NEW Courses
See page 3

Upcoming Performing Arts Events
See page 75

TO REGISTER
See page 78

FREE Classes Are Back!
See page 3
REGISTRATION IS EASY

Registration begins Monday, August 7, at 9 a.m. A confirmation postcard will be sent via U.S. mail for all methods of registration.

REGISTER ONLINE
Go to www.marincommunityed.org. Online registrations will be processed with the same day’s mail.

REGISTER BY U.S. MAIL
Mail the registration form located at the center of this booklet at least five working days prior to the first class meeting of your class. Additional forms may be downloaded from the website or Xeroxed and are available at the Office of Admissions and Records on either campus. If you are using checks to pay for classes, please include a separate check for each class.

REGISTER BY FAX
Fax your registration to 415.460.0773. Faxed registrations will be processed with the same day’s mail. Use the registration form at the center of this booklet or download a copy from our website.

REGISTER FOR ONLINE CLASSES
For directions on how to register for Online Classes, please see page 78.

REGISTER IN PERSON
You may register in person for any Community Education class at the Admissions Counter at either campus.

Sandy Roberts, Director of Community Education since 1988, is retiring!

Thank you, Sandy, for your 35 years of outstanding contributions to the Community Education program and to College of Marin! You have made a huge difference!

For complete registration information, see page 78.
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### Free Classes are Back!

College of Marin’s Community Education program is delighted once again to offer you free classes! For complete course description, please see the page indicated below. For complete registration information, see page 82. Register early to secure your place in class!

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The Community Education & Services Schedule is published four times a year by the College of Marin (a nonprofit organization), 835 College Ave, Kentfield, CA 94904-2590, July 2006, Volume 8, Issue 3.
Community Education & Services courses are not given for credit and are not graded.

ANIMAL HEALTH

Health Care for Horses
How to handle horses humanely and safely in quiet ways that allow you to be the “herd boss;” how to take vital signs, perform emergency first aid and bandage legs; when to call your vet and how to save “his/her” time and your money; finding a horse: trying him out, important questions to ask, doing your own “vet check” before you call your vet out to do a final purchase examination; common diseases found in our area; preventive medicine and nutrition; lameness: detection, prevention and foot care; minerals and electrolytes; conditioning the equine athlete.

Dr. Jim Steere, Veterinarian, will teach this hands-on course using horses as “teaching assistants.”

- 7 Wednesdays, 7:10-10pm
- Sept. 6-Oct. 18
- Artaurus Veterinary Clinic
- San Antonio Rd. & Highway 101
- Novato/Petaluma
- Fee $118 (Includes $10 materials/special fee)
- Course #8253

ART

Crafts for Sale: Giving Up Your Day Job
This is an information-packed workshop for artists, designers and craftspeople who intend to realize their dream of marketing and selling their work.

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

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

- 3 Wednesdays, 6:40-9:30pm
- Sept. 6-20
- Kentfield Campus, Olney Hall 101
- Fee $85
- Course #8254

Robert Regis Dvorak is a watercolor artist and popular speaker on subjects of creativity in business and education. He has authored three books on drawing: Drawing without Fear, The Magic of Drawing and Experiential Drawing. He has also produced a number of animated films featured in festivals in the USA, Europe and Australia. Note: All materials provided other than where noted below. Please bring your lunch.

The Magic of Drawing
If you are a beginner or already draw, this class will teach you the magic—everything from the simple basics to easy techniques you can use to enhance your drawing skill so you can feel free to express yourself drawing any subject. In this workshop you will learn how to:
- Draw quickly while capturing essence
- Create the illusion of three dimensional space and form
- Draw freehand perspective
- Draw landscape, architecture and most anything
- Stay relaxed and have fun drawing.
Improving your drawing skills, develop concentration, increase perception and self-awareness, express your creativity. In this one day workshop you will watch your skill unfold easily, like magic. It will prepare you for a lifetime of drawing pleasure.

Robert Regis Dvorak
- Saturday, 9am-4pm
- Sept. 16
- Kentfield Campus, Fine Arts 153
- Fee $97 (includes $30 materials fee)
- Course #8255
The Magic of Watercolor

Anyone can paint with watercolors once they know the magic of the medium! This class will teach you the secrets—everything from the basics to more advanced techniques. Learn how to: set up; use different brush techniques, mix color, suggest people in your composition, take advantage of white paper and achieve luminous transparent washes. Learn to paint abstract, landscape and still lives with this remarkable medium. You will paint lively watercolors to express your creativity and nourish your heart and soul. Whether you are traveling, vacationing, on a weekend outing, or painting in your home, you will easily be able to incorporate these skills.

Bring a one-quart water container, a cotton rag and favorite brush if you have one.

- **Robert Regis Dvorak**
- Saturday, 9am-4pm
- Oct. 21
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $97 (Includes $36 materials fee)
- Course #8256

Flower Drawing and Painting Workshop

In this intensive workshop painters at any level of ability, you will be shown the instructor’s special method for visualizing and making a botanical still-life composition. While we work from live flowers, a variety of very specific drawing and watercolor techniques will be taught which are also useful for other subject matter, including landscapes, painting from photos and abstracts.

Bring your brushes and paint. A variety of fresh flowers will be provided, and you are welcome to bring flowers you especially like. All other materials will be provided. The instructor will contact you prior to class to discuss supplies. Please bring your lunch.

**Stephanie Scott** has published her watercolors and sold her flower note cards and prints across the United States and in Japan, has successfully been teaching art classes for over 21 years, has an MFA from San Francisco Art Institute and is an exhibiting artist.

- Saturday, 9:30am-5pm
- Oct. 21
- Kentfield Campus, Fine Arts 153
- Fee $84 (Includes $12 materials fee)
- Course #8257

Life Drawing

Continuing students will draw from an undraped model in an open studio. Instruction is on an individual basis with a strong emphasis on aesthetic and conceptual concerns and committed to the education of the independent artist. At the same time it is understood that a certain skillful use of tools gives artists an important range of expressive resources. Therefore, the course will offer students an opportunity to become familiar with all sorts of traditional and not-so-traditional media. The goal is always to make the most effective work possible.

Please bring whatever drawing materials you may already have to the first class. Materials will be discussed and you are expected to buy your own (approx. $30). The instructor will collect $15-$25 (depending on enrollment) at the first class meeting to cover the cost of the model for the course.

For each course listed below:

- **Edward Stanton**
- Kentfield Campus, Fine Arts 226

**Fall 1**

- 6 Mondays, 7:10-10pm
- Sept. 11-Oct. 16
- Fee $96/Course #8258

**Fall 2**

- 7 Mondays, 7:10-10pm
- Oct. 23-Dec. 4
- Fee $108/Course #8259
Realistic and Classical Painting

Develop your skills and confidence by studying the techniques of the Old Masters. We will cover composition, proportion, underpainting, glazing, the law of the golden section and more. You will learn “recipes” for color, including how to paint black and white objects, skin tone and highlights and shadows, and for painting objects such as glass, books, drapery, flowers, fruits, reflections and shiny surfaces. Each session will include individual attention from the instructor, some lecture and a video, but most of all, plenty of time to paint.

You may work in oils or acrylic. Bring whatever supplies you may already have to the first class as well as a notebook and pen. We may work from an undraped model. A materials list is posted on our website and will also be available in class.

Behrouz Mirdadian has studied painting in Iran, England and at the College of Marin. He has a passion for the beauty of classical painting.

For each course listed below:

Fall 1
- Sept. 6-Oct. 18/Course #8260
Fall 2
- Oct. 25-Dec. 6/Course #8261

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.

Note: Bring whatever painting or drawing materials you may already have to the first class and be prepared to work. Materials will be discussed in class and you are expected to purchase your own. Courses include critique and all levels of ability are welcome.

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 live models every session and also have the option of working on your own projects from photos. See Note above.

For each course listed below:

Fall 1
- Larry Bencich
- Kentfield Campus, Fine Arts 201
- 7 Saturdays, 9am-1pm
- Sept. 9-Oct. 21
- Fee $167 (Includes $30 models fee)
- Course #8262

Fall 2
- 6 Saturdays, 9am-1pm
- Oct. 28-Dec. 9 (No class Nov. 25)
- Fee $147 (Includes $30 models fee)
- Course #8263

Human Anatomy for Artists

This course is open to artists of all levels of experience interested in the study of form and surface of human anatomy related to rendering the human figure. Each class session will consist of lecture/discussion and demonstration along with drawing from a live model. The class sessions will progress through individual sections of the body, totaling the major muscle groups of the whole body by the end of the quarter.

Bring drawing board or large tablet, pencils, erasers and charcoal, and any other materials you may want to work in to the first class. See Note above.

For each course listed below:

Fall 1
- Larry Bencich
- Kentfield Campus, Fine Arts 226
- 7 Thursdays, 6:10-10pm
- Sept. 7-Oct. 19
- Fee $167 (Includes $30 models fee)
- Course #8264

Fall 2
- 6 Thursdays, 6:10-10pm
- Oct. 26-Dec. 7 (No class Nov. 23)
- Fee $147 (Includes $30 models fee)
- Course #8265
Figure Painting with An Emphasis on Color

Students of all levels will have the opportunity to explore the figure in the medium of their choosing: oil, acrylic or watercolor paints, pastel or mixed media. We will cover figure/ground relationships, color, value, the figure as form, as well as various techniques and approaches to seeing and painting the models. Poses will vary from quick gestures to longer painting poses. Emphasis will be on personal development through individual instruction.

Please bring materials of your choosing to the first class as there will be a model. Expect to spend up to $40 in class for model fees. Students purchase their own supplies.

Carol A. Levy has been teaching drawing and painting for over 30 years in art schools and colleges. She is a practicing, exhibiting figurative painter who has the ability to communicate approaches to art-making in a clear, challenging and supportive manner.

- 6 Thursdays, 9:10am-1pm
- Oct. 26-Dec. 7 (No class Nov. 23)
- Kentfield Campus, Fine Arts 226
- Fee $117
- Course #8267

Capturing the Spirit in Portraiture

Explore traditional portrait drawing and painting, with an emphasis on capturing the spirit of your model. Strong emphasis will be given to teaching drawing skills and learning to see the smallest characteristics that make that person unique. Techniques will be introduced to further enhance a portrait to capture a person’s true spirit. There will be demonstrations, lectures and one-on-one attention.

In Fall 1, the instructor will focus on strengthening your drawing skills and will introduce how to work with charcoal. In Fall 2, the focus will be on painting and working in color. The instructor will introduce pastels and oil painting; however, you can work in whatever medium you prefer.

The cost of supplies for this class will depend on the medium you choose. A suggested list is posted on our website. The instructor will collect up to $40 in class to cover the cost of models for the course.

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

Heads and Hands

Heads and hands are the gateway to the soul of the figure. You will have the opportunity to work from a variety of different models to develop drawing and portraiture. All skill levels are welcome. All media except oil are welcome.

Bring drawing board, paper and pencils to the first class. Materials will be discussed and you are expected to purchase your own. The instructor will collect a models fee of approximately $40 per student.

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

Fall 1
- 7 Saturdays, 10am-1pm
- Sept. 9-Oct. 21
- Indian Valley Campus, Miwok 120
- Fee $89
- Course #8268 EC

Fall 2
- 6 Saturdays, 10am-1pm
- Oct. 28-Dec. 9 (No class Nov. 25)
- Indian Valley Campus, Miwok 120
- Fee $76
- Course #8269 EC
Drawing with Chalk Pastels

From sketches to fully developed drawings, explore the full range of making marks with chalk pastels. Here is an opportunity to use a portable, dry medium with techniques to expand your drawing skills. Subject matter will be varied, 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 along with developing experience.

In Fall 2 we will continue with expanded projects and continue our emphasis on the expressive use of the medium. Those joining the course for the first time will have a full introduction to the chalks, surfaces and techniques. Bring a drawing board, paper and any supplies you have to the first class of each session.

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

For each course listed below:
- Kentfield Campus, Dance/Landscape Management Center 11

Fall 1
- 7 Fridays, 1:10-4pm
- Sept. 8-Oct. 20
- Fee $118/Course #8272

Fall 2
- 5 Fridays, 1:10-4pm
- Oct. 27-Dec. 8 (No class Nov 10 & 24)
- Fee $87/Course #8273

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

Fall 1
- Marty Meade
  - 7 Fridays, 10am-1pm
  - Sept. 8-Oct. 20
  - Kentfield Campus, Dance/Landscape Management Center 11
  - Fee $89/Course #8274 EC

Nancy Johnson
  - 7 Saturdays, 10am-1pm
  - Sept. 9-Oct. 21
  - Kentfield Campus, Fine Arts 151
  - Fee $89/Course #8275 EC

Fall 2
- Marty Meade
  - 5 Fridays, 10am-1pm
  - Oct. 7-Dec. 8 (No class Nov. 10 & 24)
  - Kentfield Campus, Dance/Landscape Management Center 11
  - Fee $67/Course #8276 EC

Julie Cohn, instructor for the following courses, is an exhibiting artist who has been teaching painting for over 20 years. View her show, Athletes of the Spirit, over the Internet at www.vsart.org. Bring whatever painting and/or drawing materials you may already have to the first class. The supply list is available at www.marincommunityed.org and will be available in class. Painting supplies are not provided. All levels are welcome.

Water-Based Oils:
Approaches and Techniques

In this class, you will learn how to paint a variety of subjects using water based oil’s versatile and convenient qualities. You can apply water-based oils to good watercolor paper and build up from a water-like medium to the consistency of thick oils, or you can apply the thick paint directly to canvas. Water-based oils allow you to achieve fine detail or coarse, thick strokes, and gradual or contrasted value and color passages. And they are so easy to clean! Just use water! Artists sensitive to strong smells will be happy to work with this non-smelling medium.

For each course listed below:
- Julie Cohn
  - 6 Thursdays, 6:40-9:30pm
  - Kentfield Campus, Fine Arts 151
  - Fee $106 (Includes $10 materials fee)

Fall 1
- Sept. 14-Oct. 19
- Course #8277

Fall 2
- Oct. 26-Dec. 7 (No class Nov. 23)
- Course #8278
The Flow of Watercolor

Enjoy the flowing properties of watercolor! Learn from Julie’s expertise as she demonstrates using a variety of loose and more controlled watercolor techniques and styles. Integrate design concepts such as color, value, shape, composition, proportion and perspective into your paintings. Julie encourages you to find the styles that inspire you the most!

During Fall 1, the focus will be on pastoral landscapes that include beautiful cloud formations, hillsides, villages and animals. In Fall 2, imaginative landscapes that include any combination of surreal imagery, abstraction and playful color combinations. Continuing students may choose to work independently. Individual attention will be given as time allows.

For each course listed below:
- Julie Cohn
- 6 Thursdays, 2:10-5pm
- Kentfield Campus, Fine Arts 151
- Fee $86 (Includes $10 materials fee)

Fall 1
- Sept. 14-Oct. 19
- Course #8279 EC

Fall 2
- Oct. 26-Dec. 7 (No class Nov. 23)
- Course #8280 EC

Matting and Framing Workshop

This workshop demonstrates a quick, low cost method for accomplishing top quality custom framing especially useful to the artist or others with a number of pieces to frame in a short period of time. You will learn how to cut mats, finish wooden moldings, do fittings and how to buy supplies most economically. Bring a bag lunch. Materials will be provided.
- Stephanie Scott, MFA
- Saturday, 9:30am-5pm
- Sept. 23
- Kentfield Campus, Fine Arts 153
- Fee $84 (Includes $5 materials fee)
- Course #8281

The Art of Weaving

Learn and enjoy the satisfying art of weaving at our weaving studio on the Indian Valley Campus.

Both the day and evening classes are designed for all levels of experience. While each student will receive ample attention from the instructor, the evening class is limited to no more than eight weavers.

During each quarter, the class will focus on a specific technique in weaving. Beginning students will learn to warp the loom and weave a sampler exploring color, texture and a given weave structure. Experienced weavers will be guided into developing personal expression in a given weave structure. The focus for the Fall 1 and 2 sessions will be on double weave and double weave blocks. The weaving of Anni Albers and the Bauhaus will be introduced as examples of these techniques.

Bring a notebook, pen, scissors, tape measure, T-pins and calculator to first class. It is also recommended that you bring your lunch; there will be a one-hour lunch break. The Thursday evening class is priced for a small enrollment.

Tari Kerss, MFA California College of Art, has been working in fiber art for over 20 years, using both traditional and innovative approaches to materials and techniques in weaving and dyeing.

For each course listed below:
- Indian Valley Campus, Pomo 154

Fall 1
- 7 Fridays, 10am-5pm
- Sept. 8-Oct. 20
- Fee $211 (Includes $5 materials fee)
- Course #8282

Fall 2
- 5 Fridays, 10am-5pm
- Oct. 27-Dec. 8 (No class Nov. 10 & 24)
- Fee $163 (Includes $5 materials fee)
- Course #8384

- 6 Thursdays, 6:10-9:30pm
- Oct. 26-Dec. 7 (No class Nov. 23)
- Fee $207 (Includes $5 materials fee)
- Course #8385
Online Classes are available on our website.

**Glass Fusing**
A six-week course, limited to ten students, introducing basic glass fusing techniques. You will have the opportunity to create small pieces of jewelry, simple plates and bowls, and a project using 12 layers of glass. Our studio includes a manually operated kiln, as well as a state of the art, computerized kiln and sandblaster with a pressure pot. Glass pack includes compatible glass, stringers and frit for each week’s projects. Based on kiln space availability, returning students may use class time for further exploration. Projects created elsewhere, will not be fired. If needed, additional glass to be purchased by students.

**Marty Meade** won the College of Marin’s Academic Senate award for Community Education teacher of the year 2006. She has been teaching stained glass since 1978, apprenticed with Judy North (Raffael) and Roger Darricarrera in Chartres, France, learned glass painting with Albina Elskus and studied the art of lampworked glass bead making with Leah Fairbanks.

**Fall 1**
- **Kentfield Campus, Fine Arts 151**
- 6 Mondays, 7:10-10pm
- Sept. 11-Oct. 16
- Fee $199 (Includes $47 materials fee)
- Course #8286

**Fall 2**
- **Kentfield Campus, Fine Arts 151**
- 6 Fridays, 2:10-5pm
- Sept. 8-Oct. 13
- Fee $199 (Includes $47 materials fee)
- Course #8287

**Glass Casting Workshop**
During this eight-hour workshop in glass casting, plaster/silica moldmaking will be introduced. Our studio includes a state of the art kiln. Material fee covers glass frit, silica and plaster. Bring dust masks, rubber gloves and a one-gallon plastic tub. Limited to 8 students.

**Marty Meade**
- 2 Mondays, 6:10-10pm
- Dec. 4 & 11
- **Kentfield Campus, Fine Arts 151**
- Fee $110 (Includes $0 materials fee)
- Course #8289

**Jewelry and Metalsmithing**
The beginner/beginner plus class will offer basic techniques in metal fabrication and equipment use and safety, as well as an introduction to more specialized techniques. This section is appropriate for those who have had some metalsmithing, but desire a review, as well as for those taking their first class in metalsmithing.

**Eclipse by Instructor Lisa D’Agostino**

**Glass Casting Workshop**
During this eight-hour workshop in glass casting, plaster/silica moldmaking will be introduced. Our studio includes a state of the art kiln. Material fee covers glass frit, silica and plaster. Bring dust masks, rubber gloves and a one-gallon plastic tub. Limited to 8 students.

**Marty Meade**
- 2 Mondays, 6:10-10pm
- Dec. 4 & 11
- **Kentfield Campus, Fine Arts 151**
- Fee $110 (Includes $0 materials fee)
- Course #8289

The intermediate to advanced class will cover more specialized areas with an emphasis on advanced fabrication, problem solving and design. The topics covered will be chosen in part on the basis of the interests of the class.

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

**Lisa D’Agostino** has been designing, making and selling her work in her one-person studio for 25 years. Her work has been exhibited in numerous galleries across the country as well as many of the top-ranked competitive national craft fairs.

**For each course listed below:**
- 7:10-10pm
- **Kentfield Campus, Fine Arts 15**
- Fee $128 (Includes $20 materials fee)
Ceramic Sculpture

Explore the wide range of ceramic building and glazing techniques while developing your own personal style using clay as an expressive medium. Various methods of clay construction, glazing and firing will be discussed and demonstrated, allowing students to find a method that suits their needs. The class will utilize lowfire and mid range clay and glaze techniques, and each week students have the opportunity to take part in *raku* firing. Classes are open to students of all levels of experience. There will be a half hour lunch break each session.

The class offered during Fall 1 will introduce majolica techniques for lowfire surface decoration. The class offered during Fall 2 will include an introduction to techniques for transferring screen printed images, such as photographs, patterns and words, onto clay.

**Logan Wood**, M.F.A. (Ceramics), is an award-winning, nationally exhibited artist who has taught ceramics and painting classes to all levels of students from elementary through undergraduate and continuing education.

Fall 1
- **Beginners/Beginners Plus**
  - 7 Wednesdays
  - Sept. 6-Oct. 18
  - **Course #8291**
- **Intermediate/Advanced**
  - 7 Tuesdays
  - Sept. 5-Oct. 17
  - **Course #8292**

Fall 2
- **Beginners/Beginners Plus**
  - 7 Wednesdays
  - Oct. 25-Dec. 6
  - **Course #8293**
- **Intermediate/Advanced**
  - 7 Tuesdays
  - Oct. 24-Dec. 5
  - **Course #8294**

**Silver Jewelry from Precious Metal Clay (PMC)**

This course for both new and continuing students will show you how to create your own silver jewelry with Precious Metal Clay, a new medium that is both easy to work with and immensely rich in possibilities. PMC is a clay-like substance that is worked just like clay and when fired in a kiln it loses 30% of its volume and becomes a piece of pure silver (.999). Learn the techniques of working with this unique medium, firing it and turning it into a finished, precious piece of jewelry. No experience necessary.

Supplies, which cost approximately $15, should be purchased prior to class. A supplies list is posted on our website. To request that the list be mailed to you, call 415.485.9318 and leave the class and section number, your name and mailing address.

**Hadar Jacobson** is a jewelry artist and teacher who specializes in Precious Metal Clay. You can find more information about the class and photos of Hadar's work on our website. She may be contacted at hadar@pacbell.net.
- 4 Saturdays, 12noon-4:30pm
- Oct. 7-28
- **Kentfield Campus**, Fine Arts 15
- Fee $177 (Includes $96 materials fee)
- **Course #8295**

**Art On the Go**

Contemporary Art Walks: Visit San Francisco art galleries, Bay Area museums and local Marin artists' studios. Three day trips by carpool will acquaint you with the contemporary art scene. We’ll walk from place to place, lunch in a nearby restaurant and see and discuss the painting, sculpture and fine crafts of today.

