineral samples and shown by landforms through cross-section illustrations and maps. Emphasis is given to Marin's origins and unusual geology and to California's possible future.

The last two class sessions are field trips to Point Bonita and Ring Mountain. Students will meet onsite and are responsible for their own transportation.

- **Rolf Ursin-Smith**
- 5 Thursdays, 1:10-3pm
- Sept. 10-Oct. 8
- **Kentfield Campus**, Dickson Hall 30
- **Plus two field trips, 1-3pm**
- **Oct. 15 & 22**
- Fee \$84 (Includes \$1 materials fee)
- **Course #85280**

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

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

Lisa Hug, 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
- Sept. 8
- **Kentfield Campus**, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- Sept. 15-Oct. 6
- Fee \$92
- **Course #85123 EC**

Outdoor Fitness for 50+



Meeting at beautiful Lake Lagunitas, we start our day with Energization Exercises, created by Paramahansa Yogananda. These unique exercises will stimulate and work all of your muscle groups after which you will feel refreshed and invigorated. Following these exercises, we meditate for ten minutes and then take a walk around the lake in silence, feeling alive with Mother Nature.

Bring a bag lunch and join our picnic at the end of class.

A \$7 vehicle entrance fee may be collected at the kiosk. Please see **Note** above.

Libby Darda-Sherwood, M.A. (Wilderness Psychology) is certified in Holistic Lifestyle, Yoga and Nutrition.

- 7 Tuesdays, 10am-1pm
- Sept. 8-Oct. 20
- **Lagunitas parking lot at the lake**
- Marin Municipal Water District
- Fee \$89
- **Course #85228 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 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine. Please see **Note** under Marin Adventures heading.

Wendy Dreskin, one of the most informative and enjoyable naturalists in the county, leads the always popular “Meandering in Marin.” Wendy is a recipient of the Terwilliger Environmental Award.

For each course listed below:

- First class: **Samuel P. Taylor State Park**

Fall 1

- 6 Mondays, 9:45am-1:45pm
Sept. 14-Oct. 19
Fee \$98
Course #85124 EC
- 7 Tuesdays, 9:45am-1:45pm
Sept. 8-Oct. 20
Fee \$115
Course #85125 EC

Fall 2

- 7 Mondays, 9:45am-1:45pm
Oct. 26-Dec. 7
Fee \$115
Course #85126 EC
- 7 Tuesdays, 9:45am-1:45pm
Oct. 27-Dec. 8
Fee \$115
Course #85127 EC

Beginning Hiking

Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our County on these 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.

Fall 1

- 5 Saturdays, 10am-2pm
- Sept. 19-Oct. 24 (No class Oct. 10)
- Last class: 10am-4pm
- 1st class: **King Mountain, Larkspur**
- Park on Willow and meet at trailhead
- Fee \$92
- **Course #85128 EC**

Fall 2

- 4 Saturdays, 10am-2pm
- Nov. 7-Dec. 12 (No class Nov. 14 & 28)
- Last class: 10am-4pm
- 1st class meeting: **Muir Beach parking lot**
- Fee \$76
- **Course #85129 EC**

MUSIC

A Survey of 20th and 21st Century Classical Music

This course is devoted to listening to, recognizing and discussing the varying styles and approaches to 20th and 21st century classical music. Quickly leaving behind the Romanticism that ended the prior century, we take on and explore the radical changes that took place, from 1900 until the present, in melody, harmony, rhythm, time signatures, deceptive simplicity of compositions and new instruments (non-Western and electronic).

Recommended text: *Twentieth Century Music*, Morgan, W.W. Norton & Co., 1991. Also bring a notebook to class.

Norman Masonson of the COM Music faculty invites you to join him in satisfying your musical curiosity and developing a deep appreciation for modern classical music and how it touches our lives.

- 7 Wednesdays, 3:40-5:30pm
- Sept. 9-Oct. 21
- **Kentfield Campus**, Fine Arts 72
- Fee \$64
- **Course #85203 EC**

Music She Wrote:

A Historical Romp of Classical Music from the 11th Century Onward

This course will take the music lover, or those simply curious, from Hildegard of Bingen in the 11th century to Amy Beach in the 20th (and Joan Tower in the 21st!), all with the intent to remove the mystique surrounding the topic of women in classical music. Each class we will focus on a different woman who either composed or performed music and discuss who she was and how the era she lived in shaped her compositions. At the same time, we will consider the “big names” of music history—Bach, Beethoven, and the like—but always with a view to making both their lives, and their music, accessible and meaningful. Information about local concerts will be given in class.

Lenore Alford, Doctor of Musical Arts, is the Music Director of St. John’s Episcopal Church in Ross.

- 6 Thursdays, 1:10-3pm
- Oct. 29-Dec. 10 (No class Nov. 26)
- **Kentfield Campus**, Fine Arts 72
- Fee \$59 (Includes \$1 materials fee)
- **Course #85270 EC**

American Musical Theater

Survey the background of musical theater: vaudeville, variety, and follies, moving on to the “Golden Age” of the 40’s and 50’s, from Oklahoma to West Side Story. We will consider Opera and operetta, Christy’s Minstrels, the Ziegfeld Follies, and the ethnic background of its artists, giving special attention to Rodgers and Hart, Hammerstein, the Gershwins, Bernstein and Robbins. Finally we will look at the Broadway revivals of today and “why things ain’t what they use to be!” From Bojangles to Fosse, Gilbert and Sullivan to Sondheim, we will watch videos, listen to CDs, view playbills and maybe even enjoy some live performance!

Joanna G. Harris, Ph.D. (Dramatic Arts), MA (Dance), is a dance teacher, historian and critic, author of *Beyond Isadora; Bay Area Dancing, 1915-1965*.

- 7 Tuesdays, 1:40-3:30pm
- Sept. 8-Oct. 20
- **Kentfield Campus**, Harlan Center 165
- Fee \$64
- **Course #85229 EC**

Another course of interest ...

Looking at the Dance: A History of the American Moving Spirit

is listed under Music Appreciation.

Russian Music: Art Songs and Piano Music

Russian art songs touch the soul. They are feelings set to music, and poetry that makes one cry and smile. This fall we will learn about and enjoy Russian Art Songs as well as a full spectrum of Russian piano music.

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

- **Kentfield Campus**, Fine Arts 72

Fall 1

- 7 Fridays, 12:10-2pm
- Sept. 11-Oct. 23
- Fee \$64
- **Course #85204 EC**

Fall 2

- 6 Fridays, 12:10-2pm
- Oct. 30-Dec. 11 (No class Nov. 27)
- Fee \$58
- **Course #85205 EC**

Marin Men’s Chorus

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

—*Michael*

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional \$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
- **St. Stephen’s Church**
- 3 Bayview Ave., Belvedere
- Fee \$39

Fall 1

- Sept. 8-Oct. 20
- **Course #85131 EC**

Fall 2

- Oct. 27-Dec. 8
- **Course #85132 EC**

Another course of interest . . .

Chorus Emeritus

is listed under **Noncredit**, page 55.

Piano Classes for Beginners to Advanced

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

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

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

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

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

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

To sign up for Piano Class, use the course number below. Students should attend the section that matches their ability. If you are new to the course or are unsure of your placement, call the instructor at 415.259.8348.

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

For each course listed above:

- Times as above
- **Kentfield Campus**, Fine Arts 188
- Fee \$80

Fall 1

- 7 Tuesdays & 7 Thursdays
- Sept. 8-Oct. 22
- **Course #85133**

Fall 2

- 7 Tuesdays & 7 Thursdays
- Oct. 27-Dec. 17 (No class Nov. 26 & Dec. 15)
- **Course #85134**

Instant Piano for Hopelessly Busy People

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. Robert Laughlin created the one-day piano workshop in 1982, and it is now used by more than 300 teachers nationwide and has been taken by more than 100,000 students. In just half a day you can learn enough to give you years of musical enjoyment. Learn all the chords needed to play any song, then perfect your technique at home using an exclusive CD designed by the instructor.