**Rhoda Becker**
- Orientation: Thursday, 1:10-3pm
- Orientation: Sept. 7
- **Kentfield Campus**, Harlan Center 170
- Tours: Thursdays, 10am-3pm
- Sept. 28, Oct. 5, Oct. 12
- Fee $73
- **Course #8298 EC**
Art On the Go Bus Trip: Bruce Beasley and SWARM

We will visit the very special, private sculpture garden of internationally-noted sculptor Bruce Beasley. We will see his monumental work bronze, steel, acrylic, granite and wood. A tour of the studio will give us a behind the scenes view. Our second stop will be a visit to SWARM Studios and Gallery: eleven artists and an exhibition space.

Please bring your lunch for a picnic in the sculpture garden.

- Rhoda Becker
- Thursday, 10am-3pm
- Oct. 19
- Corte Madera Town Center
- Meet on Madera Blvd.
- Fee $49
- Course #8299 EC

Art On the Go Bus Trip: San Jose Museum

Always a very exciting experience! We will see two exhibits. “Suburban Escape: The Art of California Sprawl,” created since 1950, will focus on California suburbia. “Family Legacies: The Art of Betye, Lezley and Alison Saar” mother and daughters show their mixed media sculptures, collages, assemblages, as well as a collaborative installation.

Please bring your lunch to allow maximum time to view the exhibitions.

- Rhoda Becker
- Wednesday, 10am-3pm
- Nov. 16
- Corte Madera Town Center
- Meet on Madera Blvd.
- Fee $49
- Course #8300 EC

Saturday Morning with Claude Monet

Join us to learn more about the life and artwork of the famous French impressionist Claude Monet, in conjunction with the special exhibit “Monet in Normandy” presently on display at the Legion of Honor. Monet spent much of his life in northern France and his art reflects his special relationship with that part of the country, its geographical features, and its seasonal colors. With the aid of beautiful slides we will venture into interpretations of color and light on bodies of water and French landscapes, as well as discuss his painted sailing ships and landmark buildings.

Maureen Ritzel Doak has a degree in Art History from Rutgers University and was assistant curator at Watkins College of Art and Design in Nashville, Tennessee.

- Saturday, 9am-12noon
- Sept. 9
- Kentfield Campus, Harlan Center 165
- Fee $25
- Course #8766

Bus Trip: Monet in Normandy at the Legion of Honor

Have you seen the special exhibit of Claude Monet’s paintings at the Legion of Honor? If not this is your last chance to hop on board and view the show before it closes September 17. Even if you have already visited, you will enjoy the docent-led tour and the company of your fellow art lovers.

Meet in front of the Physical Education building on the Kentfield Campus. There will be time to visit the Museum Café, or bring your lunch. Limited to 20 participants.

- Maureen Ritzel Doak
- Tuesday, 11:30am-3:30pm
- Sept. 12
- Kentfield Campus, Physical Education Building
- Fee $39
- Course #8767

Bus Trip to The Dickens Fair

Join us for a day of shopping, dining and dancing in Victorian England! A Bay Area tradition for 27 holiday seasons, the Great Dickens Christmas Fair returns to the San Francisco Cow Palace recreating the bustling streets of a twilight evening in Charles Dickens’ London Town—a city filled with lively and colorful characters from both literature and history. Enticing aromas of roasted chestnuts and hearty foods fill the air. Visit shops bedecked with finery and filled with unique treasures, feast on fine foods from the British Empire and beyond and enjoy rollicking entertainments on four stages and in the streets.

Meet in front of the Physical Education building on the Kentfield Campus. Limited to 20 participants.

- Maureen Ritzel Doak
- Saturday, 1-5pm
- Dec. 16
- Kentfield Campus, Physical Education Building
- Fee $54
- Course #8771
Architectural Tours of the Bay Area

This touring class features the architecture of early 20th c. designers Julia Morgan, Bernard Maybeck, Willis Polk, Walter Ratcliff and John Wright. In San Francisco, we explore St. Francis Wood which boasts the highest number of architect-designed homes in the city. Downtown, we visit the renowned Merchant’s Exchange building and Morgan’s Ballroom. Lastly, a guide shares the history of the only structure remaining from the 1915 Panama-Pacific Expo, Maybeck’s internationally-acclaimed Palace of Fine Arts in the Marina. In Berkeley, we lunch in Morgan’s elegant dining room at the Beaux-Arts Berkeley City Club, followed by a tour and, that same day, we visit Maybeck’s internationally-acclaimed First Church of Christ Scientist. In Marin, we discover John Wright’s Romanesque castles and chapel at the San Francisco Theological Seminar in San Anselmo, and view a private residence designed by Julia Morgan.

A $20 fee will be collected at the orientation to cover docent fees. Students provide their own transportation.

Carolyn Talmadge
Orientation: Wednesday, 1:10-4pm
Sept. 13
Kentfield Campus, Harlan Center 19
Plus 5 field trips: Wednesdays, 1-4pm
Sept. 20-Oct. 18
Fee $77 (Includes $1 materials fee)
Course #8301 EC

Marketing Your Services: Even for People Who Hate to Sell

There is terrific competition between service businesses whether you are a psychologist 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. We will cover what you need to know to comfortably and effectively promote your business in a way that makes a “service business” truly a service.

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

Dr. Rick Crandall has worked as a business consultant for over 20 years and is author of Marketing Your Services: For People Who Hate To Sell (1995) and 1001 Ways To Market Your Services (1997).
Saturday, 1-5pm
Sept. 16
Kentfield Campus, Harlan Center 161
Fee $70 (Includes $0 materials fee)
Course #8303

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. 20/Course #8304
Oct. 18/Course #8305
Nov. 8/Course #8306
**Patents, Prototypes and Profits**

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

- **Claudia M. Doege**
  - Fee $59
  - Sept. 20/Course #8307
  - Oct. 18/Course #8308
  - Nov. 8/Course #8309

**Rights, Royalties and Revenue Streams**

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

- **Claudia M. Doege**
  - Fee $59
  - Sept. 20/Course #8310
  - Oct. 18/Course #8311
  - Nov. 8/Course #8312

**A License to Print Money**

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

- **Claudia M. Doege**
  - Fee $59
  - Sept. 20/Course #8313
  - Oct. 18/Course #8314
  - Nov. 8/Course #8315

**PROFESSIONAL DEVELOPMENT**

**Take the Stage! Presentation Technique**

Strengthen your ability to create and deliver a personal, verbal presentation that is memorable and has impact. Speakers of all levels are welcome. Students, teachers, artists, business professionals, job candidates and anyone wanting to be able to stand up in front of others and command attention will find this class invaluable. Take this opportunity to “Take the stage!” in a safe environment and explore your personal style through fun and experiential exercises and techniques. Learn to engage and captivate your audience with presence, personal resonance and communication that is heard and remembered.

Bring notebook and pen to class.

- **Nidhi Rice** is trained in Jungian Psychology and Gestalt Therapy and has 30 years meditation practice. She graduated from the National Danish Theater Academy and was a full-time actress on Danish stage, film and television.
  - 6 Thursdays, 6:40-9:30pm
  - Sept. 7-Oct. 12
  - Kentfield Campus, Olney Hall 105
  - Fee $98 (Includes $2 materials fee)
  - Course #8316

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

If you’re 50+, it’s your turn now! What do you want to do with the 20+ bonus years science has added to mid-life between your primary career and traditional retirement? Do you want to continue in your existing work/career but also find more time for other things in your life? Do you want to discover some entirely new career, but don’t know what it is yet? Most people plan to continue some “career,” whether working or volunteering. To step into the work and lifestyle you’ve always wanted, start planning now by joining a small group on the same journey down the road toward your dreams. You’ll build on all you’ve already done to start designing your “post-career” career. You’ll collaborate with others to identify your true motivators, match them to information about new types of work and create a short, effective plan for your next step.

- **Betty Burr** has been helping people plan their mature lifestyles and later-stage careers for 15 years. She also has
30 years experience as a manager, small business owner and consultant. Betty is completing an MA in Gerontology and is a professionally trained career and business coach.
- Saturday, 9am-5pm
- Nov. 4
- Kentfield Campus, Harlan Center 161
- Fee $69 (includes $10 materials fee)
- Course #8317

Chaos Control: Simplify Your Life

Are you overscheduled and overwhelmed? Feeling overcommitted and too busy even to handle daily tasks? From chaos and confusion to simplicity and solutions, this inspiring workshop provides specific strategies that will support you in gaining control of your time, increasing efficiency and leading a values-based life. Learn how to balance your work and personal life, make conscious choices and reduce stress. Design systems to streamline your information flow and master the decision-making process that will keep your priorities in focus and your calendar on track. Leave with the motivation, skills and resources to create and maintain a lifestyle of choice.

Christine Palen, an Organizing Consultant and Coach, inspires and guides clients in a lifestyle of choice. Since 1991 her companies, Chaos Control® and Life Artistry®, have supported individuals and groups with life and work priorities, schedule planning and effective time management through hands-on consulting and motivational workshops.
- Thursday, 6:40-9:30pm
- Nov. 2
- Kentfield Campus, Olney Hall 105
- Fee $43 (Includes $3 materials fee)
- Course #8318

Notary Public Workshop and Exam

Notaries Public are a respected profession and properly notarized documents are required for many legal processes with California. Laypersons are not aware of the highly critical legal nature of notary work. Learn proper notary legal processes and procedures from state law, in plain English. This State-mandated course is a must for all finance, real, law and insurance professionals. At the end of class, you will receive your State-required Proof of Completion certificate along with a Completion Certificate to hang on the wall.
This class meets for three nights. On the third night of class, an optional exam is given by state proctors which costs an additional $40.
The text will be distributed in class and is covered by the materials fee. Please bring a Driver’s license or other photo I.D. to the first class.
Please note: Students arriving at classes after 6:30pm will not be admitted, and no refunds will be given for late arrival.
John Christ is a state-accredited notary instructor with over 25 years in adult education and is the author of the text.
- Monday & Tuesday, 6:10-10pm
- Sept. 11 & 12
- Test: Thursday, 6:10-8pm
- Sept. 14
- Kentfield Campus, Physical Education 23
- Fee $112 (Includes $35 text)
- Course #8319

Building Your Notary Business: Become a Loan Signing Notary

Learn how to start a loan signing agent business or mobile notary business. We will cover the new laws and current laws in review, the loan signing agent in the mortgage process, advertising and marketing strategies, procedures, terminology and business planning, plus the interactive use of the internet in marketing services to potential clients. Work with peer groups for discussion and to practice presentation. Gain evaluation skills, tools and strategies to develop and build your own business. You will receive a certificate of completion at end of class
If you have already taken the Notary Public Workshop, you have already received the text for this class; be sure to use the second course # below when registering. Bring both textbooks to class, as notaries public must possess the “California Notary Public Field Guide” from first class for later reference.
- John Christ
- Monday, 6:10-10pm
- Nov. 6
- Kentfield Campus, Learning Resources Center 53
- Fee $85 (Includes $35 for text)
- Course #8320
- Fee $50 (Does not include text)
- Course #8321
How to Be an eBay Power Seller

Over 100 million people worldwide have bought or sold on eBay. Less than 1% of them are Power Sellers, but hundreds of thousands of new entrepreneurs now make their living selling on eBay. It has opened up huge possibilities.

This course will cover eBay and its competitors, as well as online stores. Handouts will cover the basics of how to buy and sell on eBay. 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 your services, merchandise, or items provided by others. We will talk about sources of items and creating your own products. You will leave the course with an 80-page handout and an action checklist for your next steps.

Rick Crandall, PhD, 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 on the second time around:
- Saturday, 1-5pm
- Sept. 23
- Kentfield Campus, Harlan Center 161
- Fee $60 (Includes $10 materials fee)
- Course #8322

Another course of interest . . .

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

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 email with instructor and past students is included. Travel! Work out of your home to start!

Anni Minuzzo is a 27-year veteran in the food trade, has owned a wholesale baking company for over 18 years, teaches in four regional counties and is a business coach:
- Monday, 6:10-9pm
- Sept. 11
- Kentfield Campus, Learning Resources Center 20
- Fee $55 (Includes $5 materials fee)
- Course #8324

Another course of interest . . .

Crafts for Sale: Giving Up Your Day Job is listed in the Art section

Registration information is located inside the front cover.
Small Business Workshops Co-sponsored with Redwood Empire Small Business Development Center

Redwood Empire Small Business Development Center is an affiliate of the Northern California SBDC Program which is sponsored by: Humboldt State University Foundation, The California Community College’s Economic and Workforce Development Programs and the U.S. Small Business Administration. It serves an area from Mendocino to the Golden Gate Bridge. This is an opportunity for community businesses to take advantage of low-priced educational opportunities locally. Tuition is partially subsidized by the U.S. Small Business Administration.

College of Marin is happy to host the following two courses:

How to Mind Your Own Business

Over 1.4 million small businesses are started in the US every year with 20 million businesses existing in the US today. Small businesses generate over 40% of the Gross National Product and create over 60% of the new jobs. Small businesses will provide over 65% of workers with their first job. Since WWII, small businesses account for over 50% of all inventions and nearly 95% of all radical inventions such as copiers, instant photographs, personal computers etc.

At this course, you will learn:
• Do You Have What It Takes to Be An Entrepreneur? Self Assessment
• Buying a Business—Starting a Business—Buying a Franchise
• Financing Your Business: Where’s the Money?
• Creating a Business Plan: A road Map

Al Ramirez is a business counselor with the Redwood Empire Small Business Development Center who works with new and existing business owners in the areas of Planning, Sales and Marketing, Legal Structure and Finance.

• Wednesday, 6:10-9pm
• Sept. 13
• Kentfield Campus, Learning Resources Center 53
• Fee $40 (in advance)/Course #8325
• Fee $50 (at the door)/Course #8326

Strategize or Eulogize

Only one out of five small business owners practices any type of business planning regularly—despite mounting evidence of the link between strategic or business planning and business success and between lack of planning and business failure.

These findings may provide an explanation for the grim statistics on small business failure in the U.S. According to the Small Business Administration there were 589,837 small business terminations in 2003. This figure includes 35,037 bankruptcies and 554,800 small business failures.

At this class, you will learn:
• The link between strategic planning and business success
• Incorporation of tactics and actions in strategic planning
• Validation process in strategic planning
• Proper implementation of a strategic plan

Dan Geller is a recognized authority on strategic planning in the new economy. He consults to businesses on how to increase their probability of business success by developing valid strategic plans.

• Tuesday, 6:10-9pm
• Oct. 3
• Kentfield Campus, Learning Resources Center 53
• Fee $40 (in advance)/Course #8327
• Fee $50 (at the door)/Course #8328

Online Business courses are available! Go to www.marincommunityed.org
The following Medical Insurance Billing Program courses are taught by Terry Rowen, who is a medical management consultant, owner of a medical insurance billing service and a published author.

For all three classes: certificates will be issued. No tape recorders, please.

**Medical Insurance Billing 1**

If you want to be a valued employee in the medical world, medical insurance billing is something you must know. In this class developed specifically for the novice, you will learn how to:

- Bill Medicare, Medi-Cal and private insurance companies
- Look up diagnosis codes, procedure codes and modifiers using the actual coding books
- Fill out the universal claim form
- Read an explanation of the benefits and remittance forms
- Stay updated in the field for free

You have the option of working part or full time, or become an independent biller and work from home. You will receive a comprehensive insurance billing manual in class.

- **Terry Rowen**
- **Saturday, 9am-5pm**
- **Sept. 9**
- **Kentfield Campus, Olney Hall 108**
- **Fee $134 (Includes $45 materials fee)**
- **Course #8329**

**Medical Insurance Billing 2**

This class starts where “Beginning Medical Insurance Billing 1” leaves off and covers:

- Steps on completing a secondary claim form
- Blue Cross and Blue Shield Billing
- Basics of Managed Care and how it works
- How to follow-up on a claim that hasn’t been paid
- Legal aspects of collections
- How to find employment as a Medical Insurance Biller
- A comprehensive insurance billing manual will be distributed in class.

**Note:** Students who complete both the “Beginning Medical Insurance Billing 1 and 2” will be placed on a list which is made available to doctors wanting to hire Medical Insurance Billers in your area.

- **Terry Rowen**
- **Sunday, 9am-1:30pm**
- **Sept. 10**
- **Kentfield Campus, Olney Hall 108**
- **Fee $107 (Includes $35 materials fee)**
- **Course #8330**

**Start A Medical Insurance Billing Service from Home**

Learn how to start this business from you home. This class covers:

- Different types of billing services
- How to find your clients, set your fees and bill them
- Licensing requirements, equipment and start-up costs
- Marketing your services and promotional literature

Knowledge of medical insurance billing is necessary to benefit from this class.

- **Terry Rowen**
- **Sunday, 2:30-5:30pm**
- **Sept. 10**
- **Kentfield Campus, Olney Hall 108**
- **Fee $97 (Includes $45 materials fee)**
- **Course #8331**

**ONLINE SMALL BUSINESS CLASS**

For registration information, please refer to “Register for Online Classes” on page 2, or go to www.marincommunityed.org.

**Import Export Now!**

Do you want to import and/or export goods or services and could benefit from a step-by-step course? This nine-week seminar course is appropriate for people with zero business background as well as established businesses looking for new trade. Learn how to develop your product or service, find the best suppliers and customers and work with banks, insurance companies, government agencies and other trade agencies. You will be taken through licensing and permits, setting yourself up for properly conducting trade worldwide at the small business level.

- **John Spiers**
- **Fee $59**
- **9 Wednesdays, 6-8am**
- **Oct. 11-Dec. 6**
- **Course #8332**
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) AND IN FINE ARTS (MONDAYS-WEDNESDAYS) ON THE KENTFIELD CAMPUS (LOCATED OFF OF SIR FRANCIS DRAKE BLVD. IN KENTFIELD). 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 ASSURE YOUR PLACE. BE SURE TO REVIEW “REGISTRATION INFORMATION” ON PAGE 78 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 192. If you do not have these skills, we recommend that you take Intro. to Macintosh. If you are coming for an all-day class, we recommend that you bring your lunch. The on-campus deli has limited hours of service as well as food choices and it is two miles to the nearest eatery.

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 $35
- Levi Allen
  - Wednesday, 9am-12noon
  - Sept. 6
  - Course #8333
- Saturday, 9am-12noon
  - Oct. 28
  - Course #8334
- Tom Millard
  - Monday, 1:30-4:30pm
  - Sept. 11
  - Course #8335
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 $70
- Levi Allen
  - 2 Wednesdays, 9am-12noon
    - Sept. 13 & 20
    - Course #8336
  - Saturday, 9am-4pm
    - Nov. 4
    - Course #8337
- Tom Millard
  - 2 Mondays, 1:30-4:30pm
    - Sept. 18 & 25
    - Course #8338

Intro. to Windows XP
Learn about the basic features of Windows XP, 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 $130 (Includes $20 materials fee)
- Levi Allen
  - 3 Wednesdays, 9am-12noon
    - Sept. 27-Oct. 11
    - Course #8339
  - 2 Saturdays, Nov. 11 & 18
    - Nov. 11, 9am-4pm
    - Nov. 18, 9am-12noon
    - Course #8340
- Tom Millard
  - 3 Mondays, 1:30-4:30pm
    - Oct. 2-16
    - Course #8341

Additional Features in Windows XP
In this course, we will dig even deeper into Windows XP! We will cover how to install and configure devices onto your computer, interact and adjust the settings to your hardware through the use of the Control Panels, utilize various Wizards, back up files and customize and personalize your computer to fit your needs.
This course builds upon skills that are learned in Intro. to Windows XP.
- Tom Millard
  - 2 Mondays, 1:30-4:30pm
  - Nov. 27 & Dec 4
- Indian Valley Campus, Ohlone 216
  - Fee $85
  - Course #8342

Intro. to the Internet
The skills and knowledge provided in this course will help you feel comfortable using the Internet and email. We will cover how to check and use email, search the Internet and refine your search, download programs and documents, shop on-line and access the Internet’s most popular and useful sites.
We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Tom Millard
  - 2 Wednesdays, 1:30-4:30pm
  - Nov. 29 & Dec. 6
- Indian Valley Campus, Ohlone 216
  - Fee $85
  - Course #8343

The Differences Between a Mac and a PC
Expand your technical horizon and explore the differences between the PC and the Mac. In this class you will learn how to comfortably work in both environments. We will cover the differences between desktop navigation, multitasking, Control Panels, keyboard shortcuts, file management and operating system. Go ahead, cross over to the other platform and become a PC/Mac expert!
We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Susan Henning
  - Tuesday, 12noon-3:pm
  - Sept. 5
- Kentfield Campus, Fine Arts 225
  - Fee $45
  - Course #8344
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/desk top 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**
  - 4 Tuesdays, 7-10pm
  - Sept. 5-26
  - **Indian Valley Campus**, Pomo 192
  - Fee $170 (Includes $20 materials fee)
  - **Course #8345**

Intro. to Word (Mac)

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.

- **Susan Henning**
  - 3 Tuesdays, 7-10pm
  - Oct. 3-17
  - **Indian Valley Campus**, Pomo 192
  - Fee $140 (Includes $20 materials fee)
  - **Course #8346**

Word Series for the PC

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. If you have any questions, please call Mike Lewis at 415.485.9305. All of the courses in the Word Series (Intro, Interm and Adv) are offered at Indian Valley Campus, Ohlone 216.

To register for the series at a reduced fee:
- Fee $275 (Includes $20 materials fee)
- **Course #8347**

Intro. to Word (PC)

For course description, please refer to the course description above.

- **Tom Millard**
  - 3 Wednesdays, 1:30-4:30pm
  - Sept. 6-20
  - Fee $140 (Includes $20 materials fee)
  - **Course #8348**

Interm. Word (PC)

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 and working with columns.

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

- **Tom Millard**
  - 2 Wednesdays, 1:30-4:30pm
  - Sept. 27 & Oct. 4
  - Fee $85
  - **Course #8349**

Adv. Word (PC)

Become a Word expert! We will cover desktop publishing, the draw table feature, how to structure a long document using Styles to create a table of contents and an index, record time-saving macros for repetitive tasks and create instant hyperlinks using text and graphics to access files and the Web.

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

- **Tom Millard**
  - 2 Wednesdays, 1:30-4:30pm
  - Oct. 11 & 18
  - Fee $85
  - **Course #8350**

A registration form is at the center of this booklet.
**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. 13  
- **Indian Valley Campus**, Ohlone 216  
- Fee $45  
- **Course #8351**

**Word Graphics**  
Learn how to use Word’s graphic elements to jazz up your documents. You will learn the basics of inserting, sizing, moving, cropping and deleting while working with a collection of ready-made clip art images. We will customize our documents by embellishing with graphics, adding text, borders or background with different fill effects; using color; adding basic geometric shapes, lines and arrows; using drop caps; and downloading clip art images off the Internet. This course builds upon skills that are learned in Intro. to Word.  
- **Tom Millard**  
- Wednesday, 1:30-4:30pm  
- Nov. 15  
- **Indian Valley Campus**, Ohlone 216  
- Fee $45  
- **Course #8352**

**Intro. to Excel (Mac)**

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, auto formats and working with charts.

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

- **Susan Henning**  
- 3 Fridays, 1-4pm  
- Oct. 6-20  
- **Indian Valley Campus**, Pomo 192  
- Fee $140 (Includes $20 materials fee)  
- **Course #8353**

**EXCEL SERIES FOR THE PC**

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. If you have any questions, please call Mike Lewis at 415.485.9305. All of the courses in the Excel Series (Intro, Interm and Adv) are offered at **Indian Valley Campus**, Ohlone 216.

To register for the series at a reduced fee:
- Fee $275 (Includes $20 materials fee)  
- **Course #8354**

**Intro. to Excel (PC)**  
For course description, please see above.

- **Levi Allen**  
- 3 Wednesdays, 9am-12noon  
- Oct. 25-Nov. 8  
- Fee $140 (Includes $20 materials fee)  
- **Course #8355**

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

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

- **Susan Henning**  
- 2 Wednesdays, 9am-12noon  
- Nov. 15 & 22  
- Fee $85  
- **Course #8356**

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

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

- **Susan Henning**  
- 2 Wednesdays, 9am-12noon  
- Nov. 29 & Dec. 6  
- Fee $85  
- **Course #8357**
OFFICE SERIES FOR THE PC

Whether you are currently employed or are looking for a job in today's market, these courses will teach you skills required by many companies. For course descriptions, please refer to the courses on pages 25 and 26. You may register for the entire series or for the individual courses. If you have any questions, please call Mike Lewis at 415.485.9305. All of the courses in the Office Series are offered at Indian Valley Campus, Ohlone 216.

Introductory Office Series
To register for the series at a reduced fee:
- Fee $345 (Includes $60 materials fee)
- Course #8361

Intro. to Word
- Susan Henning
- 3 Wednesdays, 7-10pm
- Sept. 6-20
- Fee $140 (Includes $20 materials fee)
- Course #8362

Intro. to Excel
- Levi Allen
- 3 Wednesdays, 7-10pm
- Sept. 27-Oct. 11
- Fee $140 (Includes $20 materials fee)
- Course #8363

Intro. to PowerPoint
- Susan Henning
- Wednesday & Thursday, 7-10pm
- Oct. 25 & 26
- Fee $105 (Includes $20 materials fee)
- Course #8364

Intermediate Office Series
To register for the series at a reduced fee:
- Fee $190
- Course #8365

Interm. Word
- Susan Henning
- 2 Wednesdays, 7-10pm
- Nov. 1 & 8
- Fee $85
- Course #8366

Interm. Excel
- Susan Henning
- 2 Wednesdays, 7-10pm
- Nov. 15 & 29 (No class Nov. 22)
- Fee $85
- Course #8367

Interm. PowerPoint
- Susan Henning
- Wednesday, 7-10pm
- Dec. 6
- Fee $45
- Course #8368

Advanced Office Series
To register for the series at a reduced fee:
- Fee $150
- Course #8369

Adv. Word
- Susan Henning
- 2 Thursdays, 7-10pm
- Nov. 9 & 16
- Fee $85
- Course #8370

Adv. Excel
- Susan Henning
- 2 Thursdays, 7-10pm
- Nov. 30 & Dec. 7
- Fee $85
- Course #8371
Intro. to Access (PC)

Understanding and applying database concepts is a fundamental aspect of computer literacy. Databases are used everywhere such as working with simple lists, managing data in an office and even internet search programs. In this class we will create a database, use instructional templates to enter data, sort and filter records and fields, discover the power of the query features, simplify data entry by using forms, and create reports with a wizard.

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

- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Oct. 5–Nov. 8
- Indian Valley Campus, Ohlone 216
- Fee $140 (Includes $20 materials fee)
- Course #8372

Intro. to Outlook (PC)

Learn about email and the other powerful parts of Outlook to help better manage your time and 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.

- Pamela Lyons
- 3 Mondays, 7-10pm
- Oct. 23-Nov. 6
- Indian Valley Campus, Ohlone 216
- Fee $140 (Includes $20 materials fee)
- Course #8373
Intro. to QuickBooks Pro

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

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

For each of the following courses:

- Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $205 (Includes $40 materials fee)
- 4 Tuesdays, 7-10pm
  Sept. 5-26
  Course #8374
- 4 Saturdays, 9am-12noon
  Sept. 30-Oct. 21
  Course #8375
- 4 Tuesdays, 7-10pm
  Oct. 24-Nov. 14
  Course #8376

Interm. QuickBooks Pro

We will take QuickBooks to the next level by learning how to track time for your services; process payroll using employee timesheets; pay payroll taxes; perform year-end payroll management functions; invoice your clients with professional formats (using the layout designer); email invoices to clients; receive payments over the Internet for invoices; handle credits for clients; track sales tax and inventory management; data management of files; and preferences management to customize QuickBooks for your business.

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

- Pamela Lyons
- 2 Tuesdays, 7-10pm
  Nov. 28 & Dec. 5
- Indian Valley Campus, Ohlone 216
  Fee $100
  Course #8377

QuickBooks for Contractors and All Job Costing Companies

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

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

- Pamela Lyons
- 3 Tuesdays, 7-10pm
- Oct 3-17
- Indian Valley Campus, Ohlone 216
- Fee $190 (Includes $55 materials fee)
- Course #8378

How to Buy and Sell on eBay

Learn the secrets of buying and selling almost anything on eBay, one of the most popular sites on the Internet. This course will include an overview of the eBay site, how to setup your own personal account, details of the eBay auction system, how to find items to purchase, listing an item for sale (including pictures and information) and how to safely complete your sale or purchase.

eBay is a worldwide community of buyers and sellers which means that you are not limited to just your local area. The world is truly your oyster.

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

Students must be at least 18 or accompanied by parent/guardian.

- Carolynn Crandall
- Tuesday, 9am-4pm
- Sept. 19
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #8379

Another course of interest . . .

How to Be an eBay Power Seller

is listed under Business.
Intro. to Adobe Acrobat

Learn how to create PDF documents from many other applications and how to create a single document from multiple sources. We will cover how to easily grab and reuse text or tables, attach spreadsheets, images, video or audio files, discover the powerful search capabilities. You can even set document permissions and restrictions to determine if documents can be printed, copied or changed and create a digital signature and use it to sign electronic documents.

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

• Vidias Valaitis
  • 3 Mondays, 7-10pm
  • Oct. 2-16
  • Indian Valley Campus, Ohlone 216
  • Fee $155 (Includes $20 materials fee)
  • Course #8380

Intro. to GoLive

Adobe’s GoLive was specifically designed to address the needs of non-technical people who want to create or maintain a website on the Internet. It is easy to use, fast and includes everything you need in one well-integrated package. In this course you’ll write your pages in what looks and feels like a normal word processor. Come explore animated GIF’s, JPEGs, image maps, complete table support, background images and colors, uploading finished web pages to the server and comprehensive site management.

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

For each of the following courses:

• Steve Salzman
  • Fee $180 (Includes $20 materials fee)
  • 4 Wednesdays, 3-6pm
  • Sept. 6-27
  • Kentfield Campus, Fine Arts 225
  • Course #8381

• 4 Tuesdays, 7-10pm
  • Oct. 24-Nov. 14
  • Indian Valley Campus, Pomo 192
  • Course #8382

Interm. GoLive

Take GoLive to the next level by covering cascading style sheets, designing with layers using a CSS-based layout grid, smart objects, Java Script using a graphic interface, Co-Author (making specific areas available to edit by inexperienced users) 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 GoLive.

• Steve Salzman
  • 3 Tuesdays, 7-10pm
  • Nov. 21-Dec. 5
  • Indian Valley Campus, Pomo 192
  • Fee $135
  • Course #8383

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 tools for creating more complex art. You may register for the entire series or for the individual courses taught by Lynda Banks. If you have any questions, please call Mike Lewis at 415.485.9305. All of the courses in the Illustrator Series are offered at Indian Valley Campus, Pomo 192.

To register for the series at a reduced fee:

• Fee $370 (Includes $25 materials fee)
  • Course #8384

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 class and suggest you be proficient with the computer before enrolling.

• 2 Fridays, Oct. 27 & Nov. 3
  • Oct. 27, 9am-4pm
  • Nov. 3, 9am-12noon
  • Fee $160 (Includes $25 materials fee)
  • Course #8385

Interm. Illustrator

In this course you will learn 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, Nov. 3 & 17 (No class Nov. 10)
- Nov. 3, 1-4pm
- Nov. 17, 9am-4pm
- Fee $135
- Course #8386

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, Dec. 1 & 8
- Dec. 1, 9am-4pm
- Dec. 8, 9am-12noon
- Fee $135
- Course #8387

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. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:
Kentfield Campus, Fine Arts 225
- Fee $370 (Includes $25 materials fee)
- Course #8392

Indian Valley Campus, Pomo 192
- Fee $370 (Includes $25 materials fee)
- Course #8388

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.

Kentfield Campus, Fine Arts 225
- 3 Wednesdays, 3-6pm
- Oct. 4-18
- Fee $160 (Includes $25 materials fee)
- Course #8393

Indian Valley Campus, Pomo 192
- 2 Fridays, Sept. 8 & 15
- Sept. 8, 9am-4pm
- Sept. 15, 9am-12noon
- Fee $160 (Includes $25 materials fee)
- Course #8389

Interm. InDesign
You will learn the book feature that makes managing long documents a breeze, explore many typographic refinements, master the drawing tools including the pen tool and the pathfinder palette, learn to create tables for both data and visuals, export your document to a PDF with customized presets and package files for the printer. This course builds upon skills that are learned in Intro. to InDesign.

Kentfield Campus, Fine Arts 225
- 3 Wednesdays, 3-6pm
- Oct. 25-Nov. 8
- Fee $135
- Course #8394

Indian Valley Campus, Pomo 192
- 2 Fridays, Sept. 15 & 22
- Sept. 15, 1-4pm
- Sept. 22, 9am-4pm
- Fee $135
- Course #8390

Adv. InDesign
We will cover how to create more interesting, complex and sophisticated documents utilizing greater depth of the tools, styles and techniques. You will learn to manage color calibration and document prep, use advanced typography, prepare documents for the Internet, learn to use text tags and to automate some processes. You will also learn how to take advantage of InDesign’s integration with other Adobe programs. This course builds upon skills that are learned in Interm InDesign.

Kentfield Campus, Fine Arts 225
- 3 Wednesdays, 3-6pm
- Nov. 15-Dec. 6 (No class Nov. 22)
- Fee $135
- Course #8395

Indian Valley Campus, Pomo 192
- 2 Fridays, Sept. 29 & Oct. 6
- Sept. 29, 9am-4pm
- Oct. 6, 9am-12noon
- Fee $135
- Course #8391
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. The Fall 1 courses focus more on the use of Photoshop and Digital Photography. If you have any questions, please call Mike Lewis at 415.485.9305.

Introductory Photoshop Series
To register for the series at a reduced fee:
Kentfield Campus, Fine Arts 225
- Fee $255 (Includes $25 materials fee)
- Course #8396
Indian Valley Campus, Ohlone 216
- Fee $255 (Includes $25 materials fee)
- Fall 1/Course #8402
- Fall 2/Course #8408

Intro. to Photoshop
In this introduction, learn the basics of Photoshop while we cover the fabulous digital photography features, basic approaches to repairing damaged photos, correcting color and enhancing details of digital and scanned photographs. The file browser will be introduced while learning how to troubleshoot your digital photos with the new image “metadata” feature. Color bit-depth, resolution and file formats will also be explained. Learn about the basics of editing digital photography, creating web graphics, print and fine art issues.

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

Kentfield Campus, Fine Arts 225
- 3 Tuesdays, 12noon-3pm
- Sept. 1-6
- Fee $160 (Includes $5 materials fee)
- Course #8397

Indian Valley Campus, Ohlone 216
Fall 1
Emphasis on Digital Photography
- 2 Thursdays, Sept. 7 & 14
- Sept. 7, 9am-4pm
- Sept. 14, 9am-12noon
- Fee $160 (Includes $25 materials fee)
- Course #8403

Fall 2
- 2 Thursdays, Oct. 26 & Nov. 2
- Oct. 26, 9am-4pm
- Nov. 2, 9am-12noon
- Fee $160 (Includes $25 materials fee)
- Course #8409

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

Kentfield Campus, Fine Arts 225
- 3 Tuesdays, 12noon-3pm
- Oct. 3-17
- Fee $135
- Course #8398

Indian Valley Campus, Ohlone 216
Fall 1
Emphasis on Digital Photography
- 2 Thursdays, Sept. 14 & 21
- Sept. 14, 1pm-4pm
- Sept. 21, 9am-4pm
- Fee $135
- Course #8404

Fall 2
- 2 Thursdays, Nov. 2 & 9
- Nov. 2, 1pm-4pm
- Nov. 9, 9am-4pm
- Fee $135
- Course #8410

Interm./Adv. Photoshop Series
To register for the series at a reduced fee:
Kentfield Campus, Fine Arts 225
- Fee $255 (Includes $25 materials fee)
- Course #8399

Indian Valley Campus, Ohlone 216
- Fee $230
- Fall 1/Course #8405
- Fall 2/Course #8411

Photoshop III
Enhance digital imaging with more special effects. Learn how to create and use channels for special effects, type effects, transparencies for the web and
print, transferring layers to Image Ready for simple animated logos on your web page and lots of tips and tricks.

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

### Kentfield Campus, Fine Arts 225
- 3 Tuesdays, 12noon-3pm
- Oct. 24–Nov. 7
- Fee $135
- Course #8400

### Indian Valley Campus, Ohlone 216

#### Fall 1
**Emphasis on Digital Photography**
- 2 Thursdays, Sept. 28 & Oct. 5
- Sept. 28, 9am-4pm
- Oct. 5, 9am-12noon
- Fee $135
- Course #8406

#### Fall 2
- 2 Thursdays, Nov. 16 & 30 (No class Nov. 23)
- Nov. 16, 9am-4pm
- Nov. 30, 9am-12noon
- Fee $135
- Course #8412

### Photoshop IV

Develop a broader understanding of the application of layer masks, channel masks, unique type treatments and transparencies. Learn how to apply these masks to achieve special effects for art and photographic images while achieving the ultimate control over your image for both the web and print.

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

### Kentfield Campus, Fine Arts 225
- 3 Tuesdays, 12noon-3pm
- Nov. 14-Dec. 5 (No class Nov. 21)
- Fee $135
- Course #8401

### Indian Valley Campus, Ohlone 216

#### Fall 1
**Emphasis on Digital Photography**
- 2 Thursdays, Oct. 5 & 12
- Oct. 5, 1-4pm
- Oct. 12, 9am-4pm
- Fee $135
- Course #8407

#### Fall 2
- 2 Thursdays, Nov. 30 & Dec. 7
- Nov. 30, 1-4pm
- Dec. 7, 9am-4pm
- Fee $135
- Course #8413

Another course of interest . . .

**Photoshop Elements: The Digital Darkroom**

is listed under Photography.

### Intro. to Logic Audio

In this course we will learn how to assemble audio and sound effects for use in a pre-existing piece of video. This course is designed to encourage creativity while learning how to work within an audio for video production application.

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

- Kevin Martin
- 2 Thursdays, 7-10pm
- Sept. 7 & 14
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #8414

### Intro. to Garage Band

This course is designed to introduce students to this relatively simple audio production application. This is a great piece of software for the aspiring musician or sound designer that is not familiar with the tools of the trade.

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

- Kevin Martin
- 2 Thursdays, 7-10pm
- Sept. 7 & 28
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #8415

### Intro. to Final Cut

Using provided video clips, we will learn how to capture, edit and publish a short video in Apple’s Final Cut. We will cover working with the interface, marking and editing in the timeline, capturing video, importing and exporting, filters, transitions and adding text.

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

- Kevin Martin
- 2 Thursdays, 7-10pm
- Oct. 5 & 12
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #8416
Intro. to Podcasting

Learn about Podcasting. What is it? When did it start? How do you create your own podcast? Podcasting is quickly becoming an important and popular cultural phenomenon. Learn what it is and how podcasting is done in this introductory course.

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

Kevin Martin
2 Thursdays, 7-10pm
Oct. 26 & Nov. 2
Indian Valley Campus, Pomo 192
Fee $100
Course #8417

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

CONTEMPORARY SOCIAL ISSUES

Sustainability: From Principles to Practice

What is sustainability? How did this term evolve? And what are some examples of sustainability projects taking place locally and around the world? We will examine the concept, evolution and implementation of sustainability strategies and programs developed by individuals and organizations including government, business, ecological design, natural resources and environmental conservation groups. We will then discuss ways in which we can personally take action and make decisions that will affect our own and the earth’s health and well being.

The text, The Sustainability Revolution: Portrait of a Paradigm Shift (New Society Publishers, 2005) is available in the Kentfield Campus Bookstore and retails for $16.95. An additional reader will be distributed in class.

Andres Edwards, MA, is founder of a firm specializing in green building and sustainability education programs for parks, towns and companies. He has lectured and given seminars about sustainability topics at colleges, universities and conferences.

7 Mondays, 7:10-9pm
Sept. 11-Oct. 23
Kentfield Campus, Science Center 133
Fee $99 (Includes $15 materials fee)
Course #8418

One Day for a Better World

Do you want to make a difference in the world but need help moving into action? Use this day of writing, reflection, group discussion and planning as a springboard. We start by investigating internal resources for and blocks to becoming active. At the day’s end, you will create an action plan and have the option to buddy up with another class member for mutual support outside of class for follow through. This class supports exploring all forms of action from activism to service work to learning to live more sustainably at home or work. Please bring pen and paper to class. A workbook is provided.

Kerry Nelson has 20 years experience working with non-profits in the Bay Area and southern Africa, as an activist, librarian and consultant. She has a BA in Peace and Conflict Studies and a Masters in Library and Information Studies from UC Berkeley and coaches people who want to make a difference.

Saturday, 9am-5pm
Sept. 30
Kentfield Campus, Harlan Center 165
Fee $65 (includes $5 materials fee)
Course #8420
Practical Politics: How YOU Can Be An Activist for Your Cause!

All politics is local. –Tip O’Neill

Learn how to be a more effective activist for your cause. Yes, you CAN make a difference! Whether your cause is environmental, social, or political, this training may be just what you’re looking for. Meet like-minded people and hear their stories. Gain new allies and learn new techniques in working for your cause or candidate. Topics include:

- Telling our stories, campaigns won and lost
- Frame that issue: How to get your message just right
- Tracking the elusive volunteers
- Getting the Press to pay attention!
- Creating effective materials that carry your message
- Know your opposition: Research, Research, Research!
- Yes, you CAN raise money! Tips for success!
- Planning your next steps; An activist’s work is never done!

Read George Lakoff’s Don’t think of an Elephant before the class if you can.

Binders with class materials provided.

Please bring a bag lunch.

Dotty E. LeMieux has more than 20 years of grassroots activism under her belt, and currently runs progressive political campaigns and trains grassroots activists throughout Northern California.

Saturday, 10am-4pm
Sept. 16
Kentfield Campus, Harlan Center 171
Fee $47 (Includes $7 materials fee)
Course #8421 EC

Introduction to Islam: Islam and Its Interaction with the World

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

- What is Islam and where did it come from?
- Is Islam a religion of peace?
- What is the meaning of Jihad?
- Is Allah the same as the God of the Christians and Jews?
- Is peace possible with Islam?
- What is the situation of women in Islam?
- What about the Crusades?
- How can we improve the dialogue?

The course text, “An Introduction to Islam for Westerners,” by the instructor is available in the Kentfield Campus Bookstore. An extensive book list and relevant handouts will be distributed in class.

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

- 7 Tuesdays, 1:10-3pm
- Sept. 5-Oct. 17
- Kentfield Campus, Harlan Center 171
- Fee $64
- Course #8422 EC
Food and Culture

Discover the language of food! Together we will explore how food habits across diverse cultures reveal how people define themselves as men and women, how they structure social relationships, and how they think about the natural world.

- Why do the Chinese never have knives on the dining table?
- In which cultures is beer associated with the feminine, and why?
- How have changes in the way we feed ourselves influenced social change?
- What recipes best express your own identity?

Course will involve some eating and plenty of discussion, and culminate in a class potluck picnic.

Ruth Kantor Lopez, MA (Partnership Education) has been teaching and writing about our human relationship to food and plants for over fourteen years.

4 Thursdays, 2:10-4:30pm
Sept. 7-8
Kentfield Campus, Dance/Landscape Management Center 11
Fee $58 (Includes $6 materials/food fee)
Course #8423 EC

Tap Dancing

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

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

For each course listed below:
- 7 Wednesdays, 7:30-8:30pm
- Belrose Theatrical School
- 1415 Fifth Ave. San Rafael
- Fee $55

Fall 1
- Sept. 6-Oct. 18
- Course #8523

Fall 2
- Oct. 25-Dec. 6
- Course #8524

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. The instructor will clue you in to several opportunities for you to attend local swing dances.

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

Kelly Buckwalter-Casanova was inducted into the Swing Dance Hall of Fame in 2004 and has been a National West Coast Swing competitor, instructor, judge and chief judge with 24 years experience. She was U.S. Swing Dance Champion in 1987 and 1994.

4 Tuesdays, 6:30-8:15pm
- Sept. 5-26
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $45
- Course #8424
Belly Dance for Fun and Fitness

Belly Dance can help you develop postural alignment, core strength and flexibility while exploring new 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.