If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. If not, call 415.485.9318 and ask for a free pamphlet.

- **Robert Laughlin**
- Saturday, 9am-12:30pm
- Oct. 17
- **Kentfield Campus**, Fine Arts 177
- Fee \$60 (Includes \$25 materials fee)
- **Course #85135**

Piano by Ear: What Pro Musicians Won't Tell You

Contrary to popular belief, anyone can learn to play by ear. This workshop shows you the inside secrets professional piano players use (but never reveal). You'll learn how to pick tunes right out of your head. In addition, you will learn how to get songs off the radio (think of the money you'll save on sheet music). You'll even learn how to transpose.

This workshop goes beyond mere "ear training." In this class, you'll obtain information found nowhere else, and you'll be picking out tunes by ear--with both hands--from the very first day.

Open to musicians (not just piano players) who have a basic understanding of chord theory. Beginners should take "Instant Piano for Hopelessly Busy People" as a prerequisite.

The materials fee covers workbook and CD for on-going home use.

- **Robert Laughlin**
- Saturday, 2-5:30pm
- Oct. 17
- **Kentfield Campus**, Fine Arts 177
- Fee \$60 (Includes \$25 materials fee)
- **Course #85136**

Beginning Guitar Class



Group instruction in classical/popular guitar music is offered in a supportive and friendly environment with personal attention as time allows.

Section A (1:10-2:30pm) is for beginners and those who already have elementary knowledge and basic technique.

Section B (2:40-4pm) is for those who can play musical pieces on the guitar and are fluent in reading notes.

The materials fee covers the cost of the text and CD, *Guitar School* by Mr. Shilin, which will be distributed in class.

To sign up, use the course number below. Plan to attend the section that matches your ability. If you are unsure of your placement, e-mail the instructor at natashagushin@sbcglobal.net.

Yevgeniy Shilin has a degree in Music from the Ekateriuburg Conservatory in Russia and is an instructor, a performer, and a composer. The class will be taught with the assistance of an interpreter.

- Times as above
- **Kentfield Campus**, Fine Arts 75

Fall 1

- 7 Fridays, Sept. 11-Oct. 23
- Fee \$114 (Includes \$25 materials fee)
- **Course #85283**

Fall 2

- 6 Fridays, Oct. 30-Dec. 11 (No class Nov. 27)
- Fee \$99 (Includes \$25 materials fee)
- **Course #85284**

Harmonica Workshops: Double Your Fun

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

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

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

For each course listed below:

- Thursday, Oct. 22
- **Kentfield Campus**, Science Center 101

For register for both workshops at a reduced fee:

- Fee \$75 (Includes \$25 materials fee)
- **Course #85137**

PARENTING

Healthy Harmonica: Tunes and Rhythms

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

- 6:10-7:45pm
- Fee \$39 (Includes \$13 materials fee)
- **Course #85138**

Very Beginning Blues Harmonica

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

- 8-10pm
- Fee \$44 (Includes \$14 materials fee)
- **Course #85139**

PARENTING

How to Get Your Teens and Young Adults to Independence



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

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

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

- Saturday, 1-4pm
- Sept. 26
- **Kentfield Campus**, Harlan Center 170
- Fee \$55 (Includes \$20 materials fee)
- **Course #85281**

Creating A Life and Finding A Job After Graduation



If you have graduated college, high school, or been out in the world for a while trying to find your job and career, this class is for you! Learn which career pathways to explore and how to research jobs in your career area. Learn what training or education you will need to accomplish the job and salary level necessary to support the life style you desire. We explore the skills needed for independence including money management, resume writing, interview techniques, and finding an affordable living situation.

- **Ellen Gibran-Hesse**
- Saturday, 1-4pm
- Oct. 10
- **Kentfield Campus**, Harlan Center 170
- Fee \$35
- **Course #85282**

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.

PHILOSOPHY

Exploration of Buddhist Meditation Practices

This class is suited for those who wish to gain practical experience in the fundamental aspects of meditation practice. Various aspects of meditation will be explored, including samatha (also known as calm abiding or tranquility), vipassana (insight meditation), tonglen (sending and taking, development of bodhicitta, including mind training techniques), and deity yoga (practice of loving kindness and compassion of Avalokiteshvara). Open to those who are new to meditation as well as experienced practitioners. Bring a cushion and wear comfortable clothing for sitting.

Jay Eilertson, also known by his Tibetan dharma name of Lama Tharpa Gyeltsen, has been a Tibetan Buddhist practitioner since 1975.

- 7 Thursdays, 7:10-9pm
- Sept. 10-Oct. 22
- **Indian Valley Campus**, Ohlone 215
- Fee \$84
- **Course #85140**

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.

Basic Photography

This course on basic photographic techniques will cover camera types, lenses, filters, depth of field, metering, exposure control, and tripods. We will also discuss digital formats, the camera's menus, and what all the various choices mean.

Two field trips include a Saturday morning and a Wednesday evening. The field trip at night will allow you to learn and practice techniques for long exposures and night photography. You are responsible for your transportation.

Bring an adjustable camera to class each week. This class is beyond point

and shoot cameras so you need to be able to make adjustments to your camera. Darkroom work will not be discussed.

Jed Manwaring specializes in travel and outdoor photography. His photographs have appeared most recently in *Golden Gate National Parks: A Photographic Journey*, *Guardians of the Gate* and in *Outdoor Photographer* and *PC Photo* magazines.

- 7 Wednesdays, 7:10-10pm
- Sept. 9-Oct. 21
- **Indian Valley Campus**, Ohlone 216
- Field trip: Wed., Oct. 7, 7-10pm
- Plus: Sat., Sept. 19, 8-11am
- Fee \$127 (Includes \$10 materials fee)
- **Course #85233**

Intermediate Photography



This course will build on skills learned in Beginning Photography and a strong understanding of your camera and its features is needed. You will learn to make more dynamic images by learning composition, fill-flash, and bounce light techniques, close-up photography, people photography, night photography, and special effects. This class will include a critique session. We will also cover preparing images to e-mail as attachments, options for printing digital images, and how to evaluate and optimize the quality of the images.

Please see the paragraph above regarding field trips. In addition, we will learn flash photography and special effects during the field trip at night. A tripod is strongly recommended.

This class is beyond simple point and shoot cameras, so you need to be able to make adjustments to your camera and have a good understanding of its controls. Darkroom work will not be discussed.

- **Jed Manwaring**
- 7 Wednesdays, 7:10-10pm
- Oct. 28-Dec. 16 (No class Nov. 11)
- **Indian Valley Campus**, Ohlone 216
- Field trip: Wed., Dec. 2, 7-10pm
- Plus: Sat., Nov. 7, 8-11am
- Fee \$127 (Includes \$10 materials fee)
- **Course #85234**

Night Photography

Learn to gauge long exposures in locations illuminated by artificial light, as well as by the light of the full moon, for beautiful photographs of the world at night. Emphasis will be on evaluating existing lighting and exposing accordingly. Some classes will be on location at places like the Golden Gate National Recreation Area, the Presidio and the Marin Headlands.

The class is limited to 12 students and is not for beginning photographers. You must know how to use your specific (preferably manual) camera and have a firm grasp of the basic concepts of photography. DSLR cameras (with full manual override) are acceptable for most of the fieldwork.

Tim Baskerville, BFA, has been teaching photography classes at U.C. Berkeley Extension, U.C. Santa Cruz Extension, RayKo Photo Center in San Francisco, and Pacific Media Arts since 1998.