Fall 1
- 6 Mondays, 7:10-8:30pm
- Sept. 11-Oct. 16
- Kentfield Campus, Physical Education 60
- Fee $69/Course #8425

Fall 2
- 7 Mondays, 7:10-8:30pm
- Oct. 3-Dec. 4
- Kentfield Campus, Physical Education 60
- Fee $75/Course #8426

Aerial Dance on Low Flying Trapezes

Using low flying, multi-level trapezes, you will quickly be able to enjoy a sensation of flying, floating and spinning in this new dimension of dance. As you acquire a repertoire of aerial movements you will have an opportunity to improvise and choreograph on the trapezes. You can gain strength and new body awareness in working with this unique dance form in a supportive atmosphere geared toward your individual ability level. Enrollment limited, so register early. Please wear comfortable clothing. Call Cory at 415.497.8459 with any questions.

Cory Vangelder received a Marin Arts Council Community Grant for her project, Dance and Flight for Young People. She studied dance at the North Carolina School of the Arts and aerial dance with Terry Sendgraff.

For each course listed below:
- 7 Tuesdays, 3:10-5pm
- Kentfield Campus, Dance/Landscape Management Center 101
- Fee $133 (Includes $10 special fee)

Fall 1
- Sept. 5-Oct. 17
- Course #8427

Fall 2
- Oct. 24-Dec. 5
- Course #8428

DISABLED STUDENTS PROGRAM

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

Guidance for Disabled

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

Interpersonal Skills for Students with Psychological Disorders

A drop-in discussion group for College of Marin students with psychological disorders, facilitated by a counselor. In a supportive environment, participants share their experiences and insights about academic, interpersonal and psychological aspects of college life.
- Wendy Ullman
- Tuesdays, 12:40-2pm
- Sept. 12-Dec. 12
- Kentfield Campus, Learning Resources Center 109
- No fee
- Course #8430

Adaptive Exercise: Aerobics

Group aerobic fitness activities geared to students with developmental disabilities.
- Carol Cokinos
- Mondays & Wednesdays, 11:10am-12:30pm
- Aug. 21-Dec. 13 (No class Sept. 4)
- Kentfield Campus, Physical Education 30
- No fee
- Course #8431
Interpersonal Skills: Stroke Support Group
An opportunity for individuals who have experienced a stroke to connect with others, share information, practice communication/thinking skills, enjoy guest speakers and learn about resources for continued recovery and health. Family members and friends are welcome.

Carol Cokinos
Kay Pepitone
Wednesdays, 1:10am-3pm
Sept. 6-Dec. 13
Kentfield Campus, Dance/Landscape Management Center 12
No fee
Course #8432

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

Sonja Anderson
Fridays, 9:40-11:30am
Aug. 25-Dec. 15 (No class Nov. 10 & 24)
Kentfield Campus, Dance/Landscape Management Center 12
No fee
Course #8433

Cher Evans
Mondays, 10:10-11:30am
Aug. 24-Dec. 11 (No class Sept. 4)
Indian Valley Campus, Ohlone 200
No fee
Course #8434

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

Sonja Anderson
Fridays, 12:10-1:30pm
Aug. 25-Dec. 15 (No class Nov. 10 & 24)
Kentfield Campus, Dance/Landscape Management Center 12
No fee
Course #8435

Cher Evans
Mondays, 10:10-1:30pm
Aug. 24-Dec. 11 (No class Sept. 4)
Indian Valley Campus, Ohlone 200
No fee
Course #8436

Management of Hearing Loss
Whether you have hearing aids and still need to improve your communication skills or you are just realizing you may have a problem, this class is for you. We will discuss ways in which everyone can communicate with more ease and less stress.

This is a light-hearted class in which people participate as much as they wish. Information will be given on how to get started if you think you have a problem. Modern hearing aids will be discussed. Spouses, family members, medical professionals and caregivers are welcome to attend.

Clodagh Orton, M.A., has a private practice as an audiologist and hearing aid dispenser in Mill Valley and Novato. She has enjoyed helping people with hearing loss for 30 years. For dates and times, or more information call Clodagh at 415.383.6633.

Schedule to be announced
Mill Valley Community Center
No fee
Course #8437
A Look at Shakespeare’s
The Comedy of Errors in
Script and Production

The class will take a good look at one of Shakespeare’s most famous comic plays, *The Comedy of Errors*, on the page and on the stage. Instructor James Dunn also directs the Marin Shakespeare Company’s production of the play this fall. In class, we will study the plot and how the language works to bring the characters “to life.” We will also consider how the set, props and costumes fulfill their role in bringing the director’s stylistic vision to the production.

A field trip will take the class to a performance of the Marin Shakespeare Company’s *The Comedy of Errors*. The day and time will be announced in class. Students will cover their cost of a group ticket and provide their own transportation.


James Dunn
4 Mondays, 1:10-3pm
Sept. 11-Oct. 31
Kentfield Campus, Fine Arts 32
Term trip to play to be announced
Fee $55
Course #8440 EC

Story Telling from Life

Experience the profound healing power of telling your own story and listening to the stories of others. This process is designed to free your creative passion and reconnect you with the source of your experience through relaxation, writing and fun, gentle improvisation and expression techniques. In a safe environment you will explore meaningful, touching moments in your life and learn how to give them voice and authentic expression. Throughout the course we will share, read or perform our unique pieces for the class.

Bring notebook and pen to each session.

Nidhi Rice is trained in Jungian Psychology and Gestalt Therapy and has 30 years meditation practice. She graduated from the National Danish Theater Academy and was a full-time actress on Danish stage, film and television.

- 7 Tuesdays, 2:10-5pm
- Oct. 24-Dec. 5
- Kentfield Campus, Harlan Center 173
- Fee $89
- Course #8441 EC

Creative Voice Acting: Game Voice!

The video game market is the most lucrative consumer entertainment market on the globe. And, contrary to what many think, it is not the exclusive province of male actors. Women’s voices are in demand, as well!

If you would like to turn those voices you do for friends and family into money-making reality, Terry McGovern is the man who can show you the way. His voice can be heard—if you can pick him out—on hundreds of games, educational CD-ROMs and animated projects. 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*, Terry McGovern will show you the skills necessary for your own success.

In addition, Terry’s class will feature at least one representative from the video game industry, so that you can ask questions of someone who deals with the reality of what works and what doesn’t.

Many of Terry’s students have gone on to sign with talent agencies and have found work in voice-over and animation. Let Terry show you how!

- Terry McGovern
- 2 Saturdays, 10am-5pm
- Sept. 9 & 16
- Kentfield Campus, Science Center 133
- Fee $129
- Course #8442

Another course of interest . . .

Take the Stage! Presentation Technique

is listed under Business.
ENGLISH AS A SECOND LANGUAGE
Fall Semester 2006:
August 19-December 7
FREE CLASSES
Beginning to Low Intermediate
Noncredit Levels 10, 20, 25, 30, 35, 40
Pronunciation Classes
English for Gardeners
English for Childcare Workers
Free classes also available at several off-campus sites!
Off Campus locations include:
Marin Conservation Corps, San Rafael
Whistlestop, San Rafael
Novato Human Needs, Novato
Margaret Todd Senior Center, Novato
For more information, call us at 415.485.9642
Or visit the ESL Office:
Harlan Center Room 123
College of Marin Kentfield Campus
Monday–Thursday, 8 am to 8 pm
Saturday, 9 am–1 pm
Credit ESL classes through Community Education: Open College credit ESL classes are available for higher-level non-credit ESL students through Community Education (Community Education students do not receive credit or grades). Credit classes cover intermediate to advanced level English skills. The fees are $195 for 3-unit classes, $208 for 4-unit classes and $228 for 5 unit classes. New students are required to take the credit ESL placement test.

INTENSIVE ENGLISH PROGRAM (ESL)
Fall Semester 2006, August 22-December 8
Full-time program: $2,300
($2,500 for F-1 visa students)
★ 20 HOURS/WEEK ★ SMALL CLASSES ★ FIELD TRIPS
★ LOW COST ★ 16 WEEKS ★ TOEFL
The Intensive English Program on the Indian Valley Campus offers high quality classes in academic English for residents and international students. It prepares students to enter American colleges and universities and helps them to improve their English skills for other purposes such as business, TOEFL, or general communication. Classes meet Tuesday through Friday, 20 hours a week, for 16 weeks. Testing and placement take place during the first week. There is a $50 application fee ($25 for residents).
New part-time programs available!
For more information or to apply:
Call: 415. 883.2211, ext. 8579
Fax: 415. 883.2632
email: intensive.english@marin.edu
www.marincommunityed.org

FILM APPRECIATION

Film Appreciation: Got Change?

Human beings hate change—but it’s the one thing we desperately need. The basis of all human stories is transformation—how the hero faces adversity and overcomes it (or not) Every time we watch a film, we seek transformation for ourselves.

Change and transformation will be covered in Fall 1, in films that will include (among others) Being Human (Bill Forsyth, UK/Japan, ‘94), Fearless (Peter Weir, US, ‘93) and The Quiet American (Philip Noyce, Germany/Australia/US, ‘02). All classes include a complete film, a lecture about the day’s selection and a discussion session.

Former film critic David Hakim is a film/TV producer and assistant director. In Hollywood, he developed campaigns for the Student Oscars and for every major studio. Currently a consultant on film projects, Hakim coaches filmmakers on their careers.

- 7 Fridays, 2:40-5:30pm
- Sept. 8-Oct. 20
- Kentfield Campus, Science Center 101
- Fee $89
- Course #8502 EC
Film Appreciation: My Mistake!

It’s only human to make mistakes. And mistakes are how we learn life’s lessons. In this course we look at how we learn from our actions and the actions of others. Fascinating, stupid, painful—our mistakes are what make us human.

Learning from our mistakes will be covered in Fall 2 in films that will include (among others) Mansfield Park (UK/Japan, ’94), The Freshman (Andrew Bergman, US, ’90) and The Earthling (Peter Collinson, Australia/US, ’80). All classes include a complete film, a lecture about the day’s selection and a discussion session.

- David Hakim
- 5 Fridays, 2:40-5:30pm
- Oct. 27-Dec. 8 (No class Nov. 11 & 24)
- Kentfield Campus, Science Center 101
- Fee $67
- Course #8503 EC

Ethical Issues in Movies

In this case study approach to ethics, relatively current movies are viewed and then discussed in depth with primary attention to the cultural and ethical issues raised by the films.

For each course listed below:

- Carl Jech, Th.M. (Harvard University)
- 7 Wednesdays, 2:40-4:30pm
- Villa Marin
- 100 Thorndale Ave., Terra Linda
- Fee $64

Fall 1
- Sept. 6-Oct. 18
- Course #8504 EC

Fall 2
- Oct. 5-Dec. 6
- Course #8505 EC

FOODS & WINE

Joy of Winemaking

If you like wine, you’ll love winemaking. Join the fast-growing avocation that thrills all of your senses—often at the same time. You’ll learn the steps involved in making premium wine in your home, garage or spare bathroom. We’ll take you through the entire harvest year starting from the first buds of spring—to the harvest, fermentation, press, racking, aging and bottling.

We’ll discuss the different varietals and where they grow best. You’ll learn how to purchase grapes at good prices direct from top Sonoma growers. You’ll know what equipment and the costs when you decide to become a home winemaker. Our classes also will feature wine tasting and a field trip to Wild Iris Winery in Fairfax. For directions, email hagenrj@hotmail.com.

Enrollment limited to 15. There is an age limit of 21 years. Text will be distributed in class.

- Ron Hagen
- Friday, 7-9:30pm, Sept. 8
- Pacheco Ranch Winery
- 235 Alameda del Prado, Novato
- Saturday, 10am-1pm, Sept. 9
- Wild Iris Winery
- 51 Oak Rd., Fairfax
- Fee $67 (Includes $15 special/text fee)
- Course #8506

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

Other courses of interest . . .

So You Want to Start a Specialty Food Business?

is listed under Business.

Food and Culture

is listed under Cultural & Ethnic Studies.
HEALTH & WELL BEING

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

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

You will be presented with important information and the latest scientific research about stress and attitude and will be provided with tools to shift old habit patterns, recover your vitality and enhance your quality of life. You will move toward an experience of well being and self confidence that is not easily unsettled. Topics focus on:
- Facing change, loss and crisis
- Managing strong and difficult emotions
- Understanding the role of attitude
- Effective Communication
- Fear and Trust
- Forgiveness

Presented by senior staff from The Center for Attitudinal Healing.
- 7 Thursdays, 7:10-9:30pm
- Sept. 7-Oct. 19
- Kentfield Campus, Temporary Building 101
- Fee $106 (Includes $10 materials fee)
- Course #8508

How to Forgive Even in Difficult Situations

A sage once said, “Forgiveness is the key to happiness.” Few people know how to forgive and yet, it is easy and incredibly liberating. This class is a hands-on, practical method of learning how to forgive. We will experience how the ability to forgive others comes more readily after we master the art of forgiving ourselves. We will cover:
- The latest findings of brain research
- Overcoming resistance to change
- Essential steps to achieving forgiveness
- Obtaining lasting closure

Instructor Dr. Michael Berkes creates a safe and supportive environment for the class. As one of his student wrote, “Dr. Berkes’ knowledge, humor, understanding and warmth need no improvement. I felt included, fully supported and free to express myself.”

The class was developed by Dr. Berkes, a management consultant and behavioral psychologist who appeared in a BBC documentary on forgiveness, an excerpt of which will be shown. He is co-authoring a text and workbook combination for those who wish to achieve results while working alone.
- 2 Saturdays, 9am-1pm
- Sept. 23 & 30
- Kentfield Campus, Harlan Center 171
- Fee $67 (Includes $7 materials fee)
- Course #8510

Start Living the Life You Want!

Learn how to live a more satisfying, fulfilling life by overcoming old fears, issues and challenges, and then beginning to create the life you always wanted—including peace of mind, loving relationships, better health and greater abundance. In this highly interactive and experiential two-day workshop, you will become empowered by integrating significant new perspectives, understandings and practical tools, many based on scientific principles. Through lecture, discussion, Q&A, optional homework and numerous exercises, you can begin to break through old patterns, belief systems, self-doubts and limiting concepts. You will initiate a shift that can profoundly change the course of your life and open up unending, new opportunities.

Bill Cordingley graduated from Harvard and earned two masters degrees from Columbia. He is an author and has been teaching for nine years.
- 2 Saturdays, 9am-5pm
- Sept. 16 & 23
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $89
- Course #8509
The Keys to a Successful Relationship

This class will reveal the components of a successful relationship based on recent research on marriage. You will hear about the abilities and resources couples use to stay in long term, committed relationship. We will also examine some myths about successful relationships such as “Mr. or Mrs. Right,” “good communication saves the marriage,” “monogamy” and “love at first sight.” You will also learn:

- How couples counselors define a healthy relationship
- What recent neuroscience says about why/how we fall in love
- How to keep love alive and why men “roam” while women “protect”
- Why affairs happen and what to do if it happens to you
- What to do when conflicts and misunderstandings become chronic
- The seven principles that uphold healthy relationships.

Alex Thomas, MA, LMFT, is a Clinical Supervisor for Catholic Charities and has been in private practice in San Francisco since 1993.

Thursday, 7:10-10 pm
Sept. 1
Kentfield Campus, Harlan Center 17
Fee $30
Course #8511

If you are the second member of a couple registering for this class, use the following course number for a lower fee.

Fee $15
Course #8512

Intuitive Eating: How to Get Off the Diet/Binge Merry-Go-Round

Learn how to eat intuitively and trust your body signals to reach your natural weight and stay there comfortably. You will explore why you overeat and why you may unconsciously resist losing weight. Course offers tools for dealing with real life, without using food as a crutch, while enjoying maximum pleasure from your eating experience. We will cover:

- Your triggers for compulsive eating
- The difference between physical and emotional hunger
- Body cues for both hunger and satiety
- Why diets don’t work
Please bring a sack lunch, and be sure to include some of your favorite foods. We will eat together.

Bring a pen and notebook. A reading list will be provided.

Patricia Ravitz, MFT, has been in private practice since 1995 and has extensive experience working with clients dealing with food and weight issues.

- Saturday, 10am-2pm
- Sept. 16
- Kentfield Campus, Harlan Center 172
- Fee $61 (Includes $1 materials fee)
- Course #8513

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

Incorporate powerful changes in attitude into your life, as well as simple techniques of meditation 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 to aid the body in healing illness. This program will help you gain clarity of mind, a greater sense of inner peace and a calmer, steadier flow of energy throughout your day. Learn how to:

- Dramatically reduce stress with five-minute meditations and powerful breathing techniques
- Work more effectively with difficult situations and people
- Release tension and chronic pain
- Increase your ability to concentrate and focus the mind at will
- 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 13,000 people in these methods; clients include NASA, Hyatt Hotels, Yahoo, and the U.S. Army.

- Saturday, 10am-1pm
- Sept. 23
- Kentfield Campus, Harlan Center 165
- Fee $45 (Includes $3 materials fee)
- Course #8514

Another course of interest . . .

Chaos Control: Simplify Your Life is listed under Business.
Introduction to Chinese Medicine

Although Chinese Medicine is becoming increasingly popular in America, most people still think of it as mysterious. This class serves as a de-mystifying introduction to this fascinating world of healing and, at the same time, introduces the Healer Within. You can learn how to use a few simple techniques to eliminate or reduce pain, as well as self-care tricks to keep you feeling energized! We will cover acupuncture and its history, Chinese herbs, Chinese face-reading, Qi Gong, Feng Shui, Nutrition, Foot and Hand Reflexology, and we will do an acupressure face lift together in class.

Recommended text: The Web that Has No Weaver, Ted Kaptchuk, pub. McGraw Hill, is available in the College Bookstore.

Lumiel Kim-Hammerich, L.Ac, earned her Master of Traditional Oriental Medicine from Pacific College of Oriental Medicine in 1993, is the owner/director of a community acupuncture medical practice, and is currently earning her clinical doctorate in Acupuncture and Oriental Medicine.

- 7 Wednesdays, 2:10-4pm
- Sept. 6-Oct. 18
- Kentfield Campus, Harlan Center 173
- No fee
- Course #8525 EC

The Joy of Massage (14 CE Hours)

Learn how to give a relaxing massage to friends and family. Discover the joy of giving as well as receiving massage. Simple techniques encompassing both Western and Oriental methods from Swedish massage to Shiatsu will be covered. Ample opportunities will be provided to practice the various massage techniques and a syllabus will be distributed in the class. No experience necessary.

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. Please see Note regarding Continuing Education for Health Professionals on page 42.

David Kitts is a California State Licensed Acupuncturist with 21 years of experience. He offers a hands-on understanding of the way the body is arranged which makes it easy to remember the location of acupressure points, and even discover new ones!

- 3 Wednesdays, 7:10-9:30pm
- Sept. 20-Oct. 4
- Kentfield Campus, Location to be announced
- Fee $58 (Includes $3 materials fee)
- Course #8516

Acupressure that Anyone Can Learn (7.5 CE Hours)

Have you ever wanted to do something for your loved one (or yourself) when they complain of a headache or pain in the neck? In this class you will train your hands to find acupressure points that work in seconds to relieve pain, and to feel stiff muscles relaxing right under your fingers.

You will learn to read tension in the torso and neck as a way to assess the health of internal organs, systems and structures. Then you’ll learn points to release the tension and improve health. No experience necessary.

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. See Note regarding Continuing Education for Health Professionals on page 42.

Lumiel Kim-Hammerich, L.Ac, earned her Master of Traditional Oriental Medicine from Pacific College of Oriental Medicine in 1993, is the owner/director of a community acupuncture medical practice, and is currently earning her clinical doctorate in Acupuncture and Oriental Medicine.

- 7 Wednesdays, 2:10-4pm
- Sept. 6-Oct. 18
- Kentfield Campus, Harlan Center 173
- No fee
- Course #8525 EC

The Joy of Massage (14 CE Hours)

Learn how to give a relaxing massage to friends and family. Discover the joy of giving as well as receiving massage. Simple techniques encompassing both Western and Oriental methods from Swedish massage to Shiatsu will be covered. Ample opportunities will be provided to practice the various massage techniques and a syllabus will be distributed in the class. No experience necessary.

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. Please see Note regarding Continuing Education for Health Professionals list ed under “Health Sciences.

- Louise Kanter, R.N.
- 7 Mondays, 7:10-9pm
- Oct. 23-Dec. 4
- Kentfield Campus, Location to be announced
- Fee $58 (Includes $3 materials fee
- Course #8515

Acupressure that Anyone Can Learn (7.5 CE Hours)

Have you ever wanted to do something for your loved one (or yourself) when they complain of a headache or pain in the neck? In this class you will train your hands to find acupressure points that work in seconds to relieve pain, and to feel stiff muscles relaxing right under your fingers.

You will learn to read tension in the torso and neck as a way to assess the health of internal organs, systems and structures. Then you’ll learn points to release the tension and improve health. No experience necessary.

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. See Note regarding Continuing Education for Health Professionals on page 42.

David Kitts is a California State Licensed Acupuncturist with 21 years of experience. He offers a hands-on understanding of the way the body is arranged which makes it easy to remember the location of acupressure points, and even discover new ones!

- 3 Wednesdays, 7:10-9:30pm
- Sept. 20-Oct. 4
- Kentfield Campus, Location to be announced
- Fee $58 (Includes $3 materials fee
- Course #8516

Online Personal Enrichment courses are available! Go to www.marincommunityed.org
HEALTH SCIENCES

Activity Coordinator Training

This state and federally required course trains you to become a qualified activity coordinator. The course is taught by a recreational therapist, a social worker, an occupational therapist, activity professionals and other health care professionals. You will learn about the psycho/social needs of the elderly, common medical disorders, medical terminology, leadership and group dynamics, working with people dealing with dementia, documentation issues, safe and effective exercise programs, group programs, one-to-one programming and much more! This is a good course to take if you want to learn more about the aging process, interventions and strategies that work. For more information, contact Betsy Best-Martini at 415.453.6130 or email her at betsybest@comcast.net.

Purchase required texts at the Kentfield Campus bookstore after the first class meeting: Long Term Care ($35), Exercise for Frail Elders ($35) and syllabus ($14).

- Betsy Best Martini, M.S. CTRS
- Kay Garrick, LCSW
- Tuesdays & Thursdays, 4:10-7pm
- Sept. 5-Dec. 7 (No class Nov. 23)
- Kentfield Campus, Olney Hall 106
- No fee
- Course #8518

BLS Healthcare Provider Course

Learn CPR skills for helping victims of all ages (including doing ventilation with a barrier device, a bag-mask device and oxygen); use of an automated external defibrillator (AED); and relief of foreign-body airway obstruction (FBAO).

This course is intended for providers of health care to patients in a wide variety of settings, including in-hospital and out-of-hospital. It is for certified or non-certified, licensed or non-licensed healthcare professionals.

Brian Dresser is a certified BLS instructor and a firefighter in Mill Valley.