- 6 Fridays, 7:10-10pm
- Sept. 11-Oct. 23 (No class Oct. 16)
- **Kentfield Campus**, Harlan Center 165
- Plus Full Moon field trip
- Thursday, Oct. 1, 7-10pm
- Fee \$187 (Includes \$10 materials fee)
- **Course #85141**

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
- **Indian Valley Campus**, Ohlone 216
- Fee \$130 (Includes \$30 materials fee)
- Oct. 9/**Course #85235**
- Nov. 6/**Course #85243**

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, if there is enough time, we will cover 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
- **Indian Valley Campus**, Ohlone 216
- Fee \$100
- Oct. 16/**Course #85236**
- Nov. 13/**Course #85244**

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 tips, borders, patterns, and type effects, and an overview of how to create a digital photo album.

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

- **Jazmine Loiselle**
- Friday, 9am-4pm
- **Indian Valley Campus**, Ohlone 216
- Fee \$100
- Oct. 23/**Course #85237**
- Nov. 20/**Course #85245**

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, press #4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy on page 60.

Physical Education Complex Construction

This fall 2009, construction on the Diamond Physical Education Center on the Kentfield Campus will be completed. Meanwhile, 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.

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.

- 7 Tuesdays, 6:10-7pm
- **Kentfield Campus**, Physical Education Center 5A
- Fee \$68

Fall 1

- Sept. 8-Oct. 20
- **Course #85142**

Fall 2

- Oct. 27-Dec. 8
- **Course #85143**

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.

- **Indian Valley Campus**, Ohlone 106

Fall 1

- 7 Tuesdays & 7 Thursdays, 5:40-7pm
- Sept. 8-Oct. 22
- Fee \$108
- **Course #85144**

Fall 2

- 7 Tuesdays & 6 Thursdays, 5:40-7pm
- Oct. 27-Dec. 10 (No class Nov. 26)
- Fee \$103
- **Course #85145**

**Yoga for Every Body,
Yoga for Every Mind**

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

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

Bring a sticky mat to the first class.

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

- **Kentfield Campus**, Physical Education One

Fall 1

- 7 Saturdays
- Sept. 12-Oct. 24

Beginner

- 10-11:30am
- Fee \$75/Course #85146

Intermediate

- 8-9:45am
- Fee \$81/Course #85147

Fall 2

- 6 Saturdays
- Oct. 31-Dec. 12 (No class Nov. 28)

Beginner

- 10-11:30am
- Fee \$69/Course #85148

Intermediate

- 8-9:45am
- Fee \$75/Course #85149

Effortless Tennis

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

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

Brent Zeller has been playing tennis for 41 years, teaching the game for 35 years, and has an extensive background in psychology, philosophy, and learning theory.

For each course listed below:

- **Kentfield Campus**, Tennis Courts

Beginning

- 11 Tuesdays, 9:40-11am
- Sept. 8-Nov. 17
- Fee \$187 (Includes \$6 materials fee)
- **Course #85150**

Intermediate 1

- 10 Wednesdays, 9:40-11am
- Sept. 9-Nov. 18 (No class Nov. 11)
- Fee \$169 (Includes \$6 materials fee)
- **Course #85151**

Intermediate 2

- 11 Thursdays, 9:10-11am
- Sept. 10-Nov. 19
- Fee \$253 (Includes \$6 materials fee)
- **Course #85152**

**Strength n'Stretch I:
Foundations for Adults 50 Plus**

Get stronger and improve your flexibility safely through a comprehensive and foundational program. You will learn and practice strength and flexibility exercises for every major muscle group. Participants must be able to get down to and up from the floor. Free weights and bands are provided. If you have questions, you may call Vicki Jackson at 415.883.2834.

- **Vicki Jackson**, MA (Kinesiology), SFA certified
- **Ellen Goldman**, MA (Education), NCSF-CPT
- **Indian Valley Campus**, Ohlone 106
- **Fee \$61**

Fall 1

- 6 Mondays & 7 Thursdays, 2:50-3:40pm
- Sept. 10-Oct. 22
- **Course #85153 EC**

Fall 2

- 7 Mondays & 6 Thursdays, 2:50-3:40pm
- Oct. 26-Dec. 10 (No class Nov. 26)
- **Course #85154 EC**

**Strength n'Stretch II:
Building on the Foundation**

This course is designed for students who are proficient with the foundational program exercises. Each class includes one or two exercises for every major muscle group and the respective stretches, as well as a group warm up and cool down. You must be able to get down and up from the floor independently. Strength and Stretch I is a pre-requisite for this class. If you have any questions prior to registering for this class, please contact Vicki Jackson at 415.883.2834 or fitness-2fitu@yahoo.com.

- **Vicki Jackson**, MA (Kinesiology), SFA certified
- **Ellen Goldman**, MA (Education), NCSF-CPT
- **Indian Valley Campus**, Ohlone 106
- **Fee \$61**

Fall 1

- 6 Mondays & 7 Thursdays, 1:40-2:30pm
- Sept. 10-Oct. 22
- **Course #85155 EC**

Fall 2

- 7 Mondays & 6 Thursdays, 1:40-2:30pm
- Oct. 26-Dec. 10 (No class Nov. 26)
- **Course #85156 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 bring your own mat to classes at the Indian Valley Campus. Be sure to arrive on time for warm ups to prevent injury.

For each course listed below:

- **MinJae Laws**

Fall 1

Indian Valley Campus, Miwok 170

- 6 Mondays, 6-7pm
Sept. 14-Oct. 19
Fee \$57/**Course #85158**
- 7 Wednesdays, 11-12noon
Sept. 9-Oct. 21
Fee \$68/**Course #85159**

Balance Workout Studio

400 Tamal Plaza #403, Corte Madera

- 6 Mondays, 10-11am
- Sept. 14-Oct. 19
- **Fee \$57/Course #85157**

Fall 2

Indian Valley Campus, Miwok 170

- 7 Mondays, 6-7pm
Oct. 26-Dec. 7
Fee \$68/**Course #85285**
- 6 Wednesdays, 11-12noon
Oct. 28-Dec. 9 (No class Nov. 11)
Fee \$57/**Course #85286**

Balance Workout Studio

400 Tamal Plaza #403, Corte Madera

- 7 Mondays, 10-11am
Oct. 26-Dec. 7
- **Fee \$68/Course #85287**

Qigong and Women's Health



Join **Denise Aubin**, Certified Medical Qigong Practitioner, to obtain powerful tools for self healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression. Take control of your own health and develop a more rejuvenated, harmonious state of body, mind, and spirit.

Designed for women of any age, we will focus on breast and reproductive organ health, balancing female hormones, detoxification, and the cultivation of energy for the promotion of health and well being. These simple yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. These classes will also include self massage, acupressure points, and meditation.

Handouts will be provided. We will exercise outdoors, weather permitting. Please wear clothing for ease of movement.

■ **Denise Aubin**

- 7 Tuesdays, 5:40-6:30pm
- **Kentfield Campus**, Physical Education Center Seven
- Fee \$56 (Includes \$1 materials fee)

Fall 1

- Sept. 8-Oct. 20
- **Course #85271**

Fall 2

- Oct. 27-Dec. 8
- **Course #85272**

Aikido for Everyone



Aikido for Everyone is a Low Impact Aikido class that involves no rolling or falling. The class is for those interested in learning Aikido as both a martial art, and as an approach to wellness and core body/mind strengthening and development. The class will include individual and partner practice. There will be standing and techniques from movement taught with an emphasis on learning to blend with incoming energy. Comfortable street clothes can be worn. The class does not require those attending to be in prime physical condition—only a willing to learn, explore, and have fun!

Paul Rest is a 2nd degree black belt and has studied Aikido for over sixteen years. He is a member of the California Aikido Association.

- **Indian Valley Campus**, Ohlone 106

Fall 1

- 6 Mondays, 6:10-7pm
- Sept. 14-Oct. 19
- Fee \$78
- **Course #85273**

Fall 2

- 7 Mondays, 6:10-7pm
- Oct. 26-Dec. 7
- Fee \$84
- **Course #85274**

Introduction to Aikido



This is a basic introduction to Aikido. Join us to explore learning to roll and fall from a seated and standing position. Basic techniques will be taught from both the standpoint of the attacker and the person receiving the attack. All class room instruction will be done in a supportive, non-competitive environment. You will gain a mastery of the fundamentals of Aikido, including blending and moving off the line as well as techniques from grabs, strikes, and punches. A prior background in martial arts is not necessary.