Fall 1
- Saturday, 9am-1pm
- Oct. 7
- Kentfield Campus, Learning Resources Center 39
- Fee $88 (includes $42 materials fee)
- Course #8519

Fall 2
- Saturday, 9am-1pm
- Nov. 18
- Indian Valley Campus, Pomo 188
- Fee $88 (includes $42 materials fee)
- Course #8520

Heartsaver First Aid and CPR

Learn how to effectively recognize and treat adult emergencies in the critical first minutes until emergency medical services personnel arrive. Included is a complete health and safety training solution for first aid, adult CPR and AED.

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

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

Fall 1
- Saturday, 9am-4pm
- Oct. 14
- Indian Valley Campus, Pomo 188
- Fee $88 (includes $42 materials fee)
- Course #8517

Fall 2
- Saturday, 9am-4pm
- Nov. 4
- Kentfield Campus, Learning Resources Center 39
- Fee $88 (includes $42 materials fee)
- Course #8521

A registration form is at the center of this booklet.
Emergency Medical Technician Recertification Course (24 CE Hours)

The EMT Refresher course is designed to update the knowledge and skills of the EMT-1 in compliance with the requirements as outlined by the State of California Administration Code. Basic principles learned are used in the exploration of problem-solving in the pre-hospital setting. Upon completion of this 24-hour course, the student will receive a certificate for 24 Continuing Education hours.

Requirements:

- EMT-1 certificate, current or expired no more than 1 year
- Current CPR card for Health Care Providers

There will be an exam on the last day of class. Text will be discussed in class. You will receive a Certificate of Completion when you successfully complete the class.

There will be an hour lunch break. It is recommended that you bring a bag lunch.

- Donald Florence
- 2 Saturdays & 2 Sundays, 9am-4pm
- Sept. 23 & 24, Sept. 30 & Oct. 1
- Indian Valley Campus, Pomo 188
- Fee $152
- Course #8522

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:

Acupressure that Anyone Can Learn
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 call 415.458.9318 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
- Kentfield Campus, Harlan Center 156
- Fee $350 (Includes $150 materials fee)

Fall 1
- Sept. 8-16

Fall 2
- Dec. 1-9
Coronal Polish

This course is approved by the California State Board of Dental Examiners to prepare the student in the technique of Coronal Polish as required for RDA 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.

HIGH SCHOOL EQUIVALENCY PREPARATION/BASIC SKILLS

High School Equivalency Preparation (GED & CHSPE)

Do you need to . . .

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

If so, . . . FREE help is available!

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

Call 415.485.9445 for further information.

Basic Skills

This program offers FREE instruction to any adult wishing to improve pre-college skills such as reading comprehension, writing, math. Brush-up for College of Marin’s placement tests is also available. Class structure is the same as the High School Equivalency Preparation learning lab described above. For further information call 415.485.9445.

• Michael Timmel
• Mon. & Wed., 10am-3pm
• Aug. 21-Dec. 6 (No class Sept. 4)
• Kentfield Campus, Learning Resources Center 120
• No fee
• Course #8531

Online High School Equivalency courses are available! Go to www.marincommunityed.org

See registration information above.

For each course listed below:

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

Fall 1
- Sept. 1 & 2

Fall 2
- Nov. 3 & 4
**Community Education Registration Form**

**COMPLETE FOR COMMUNITY EDUCATION (NON-CREDIT) CLASSES ONLY.**

1) **SOCIAL SECURITY #**
   (STUDENT I.D. #)  
2) **LAST NAME**  
3) **FIRST NAME**  
4) **MIDDLE INITIAL**  
5) **MAILING ADDRESS**  
6) **CITY**  
7) **STATE**  
8) **ZIP**  
9a) **DAY PHONE**  
9b) **E-MAIL ADDRESS**  
10a) **CITIZENSHIP** (Enter appropriate number)  
   - U.S. Citizen .................................................................................. = 1  
   - A Permanent Residence Card .......................................................... = 2  
   - Refugee (Parolee) Visa ................................................................. = 3  
   - A Student Visa ............................................................................. = 4  
   - Visa type unknown ....................................................................... = 5  
   - Other ............................................................................................. = 6  
10b) **If a permanent resident, date card issued by U.S. Immigration**  
   MO DAY YR  
11) **MILITARY STATUS**  
   - On Active Duty in Military ......................................................... = 1  
   - A dependent of a person on Active Duty ....................................... = 2  
   - Discharged from Military within the Last Two Years ..................... = 3  
   - None of the above ....................................................................... = 4  
12a) **Have you lived continuously in California for two years prior to the first day of classes for the quarter of application? If you are under 19 and never married, answer for your parents. (Generally, California residency status is determined by a combination of physical presence plus intent for at least 1 year and 1 day.)**  
   - Yes = 1  
   - No = 2  
12b) **If NO, give date of moving to or last returning to California, and previous residence.**  
   MO DAY YR STATE OR COUNTRY  
12c) **Do you claim to be a California resident?**  
   - Yes = 1  
   - No = 2  

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**Office Use Only**

Entered by:  
RQ sent:  
Residence Code:  

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(Required if registering in on-line courses)
13) SEX: Male = 1  Female = 2

14) BIRTHDATE (Use numbers) .................................................................

15) ETHNIC GROUP (for compliance with the Federal 1964 Civil Rights Act) .................................................................
- Asian = 01
- Asian/Indian = 02
- Black = 03
- Filipino = 04
- Guamanian = 05
- Hawaiian = 06
- Hispanic = 07
- Indian = 08
- Hawaiian = 09
- Samoan = 10
- Hawaiian = 11
- White = 11
- Other = 12

16) PRIMARY LANGUAGE  English = 1  Not English = 2

17) Please indicate your reason for taking the course(s)
- Discover/formulate career interests, plans, goals = 1
- Prepare for a new career (acquire job skills) = 2
- Advance in current job/career (update job skills) = 3
- Maintain certificate or license (e.g. Nursing, Real Estate) = 4
- Educational development (intellectual/cultural) = 5
- Improve basic skills in English, reading or math = 6
- None of the above = 7

Submit a separate check payable to College of Marin for EACH requested course.

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Please charge to my:

- □ Mastercard  □ Visa Card  No.____________  Exp. Date ______________  Signature __________

I understand refund requests must be received by the Community Education Office in writing at least five working days prior to the start of the class.

Signature ______________  Date ______________

If you wish to make a voluntary contribution to support instructional programs, please send a separate check made payable to the College of Marin Foundation.

$________  FOUNDATION CONTRIBUTION ENCLOSED
HOME ARTS

The Art of Living with Color

Discover exciting ways to use color effectively in your home or work space. We will begin with an introduction to color and explore its history, cultural preferences for color, the affects of advertising and the media on our color choices and unusual uses of color. You are encouraged to bring photos of spaces you are interested in changing.

Examples will be shown of colors used around the world as well as current and innovative uses of color in interior spaces.

Susan McNabb Cook has studied design, color and lighting at U.C. Berkeley, Parson’s School of Design in New York and UCLA and is a professional color consultant in Sonoma. A passion for color drives Susan’s work in art and environments for living, working and playing.

- 3 Mondays, 7:10-9:30pm
- Oct. 2-16
- Kentfield Campus, Science Center 177
- Fee $65
- Course #8533

Create Your Dream Garden

Have you been dreaming of creating a wonderful outdoor “room,” a place for your children to play, a quiet outdoor retreat—but don’t know where to start?

In this workshop we will discuss basic elements to consider when laying out a garden plan and how to select the right materials for your space. Learn about various garden styles and developing a vision for your ideal garden. Explore the benefits of the design and planning process and how to maximize your efforts and budget to avoid disappointing and costly mistakes. Class participation is encouraged so please be ready to discuss specific questions about your project. You are welcome to bring pictures of your site and any plants you want to use.

Heather Hardcastle is a noted landscape designer in the Bay Area and has been featured on HGTV’s Curb Appeal, Landscape Smart, and Landscaper’s Challenge. She co-owns a residential design, construction and consulting firm in San Rafael.

Kate Michels is a certified landscape designer specializing in designing custom private gardens that reflect the personal style and individual interests of her clients.

- Saturday, 9am-3pm
- Oct. 14
- Kentfield Campus, Harlan Center 171
- Fee $60
- Course #8534
The following two courses are provided at a significantly reduced fee through the courtesy of the Marin County Stormwater Pollution Prevention Program (MCSTOPPP) as part of an effort to protect water quality. The instructor for both is Debi Tidd who has a B.S. in Conservation of Natural Resources and currently works as the Education Director at The Gardens at Heather Farm in Walnut Creek. The two classes complement one another and you will benefit by taking both of them. Materials are provided.

The “Dirt” on Soil

Healthy soil is the secret to keeping plants beautiful and problem free. Learn how to protect and build your garden soil through composting and mulching (including sheet mulching) in this hands-on workshop. Also learn how to “read” your soil and how to get soil microorganisms to improve it for you. All participants should bring a “baggy” full of their own garden soil and a clear jar with a tight fitting lid. The last half-hour of class is reserved for participants wanting to learn specifically about worm composting—and for making and taking home a bin of their own, complete with red wigglers!

- **Debi Tidd**
- **Saturday, 10am-1pm**
- **Oct. 7**
- **Kentfield Campus, Dance/Landscape Management Center 11**
- Fee $30 (with worm bin)
  
  **Course #8535 EC**
- Fee $25 (without worm bin)
  
  **Course #8536 EC**

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**Go Native and Plant Now for Spring Color**

Now is the time to begin planting so you can enjoy a colorful display of spring flowers—and so plants can establish strong root systems during rainy months!

Learn how to choose and grow California natives and other Mediterranean plants to create a beautiful garden that provides wildlife habitat, uses less water and is pesticide free.

Meet some plants that are great performers and learn which plants are best for containers, shade and wildlife, and what to plant under oaks. Learn about some birds and butterflies that are attracted to these colorful, low-care plants.

You will take home plants, a growing guide and other helpful resources.

- **Debi Tidd**
- **Saturday, 10am-12noon**
- **Oct. 8**
- **Kentfield Campus, Dance/Landscape Management Center 11**
- **Fee $25**
- **Course #8537 EC**

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Online Home Arts courses are available! Go to [www.marincommunityed.org](http://www.marincommunityed.org)
Note: Languages courses followed by the numeral 1 are for students with no previous background in the language. Subsequent courses build upon the knowledge base developed in previous quarters. For example, courses 1 & 2 are offered in the Fall Quarters, course 3 in Fall 1 and course 4 in Fall 2. Intermediate to advanced students may take courses 5 through 8 when offered. Please be advised that no refunds are given for mistaken placement in Language series.

Most of our language classes require the purchase of a text book that will be used for levels 1 through 6. Please refer to the Kentfield Campus bookstore for titles and cost at 415.485.9394.

Conversational French 1 & 2:
Beginning courses in a continuing series

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. Music, guest speakers and film will provide further illustrations of the French-speaking cultures. See Note at beginning of the Languages section.

For each course listed below:
- Ellen Karel
- 7 Thursdays
- Kentfield Campus, Dickson Hall 30

Fall 1/Beginning French 1
- Sept. 7-Oct. 19
- 7:10-9pm, Fee $84
  Course #8538
- 3:10-5pm, Fee $64
  Course #8539 EC

Fall 2/Beginning French 2
- Oct. 6-Dec. 7 (No class Nov. 3)
- 7:10-9pm, Fee $78
  Course #8540
- 3:10-5pm, Fee $58
  Course #8541 EC

Conversational French 5 & 6:
Intermediate courses in a continuing series

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

For each course listed below:
- Ellen Karel
- 7 Tuesdays, 7:10-9pm
- Kentfield Campus, Dickson Hall 111
- Fee $84

Fall 1/Intermediate French 5
- Sept. 5-Oct. 17
- Course #8542

Fall 2/Intermediate French 6
- Oct. 24-Dec. 5
- Course #8543
Survival Italian

Learn to speak simple Italian easily and quickly in this course for beginners and travelers. Learn to say practical phrases to make your long-awaited trip even more fun and memorable. You will be able to ask and understand directions, buy tickets, reserve hotel rooms, shop smart and order beautifully from the menu. You’ll also get some travel tips to avoid problems. Italian is flexible, expressive and romantic—the most fun language to learn. All materials provided. Come to parlare italiano!

In fall 2 we’ll review plus introduce verb forms, including past tense, more vocabulary and useful dialogs for the happy traveler. Come prepared to speak a lot and to gain more confidence.

Nancy Chien-Eriksen learned Italian while studying in Padua, Venice, and Florence, Italy. She has created her own lessons and dialogues designed to facilitate fast learning with low stress.

For each course listed below:
- 7 Tuesdays, 6:40-9:30pm
- Indian Valley Campus, Ohlone 156

Fall 1
- Sept. 5-Oct. 17
- Fee $116 (Includes $8 materials fee)
- Course #8544

Fall 2
- Oct. 4-Dec. 5
- Fee $108
- Course #8545

Conversational Italian 1 & 2:
Beginning courses in a continuing series

Learn basic conversational Italian and essential grammar usage, including pronunciation, vocabulary and command of idiomatic expressions and colloquialisms. See Note at beginning of Languages section.

Fall 1/Beginning Italian 1
Lido Cantarutti
- 7 Tuesdays, 7:10-9pm
- Sept. 5-Oct. 17
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $84
- Course #8546

Ilia Salomone-Smith
- 7 Tuesdays, 3:10-5pm
- Sept. 5-Oct. 17
- Kentfield Campus, Science Center 102
- Fee $64
- Course #8547 EC

Fall 2/Beginning Italian 2
Lido Cantarutti
- 7 Tuesdays, 7:10-9pm
- Oct. 24-Dec. 5
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $84
- Course #8548

Ilia Salomone-Smith
- 7 Tuesdays, 3:10-5pm
- Oct. 24-Dec. 5
- Kentfield Campus, Science Center 102
- Fee $64
- Course #8549 EC

Conversational Italian 5 & 6:Intermediate courses in a continuing series

These courses are designed for students who have some knowledge of Italian or at least four quarters study at the community college level. Starting with a review, we continue to develop knowledge of vocabulary, pronunciation, idiomatic expressions and situational grammar usage. Emphasis will be on speaking and comprehension through intensive oral drills. See Note at beginning of Languages section.

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

Fall 1/Intermediate Italian 5
- 7 Tuesdays, 7:10-9pm
- Sept. 5-Oct. 17
- Kentfield Campus, Science Center 102
- Fee $84/Course #8550

Fall 2/Intermediate Italian 6
- 7 Tuesdays, 7:10-9pm
- Oct. 24-Dec. 5
- Kentfield Campus, Science Center 102
- Fee $84/Course #8551
Conversational Spanish 1 & 2: Beginning courses in a continuing series

These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn essential grammar usage, vocabulary, pronunciation, idiomatic expressions and colloquialisms. Grammar and vocabulary building are important, but the stress is on speaking. See Note at beginning of the Languages section.

Fall 1/Beginning Spanish 1
Nancy McInnis
- 6 Mondays, 7:10-9pm
- Sept. 11-Oct. 16
- Kentfield Campus, Science Center 104
- Fee $78/Course #8552

John Petrovsky
- 7 Tuesdays, 7:10-9pm
- Sept. 5-Oct. 17
- Kentfield Campus, Olney Hall 106
- Fee $84/Course #8553

Nancy McInnis
- 7 Wednesdays, 7:10-9pm
- Sept. 6-Oct. 18
- Kentfield Campus, Dickson Hall 30
- Fee $84/Course #8554

Milt Hain
- 6 Tuesdays, 3:10-5pm
- Sept. 5-Oct. 17 (No class Oct. 3)
- Kentfield Campus, Temporary Building 119
- Fee $58/Course #8555 EC

Fall 2/Beginning Spanish 2
Nancy McInnis
- 7 Mondays, 7:10-9pm
- Oct. 23-Dec. 4
- Kentfield Campus, Science Center 104
- Fee $84/Course #8556

John Petrovsky
- 7 Tuesdays, 7:10-9pm
- Oct. 24-Dec. 5
- Kentfield Campus, Olney Hall 106
- Fee $84/Course #8557

Nancy McInnis
- 7 Wednesdays, 7:10-9pm
- Oct. 5-Dec. 6
- Kentfield Campus, Dickson Hall 30
- Fee $84/Course #8558

Milt Hain
- 7 Tuesdays, 3:10-5pm
- Oct. 24-Dec. 5
- Kentfield Campus, Temporary Building 119
- Fee $64/Course #8559 EC

LAW

Introduction to Legal Research: How to Use the Marin County Public Law Library

Did you know that the Marin County Law Library is open to the public? Take the first steps towards developing skills needed to conduct effective legal research. Then move on to learning how to prepare basic documents for filing with a court. The emphasis is on California law. Theory is minimized in favor of practical tasks useful for determining rights, responsibilities and options under a seemingly complex network of statutes, regulations and judicial opinions that becomes vastly simpler when approached in a systematic manner.

This class is designed for non-attorneys and will be of greatest value to individuals seeking a broader understanding of the legal principles and practices or those interested in possible employment as legal support professionals.

Hal Aigner is an attorney licensed to practice in California and Director of the Marin County Law Library.
- 3 Saturdays, 9am-1pm
- Sept. 9-23
- Marin County Law Library
- 20 North San Pedro Road, Suite 2015
- San Rafael
- Fee $79 (includes $10 materials fee)
Writers’ View of the World: James Joyce's *Ulysses*

No single work of fiction has more influenced the course of contemporary literature than James Joyce’s 1922 masterpiece, *Ulysses*. Equal parts poetry, legend, domestic drama, it redefined the parameters of the novel for generations to follow—reason enough to devote ourselves, this quarter, to reading and discussing this monumental work. Along the way, we will examine the intentions, themes, and techniques of *Ulysses* toward a better understanding of its dazzling complexities. But, in the end, it is the novel’s great human appeal that rewards our close study, for in this story of a day in the life of one Dubliner in June 1904, Joyce invites each of us to explore along with him nothing less than what it means to be a human being, what it means to be alive.

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

- 6 Thursdays, 1:10-3pm
- Oct. 6-Dec. 7 (No class Nov. 3)
- Kentfield Campus, Harlan Center 170
- Fee $58
- Course #8563 EC

Erika Harkins, the instructor for the following two courses, has studied French Literature for over 20 years. She graduated from a French school and has ten years teaching experience. French Literature remains a passion. Lectures, discussion and readings are in English.

The Literary Life of France during the 19th Century, Part I

The end of the French Revolution, Napoleon’s epopee and the reappearance of the old monarchy gave way in the first part of the 19th century, to completely new types of literary currents, “Pre-Romanticism” and “Romanticism.” The strong return of the bourgeoisie resulted in rejection of literary esthetics, values and rules inherited from the 17th century. During that period, “the novel” predominated literature. The novel became the genre that described the individualism and vanity of society.

Join us in learning about and enjoying the lives and works of the novelist Chateaubriand, the poet Lamartine, along with the critique essayist Mme de Stael, followed by the famous novelists, playwrights and critiques: Hugo, Vigny, Balzac, Musset, Stendhal, Sand, Dumas and Saint-Beuve.

- Erika Harkins
- 7 Wednesdays, 2:10-4pm
- Sept. 6-Oct. 18
- Kentfield Campus, Harlan Center 170
- Fee $66 (Includes $2 materials fee)
- Course #8564 EC

The Literary Life of France during the 19th Century, Part II

Historically, the second part of the 19th century in France was dominated by the Second Empire. The century ended with the proclamation of the 3rd Republic that brought many liberties, but was shaken by scandals, such as the Dreyfus Affair that divided the French population. These events had great influence on French society and writers, changing their way of thinking, their philosophy and the literary genres.

This period witnessed the appearance of new literary currents such as the “Parnassian Poetry,” “Realism and Naturalism” and “Idealism and Symbolism.”

Join us in learning in a laid-back manner about the works and lives of the novelists Merimee, Nerval, Flaubert, Zola, Maupassant, Dumas the Son, Verne, Goncourt, the poets Gauthier, Leconte de Lisle, Mallarme, the “cursed poets” Baudelaire, Verlaine, Rimbaud and the historian Michelet.

- Erika Harkins
- 7 Wednesdays, 2:10-4pm
- Oct. 25-Dec. 6
- Kentfield Campus, Harlan Center 170
- Fee $66 (Includes $2 materials fee)
- Course #8565 EC
Dante’s Divine Comedy: Introduction and the Inferno

Spend the year with Dante, beginning this fall. Fall 1 will be devoted to an introduction to Dante and his works as well as a presentation of the history and literature of late thirteenth and early fourteenth century Florence. We will begin reading the Inferno in this first fall session and finish it in the second fall session. The subsequent winter and spring quarters will be devoted to the Purgatorio and the Paradiso.

The Fall 1 class is not a prerequisite for Fall 2.

Wendy Walsh has a doctorate in Italian Literature from U.C. Berkeley.

For each course listed below:

- 7 Wednesdays, 3:10-5pm
- Kentfield Campus, Harlan Center 169
- Fee $64

Fall 1

- Sept. 6-Oct. 18
- Course #8566 EC

Fall 2

- Oct. 5-Dec. 6
- Course #8567 EC

Other courses of interest . . .

Bus Trip to The Dickens Fair

is listed under Art.

A Look at Shakespeare’s
The Comedy of Errors

is listed under Drama.

An Eclectic Introduction to
Chinese and Japanese Poetry

Read and discuss poetry from the Chinese Tang and Song Dynasties, as well as read and write haiku from a Japanese tradition in this survey course. Chinese poets such as Tu Fu, Li Po and Wang-Wei will be touched on, as well as haigins, or Japanese haiku poets: Chisoku, Basho, Buson and Issa.

The Chinese literati tradition is reflected in the poets we meet. After many years of study, a man would be considered a member of the literati, a scholar-artist, and be proficient in poetry, painting, calligraphy and connoisseurship. In conjunction with the literati tradition, the class will take a field trip to visit the Chinese galleries at the Asian Art Museum in San Francisco where we will see a 9th c. scholar’s studio as well as view Chinese paintings, poetry and calligraphy.

A donation of approximately $10 will be collected at the first class for Museum fees. Students arrange their own transportation. Please bring notebooks to class.

Carolyn Talmadge

- 6 Thursdays, 2:10-4pm
- Oct. 26-Dec. 7 (No class Nov. 23)
- Kentfield Campus, Harlan Center 173
- Includes field trip: Asian Art Museum
- Thursday, Nov. 16, 2-4pm
- Fee $61 (Includes $3 materials fee)
- Course #8568 EC

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

Note: Marin Adventures courses are conducted mainly in the field. Enrollment is limited. Students provide their own transportation. Park entrance fees are not included. Remember to wear comfortable shoes and dress for weather for field trips—and bring your binoculars! Bring drinking water and snacks. Come prepared to have fun!

Who “Glows” There?
Bioluminescence at Drake’s Beach

Come learn about living, glowing beings, or bioluminescence. What is it? How does it work? Who glows and why? We will begin with demonstrations, discussions and “hand outs.” Following that we will search the ocean shore for wild bioluminescence along a half-mile stretch of the sandy beach at Drakes Bay. Please wear sturdy walking shoes that you don’t mind getting sandy and bring a lawn chair to sit in! Everyone will receive their own phytoplankton sample with culturing directions to take home.

Meet near the Visitors Center at Drakes Beach. Directions are on the Community Ed website under the course listing. You may also request them by calling 415.485.9318; leave your name and mailing address, and the course title and number. This class will not be offered again until next fall.

Please see Note above.

Cathleen Cannon, B.S. (Biology/Chemistry) has led night hikes in Sonoma and Marin Counties since 1988.
- Saturday, 6-10pm
- Sept. 3
- Drake’s Beach parking lot
- Point Reyes National Seashore
- Fee $43 (Includes $5 materials fee)
- Course #8569 EC

Nature at Night:
Oak Woodland at Indian Valley

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

At times there is a 300 to 400 foot change in elevation. All participants should wear jackets and hiking boots. Park in Lot #7 on the Indian Valley Campus and proceed to the Tennis Courts to meet Cathleen. Blacklight rental included.

Please see Note above.

Cathleen Cannon, B.S. (Biology/Chemistry)
- Saturday, 6-10pm
- Oct. 21
- Indian Valley Campus, Tennis Courts
- Fee $48 (Includes $10 materials fee)
- Course #8570 EC
California Birds of Prey: The Migration of Raptors

Marin County is blessed each fall with one of the world’s greatest concentrations of migrating raptors. Riding updrafts from the Coastal Ranges, thousands of birds are funneled over the county before they power across the treacherous San Francisco Bay, making the Marin Headlands a prime spot for hawk watching.

During our lecture on campus, we will explore the life histories and learn to identify these magnificent hawks, eagles, kites, harriers and ospreys. Then on Saturday, we will journey to Hawk Hill to identify and observe both resident and migrant raptors. Both beginners and experts are welcome.

Recommended text, *Raptors of California*, is available at the Kentfield Campus Bookstore.

Please see Note under Marin Adventures heading.

- **David Lukas**
  - Thursday, 2:10-4pm
  - Oct. 19
- **Kentfield Campus**, Harlan Center 171
  - Plus field trip: Sat., 10am-3pm
  - Oct. 21
  - Fee $54
- **Course #8571 EC**

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 session will start in the classroom for an introductory 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 bring binoculars, layered clothes, water, a bag lunch and comfortable shoes to each class. Students provide their own transportation. There may be incidental entrance fees to parks.

**Lisa Hug**, M.Ed., is an experienced birder in Marin and Sonoma Counties. She co-leads pelagic trips and teaches seminars at the Point Reyes National Seashore. Careful! She has a contagious passion for birds that might be catching!

- **Orientation**: Tuesday, 8:30am-12:30pm
- **Sept. 5**
- **Kentfield Campus**, Learning Resources Center 53
  - Plus 4 field trips
  - Tuesdays, 8:30am-12:30pm
  - Sept. 12-Oct. 3
  - Fee $82
- **Course #8572 EC**
Itineraries for the following classes will be mailed automatically to those who register at least a week in advance of the first class meeting of each course below. To request the itinerary during the week prior to the first class meeting, call 415.485.9318 and leave your name and mailing address, and the course number. Itineraries are also available on our website.

**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 1,000 feet of elevation gain. Please see Note under Marin Adventures heading.

Instructor to be announced

**Fall 1**
- 7 Saturdays, 10am-2pm
- Sept. 9-Oct. 1
- 1st class meeting: Mt. Tamalpais
- Last class 6 hours
- Fee $121/Course #8577 EC

**Fall 2**
- 6 Saturdays, 10am-2pm
- Oct. 8-Dec. 9 (No class Nov. 5)
- 1st class meeting: Deer Island Open Space
- Last class 6 hours
- Fee $104/Course #8578 EC

**Adventure Hiking**

This fall we’ll witness the beautiful color changes and perhaps encounter some early mushrooms as we explore many of Marin’s wild and obscure areas, using old roads, small trails and deer and cattle paths. These hikes are unique and cannot be found in any book. We will cover 6-8 miles on varied terrain and up to 1,500 feet elevation. Participants should be in good physical condition, able to climb fairly steep grades without over-exertion and to cover 2 to 2 ½ miles per hour. Please see Note under Marin Adventures heading.

**Judy Hall** is an active leader with the Sierra Club, hiking almost exclusively in Marin. She is by profession a jazz pianist and her hikes sometimes take on the flavor of an improvisation.

- 7 Sundays, 9:30am-1:30pm
- Sept. 17-Oct. 29
- Pine Mountain Road Trailhead
- First class meeting: 9:15am
- Fee $145/Course #8579 EC

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**Meandering in Marin**

If you enjoy getting exercise, socializing with a congenial group and learning about birds, flowers, butterflies and mushrooms, come join the Meanderers. Hikes are four to five miles with an elevation gain of under 1000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine. Please see Note under Marin Adventures heading.

**Wendy Dreskin**, one of the most informative and enjoyable naturalists in the county, leads the always popular “Meandering in Marin.” Wendy is the winner of the 2003 Terwilliger Environmental Award.

**Fall 1**
- First class meets: **Samuel P. Taylor Toll Booth**
  - 6 Mondays, 9:45am-1:45pm
  - Sept. 11-Oct. 16
  - Fee $98/Course #8573 EC
  - 7 Tuesdays, 9:45am-1:45pm
  - Sept. 5-Oct. 17
  - Fee $115/Course #8574 EC

**Fall 2**
- First class meets: **Boot Jack, Mount Tamalpais**
  - 7 Mondays, 9:45am-1:45pm
  - Oct. 23-Dec. 4
  - Fee $115/Course #8575 EC
  - 7 Tuesdays, 9:45am-1:45pm
  - Oct. 24-Dec. 5
  - Fee $115/Course #8576 EC
MODERN SCIENCES

Space, Time, Relativity and Cosmology

In this class, concepts and connections are emphasized, and presented through discussion accompanied by audiovisual aids, demonstrations (when available) and videos. The scientific method is carefully explained along the way, including the concepts of experimentation, replication and falsification. This course is intended for non-scientists, and no math is required. You may take either one or both fall quarters.

Fall 1 starts with the Greeks and treats concepts introduced by Kepler, Galileo and Newton. We will follow the historical procession from Galileo’s relativity (circa 1600) up to and including Einstein’s Special and General theories of relativity. In Fall 2, we will enter the world of Einstein’s theories of Relativity, including concepts such as the curvature of space and time, expansion of the universe, cosmology and the ‘Big Bang’. The birth and death of stars, red giants and white dwarfs (our sun’s fate), neutron stars and black holes will be discussed. Quantum ideas (and their strangeness), will be included in the last lectures.

Frederick W. Cummings, PhD, Stanford, is emeritus Professor of Physics at University of California Riverside, and is widely published.

For each course listed below:

- Kentfield Campus, Science Center 101
- Fee $66 (Includes $2 materials fee)

Fall 1

- 7 Tuesdays, 1:10-3pm
- Sept. 5-Oct. 17
- Course #8580 EC

Fall 2

- 4 Tuesdays & 3 Thursdays, 1:10-3pm
- Oct. 24-Nov. 14
- Course #8581 EC

California’s Volcanoes, Earthquakes and Hot Springs

Are you curious about volcanoes, earthquakes and hot springs but not sure where to find them in California and how or if they might be related? In this course we will talk about processes that result in all three. The focus will be on California, but important examples from other parts of the world will also be described.

Slides and video will be used to describe the process involved in the formation of volcanoes and earthquakes and the types and locations of associated thermal features like hot springs.

Ample time will be allotted for questions and discussion, and sites will be recommended for “going on-line” to learn about various volcanoes and locate recent earthquakes. Knowledge and training is geology is not required. Just bring your curiosity and questions about processes that shape the earth, hazards associated with them and ways in which their energy can be utilized by man.

Mike Sorey, PhD, has worked for the U.S. Geological Survey for over 30 years and has written extensively about volcanoes, earthquakes and hot springs all over the world. He lives in Oakland and notes that he knows where the best soaking hot springs are in California.

- 7 Wednesdays, 2:10-4pm
- Oct. 25-Dec. 6
- Kentfield Campus, Science Center 101
- Fee $64
- Course #8582 EC
Music Appreciation: Finland and Russia, Musical Neighbors

Join us to hear, enjoy and learn about classical music.

For each course listed below:

- **Carl Jech, Th.M. (Harvard University)**
- **Kentfield Campus, Fine Arts 177**

**Fall 1**

The life and music of composers Jean Sibelius and Igor Stravinsky. Is Finland’s and Russia’s long history with each other reflected in their music?

- 6 Mondays, 1:10-3pm
- Sept. 11-Oct. 16
- Fee $58/Course #8583 EC

**Fall 2**

The life and music of Sergei Prokofiev, one of the few Russian composers to stay in the Soviet Union during the Stalin era.

- 7 Mondays, 1:10-3pm
- Oct. 3-Dec. 4
- Fee $64/Course #8584 EC

**Exploring Opera: Journey through the Ages**

Huge voices, sweeping music, foreign languages, large productions—opera can be a thrilling, yet overwhelming experience.

Explore the history, various styles of music, differing use of the voice and varying role of drama as opera develops across the centuries from the Baroque to the Contemporary.

Enjoy excerpts from popular composers such as Handel, Mozart, Verdi, Puccini and Strauss and delights in enchanting melodies from works by lesser-producers composers such as Gluck, Bellini, Massanet and Charpentier.

Embark on this musical journey filled with audio and video clips as well as inside stories about life “behind the curtain” to demystify this exciting art form.

**James Sokol** has worked in opera since joining the staff of New York City Opera in 1988. He is a former Executive Director of San Francisco’s Pocket Opera.

- 7 Wednesdays, 1:40-3:30pm
- Sept. 6-Oct. 18
- Kentfield Campus, Science Center 101
- Fee $64
- Course #8585 EC

**Performance Traditions of Russian Opera and Ballet**

Explore and enjoy Russian Opera and ballet with someone who has lived it. The instructor will not only lecture on Russian Opera and Ballet, he will also perform excerpts on piano. DVDs and videos of some of the best productions of the Kirov Opera and Ballet (St. Petersburg), the Bolshoi Theater (Moskow) and others will also be played for the class. New and returning students are always welcome.

**Alexander Vereshagin**, professor and conductor, was educated in the Glinka Capella and continued his studies at the Leningrad National Conservatory before joining the Conservatory’s prestigious faculty in 1972. Vereshagin is one of the Soviet Union’s premier musicians and is currently the Music Director and Conductor of the Russian Chamber Orchestra in San Francisco.

For each course listed below:

- 7 Tuesdays, 1:10-3pm
- Kentfield Campus, Fine Arts 72
- Fee $64

**Fall 1**

- Sept. 5-Oct. 17
- Course #8586 EC

**Fall 2**

- Oct. 4-Dec. 5
- Course #8587 EC
Chorus Emeritus
If you like to sing or think you would like to sing in a mixed chorus, join us! During the fall we rehearse holiday and various musical selections in preparation for performances at the end of the second semester when we perform at retirement or convalescent facilities. There are no auditions. We ask for $25 to buy new music and to pay our talented accompanist.

For each course listed below:

- Philip Hildreth
- Kentfield Campus, Fine Arts 72

Fall 1
- 7 Thursdays, 3:10-5pm
- Sept. 7-Oct. 19
- Fee $49/Course #8588 EC

Fall 2
- 6 Thursdays, 3:10-5pm
- Oct. 6-Dec. 7 (No class Nov. 3)
- Fee $42/Course #8589 EC

Marin Men’s Chorus
Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $30 at the first class meeting for materials/accompanist fees.

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

For each course listed below:

- 7 Tuesdays, 7:30-9:30pm
- St. Stephen’s Church
- 3 Bayview Ave., Belvedere
- Fee $37

Fall 1
- Sept. 5-Oct. 17
- Course #8590 EC

Fall 2
- Oct. 4-Dec. 5
- Course #8591 EC

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!!

No previous music experience or harmonica training is required; only a love of the blues and a desire to play the harmonica! 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.

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

- Thursday, 6:10-9:30pm
- Nov. 2
- Kentfield Campus, Physical Education 23
- Fee $54 (Includes $14 materials fee)
- Course #8592

Piano Classes for Beginners to Advanced
Enjoy piano instruction, whether you have never taken lessons before, or want to continue to build on what you have learned in the past. 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) addresses the beginner with little or no knowledge of the piano. Basic instruction includes introduction to harmony, note reading, rhythm, ear-training and technique, while working on simple pieces.

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

Section C (Thursdays, 7:40-9pm) is for students who have completed Section B or who can proficiently play and count, hands together, pieces of moderate difficulty. Classical and popular music pieces are the focus of this class.
Section D (Thursdays, 6:10-7:30pm) is for the more advanced student. There will be more individual attention, with an emphasis on selected classical pieces and 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 415.381.6216.

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

For each course listed below:
- Times as listed above
- 7 Tuesdays & 7 Thursdays
- Kentfield Campus, Fine Arts 188
- Fee $80

Fall 1
- Sept. 5-Oct. 19
- Course #8593

Fall 2
- Oct. 24-Dec. 12 (No class Nov. 23)
- Course #8594

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. This workshop has been taken by more than 100,000 students, and the PBS program, “Piano In A Flash,” is largely based on this method. In just half a day you can learn enough secrets of the trade to give you years of musical enjoyment. The difference is traditional piano teachers teach note reading, and piano-playing professionals use chords. In this class, you will 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, go to the course information at www.marincommunityed.org, or call 415.485.9318 and ask for a free piano preparation pamphlet.

The materials fee covers workbook and CD for on-going home use.
- Robert Laughlin
- Saturday, 9am-12:30pm
- Oct. 7
- Kentfield Campus, Fine Arts 177
- Fee $60 (Includes $25 materials fee)
- Course #8595

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. 7
- Kentfield Campus, Fine Arts 177
- Fee $60 (Includes $25 materials fee)
- Course #8596
Online Classes

If you can surf the Internet, then you can take an Online class!

We have over 90 different Online classes every month in:

Art  
Business  
Computers  
Photography  
Financial Planning  
Literature  
Writing  
Travel  
Law  

And many more...

For more information, please visit our website at www.marincommunityed.org
PARENTING

How to Be Successful in the Independent High School Admissions Process

Learn how to find the best school for your child and how to be successful in getting admitted. This course is designed for parents of middle school students who are considering non-public high schools with small class sizes and special programs.

We will examine what to look for in a school; how to determine which is the right match for an individual child; how to write an effective letter of recommendation for one’s own child; how to interpret standardized tests; how to guide your child without taking over the application process. We will also stress how to use the high school search as a way to talk to your child about his/her goals, dreams, values, talents, strengths and learning style.

Marjorie Donalds, M.A., is an educational consultant specializing in independent high school admissions. A former admission director for an independent high school and an educational consultant for the past six years, she has a thorough understanding of both sides of the admission process.

- Saturday, 10am-12noon
- Oct. 7
- Kentfield Campus, Harlan Center 161
- Fee $30
- Course #8597

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Amy Mottern, 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 Amy Mottern 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 Amy Mottern at 415.457.8811, ext. 8239.

PHILOSOPHY

Introduction to the Philosophical Traditions of Yoga

This course provides an introductory overview of the 5,000 year evolution of Yoga. With lecture and guided discussion, we will trace the lineage of key philosophical concepts from the Vedas through the Bhagavad-Gita and Patanjali’s Yoga Sutras to some of today’s practices. We will also look at how Yoga interconnects with other philosophical traditions from the Indian sub-continent. Previous experience with Yoga is not necessary.

Recommended text: The Yoga Tradition: Its History, Literature, Philosophy and Practice, Georg Feuerstein, is available at the Kentfield Campus Bookstore.

Kate Vogt, MBA, is a registered Yoga instructor with the national Yoga Alliance. She has studied extensively on Yoga’s philosophical tradition with one of the foremost authorities on Yoga, scholar and author Georg Feuerstein, PhD.

Fall 1
- 4 Thursdays, 6:40-8:30pm
- Sept. 7-28
- Kentfield Campus, Harlan Center 173
- Fee $79 (Includes $3 materials fee)
- Course #8598

Fall 2
- 4 Tuesdays, 1:10-3pm
- Oct. 3-24
- Kentfield Campus, Harlan Center 171
- Fee $79 (Includes $3 materials fee)
- Course #8768
PHOTOGRAPHY

Basic Photography

This course on basic photographic techniques will cover camera types, lenses, filters, depth of field, exposure control, flash equipment and lighting, films and tripods. Composition, close-ups, landscapes, people and portraits, night photography and special effects will also be covered. Because digital photography is now a part of everyday life, we will discuss the differences between using film and digital with references to the use of computers, digital cameras, scanners and new photo printers. While open to digital camera users, this is not a digital class.

Two field trips include a Sunday morning in Muir Woods and a Wednesday evening starting in San Francisco at the Palace of Fine Arts, then the Golden Gate Bridge and finally Vista Point. You are responsible for your own transportation.

Bring an adjustable camera to class each week. If you bring a point-and-shoot camera many of the technical exercises may not be possible. Darkroom work (processing and printing your own film) 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 and in the 2004 CEDCO Sonoma calendar.

- 6 Thursdays, 7:10-10pm
- Oct. 6-Dec. 14 (No class Nov. 16 & 23)
- Kentfield Campus, Harlan Center 161
- Field trip: Thurs., Dec. 7
- Plus Sunday, 8-11am, Nov. 19
- Fee $118 (Includes $10 materials fee)
- Course #8599

Night Photography

The history of night photography is nearly as old as the medium itself. The first known nocturnal images are daguerreotypes of the moon dating back to the 1840’s.

In this seven session course you will learn how to gauge long exposures in locations illuminated by artificial light sources, as well as by the light of the full moon. Emphasis will be on evaluating existing lighting situations and exposing accordingly.

Some Friday night classes will be on location, including “mixed-use” areas of the Golden Gate National Recreation Area—the Presidio and the Marin Headlands. An additional field trip is scheduled for the full moon on a Sunday.

The class is limited to 12 students so there will be time for plenty of personal attention from the instructor.

One prerequisite is that you already know how to use your specific (preferably manual) camera and have a firm grasp of the basic concepts of photography. Digital 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 and U.C. Santa Cruz Extension and at Pacific Media Arts since 1998.

- 6 Fridays, 7:10-10pm
- Sept. 15-Oct. 20
- Kentfield Campus, Harlan Center 165
- Plus field trip Sunday, Oct. 8, 7-10pm
- Fee $164 (Includes $5 materials fee)
- Course #8600

Night Photography by Instructor Tim Baskerville. Joshua Tree
Intro. to the Digital Camera

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

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

For each of the following courses:
- Ed Woods
- Indian Valley Campus, Ohlone 216
- Fee $100
- Friday, 10am-5pm
  Sep. 8/Course #8601
- Friday, 10am-5pm
  Nov. 3/Course #8602

Intermediate Digital Camera

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

If you own a digital camera, you should bring it with you to class.

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

For each of the following courses:
- Ed Woods
- Indian Valley Campus, Ohlone 216
- Fee $100
- Friday, 10am-5pm
  Sep. 15/Course #8603
- Friday, 10am-5pm
  Nov. 17/Course #8604

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 and create a digital photo album of your pictures.

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

For each of the following courses:
- Jazmine Loiselle
- Fee $122 (Includes $22 materials fee)
- Friday, 9am-4pm
  Sept. 22
  Indian Valley Campus, Ohlone 216
  Course #8605
- 2 Tuesdays, 8:30-11:30am
  Oct. 10-17
  Kentfield Campus, Fine Arts 225
  Course #8606
- Friday, 9am-4pm
  Dec. 1
  Indian Valley Campus, Ohlone 216
  Course #8607

Interm. Photoshop Elements: The Digital Darkroom

This course will continue to focus on photo editing techniques. We will review the basics, introduce basic selections and layers, cover how to control separate areas of a photo in order to execute customized lighting and color adjustments and step-by-step instructions creating a slide show with viewing capabilities on a CD or the Internet.

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

For each of the following courses:
- Jazmine Loiselle
- Fee $100
- Friday, 9am-4pm
  Sept. 9
  Indian Valley Campus, Ohlone 216
  Course #8608
- Tuesdays, 8:30-11:30am
  Oct. 4-31
  Kentfield Campus, Fine Arts 5
  Course #8609
- Friday, 9am-4pm
  Dec. 8
  Indian Valley Campus, Ohlone 216
  Course #8610

Online Photography courses are available! Go to www.marincommunityed.org
Online Classes are available on our website.

PHYSICAL FITNESS

Note: Please check with your physician before you register for any P.E. class(es). If you have any questions about the level of difficulty of the class, please call 415.485.9305. We have a strict Refund Policy as stated in our General Information section. Please see our Marin Adventures section for other courses of interest.

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

Are you living with body pain? Feel caught between alternative and traditional care? Come to a friendly exercise class that teaches you how to rebuild strength and flexibility without irritation or strain to your existing problems. The floor-work position gives the rest and relief painful areas need for repair. The original exercises we use in class let us relax, talk, and have fun while pushing limits and working muscles hard. We make sounds, jiggle, shake and tremble. Breathing exercises flatten the belly, detox lymph nodes, and improve posture. Leg muscle exercises build new flexibility up and down your spine; hamstrings lengthen while hips and thighs tone. Unload stress, rejuvenate well being, and enjoy the cumulative effect of pain free movement. Individual attention is given for your particular problem. Everyone works at their own pace.

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

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. CE Hours awarded are equal to the number of class hours. See Note regarding Continuing Education for Health Professionals on page 42.

For each course listed below:
- Meg Margolis
- Kentfield Campus, Fusselman Hall 120

Fall 1
- 6 Mon., 7 Wed. & 7 Fridays
- Mon. & Wed., 3:40-5pm
- Fridays, 12:40-2pm
- Sept. 6-Oct. 20
- No fee
- Course #8613 EC

Fall 2
- 7 Mon., 7 Wed. & 5 Fridays
- Mon. & Wed., 3:40-5pm
- Fridays, 12:40-2pm
- Oct. 23-Dec. 8 (No class Nov. 10 & 24)
- No fee
- Course #8614 EC

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 guild-certified Feldenkrais Practitioner ™ and brings over thirty years of personal exploration and practice in the inner dynamics of awakening to the whole of one’s self.