■ **Paul Rest**

- **Indian Valley Campus**, Ohlone 106

Fall 1

- 7 Wednesdays, 6:10-7pm
- Sept. 9-Oct. 21
- Fee \$84
- **Course #85275**

Fall 2

- 6 Wednesdays, 6:10-7pm
- Oct. 28-Dec. 9 (No class Nov. 11)
- Fee \$78
- **Course #85276**

Wado Ki Kai Karate

At the end of a long day, it feels so good to move and stretch while learning something new! *Christina*

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

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

■ **Kentfield Campus**

- Mondays, Physical Education 5A
- Wednesdays, Physical Education One
- Fee \$118

Fall 1

- 6 Mondays & 7 Wednesdays, 6:40-8pm
- Sept. 9-Oct. 21
- **Course #85160**

Fall 2

- 7 Mondays & 6 Wednesdays, 6:40-8pm
- Oct. 26-Nov. 9 (No class Nov. 11)
- **Course #85161**

Boxing for Fitness

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

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

- **Kentfield Campus**, Physical Education One

Fall 1

- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Sept. 8-Oct. 22
- Fee \$124
- **Course #85162**

Fall 2

- 7 Tuesdays & 6 Thursdays, 6:40-8pm
- Oct. 27-Dec. 10 (No class Nov. 26)
- Fee \$105
- **Course #85163**

Strength and Fitness Training

Get fit and have fun with safe, individualized strength training and stretching! You can also improve your cardiovascular fitness, posture, balance, and body composition. Wear loose, comfortable clothing, and close-toed shoes. This class

is appropriate for adults of any age. You must be able to get up and down from the floor independently.

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

For each course listed below:

Beginner/Intermediate

- **Kentfield Campus**, Physical Education Four
- **Betsy Best-Martini**, MS (Recreational Therapy), SFA certified

Fall 1

- 7 Tuesdays 7:30-9am
- 7 Fridays, 8-9:30am
- Sept. 8-Oct. 23
- Fee \$89

Course #85164 EC

Fall 2

- 7 Tuesdays 7:30-9am
- 6 Fridays, 8-9:30am
- Oct. 27-Dec. 11 (No class Nov. 27)
- Fee \$82

Course #85165 EC

For each course listed below:

- **Kentfield Campus**, Physical Education Six
- Fee \$94

Beginner/Intermediate

- **Hazel Wood**, BA, SFA, AF
- 5:15-7am

Fall 1

- 6 Mondays & 7 Wednesdays
- Sept. 9-Oct. 21
- **Course #85166 EC**

Fall 2

- 7 Mondays & 6 Wednesdays
- Oct. 26-Dec. 9 (No class Nov. 11)
- **Course #85167 EC**

Advanced

- **Kim Jones**, MS (Exercise Physiology), ACSM, SFA certified
- 7-8:45am

Fall 1

- 6 Mondays & 7 Wednesdays
- Sept. 9-Oct. 21 (No class Sept. 7)
- **Course #85168 EC**

Fall 2

- 7 Mondays & 6 Wednesdays
- Oct. 26-Dec. 9 (No class Nov. 11)
- **Course #85169 EC**

PUBLIC SERVICE

How to Give Back and Have a Good Time Doing It! 

If you're inspired to make a difference in the world, but not sure how to go about it, then this experiential course is for you. We will explore the new faces of activism and volunteerism, which embrace the idea that service work can powerfully benefit the activist as well as the cause. The focus of this class is to clarify your unique vision, passion and gifts so that you are empowered to achieve personal satisfaction while contributing in an area you're passionate about. The two class meetings are scheduled three weeks apart to allow participants to incorporate real world experience.

Tarra Christoff, MA is a social change leadership coach who helps people realize their unique contribution in the world. Visit www.tarrachristoff.com to learn more.

- 2 Saturdays, 10:10am-1pm
- Oct. 10 & 24
- **Kentfield Campus**, Harlan Center 171
- Fee \$57 (Includes \$5 materials fee)
- **Course #85230 EC**

Understanding Social Justice and Equality 

This class is designed for both those who speak English as a first language and those who speak English as a second language. Explore issues that affect all of our lives: social justice, equality, poverty/wealth division, and globalization through newspaper and magazine articles, web research, and film and video clips. Unique to the course is the Service Learning component, in which you will engage in real-world volunteer work, during class time, at the Marin Food Bank, St. Vincent's Dining Room, and New Beginnings. Develop a greater awareness of social justice, a more empathetic view of the less fortunate of our society, and perhaps the initiative to continue volunteerism and the spirit of giving after the course has finished.

No textbook is required; you will be given copies of readings to explore and will be directed to web sites such as www.globalissues.org.

Adria Winfield holds advanced degrees in Education and Human Rights.

- 7 Wednesdays, 4:40-6:30pm
- Sept. 9-Oct. 21
- **Kentfield Campus**, Fussleman Hall 110
- Fee \$85 (Includes \$1 materials fee)
- **Course #85247**

WRITING

Five Things I Wish I Did NOT Know About Writing 

While attending writing conferences, **Rob Loughran** was astounded by the lack of practical, concrete writing advice and the tendency to stress inspiration over perspiration. This short, comprehensive course will explain a proven, hands-on, no frills (notice the absence of the word "easy") method that will help you organize your life so your writing goals can be achieved. You will be challenged, goaded, cajoled, and entertained -- but not deluded. This is a look at the profession of writing with all its warts showing: the work, the rejection, and an honest examination of the odds against making it as a writer. Questions? Contact the instructor at rjploughran55@gmail.com.

Rob's 16th book, *What Happens When the World Doesn't End?*, will be published in 2009. His novel *High Steaks* won the 2002 New Mystery Award, and he has published 200+ articles in national publications.

- **Rob Loughran**
- Saturday, 9:30am-12noon
- Oct. 17
- **Kentfield Campus**, Harlan Center 172
- Fee \$23 (Includes \$1 materials fee)
- **Course #85231**

Writer's Boot Camp: How to Write Nonfiction and Get Paid for It

Dream of seeing your name as a byline in your favorite magazine, or of writing a book that makes you an expert in your field? The mysteries of research, hooks, leads, transitions, and satisfying endings are part of the craft of nonfiction writing; you'll learn the basics here. Stringing words together is only the beginning: this course includes how to find markets and pitch your work. By course end, you'll have an outline and lead paragraph of at least one article you intend to write plus a list of possible markets.

Joanne Miller has been freelancing full-time since 1992 and is the author of five internationally published books, dozens of interviews (subjects include author Isabel Allende and President Jimmy Carter), and articles such as “The Right Used Car” and “How Much Money Can You Afford to Borrow?”

- 2 Saturdays, 10:10am-4pm
- Sept. 19 & 26
- **Kentfield Campus**, Harlan Center 169
- Fee \$89 (Includes \$5 materials fee)
- **Course #85171**

Basic Screenwriting:
An Introduction to Writing for Hollywood



Did you know that the average Hollywood film script sells for over \$648,000 dollars? There has never been a greater demand for new content than right now—due to the expansion of internet and cable programming. In this six-week introduction to screenwriting, you will learn the craft and understand the business behind the tinsel. When the class ends, you will be able to write a professional-looking screenplay.

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

- 6 Thursdays, 7:10-9pm
- Sept. 17-Oct. 22
- **Kentfield Campus**, Science Center 102
- Fee \$119 (Includes \$5 materials fee)
- **Course #85232**

So You Say: Writing Dialogue in Fiction, Creative Nonfiction and Plays

“So You Say” is a writing course designed to appeal to and meet the needs of both fiction and creative nonfiction writers and playwrights who want to make monologues and dialogues part of their written work. By using improvisation, theatrical training exercises, and observation of actual conversations, you will be guided in using dialogue to enhance the depth of your writing. We will explore how much people reveal about themselves by what they say, when they say it, and to whom they are speaking. Work will be read aloud in class by the authors and

with the help of fellow students as appropriate. Open to both new and seasoned writers.