For each course listed below:
- 7 Tuesdays, 7:10-8pm
- Kentfield Campus, Physical Education 40
- Fee $68

Fall 1
- Sept. 5-Oct. 17
- Course #8611

Fall 2
- Oct. 24-Dec. 5
- Course #8612
Energy Warm-Ups
A gentle, yet effective non-strenuous move, stretch and strengthen class for older adults. Goals include increased flexibility, mobility and range of motion with special attention paid to improving balance.

Classes will include a few minutes of light weight training, important for increasing upper body strength. Also breath and relaxation techniques will aid in reducing stress and increasing positive feelings of well being.

**Erik Riswold** is a movement specialist, has a third degree black belt in aikido and has been teaching seniors for over 20 years.

**For each course listed below:**
- Tuesdays, 8:10-9am
- **Kentfield Campus, Physical Education 40**
- Fridays, 9:10-10am
- **Kentfield Campus, Physical Education 60**
- No fee

**Fall 1**
- 7 Tuesdays & 7 Fridays
- Sept. 5-Oct. 20
- Course #8617 EC

**Fall 2**
- 7 Tuesdays & 5 Fridays
- Oct. 24-Dec. 8 (No class Nov. 10 & 24)
- Course #8618 EC

Movement and Music: A Universal Language
This class is created for mature persons who have not been exercising regularly, or have arthritis related problems. It moves at a moderate, comfortable (yet progressively challenging) pace to meet individual needs.

Chair exercises (to tone both upper and lower body muscles) will comprise a major portion of the class.

Also included: joint flexibility, muscle strengthening, balance, breathing coordination and modified Tai Chi movements, combined with relaxing music, conducive to reducing stress.

**Diane Hain** is a movement educator with years of teaching exercise.

**For each course listed below:**
- **Whistlestop**
- 930 Tamalpais Ave., San Rafael
- No fee

**Fall 1**
- 6 Mondays, 11:10am-12noon
- Sept. 11-Oct. 16
- **Course #8619 EC**

**Fall 2**
- 7 Mondays, 11:10am-12noon
- Oct. 23-Dec. 4
- **Course #8620 EC**
Exercise for Fitness and Pleasure

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

Jack Bray, MA, is a former Broadway dancer/choreographer and an exercise and fitness specialist.

Fall 1
- 4 Tuesdays & 4 Thursdays, 3:40-4:30pm
- Kentfield Campus, Physical Education 60
- No fee/Course #8621 EC

Fall 2
- 7 Tuesdays & 6 Thursdays, 3:40-4:30pm
- Oct. 24-Dec. 7 (No class Nov. 23)
- Kentfield Campus, Physical Education 60
- No fee/Course #8622 EC

Race Walking for Health

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

Jack Bray, MA, is a Certified Race Walk Instructor and a World Champion Race Walker.
- 4 Saturdays, 11:40am-1pm
- Oct. 21-Nov. 11
- Kentfield Campus, Physical Education 60
- Fee $51
- Course #8623

Moving with Chi

This course is based on principles of Tai Chi and Qigong. Using breath energy to cultivate soft dance-like Tai Chi movements, we will improve posture, breath, balance, memory, strength and flexibility. You will be taught acupressure points for self-healing and short Tai Chi/Qigong forms. During both fall 1 & 2, we will study and practice The Five Elements.

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

Dove Harris Govrin, MS, A.D.TR., is a dance therapist. She has 16 years experience teaching Tai Chi and Qigong. She studies with Master Hui Liu, a disciple of Grand Master Yang Meijun of Beijing.

Fall 1
- 7 Thursdays, 1:10-3:30pm
- Sept. 7-Oct. 19
- Indian Valley Campus, Miwok 170
- No fee/Course #8624 EC

Fall 2
- 6 Thursdays, 1:10-3:30pm
- Oct. 6-Dec. 7 (No class Nov. 3)
- Indian Valley Campus, Miwok 170
- No fee/Course #8625 EC

Wild Goose Qigong

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

Please dress appropriately in loose, comfortable clothing. The class at Indian
Valley Campus is priced for a smaller enrollment.

For each course listed below:
- Dove Harris Govrin, MS, A.D.TR.
- No fee

Fall 1
Kentfield Campus, Physical Education 60
- 7 Fridays, 10:10-12noon
- Sept. 8-Oct. 20
- Course #8626 EC

Indian Valley Campus, Miwok 170
- 5 Tuesdays, 1:10-3pm
- Sept. 5-Oct. 3
- Course #8627 EC

Fall 2
Kentfield Campus, Physical Education 60
- 5 Fridays, 10:10-12noon
- Oct. 27-Dec. 8 (No class Nov. 10 & 24)
- Course #8628 EC

Indian Valley Campus, Miwok 170
- 5 Tuesdays, 1:10-3pm
- Oct. 24-Nov. 21
- Course #8629 EC

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

Please dress appropriately in loose, comfortable clothing.

For each course listed below:
- Dove Harris Govrin, MS, A.D.TR.
- Kentfield Campus, Physical Education 60
- No fee

Fall 1
- 7 Fridays, 12:10-1:30pm
- Sept. 8-Oct. 20
- Course #8630 EC

Fall 2
- 5 Fridays, 12:10-1:30pm
- Oct. 27-Dec. 8 (No class Nov. 10 & 24)
- Course #8631 EC

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

Carolyn Talmadge has taught for the U.C. Arthritis Center and at the College of Marin for 20 years.

Fall 1
Beginning/Intermediate
- 6 Mondays, 3:40-5pm
- Sept. 11-Oct. 16
- Kentfield Campus, Physical Education 60
- No fee/Course #8632 EC

Beginning/Intermediate
- 6 Tuesdays, 10:45am-1:15pm
- Sept. 12-Oct. 17
- The Redwoods
  - 40 Camino Alto, Mill Valley
  - No fee/Course #8633 EC

Fall 2
Beginning/Intermediate
- 7 Mondays, 3:40-5pm
- Oct. 23-Dec. 4
- Kentfield Campus, Physical Education 60
- No fee/Course #8634 EC

Beginning/Intermediate
- 7 Tuesdays, 10:45am-12:15pm
- Oct. 24-Dec. 5
- The Redwoods
  - 40 Camino Alto, Mill Valley
  - No fee/Course #8635 EC

• A registration form is at the center of this booklet.
Advanced Tai Chi

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

For each course listed below:
- Carolyn Talmadge
- Kentfield Campus, Physical Education 60
- No fee

Fall 1
- 6 Fridays, 2:40-3:30pm
- Sept. 15-Oct. 20
- Course #8636 EC

Fall 2
- 5 Fridays, 2:10-3:30pm
- Oct. 27-Dec. 8 (No class Nov. 10 & 24)
- Course #8637 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. Class limited to 12.

Please be sure to arrive on time for warm ups to prevent injury. If you are more than 10 minutes late, you will not be allowed to participate.

Dawn Theilen is a certified Pilates Mat instructor and personal trainer and has a background in gymnastics and dance. Hope DeBorse is a certified mat Pilates instructor, Standing Pilates instructor, Fitball instructor, personal trainer and is currently enrolled in yoga therapy training.

For each course listed below:
- Form Body Studio
- 1000 Fifth Ave., Suite B, San Rafael

Fall 1
- Dawn Theilen
  - 7 Tuesdays, 9-10am
  - Sept. 5-Oct. 17
  - Fee $79/Course #8638
  - Hope DeBorse
  - 7 Wednesdays, 7-8pm
  - Sept. 6-Oct. 18
  - Fee $79/Course #8639

Fall 2
- Dawn Theilen
  - 7 Tuesdays, 9-10am
  - Oct. 24-Dec. 5
  - Fee $79/Course #8641
  - Hope DeBorse
  - 7 Wednesdays, 7-8pm
  - Oct. 25-Dec. 6
  - Fee $79/Course #8642

Introduction to Standing Pilates

Standing Pilates is a full-body exercise that requires focus on how the body moves and reacts in order to balance. Practice leads to neuro-repatterning that will translate into functional, correct movement in standing, sitting or bending over. Standing Pilates is a weight-bearing exercise (preventing osteoporosis) and can prevent prolapse because it strengthens the pelvic-floor muscles. It also demands more brain activity because of the balance element. There are 22 standing exercises, each of which helps to build strength, balance, coordination and conscious breathing.

Please be sure to arrive on time for warm ups to prevent injury. If you are more than 10 minutes late, you will not be allowed to participate. Class limited to 12.

For each course listed below:
- Hope DeBorse
- Form Body Studio
- 1000 Fifth Ave., Suite B, San Rafael

Fall 1
- 6 Mondays, 9-10am
- Sept. 11-Oct. 16
- Fee $68/Course #8644

Fall 2
- 7 Mondays, 9-10am
- Oct. 23-Dec. 4
- Fee $79/Course #8645
Other courses of interest . . .

Aerial Dance on Low Flying Trapezes
Belly Dance for Fun and Fitness
Tap Dancing

are listed under Dance.

Wado Ki Kai Karate

Wado Ki Kai means “to learn from all things.” Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques. The class is open to everyone from those with no prior experience to martial arts enthusiasts. Being in great shape is not a requirement to join—get in shape while gaining an appreciation for the Martial Arts in class. Warm-up exercises will incorporate Tai Chi, Qigong, yoga and Rosen Method movement.

Build your self-confidence, integrity and humility while developing physical strength, coordination, agility and a powerful sense of awareness. Karate attire is optional and will be discussed in class.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching for 16 years. He has taught Karate and Tai Chi for 5 years at the College of Marin Kentfield Campus and is popular with students of all ages.

Please note that the Fall 1 class begins on a Wednesday.

For each course listed below:
- 6:40-8pm
- Location to be announced

Fall 1
- 6 Mondays & 7 Wednesdays
- Sept. 6-Oct. 18
- Fee $104/Course #8646

Fall 2
- 7 Mondays & 7 Wednesdays
- Oct. 23-Dec. 6
- Fee $109/Course #8647

Yoga: A Wisdom Practice for Self-Care

Yoga is an ancient practice which offers healing benefits to the physical body, the emotions and the spirit. Classes are based on B.K.S. Iyengar’s method of teaching. Much attention is given to proper alignment, balance, breathing, relaxation, inner awareness and promoting peace internally and externally. You will develop strength, flexibility and mental fortitude and relax deeply to relieve the effects of stress and promote better health.

Mature yoga students and beginners alike will take their self-care to a new level in the supportive community promoted in this class. Please bring a sticky mat and firm blanket.

Susy Stewart has studied yoga for more than 25 years, including several trips to India where she studied with the Iyengars. Yoga has helped Susy gain balance and health in her life.

For each course listed below:
- Kentfield Campus, Physical Education 60

Fall 1
- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Sept. 5-Oct. 19
- Fee $108/Course #8648

Fall 2
- 7 Tuesdays & 6 Thursdays, 6:40-8pm
- Oct. 4-Dec. 7 (No class Nov. 3)
- Fee $105/Course #8649

Another course of interest . . .

Introduction to the Philosophical Traditions of Yoga

is listed under Philosophy.
Light Yoga and Meditation

Designed to gently and gradually improve overall flexibility, strength, breathing, concentration and meditation practice with classic Hatha and Raja Yoga, the goal of this class is to change your mind through your body, change your body through your mind and enliven your spirit. Regular practice of yoga and meditation leads to physical health, psychological well being and spiritual balance that can be integrated into one’s daily life. Beginners are welcome; the level of difficulty is mild to moderate. 60-70% Hatha Yoga, 30-40% deep relaxation and meditation. Bring a yoga mat, wear comfortable clothing. It is recommended not to eat two hours before class.

Paul Landrum, PhD, has been teaching Yoga and Meditation at the College of Marin since 1988. He works as an adjunct professor of psychology at Chapman University and has a private psychotherapy practice.

For each course listed below:

- Indian Valley Campus, Ohlone 106
  - Fall 1
    - 7 Tuesdays & 7 Thursdays, 5:40-7pm
    - Sept. 5-Oct. 19
      - Fee $108/Course #8650
    - 7 Saturdays, 8:30-10am
      - Sept. 9-Oct. 21
      - Fee $75/Course #8769
  - Fall 2
    - 7 Tuesdays & 6 Thursdays, 5:40-7pm
      - Oct. 24-Dec. 7 (No class Nov. 23)
      - Fee $105/Course #8651
    - 6 Saturdays, 8:30-10am
      - Oct. 28-Dec. 9 (No class Nov. 25)
      - Fee $69/Course #8770

Mindful Yoga

In addition to yoga postures done with Iyengar precision, you will learn to practice with attention to mind, energetic meridians and breath.

Flexibility and strength increases which restores the body's freedom and alignment. Deep physical and mental tensions are released and energy greatly increased, bringing a natural sense of well being. Relaxation and stress reduction training are integrated into the class.

**Note:** If you are new to yoga or signing up for the first time for the Intermediate class, call Laurel before registering at 415.454.0391.

Laurel Houghton, MA, is certified to teach by three schools of yoga, including the San Francisco Iyengar Institute, and has studied yoga for over 25 years including studies in body/mind medicine.

Susy Stewart has studied yoga for more than 5 years including in India with the Iyengars.

- Fall 1
  - Laurel Houghton, MA
    - 7 Saturdays
      - Sept. 9-Oct. 21
      - Kentfield Campus, Physical Education 60
      - Beginner
        - 10-11:30am
        - Fee $62/Course #8652
      - Intermediate
        - 8-9:45am
        - Fee $73/Course #8653
  - Fall 2
    - 6 Saturdays
      - Oct. 28-Dec. 9 (No class Nov. 25)
    - Kentfield Campus, Physical Education 60
      - Beginner
        - 10-11:30am
        - Fee $51/Course #8654
      - Intermediate
        - 8-9:45am
        - Fee $62/Course #8655
Weight Training and Yoga
Join with others in safe, effective and enjoyable practice of weight training and yoga. Each class begins with a warm-up that includes abdominal work and yoga poses. Lecture and demonstration of the workout routine will be followed by individual attention from the instructor. The warm-down will include yoga stretches tailored to the body parts trained that evening. This class is appropriate for all reasonably healthy adults. Recommended texts available at Kentfield Campus Bookstore.

For each course listed below:
- Jamie Lamka
- Kentfield Campus, Physical Education 20

Fall 1
- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Sept. 5-Oct. 19
- Fee $108/Course #8656

Fall 2
- 7 Tuesdays & 6 Thursdays, 6:40-8pm
- Oct. 24-Dec. 7 (No class Nov. 23)
- Fee $105/Course #8657

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

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

The “Beginner” class is limited to 17 students; all other classes are limited to 20. Please note: Fall 1 classes on the Kentfield Campus start on a Wednesday.

Kim Botenhagen has a Master’s degree in Physical Education (Exercise Physiology) from San Francisco State University. She is certified by American College of Sports Medicine and the Senior Fitness Association.

Betsy Best-Martini is a rehabilitation therapist with 25 years of experience working with older adults. She received her Master of Science degree in Recreational Therapy and is certified by the Senior Fitness Association.

Fall 1
Beginning
- Betsy Best-Martini
- 7 Wednesdays 8-9am
- 7 Fridays, 8-9:30am
- Sept. 5-Oct. 19
- Kentfield Campus, Physical Education 40
- No fee/Course #8658 EC

For each course listed below:
- 6 Mondays & 7 Wednesdays
- Sept. 6-Oct. 18
- Kentfield Campus, Physical Education 20
- No fee

Intermediate/Advanced
- Kim Botenhagen
- 5:15-7am
- Course #8659 EC
Advanced
- Kim Botenhagen
- 7-8:45am
- Course #8660 EC

Fall 2
Beginning
- Betsy Best-Martini
- 8 Wednesdays 8-9am
- 5 Fridays, 8-9:30am
- Oct. 25-Dec. 13 (No class Nov. 10 & 24)
- Kentfield Campus, Physical Education 40
- No fee/Course #8661 EC

For each course listed below:
- 7 Mondays & 7 Wednesdays
- Oct. 23-Dec. 6
- Kentfield Campus, Physical Education 20
- No fee

Intermediate/Advanced
- Kim Botenhagen
- 5:15-7am
- Course #8662 EC
Advanced
- Kim Botenhagen
- 7-8:45am
- Course #8663 EC
Effortless Tennis

This evolutionary approach to the game eliminates the biggest impediment to peak performance—competition. Playing competitively before mastering the basic skills lowers performance, limits potential, undermines self-esteem and diminishes enjoyment. Undo past limitations around learning and performance while having fun developing the skills necessary to playing well: joy, relaxation, concentration, hand/eye coordination, strokes, footwork, breathing and confidence. The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

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

Brent Zeller has been playing tennis for 37 years, teaching the game for 31 years, and has an extensive background in psychology, philosophy and learning theory.

For each course listed below:

- Kentfield Campus, Tennis Courts

**Beginning**
- 7 Tuesdays, 9:40-11am
- Sept. 5-Oct. 17
- Fee $112 (Includes $6 materials fee)
- Course #8667

**Intermediate 1**
- 7 Wednesdays, 9:40-11am
- Sept. 6-Oct. 18
- Fee $112 (Includes $6 materials fee)
- Course #8668

**Intermediate 2**
- 7 Thursdays, 9:10-11am
- Sept. 7-Oct. 19
- Fee $141 (Includes $6 materials fee)
- Course #8669

Aqua Exercise for the Mature Adult

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

Please note that the Fall 1 class begins on a Wednesday.

For each course listed below:
- **Russell Robles**
  - 9:40-11am
  - Kentfield Campus, Pool
  - No fee

**Fall 1**
- 6 Mondays & 7 Wednesdays
  - Sept. 6-Oct. 18
  - Course #8673 EC
- 7 Tuesdays & 7 Thursdays
  - Sept. 5-Oct. 19
  - Course #8674 EC

**Fall 2**
- 7 Mondays & 7 Wednesdays
  - Oct. 23-Dec. 6
  - Course #8675 EC
- 7 Tuesdays & 6 Thursdays
  - Oct. 24-Dec. 7 (No class Nov. 23)
  - Course #8676 EC

Fitness Swim

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

For each course listed below:
- 7:10-8:15pm
- Kentfield Campus, Pool

**Fall 1**
- Betsy Babson
  - 6 Mondays & 6 Wednesdays
  - Sept. 11-Oct. 18
  - Fee $96/Course #8677
- Linda Buchanan
  - 7 Tuesdays & 7 Thursdays
  - Sept. 5-Oct. 19
  - Fee $108/Course #8678

**Fall 2**
- Betsy Babson
  - 7 Mondays & 6 Wednesdays
  - Oct. 23-Dec. 6 (No class Nov. 22)
  - Fee $105/Course #8679
REAL ESTATE

Taking the Mystery Out of Real Estate Investments

Now more than ever real estate remains one of the strongest ways to generate wealth. In this class we will explore opportunities to use your existing capital to generate substantial returns on investment, using well-established vehicles little known outside investment guilds. Investment vehicles we will cover include Private Trust Deeds and Equity Offerings. Topics include: what these little known vehicles are and how to assess them; evaluating risks; the mistakes most people make; simple checklists to protect your capital and assess risk; how to determine which vehicle is the best for your investment strategy, and when to use them. We will utilize real examples of investments during the classes. Whether you are new to real estate investments or even an experienced landlord, this class will help you make the transition to private guild investor.

Please bring a calculator if you have one.

Jen Warren is currently a loan officer with a Marin mortgage company and is a licensed real estate agent who also does private business consulting.

• 2 Thursdays, 7:10-9:45pm
• Sept. 21 & 28
• Kentfield Campus, Science Center 101
• Fee $60 (Includes $5 materials fee)
• Course #8680

Roadmap to Wealth through Real Estate Investment

For anyone seeking to learn the power of real estate investment as a means of building wealth—both seasoned and first-time investors. Learn about keys to successful investments: compounding, leveraging and minimizing tax exposure. Various types of investment vehicles are discussed—residential and commercial, even fixer-uppers. Also: key terminology; setting personal investment goals and strategies to meet them; property valuation; financing strategies and overcoming obstacles; 1031 exchanges; and property management. A class “case study” simulates a purchase from currently available listings on the Multiple Listing Service using learned skills. Attendees will gain the confidence to design and implement a strategy toward a successful real estate investment program.

Gene Berman has owned and invested in North Bay real estate for over 20 years. As a real estate Exclusive Buyer's Broker serving Marin, Sonoma, Napa, Solano and Sacramento Counties, Gene helps buyers obtain financing, identify and evaluate investment properties, negotiate purchase and manage transactions through close of escrow.

• 3 Mondays, 6:40-9:30pm
• Sept. 25-Oct. 9
• Kentfield Campus, Science Center 101
• Fee $63 (Includes $8 materials fee)
• Course #8681

TRAFFIC SCHOOL

Note: We are pleased to announce that Emergency Medical Technician (EMT-1) can now be taken for college credits through the College of Marin’s Fire Technology department. To see more information, please see the College of Marin Credit Classes schedule for Fall 2006 or go to www.marin.edu.

Traffic Violator School

Required of all traffic violators directed to attend, but open to anyone interested. This course does not satisfy “Driving While Under the Influence” convictions.

You may choose any one set of two consecutive nights listed below. Course will meet the mandatory eight hours of instruction.

Required registration is in person or by mail with TVS registration form. Please call 415.485.9305 for further information.

• Monday & Tuesday, 6-10pm
• Sept. 18 & 19; Oct. 16 & 17; Nov. 13 & 14; Dec. 4 & 5.
• Kentfield Campus, Physical Education 23
• Fee $25
The instructor for the following three classes, Paul Heller, MPA, has over 25 years experience traveling round the world as a volunteer, instructor, student and traveler. He is author of several upcoming travel books.

The Ultimate Guide to Traveling, Living, Retiring and Working in Mexico

Want to discover why Paul Heller, a seasoned Mexican hand and world traveler, believes that Mexico is the world’s ultimate place to live and travel? If so, take this seminar and learn Paul’s secrets for:

- Discovering hidden colonial cities, beach towns, and natural landmarks
- Studying Spanish, arts and crafts, surfing, cooking and more
- Living successfully in Mexico (Topics include: finding high quality healthcare, buying a home, making a living and adjusting to life below the border.)
- Volunteering to work on ecology, archaeology and educational programs
- Traveling cheaply, safely and comfortably around the country
- Making friends and doing business

Paul Heller, MPA
Monday, 6:40-9:30pm
Nov. 6
Kentfield Campus, Science Center 101
Fee $51 (includes $12 material fee)
Course #8686

If you are the second member of a couple registering for this class, use the following course number for a lower fee.

Fee $20 (no materials included)
Course #8687

A Whole New Way to Travel

Tired of seeing the world through the bus or cruise ship windows? Want to do something different on your next vacation? If so, discover dozens of alternatives to the beaten travel path including:

- Studying languages, surfing, cooking, dancing, ecology, herbal medicine, history, or archaeology for as little as $10/day
- Volunteering to put your skills and passions to work
- Setting up and finding great home exchanges
- Staying in a room in someone’s home for free (or next to nothing)

Paul Heller, MPA
Wednesday, 6:40-9:30pm
Nov. 8
Kentfield Campus, Olney Hall 101
Fee $49 (includes $10 material fee)
Course #8690

If you are the second member of a couple registering for this class, use the following course number for a lower fee.

Fee $20 (no materials included)
Course #8691

Travel the World in Comfort for Less than Staying at Home

In twenty five years traveling round the world, Paul has met hundreds of retirees, young backpackers and unemployed professionals who have passed on tips to traveling the world for as little as $20 a day. The possibilities include, but are not limited to staying in the comfort of someone’s home for free (or next to nothing); flying anywhere, anytime, for less than $1,000 round trip; become a courier and fly the world for as little as $100; get great award travel without purchasing high cost products; earn income to help you stretch your travel funds.

Paul Heller, MPA
Thursday, 6:40-9:30pm
Nov. 9
Kentfield Campus, Physical Education 23
Fee $49 (includes $10 material fee)
Course #8692

If you are the second member of a couple registering for this class, use the following course number for a lower fee.

Fee $20 (no materials included)
Course #8693

Registration information is located inside the front cover.
WRITING

How to Write Any Book the Easy Way

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

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

- Saturday, 1-5pm
- Sept. 9
- Kentfield Campus, Harlan Center 161
- Fee $65 (Includes $15 materials fee)
- Course #8694

Inspiration from Art: A Creative Writing Workshop

Get inspiration for your writing from visual art! In this workshop, we will use innovative writing exercises that explore the provocative relationship between words and images to find fresh ways of expression. Consider the triptych, a work of art which is divided into three sections and can demonstrate, for instance, the difference in light throughout the day, or seasons throughout the year. How might this approach to painting translate into a fresh approach to writing? During this experiential workshop, we will write and spend plenty of time sharing our work and creative visions.

Both experienced and beginning writers will find this workshop beneficial. It has been known to cure writer’s block.

Kim Hermanson, PhD (Adult Learning), is a published author and writing coach. She has been teaching classes on the creative process since 1998.

- 4 Thursdays, 7:10-9:30pm
- Sept. 28-Oct. 19
- Kentfield Campus, Olney Hall 107
- Fee $82 (includes $10 materials fee)
- Course #8695

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 20 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. The class at Kentfield Campus is priced for a smaller enrollment.

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.

Fall 1

- 6 Mondays, 6-9pm
- Sept. 11-Oct. 16
- The Redwoods
  40 Camino Alto, Mill Valley
  Fee $76/Course #8696 EC

- 7 Wednesdays, 1:10-4pm
- Sept. 6-Oct. 18
- Kentfield Campus, Temporary Building 101
  Fee $159/Course #8697 EC

Fall 2

- 7 Mondays, 6-9pm
- Oct. 3-Dec. 4
- The Redwoods
  40 Camino Alto, Mill Valley
  Fee $89/Course #8698 EC

- 7 Wednesdays, 1:10-4pm
- Oct. 5-Dec. 6
- Kentfield Campus, Temporary Building 101
  Fee $159/Course #8699 EC

- A registration form is at the center of this booklet.
Lowfat Fiction

*If I had more time, I would write a shorter story.* --Mark Twain

Dive into this invigorating workshop and practice the art of expressing more with less. Strive for sinewy prose and stories that charge the moment. Whether you write fiction or nonfiction, this low-fat approach will improve and strengthen your writing. Weekly writing seeds, writing deadlines and optional in-class feedback will be provided. More than a “how-to” class this is a hands-on workshop for writers who enjoy the pleasure of discovery and the earnest work of craft.

- **Guy Biederman, M.A.**
  - 7 Thursdays, 1:10-4pm
  - Kentfield Campus, Dance/Landscape Management Center 11
  - Fee $91 (Includes $2 materials fee)
  - Course #8700 EC

Emeritus Writing & Performance Group

This weekly workshop focuses on the writing and presentation of personal monologues, poems and other genres of writing to facilitate self-expression and discovery. Through supportive comments from the instructor and students, you will be encouraged to find the truth of your inner voice and be able to communicate those thoughts aloud to others. Open to both beginning and seasoned writers, we do weekly readings in class of current work, and students have the option of participating in a public performance at the end of the academic year.

**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.

**Fall 1**
- 7 Saturdays, 10am-1pm
- Sept. 9-Oct. 21
- Kentfield Campus, Fine Arts 136
- Fee $89/Course #8701 EC

**Fall 2**
- 6 Saturdays, 10am-1pm
- Oct. 28-Dec. 9 (No class Nov. 25)
- Kentfield Campus, Fine Arts 136
- Fee $76/Course #8702 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. 23-Dec. 4
- Kentfield Campus, Olney Hall 105
- Fee $64
- Course #8703 EC

Online Writing courses are available! Go to www.marincommunityed.org
FALL 2006 COLLEGE OF MARIN
PERFORMING ARTS SCHEDULE

MUSIC

Piano Ensemble
Paul Smith, Director
Nov. 16, 12 noon, Fine Arts Theatre
Free admission

COM Symphony Orchestra
Tara Flandreau, Director
Nov. 18, 8 pm, Fine Arts Theatre
Donation suggested

COM Symphonic Band
TBA, Director
Nov. 30, 7:30 pm, Fine Arts Theatre
Free admission

Chamber Ensemble Concert
Tara Flandreau, Director
Dec. 1 & 2, 8 pm, Lefort Recital Hall, Fine Arts 72
Free admission

COM Jazz Ensemble
Dec. 4, 7:30 pm, Fine Arts Theatre
Free admission

Concert Band
Dec. 5, 8 pm, Fine Arts Theatre
Free Admission

College Chorus and Chamber Singers
Boyd Jarrell, Director
Dec. 7, 7 pm, Lefort Recital Hall, Fine Arts 72
Free Admission

COM Community Chorus
Boyd Jarrell, Director
Dec. 9, 8 pm, Fine Arts Theatre, Fine Arts 72
$15 general/$10 students/seniors
Box Office 415.485.9385

Contemporary Opera Marin
Paul Smith, Director
Amahl and the Night Visitor
Friday, Dec. 15, 7:30 pm
Saturday, Dec. 16, 1:30 pm
Fine Arts Theatre
$12 general/$10 students/seniors
Box Office 415.485.9385

THEATRE

Born Yesterday by Garson Kanin
Directed by Jeffrey Bhr
Oct. 6, 7, 13, 14, 20, 21, 8 pm
Oct. 15 and 22, 2 pm
Fine Arts Theatre
$15 general/$12 students/seniors
Box Office 415.485.9385

Black Box Festival produced by Carla Zilbersmith
Dec. 1, 2, 8, 9, 15 & 16 at 8 pm; Dec. 10 & 17, 2 pm
Studio Theatre, Fine Arts 32
$10 donation at door. Open seating.

DANCE

Fall Concert
Nov. 3 & 4, 10 & 11 at 8 pm, Fine Arts Theatre
$15 general/$10 students/seniors
Box Office 415.485.9385

EMERITUS COLLEGE

A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS

All students currently enrolled in Emeritus College courses are members of the Associated Students of Emeritus College (ASEC). The ASEC Council serves as a voice for older adults on the College of Marin’s participatory governance system and articulates concerns for new programs, forums and course directions.

Purchase of a $12 Student Activities Card entitles you to receive a monthly newsletter and to participate in any of the clubs sponsored by ASEC. The Student Activities Card fee supports other programs, activities and efforts of the Student Association, including financial aid grants for students over 55.

EMERITUS CENTER

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

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

The Emeritus Center, Kentfield Campus, Student Services Building room 146, is open Monday through Friday, 9:30am-3:30pm.

Emeiritus North, on the Indian Valley Campus, is located in the Administrative Services complex, Building 10, Room 140. To schedule use of Emeritus North, call 415.883.7805.

CULTURAL ACTIVITIES

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

FINANCIAL AID GRANTS

The ASEC Council awards financial aid grants to eligible older adult students for any College of Marin course, whether Community Ed or credit. An application may be obtained in person at the Kentfield Emeritus Center, or by phoning 415.485.9652 and making your request along with your mailing address. Applications must both be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day, Monday, Aug. 21, for Fall 1 and Monday, Oct. 9, for Fall 2.

COMPUTER AVAILABLE TO MEMBERS

A PC computer is available for use by ASEC members at the Emeritus Center on the Kentfield Campus. To schedule time on the computer, please call 415.461.6322.

EMERITUS CLUBS

Participation in ASEC clubs requires an ASEC Student Activities Card.

Adventurers Club: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433
Athletic Club: J. Kouns, 415.332.5929
Bridge Club: C. Falk, 415.472.0882 T. Metzer, 415.479.8290
Classic Cinema: R. Mead, 415.388.8919
Classical Music Club: E. Harkins, 415.461.6322
Communicators: P. Economon, 415.924.6047 J. Thomas, 415.924.6507
Current Events & Issues Club: E. McGuire, 415.461.0173
Great Books Discussion Group: E. Walsh, 415.256.9964 A. Douglas, 707.939.3897

History Club: E. Harkins, 415.461.6322
Italian Club: M. Weed, 415.453.6054
IVC Book Forum: L. Kerr, 415.883.2823
IVC Philosophy Club: L. Witter, 415.883.6889
IVC Video Club: J. Spillman, 415.898.8075 J. Ramirez, 415.491.0522
Jazz Club: R. King, 415.898.5845
Opera Discussion: G. Deane, 415.456.2853
Rumi Poetry Club: E. Curtis, 415.453.1433
Spanish Club: J. Hopper, 415.454.9256 C. Costa, 415.456.4165
Writers Workshop: R. Ritchie, 415.331.9316

Emeritus Student Activities Card Application

Name: ____________________________________________

LAST FIRST MIDDLE INITIAL

Address: ______________________________________

NUMBER STREET

CITY STATE ZIP

Phone Number ____________________________

Please check appropriate squares:

FEMALE MALE

$5 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 $12 check or money order and self-addressed, stamped envelope to the above address. Checks should be made out to Associated Students of Emeritus College.

ASSOCIATED STUDENTS OF EMERITUS COLLEGE OF COLLEGE OF MARIN
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REGISTRATION INFORMATION

REGISTRATION INFORMATION

Registration Begins Monday, August 7, at 9 a.m.

Register Online

Go to www.marincommunityed.org. Online registrations will be processed with that day’s mail.

Touch Tone Registration: 415.883.3217

If you have taken a Community Education class within the past year, you may register for classes by Touch Tone phone 24 hours a day, seven days a week through November 17 until 3 p.m. the day prior to the first class meeting for any class. Fees are payable by MasterCard or Visa. Be sure to stay on the line until you hear “You will receive a confirmation postcard within 10 working days.”

Register In Person

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

Register In Class

You may register in class with the instructor provided there is room. If the instructor accepts you into the class, ask the instructor to initial your registration form and then take it to Admissions to register.

Register by U.S. Mail

Please mail your registration at least five working days prior to the first class meeting to ensure that your name appears on the instructor’s roster. You will find a registration form at the center of this booklet. Additional forms may be downloaded from the website or Xeroxed and are available at the Office of Admissions and Records on either campus. The College’s mailing address is at the top of the registration form.

Register by Fax: 415.460.0773

To fax your registration, use the registration form inside this schedule or download one from the Community Education website at www.marincommunityed.org.

Register for Online Classes

You will need Internet access, email, the Microsoft Internet Explorer or Netscape web browser and application software. For example, if you are doing a class in Word, you would need to have that software on your computer. For complete course descriptions and requirements, go to www.marincommunityed.org. To register:

1) Register with the college by any method listed above.
2) Email your email address to: michael.lewis@marin.edu and include your name and course name(s) and number(s).

If you have any questions about online classes, please call Mike at 415.485.9305.

Payment of Fees

You may pay for classes with a MasterCard or Visa number; please include the expiration date. If you prefer to use a check, please send a separate check (or money order) made payable to College of Marin for each class requested. Be advised that the college charges $15 for all returned checks and declined credit cards.

For All Methods of Registration

Please answer all questions on the registration form to be sure that your registration can be processed. Registrations are processed in the order received. A confirmation postcard will be mailed via U.S. mail for all methods of registration.

Open College

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

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

Enrollment Confirmation
For all methods of registration, a confirmation postcard will be mailed within 10 working days. Students registering in person will also receive a confirmation of enrollment at the Admissions counter. Non-receipt of a postcard is not a basis for receiving a refund. You may confirm your enrollment status by calling the Touch Tone Registration number, 415.883.3217, through November 17. Have your Social Security/student identification number handy.

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

Time Conflicts
Due to State regulations, the College is unable to register you into courses for which no fees are paid when they conflict with the days or times of other courses in which you have already enrolled.

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. A note signed by a parent or guardian stating that the parent or guardian assumes responsibility for the student’s safe transportation to and from class is required, unless the parent or guardian is enrolled in the same class.

Children 13 years and under also need the verbal consent of the CES instructor prior to registration. To contact a CES instructor, or if you have any questions, please call 415.485.9318.

Attendance at First Class Meeting
If you are registered but cannot attend the first class meeting, please call the Community Ed Office at 415.485.9318 or email mwendt@marin.edu to get a message to the instructor.

Refund Policy
Refunds will be automatically processed for Community Education classes in all cases of institutional responsibility, i.e. cancelled classes. You may also request a refund as described under “To Request a Refund” below.

All refunds will be made in the form of a check mailed to your home no matter how you paid for the class. Please be sure that the college has your correct mailing address. Refunds can take up to eight weeks to process whether they are the results of a cancelled class, or whether you have requested and were granted a refund. The College will retain a $10 processing fee per class (except in cases of institutional responsibility).

To Request a Refund
To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number and your signature) at least five working days prior to the start of class. Requests may be emailed to mwendt@marin.edu or faxed to 415.456.5086. Requests may also be mailed to: Refunds, Community Education, College of Marin, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least five days prior to the start of class.

DIRECTORY

Community Education Office: 415.485.9305
Emeritus College: 415.485.9368
English as a Second Language: 415.485.9642
Intensive English Program: 415.457.8811, ext. 8579
Admissions & Records Office: 415.457.8811, ext. 8822
Counseling: 415.485.9432
Bookstore: 415.485.9394
Library Services: 415.485.9656
Media Center/Language Lab: 415.485.9645
Reentry Services: 415.485.9641
Disabled Students Program: 415.485.9406
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 the second campus parking lot entrance on your right.

For Harlan Center, 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 the Novato exit in southern Novato and continue on Ignacio Bluff Drive (southbound) or exit on SR-112 (northbound). Approximately two miles from the exit, turn left at 6th St. and continue to the intersection with Ignacio Blvd. Take a right at Ignacio Blvd. and continue for approximately one block to the Indian Valley College entrance. For the Administrative Services Cluster in temporary building, park in Lot #6. For the Ohlone Cluster (Computer classes) park in Lot #6 or #7, for the pool, park in Lot #7.

Kentfield Police Business: 415.485.9455

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

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
DS: Disabled Students
DH: Dickson Hall, Health Center
FA: Fine Arts Center, Art Gallery, Box Office, Theatre
FH: Harlan Center, Community Education, ESL
LC: Learning Resources Center, Library
M1: Maintenance Office
MS3: SWINERTON OFFICE
OH: Ohlone Hall and Auditionium
PE: Physical Education Center, Gymnasium, Pools
SS: Student Services Center, Registration, Cafeteria, Emeritus
SC: Science Center
TB-1: Temporary Building

Directories
Indicates accessible route

KENTFIELD CAMPUS MAP
INDIAN VALLEY CAMPUS MAP
PARKING

Kentfield Campus/Indian Valley Campus

Parking permits are required for parking Mon.-Fri., all day; they are not required Sat. or Sun., or holidays. The semester parking permit may be purchased for $50 (subject to change) in the Kentfield Campus 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).

Emergency: 911 or 9-911 from Campus Extension
Urgent: 415.485.9696
IVC Police Business Phone: 415.883.3179

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 Body and Fender
2. Auto Technology Lab
3. General Classrooms/Labs/Offices/Medical Assisting lab
4. Machine & Metals Tech
5. Math/English Lab/Food Vending
6. General Classrooms/Labs/Offices/Geology/Geography/Chemistry/Biology
7. Multi Media Lab & Offices

ADMINISTRATIVE SERVICES (AS)
8. Student Services
9. Administrative Services
10. Emeritus Meeting Room/Swinnerton Office
11. Information Systems Center
12. Board Meeting Room/Child Care Center (CS)

MIWOK (MW)
13. Art Labs/Art Gallery/Marin School of Arts & Technology
14. Marin School of Arts and Technology
15. Studio Theatre/Student Lounge/Deli
16. Marin School of Arts & Technology BUILDING #17
17. Marin School of Arts & Technology
18. Computer Labs/Offices/Court Reporting Labs
19. General Classrooms/Labs/Offices/Office Occupations/Court Reporting/Computer Labs
21. Food Vending/P.E./Classrooms/Multi Media
22. Pool/Shower/Locker Bldg.
23. Campus Police/Corporation Yard
EQUAL OPPORTUNITY

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 Reemployment 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.

Equal Opportunity Employment/A.D.A.
Compliance Officer
Linda Beam
Executive Dean, Human Resources (or Designee)
Administrative Center, Kentfield Campus
415.485.9400

Title IX/Section 504 (Disability) Coordinator
Director of Student Affairs
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

SHORT TERM WORKSHOPS

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

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

September 5
Intro. to West Coast Swing Dance (Dance)

September 6
Crafts for Sale: Giving Up Your Day Job (Art)

September 7
Art On the Go (Art)
Food & Culture (Cultural Studies)
Intro. to the Philosophical Traditions of Yoga (Philosophy)

September 8
Joy of Winemaking (Foods & Wine)

September 9
A Saturday Morning with Claude Monet (Art)
Medical Insurance Billing 1 (Business)
Creative Voice Acting: Game Voice! (Drama)
Intro. to Legal Research: How to Use the Law Library (Law)
How to Write Any Book the Easy Way (Writing)

September 10
Medical Insurance Billing 2 (Business)
Start A Medical Insurance Billing Service (Business)

September 11
Notary Public Workshop & Exam (Business)
So You Want to Start a Specialty Food Business? (Business)
A Look at Shakespeare’s Comedy of Errors (Drama)

September 12
Bus Trip: Monet in Normandy at the Legion of Honor

September 13
How to Mind Your Own Business (Business)
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| September 16 | The Magic of Drawing (Art)  
Marketing Your Services (Business)  
Practical Politics: How YOU Can Be an Activist! (Contemporary Social Issues)  
Start Living the Life You Want! (Health)  
Intuitive Eating: How to Get Off the Diet/Binge Merry-Go-Round (Health) |
| September 20 | Acupressure that Anyone Can Learn (Health)                                |
| September 21 | The Keys to a Successful Relationship (Health)  
Taking the Mystery Out of Real Estate Investments (Real Estate) |
| September 23 | Matting & Framing Workshop (Art)  
How to Be an eBay Power Seller (Business)  
How to Forgive in Difficult Situations (Health)  
Breaking the Cycles of Stress (Health)  
Bioluminescence at Drake's Beach (Marin Adventures) |
| September 25 | Roadmap to Wealth through Real Estate Investment (Real Estate)            |
| September 28 | Inspiration from Art: A Creative Writing Workshop (Writing)              |
| September 30 | One Day for a Better World (Contemporary Social Issues)                   |
| October 2   | The Art of Living in Color (Home Arts)                                    |
| October 3   | Strategize or Eulogize (Business)  
Intro. to the Philosophical Traditions of Yoga (Philosophy)               |
| October 7   | Silver Jewelry from Precious Metal Clay (Art)  
The “Dirt” on Soil (Home Arts)  
Instant Piano for Hopelessly Busy People (Music)  
Piano by Ear: What the Pros Don’t Tell You (Music)  
Success in Independent High School Admissions (Parenting)                  |
| October 14  | Create Your Dream Garden (Home Arts)                                      |
| October 19  | Art On the Go Bus Trip (Art)  
The Migration of Raptors (Marin Adventures)                               |
| October 21  | The Magic of Watercolor (Art)  
Flower Drawing & Painting (Art)  
Nature at Night: Oak Woodland at Indian Valley (Marin Adventures)  
Race Walking for Health (Physical Fitness)                                 |
| October 28  | Go Native and Plant Now for Spring Color (Home Arts)                      |
| November 2  | Chaos Control: Simplify Your Life (Business)  
Very Beginning Blues Harmonica (Music)                                      |
| November 4  | The Best Is Yet to Come! Career Exploration (Business)                    |
|             | Importing as a Small Business (Business)                                   |
| November 6  | Building Your Notary Business (Business)  
The Ultimate Travel Guide to Mexico (Travel)                               |
| November 8  | A Whole New Way to Travel (Travel)                                        |
| November 9  | Travel the World for Less than Staying at Home (Travel)                   |
| November 16 | Art On the Go Bus Trip (Art)                                              |
| December 4  | Glass Casting Workshop (Art)                                              |
| December 16 | Bus Trip to The Dickens Fair (Art)                                        |
NEW CLASSES FOR FALL 2006

Introduction to Legal Research: How to Use the Marin County Public Law Library
Hal Aigner is a California attorney and Director of the Marin County Law Library. His tenure at the Library has emphasized improving access for the general public to the law and the courts. See page 48.

The Art of Living with Color
A passion for color has fueled Susan McNabb Cook’s gusto in creating environments for living, working and playing. Sue brings experience, excitement and creativity to her classes and invites you to join her in experiencing the transformative power of color. See page 44.

Start Living the Life You Want!
Ever since he can remember, Bill Cordingley has sought answers to why some people are happier, more successful, wealthier, more fulfilled and more at peace, than others. What he learned inspired and changed his life. See page 38.

BLS Healthcare Provider Course & Heartsaver First Aid and CPR
Brian Dresser has been a firefighter for Mill Valley for the past four years where he is responsible for providing First Aid and CPR training to health care providers and the general public. See page 41.

FALL 2006
Registration Begins August 7

www.marincommunityed.org