Suresa Dundes, MFA Theatre (Directing), MA (Education), is an experienced teacher of writing and acting to students of all ages. She has 25 years in professional theatre and video work.

- **Kentfield Campus**, Science Center 130
- Fall 1**
- 7 Wednesdays, 7:10-9pm
- Sept. 9-Oct. 21
- Fee \$86 (Includes \$2 materials fee)
- **Course #85172**

- Fall 2**
- 6 Wednesdays, 7:10-9pm
- Oct. 28-Dec. 9 (No class Nov. 11)
- Fee \$79 (Includes \$2 materials fee)
- **Course #85173**

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 work has been featured on National Public Radio and in many national anthologies.

- **The Redwoods**
- 40 Camino Alto, Mill Valley

- Fall 1**
- 6 Mondays, 5:30-8:30pm
- Sept. 14-Oct. 19
- Fee \$76
- **Course #85174 EC**

- Fall 2**
- 7 Mondays, 5:30-8:30pm
- Oct. 26-Dec. 7
- Fee \$89
- **Course #85175 EC**

**Creative Writing Workshop:
The Writing Groove**

The two hardest things about writing are starting and not stopping. Stewart O’Nan

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

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

- 7 Thursdays, 1:10-4pm
- Sept. 10-Oct. 22
- **Kentfield Campus**, Harlan Center 161
- Fee \$91 (Includes \$2 materials fee)
- **Course #85206 EC**

**The Poetic Pilgrimage:
Writing Poetry as Spiritual Practice**

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

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

- 7 Tuesdays, 2:10-4pm
- **Kentfield Campus**, Harlan Center 170
- Fee \$65 (Includes \$1 materials fee)

Fall 1

- Sept. 8-Oct. 20
- **Course #85176 EC**

Fall 2

- Oct. 27-Dec. 8
- **Course #85177 EC**

Tales Told from Memory

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

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

- 7 Mondays, 1:10-3pm
- Oct. 26-Dec. 7
- **Kentfield Campus**, Harlan Center 173
- Fee \$64
- **Course #85178 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 you will have the option of participating in a public performance at the end of spring quarter.

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

- 7 Saturdays, 10am-1pm
- Sept. 12-Oct. 24
- **Kentfield Campus**, Fine Arts 134-136
- Fee \$89
- **Course #85179 EC**

NONCREDIT (FREE) CLASSES

The following noncredit classes are FREE to all. There are two ways to register: 1) If you are a continuing noncredit student, you may register at <https://MyCOM.marin.edu/cp/home/display-login>. You may also register in person at the Admissions Office on either campus or through the mail, using a Noncredit Application for Admission. 2) If you are new to the Noncredit program, you must use the Noncredit Application for Admission the first time you register. After that, you may register online, in person or through the mail.

The Noncredit Application for Admission form can be found at the back of the credit schedule and is available at both campuses in the Admissions Office.

To confirm your registration, go to the MyCOM site listed above. Registrations will be processed within two (2) business days. New students will receive a letter in the mail instructing them in the use of the MyCOM site for registration and registration confirmation.

HEALTH AND SAFETY COURSES/EMERITUS COLLEGE

HSFN 9010 0.0 Unit Movement and Music for Older Adults A

This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves to relaxing music and employs chair exercises to tone body muscles, improve balance and flexibility, and strengthen muscles.

81130 08/17-10/05 D Hain
Lab M 11:10am-12:00pm, OFF/WSTP
The Whistlestop, 930 Tamalpais Ave., San Rafael. No class Sept 7th & Oct. 12th.

HSFN 9011 0.0 Unit Movement and Music for Older Adults B

This class is created for older persons who have not been exercising regularly, or have arthritis related problems. It moves to relaxing music and employs chair exercises to tone

body muscles, improve balance and flexibility, and strengthen muscles.

81367 10/19-12/07 D Hain
Lab M 11:10am-12:00pm, OFF/WSTP
The Whistlestop, 930 Tamalpais Ave., San Rafael.

HSFN 9015 0.0 Unit Exercise for Fitness and Pleasure A

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

81131 08/18-10/08 E Riswold
Lab TR 3:40pm-4:30pm, KTD/PE4

HSFN 9016 0.0 Unit Exercise for Fitness and Pleasure B

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

81495 10/20-12/15 E Riswold
Lab TR 3:40pm-4:30pm, KTD/PE4
No class Nov. 26. Ends on a Tues.

HSFN 9020 0.0 Unit Moving with Chi for the Older Adult A

Moving with Chi is a beginning course based on principles of Tai Chi and Qigong. Students receive training in acupressure points for self-healing and Tai Chi/Qigong forms. Note: please wear loose, comfortable clothing and bring blanket or mat for floor exercises.

81134 08/20-10/08 D Govrin
Lab R 1:10pm-3:00pm, IVC/BLDG15/
MW170

HSFN 9021 0.0 Unit Moving with Chi for the Older Adult B

Moving with Chi is a beginning course based on principles of Tai Chi and Qigong. Students receive training in acupressure points for self-healing and Tai Chi/Qigong forms. Note: please wear loose, comfortable clothing and bring blanket or mat for floor exercises.

81368 10/22-12/17 D Govrin
Lab R 1:10pm-3:00pm, IVC/BLDG15/
MW170
No Class Nov. 26th.

NONCREDIT (FREE) CLASSES**HSFN 9025 0.0 Unit**
Wild Goose Qigong for Active Older Adults A

This ancient Chinese form, 1700 years old, is a beautiful set of 64 movements imitating the daily life of the Wild Goose. There are many healing benefits to this gentle form. The course will include Qigong warm ups, acupressure self massage, meditation and instruction of the 1st 64 movements. Each college quarter will cover a new quarter of the form. Note: students should dress appropriately in loose, comfortable clothing.

81135 08/21-10/09 D Govrin
Lab F 10:10am-12:00pm, KTD/PE1

81136 08/18-10/06 D Govrin
Lab T 1:10pm-3:00pm, IVC/BLDG15/
MW170

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

This ancient Chinese form, 1700 years old, is a beautiful set of 64 movements imitating the daily life of the Wild Goose. There are many healing benefits to this gentle form. The course will include Qigong warm ups, acupressure self massage, meditation and instruction of the 1st 64 movements. Each college quarter will cover a new quarter of the form. Note: students should dress appropriately in loose, comfortable clothing.

81369 10/23-12/18 D Govrin
Lab F 10:10am-12:00pm, KTD/PE1
No class Nov. 27th.

81370 10/20-12/08 D Govrin
Lab T 1:10pm-3:00pm, IVC/BLDG15/
MW170

HSFN 9027 0.0 Unit
Advanced Wild Goose Qigong for Active Older Adults A

This advanced 2nd set of 64 movements is for students who have previous knowledge of the 1st 64 movements and instructor consent. This course will include instruction of Set 2 and practice of set 1, Qigong warm up, Self Acupressure massage and meditation. Students should dress in loose, comfortable clothing.

81371 08/21-10/09 D Govrin
Lab F 12:10pm-2:00pm, KTD/PE1

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

This advanced 2nd set of 64 movements is for students who have previous knowledge of the 1st 64 movements and instructor consent. This course will include instruction of Set 2 and practice of set 1, Qigong warm up, Self Acupressure massage and meditation. Students should dress in loose, comfortable clothing.

81496 10/23-12/18 D Govrin
Lab F 12:10pm-2:00pm, KTD/PE1
No class Nov. 27th.

HSFN 9030 0.0 Unit
Tai Chi for Active Older Adults 1A

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

81137 08/31-10/12 C Talmadge
Lab M 3:40pm-5:00pm, KTD/PE1
No class September 7th.

81138 09/01-10/13 C Talmadge
Lab T 10:45am-12:00pm, OFF/REDWD
The Redwoods, 40 Camino Alto, Mill Valley

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

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

81372 10/19-12/07 C Talmadge
Lab M 3:40pm-5:00pm, KTD/PE1

81373 10/20-12/08 C Talmadge
Lab T 10:45am-12:00pm, OFF/REDWD
The Redwoods, 40 Camino Alto, Mill Valley.

HSFN 9035 0.0 Unit
Tai Chi for Active Older Adults 2A

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

81139 09/02-10/14 C Talmadge
Lab W 3:40pm-5:00pm, KTD/PE1

HSFN 9036 **0.0 Unit**
Tai Chi for Active Older Adults 2B

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

81498 10/21-12/09 C Talmadge
 Lab W 3:40pm-5:00pm, KTD/PE4
 No class Nov. 11th.

HSFN 9040 **0.0 Unit**
Tai Chi for Active Older Adults Advanced A

In this advanced class, you will continue to fine tune movements learned in Tai Chi for the Older Adult 1 & 2, as well as emphasize the meditative aspects and continue to 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.

81162 09/04-10/16 C Talmadge
 Lab F 2:10pm-4:00pm, KTD/PE1

HSFN 9041 **0.0 Unit**
Tai Chi for Active Older Adults Advanced B

In this advanced class, you will continue to fine tune movements learned in Tai Chi for the Older Adult 1 & 2, as well as emphasize the meditative aspects and continue to 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.

81375 10/23-12/11 C Talmadge
 Lab F 2:10pm-4:00pm, KTD/PE1
 No class Nov. 27th.

HSFN 9045 **0.0 Unit**
Gentle Yoga for Active Older Adults A

Based on the Sivananda Yoga Tradition, “Gentle Yoga” offers classical yoga postures, taught with positive affirmations that are based on Yoga Sutras and include the 10 Universal Precepts of life. Each class starts with a short lecture on different aspects of yoga and ends with a powerful, long, deep relaxation called Yoga Nidra. Note: Suitable for beginners, and has benefits for students of all levels of ability. Please eat lightly prior to class, bring a yoga mat, wear comfortable clothing.

81141 08/18-10/08 S Tara
 Lab TR 11:10am-12:30pm, IVC/BLDG20/OL106

HSFN 9046 **0.0 Unit**
Gentle Yoga for Active Older Adults B

Based on the Sivananda Yoga Tradition, “Gentle Yoga” offers classical yoga postures, taught with positive affirmations that are based on Yoga Sutras and include the 10 Universal Precepts of life. Each class starts with a short lecture on different aspects of yoga and ends with a powerful, long, deep relaxation called Yoga Nidra. Note: Suitable for beginners, and has benefits for students of all levels of ability. Please eat lightly prior to class, bring a yoga mat, wear comfortable clothing.

81376 10/20-12/15 S Tara
 Lab TR 11:10am-12:30pm, IVC/BLDG20/OL106
 Class ends on a Tues. No class Nov. 26th.

HSFN 9050 **0.0 Unit**
Your Medications and What You Should Know

The course will cover a history of drug use in the USA, drugs used in sports, how the drug industry works, and how drugs are approved, manufactured and monitored for safety and effectiveness. Alternative OTC medicine use and abuse, and the future trends in drug development will also be covered.

81385 10/19-12/07 R Levin
 Lec M 1:10pm-3:00pm, KTD/HC129

**OLDER ADULTS/
 EMERITUS COLLEGE**

OLAD 7000 **0.0 Unit**
Feldenkrais for Older Adults A

Feldenkrais for Older Adults classes provide tools for recognizing and releasing habitual patterns which may be contributing to chronic discomfort or injury. Through easy movement sequences that are relaxing and enjoyable, students learn to move safely beyond pain and limitation to new or forgotten levels of ability and see dramatic improvement in posture, breathing, flexibility, coordination and vitality. Note: Please bring head pads or two towels and a blanket, and wear loose, comfortable, layered clothing.

81127 08/18-10/06 C Binnings
 Lab T 3:40pm-5:00pm, KTD/PE 1
 This class is made possible by an endowment from the Randy Weil Estate.

NONCREDIT (FREE) CLASSES**OLAD 7001 0.0 Unit
Feldenkrais for Older Adults B**

Feldenkrais for Older Adults classes provide tools for recognizing and releasing habitual patterns which may be contributing to chronic discomfort or injury. Through easy movement sequences that are relaxing and enjoyable, students learn to move safely beyond pain and limitation to new or forgotten levels of ability and see dramatic improvement in posture, breathing, flexibility, coordination and vitality. Note: Please bring head pads or two towels and a blanket, and wear loose, comfortable, layered clothing.

81377 10/20-12/08 T Hanson
Lab T 3:40pm-5:00pm, KTD/PE1
This class is made possible by an endowment from the Randy Weil Estate.

**OLAD 7005 0.0 Unit
Do It Yourself Pain Relief:
A New Way to Exercise A**

The original exercises learned in this friendly exercise class allow you to relax, talk and have fun while pushing limits and working muscles hard without straining existing problems. This course may be taken for Continuing Education hours under the Continuing Education Program for Nurses, BRN Provider #00724. Contact Community Ed. Office at 415.485.9305, ext 7751.

81128 08/17-10/12 M Margolis
Lab MWF 3:40pm-5:00pm, OFF/FH120
No class on September 7th. Ends on a Monday.

**OLAD 7006 0.0 Unit
Do It Yourself Pain Relief:
A New Way to Exercise B**

The original exercises learned in this friendly exercise class allow you to relax, talk and have fun while pushing limits and working muscles hard without straining existing problems. This course may be taken for Continuing Education hours under the Continuing Education Program for Nurses, BRN Provider #00724. Contact Community Ed. Office at 415.485.9305, ext 7751.

81497 10/19-12/16 M Margolis
Lab MWF 3:40pm-5:00pm, KTD/FH120
Class ends on a Wed.
No class Nov. 11 & 27.

**OLAD 7010 0.0 Unit
Energy Warm-ups for the Older Adult A**

A gentle, yet effective stretching and strengthening class for older adults which uses non-strenuous movement to increase flexibility, mobility and range of motion with special attention paid to improving balance. Classes will include a few minutes of light weight training, important for increasing upper body strength, as well as breath and relaxation techniques which aid in reducing stress and increasing positive feelings of well being.

81129 08/18-10/09 E Riswold
Lab F 8:40am-9:30am, KTD/PE1
Lab T 8:10am-9:00am, KTD/PE5A
81379 08/17-10/12 E Riswold
Lab MW 9:10am-10:00am, IVC/BLDG15/
MW170
No class September 7th.

**OLAD 7011 0.0 Unit
Energy Warm Ups for the Older Adult B**

A gentle, yet effective stretching and strengthening class for older adults which uses non-strenuous movement to increase flexibility, mobility and range of motion with special attention paid to improving balance. Classes will include a few minutes of light weight training, important for increasing upper body strength, as well as breath and relaxation techniques which aid in reducing stress and increasing positive feelings of well being.

81378 10/20-12/15 E Riswold
Lab F 8:40am-9:30am, KTD/PE1
Lab T 8:10am-9:00am, KTD/PE5A
Class ends on a Tues. No class Nov. 27.
81380 10/19-12/14 E Riswold
Lab M 10:40am-11:30am, IVC/BLDG15/
MW170
No class November 11; Ends on a Monday.

**OLAD 7040 0.0 Unit
Aqua Exercise for the Older Adult A**

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 while loosening painful joints and muscles, improving flexibility, strength, endurance and the cardiovascular system. Note: You must be able to get in and out of the pool on your own. No assistance is available.

81146 08/17-10/12 R Robles
Lab MW 9:10am-10:50am, IVC/POOL3/
POOL1
No class Sept. 7. Ends on a Monday.
81147 08/18-10/08 R Robles
Lab TR 9:10am-10:50am, IVC/POOL3/
POOL1

OLAD 7041 0.0 Unit
Aqua Exercise for the Older Adult B

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 while loosening painful joints and muscles, improving flexibility, strength, endurance and the cardiovascular system. Note: You must be able to get in and out of the pool on your own. No assistance is available.

- 81381 10/19-12/14 R Robles
Lab MW 9:10am-10:50am, IVC/POOL3/
POOL1
No class November 11. Ends on a Monday.
- 81382 10/20-12/15 R Robles
Lab TR 9:10am-10:50am, IVC/POOL3/
POOL1
No class November 26th. Ends on a
Tuesday.

OLAD 7045 0.0 Unit
The Art of Meditation

Join this field trip class for an introduction to meditation techniques with seasoned teachers from different traditions at spiritual centers throughout Marin and the Bay Area. May include Green Gulch Zen Center, Spirit Rock or Grace Cathedral. Note: The first class is an orientation on campus; all other classes meet in the field. Students provide their own transportation and meet on site. \$10 per person will be collected at the orientation to cover fees. Donations accepted at each center.

- 81148 10/29-12/10 C Talmadge
Lec R 1:10pm-4:00pm, KTD/OH105
No class November 26th.

OLAD 7050 0.0 Unit
Samba for Health for Older Adults A

Samba is a traditional Afro-Brazilian art form which blends music, dance and exercise to promote wellness. In this class for active, older adults, we will stretch, warm up and learn the basic steps of a traditional Samba circle.

- 81383 08/19-10/07 R Alves
Lab W 7:40am-9:00am, IVC/BLDG15/
MW170

OLAD 7051 0.0 Unit
Samba for Health for Older Adults B

Samba is a traditional Afro-Brazilian art form which blends music, dance and exercise to promote wellness. In this class for active, older adults, we continue to practice what we learned in the first session; new students welcome.

- 81384 10/21-12/16 R Alves
Lab W 7:40am-9:00am, IVC/BLDG15/
MW170
No class Nov. 11th.

OLAD 7055 0.0 Unit
Psychology of Joy

In this course we will investigate the peak moments of our own lives and use meditation, dream work and artistic expression to invite more bliss into our lives. We will also explore the human capacity for joy as it has appeared in poetry, story and song throughout history.

- 81163 09/03-10/08 P Sereno
Lec R 2:10pm-4:00pm, KTD/OH105

OLAD 7060 0.0 Unit
Music and Your Inner World

Explore the use of music as a powerful tool for connecting us with our inner world, accessing our deeper wisdom for personal growth and self-understanding. Using the Helen Bonny method of Music Imagery, we will select topics for exploration and listen to specially selected music; then, we will make simple drawings to deepen our understanding of the images. No music training necessary.

- 81386 08/18-10/06 M Bauman
Lec T 2:10pm-4:00pm, KTD/DH030

OLAD 7062 0.0 Unit
Chorus Emeritus A

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.

- 81499 08/20-10/08 P Hildreth
Lec R 3:10pm-5:00pm, KTD/FA072

OLAD 7063 0.0 Unit
Chorus Emeritus B

If you like to sing or think you would like to sing in a mixed chorus, join us! We have a friendly, relaxed group of singers who sing a wide variety of music: show tunes, popular, folk, classical, spirituals, etc. Each year, in April and May, we perform at retirement and convalescent facilities. No auditions; everyone is welcome.

- 81500 10/22-12/17 P Hildreth
Lec R 3:10pm-5:00pm, KTD/FA072
No class Nov. 26.

EMERITUS CLASSES

Emeritus Classes is a unique program which is designed to meet the needs of the County's older adult student learner population and supports the principles of quality of life, lifelong learning, and creative retirement.

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Emeritus Student Activities Card Application

Name: _____
LAST
FIRST
MIDDLE INITIAL

Address: _____
NUMBER
STREET

_____ CITY STATE ZIP

Phone Number _____ 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, 9:30am-3:30pm, or mail this application enclosing a \$15 check or money order and self-addressed, stamped envelope to the above address. Checks should be made out to Associated Students of Emeritus College.

ASSOCIATED STUDENTS OF EMERITUS COLLEGE OF COLLEGE OF MARIN

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EMERITUS STUDENTS COLLEGE OF MARIN

A STUDENT ORGANIZATION FOR MARIN'S MATURE ADULTS

All students currently enrolled in Emeritus College courses are urged to become members of the Emeritus Students College of Marin (ESCOM). The ESCOM 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 \$15 Student Activities Card entitles you to receive a monthly newsletter and to participate in any of the clubs sponsored by ESCOM. The Student Activities Card fee supports programs, activities and efforts of the Student Association, including subsidies for low enrolled classes.

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 ESCOM members and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome you at both locations.

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

CULTURAL ACTIVITIES

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

ESCOM TUITION GRANTS

The ESCOM Council awards tuition grants to eligible older adult students for any College of Marin course, whether Community Services 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, March 9.

EMERITUS CLUBS

Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers: R. King, 415.898.5845

Architectural Model Building:

Barbu Hanciulesco, 415.927.2183

Bocce: J. Kouns, 415.332.5929

Bridge: L. Mason, 415.456.2508

T. Metzger, 415.479.8290

Classic 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 Film Noir: J. Ramirez, 415.491.0522

IVC Great Books: E. Walsh, 415.256.9964

IVC Philosophy: L. Witter, 415.883.6889

Music Listening: R. King, 415.898.5845

Opera and Beyond: Gil 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

REGISTRATION INFORMATION

Registration Begins Monday, August 3, at 8 a.m.

Register through the Internet

Go to www.marincommunityed.org. Registration requests received through the website will be processed within two (2) business days.

Register In Person

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

Register by U.S. Mail

Please mail your registration at least **five (5)** business days prior to the first class meeting to ensure that your name appears on the instructor's roster. The mailing address is College of Marin, Community Education Registration, 835 College Ave., Kentfield, CA 94904.

Register by Fax: 415.460.0773

Faxed registrations will be processed within two (2) business days.

To Register for Classes Taught Online

After registering with the college by any procedure listed on this page for classes taught online, e-mail connie.rafanan@marin.edu and include your name and course name(s) and number(s) so that we may forward your information to the instructor. If you have any questions about online classes, please call at 415.457.8811 ext. 8223.

Confirmation of Enrollment

A confirmation of enrollment may be obtained through the Student Portal at MyCOM.marin.edu (do not use www).

Payment of Fees

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

Vouchers

Please be advised that we no longer accept Vouchers.

Registration Forms

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

For All Methods of Registration

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

Early Registration Recommended

Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class. For classes that begin the first week of the quarter, be sure that your registration is received by the college Admissions Office no later than Tuesday, June 9.

Register after Class Begins

You may register for a class which has not reached its maximum enrollment at any time. However, it is your responsibility to check with the instructor to be sure that you have not missed too much before registering for a class which has already begun.

Wait List Procedures

If you attempt to register for a full class, your name will be placed on a waiting list and **you will not be charged, no matter how you registered**. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If the instructor has room for you in class, ask him/her to sign your registration form and submit it with registration fees to the Admissions Office.

GENERAL INFORMATION

Changes May Occur Without Notice

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

Faculty Evaluation Questionnaire

Evaluating faculty is an essential element in maintaining our high standards. You may be asked to spend a few minutes 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 submit a completed Community Education Registration form and a Parent Permission Card.

Minors 13 years of age and under must also obtain the verbal consent of the instructor prior to registration. To contact an instructor or if you have questions, please call 415.485.9318.

Attendance at First Class Meeting

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

Refund Policy

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

To Request a Refund

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

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

DIRECTORY

Community Education Office

415.485.9305

Emeritus College

415.485.9368

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

Re-Entry Services

415.485.9641

Disabled Students Program

415.485.9406

Equal Opportunity Statement

The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices and procedures.

Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights.

The Marin Community College District makes every attempt to stay in compliance with the requirements of Title IX of the 1972 Education Amendments, the Equal Employment Opportunity Act of 1972 (Title VII of the Civil Rights Act of 1964 as amended), the Civil Rights Act of 1991, and Section 504 of the Rehabilitation Act of 1974, the Americans with Disabilities Act, the California Fair Employment and Housing Act of 1980, the California Fair Employment and Housing Commission Rules and Regulations, and the Vietnam Veteran’s Readjustment Act of 1974.

College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review.

College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the

basis of any category or combination of discriminatory categories prohibited by state or federal law.

Nonemployees while on 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—Director of Student Affairs—Arnulfo Cedillo
SS Center, Rm. 251, Kentfield Campus
415.485.9375

Gender, Equity Coordinator—David Cook
Director of Financial Aid
SS Center, Rm. 263, Kentfield Campus
415.485.9409

Open Enrollment Policy

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

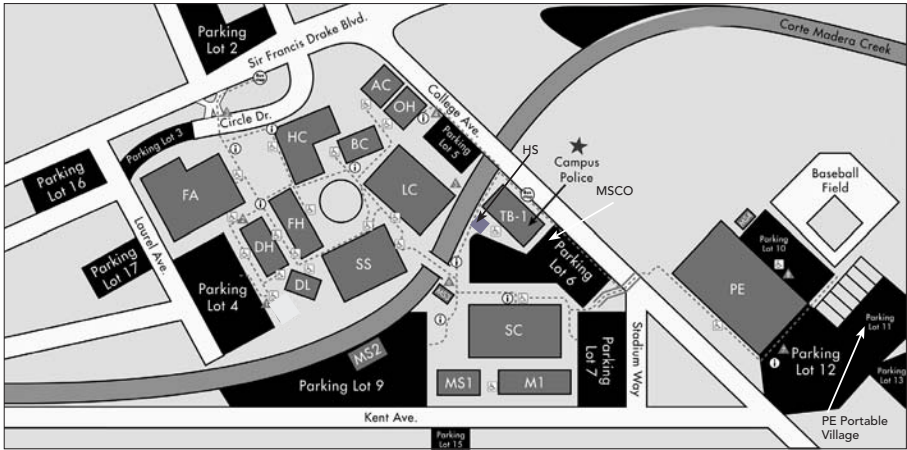
***Do you have a skill or talent to share?
Are you an expert on some fascinating subject?***

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

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

DIRECTIONS FROM HIGHWAY 101

Kentfield Campus Map and Directory



College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904

Police Phone Numbers
Emergency: 911 or, from a
Campus extension, 9-911.
Urgent: 415.485.9696
Kentfield Police Business:
415.485.9455

Fall 2009 Special Parking Information

While our campus is under construction, all or portions of Parking Lots 4 and 9 are closed. Lots 12 and 15 typically have spaces available, and lot 13 remains a "free" lot. We appreciate your patience.

Parking

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

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

Parking permits are required at all times, except Saturdays, Sundays and school Holidays, and in Lot 13.

AC
 Administrative Center
 Children's Center

BC
 Business and Management Center

DL
 Dance Center
 Landscape Management Center

DH
 Dickson Hall

FA
 Fine Arts Center
 Art Gallery
 Box Office
 Theatre

FH
 Fusselman Hall

HC
 Harlan Center
 Community Education
 ESL

HS
 Health Services

LC
 Learning Resources Center
 Library
 Bookstore
 Disabled Students

M1
 Maintenance Office

MS3
 SWINERTON OFFICE

MSCO
 Marin County Sheriff Substation

OH
 Olney Hall and Auditorium

PE - Closed for Construction*
 Physical Education Center
 Gymnasium
 Pools

PE Portable Village
 Physical Education

SC
 Science Center

SS
 Student Services Center
 Registration
 Cafeteria
 Emeritus

TB-1
 Temporary Building
 Campus Police

♿ Handicapped Entrance
 ♿ Handicapped Pickup/Drop Off
 ⓘ Directories
 - - - Indicates ♿ accessible route

DIRECTIONS FROM HIGHWAY 101

Kentfield Campus 835 College Ave., Kentfield

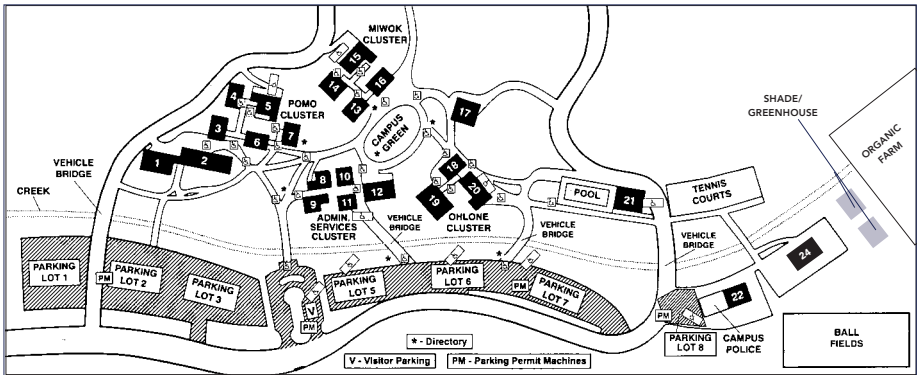
From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight). For the Physical Education complex, the Science Center, the Learning Resources Center (Library), the Emeritus Center and the 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.

Indian Valley Campus Map and Directory



College of Marin
Indian Valley Campus
 1800 Ignacio Blvd.
 Novato, CA 94949

Emergency:
 911 or 9-911 from Campus extension
Urgent: 415.485.9696
IVC Police Business Phone:
 415.883.3179

Summer 2009 Parking Information
 While our campus is under construction, Parking Lots 1, 2, and 3 are closed while the projects are completed. We appreciate your patience.

Motorcycle and handicap parking available

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

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

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

POMO (PM)

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

ADMINISTRATIVE SERVICES (AS)

8. Student Services
9. Fiscal Services, College Operations, Health Center
10. Emeritux Meeting Room/ Swinerton Office
11. Information Systems Center
12. EMT / General Classroom Child Care Center (CS)

MIWOK (MW)

13. Offices/Court Reporting Labs (Rooms 120-122, 226)
14. Computer Lab (Room 144)
15. Studio Theatre (Rooms 170, 181)
16. Classrooms/Offices/Env. Landscape/ Center for Sustainable Horticulture (Rooms 101-117, 202-217)

BUILDING #17

17. Career Study Center/Internet Café/ Math, English, Computer Labs

OHLONE (OL)

18. Computer Labs (Rooms 120-135)
19. General Classrooms/Labs/ Offices/Computer Lab Comm. Ed/ Intensive English Program (Rooms 141-164, 202-223)
20. Food Vending/PE./DPS PE./ Classrooms/Board Meetings (Rooms 101 - 106)
21. Pool/Shower-Locker Bldg.
22. Campus Police/Corporation Yard

TRANSPORTATION COMPLEX

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

ORGANIC FARM, SHADE / GREENHOUSE

REST ROOMS:

Buildings 5, 6, 9, 11, 13, 15, 17, 19, 20

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), \$25 for summer semester, in the College Bookstore or at Indian Valley Campus. As an alternative, you may pay a \$3 (subject to change) daily parking fee through parking permit dispensers located near the entrance to each lot. Dispensers accept both \$1 bills and quarters and are designated by stars on campus maps. Semester permits must be attached inside the vehicle on the lower left of the front windshield; daily permits must be visible on the dashboard on the driver's side. Permits are valid at

either campus. Be sure to read parking rules posted at entrances to parking lots. All vehicles improperly parked will be ticketed. No parking permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard or license plate. Students receiving Financial Aid are permitted to purchase parking stickers at half price. Student police cadets when available may be requested to escort staff and students to and from their cars at night. Cadets also assist regular patrol officers with traffic and parking enforcement. For further information, contact the Campus Police at 415.485.9455 (Kentfield Campus) or 415.883.3179 (Indian Valley Campus).