Some highlights from inside the pages of Fall 2007!

Jimi Hendrix: His Life and Music
Do you recognize the man in the photo to the left? That’s Jimi Hendrix, the controversial guitarist who died in 1970 at 27, leaving behind an immense legacy of music and film. Join author/archivist Steven Roby to examine the missing pieces of Jimi’s life. See page 44.

Sunday East Bay Bus Tour: Hindu Temple and Mission San Jose
Have a wonderful Sunday outing, leave the driving to us and enjoy a study in contrasts. Join popular instructor Carolyn Talmadge for a virtual trip to India followed by a visit to authentically-restored California Mission San Jose. See page 59.

Herbal Cooking for Winter Health
An intuitive and inspiring teacher, Kami McBride has helped thousands of people to use herbal medicine in their daily lives in ways that are healthy, safe and fun. Her extensive knowledge of healing plants is infused into her specialty of preventive medicine and women’s health. See page 32.

An Introduction to Stained Glass and Non Traditional Glazing
Rachel Schutt Mesrahi is a working artist in the medium of Stained Glass. Her designs, as well as her innovative techniques, aid those who are interested in the growth of artistic expression and are seriously seeking development as artists and craftsmen. See page 12.
COM Welcomes You to Noncredit Classes: Your Pipelines to Success!

Noncredit Instruction offers students access to a variety of low and no cost classes that can assist students in achieving their personal and professional goals. These classes will provide students with lifelong learning, be a first step toward college credit classes and future college transfer, and serve as a pipeline for career preparation and future opportunities.

English as a Second Language

The English as a Second Language Program offers a series of classes with flexible entry and exit dates. Classes focus on speaking, listening, reading, writing and grammar. Our excellent faculty will help you improve your English, while you improve your life. For more information or to enroll, call the ESL Office at 415.485.9642.

Community Education

Community Education offers classes designed to meet community needs including many art classes, classes for business owners, short-term professional skills workshops and hobbies. Classes are taught by an outstanding faculty of accomplished professionals and experts in their field.

These classes are designed to be of interest to students who may already have a college degree but wish to pursue lifelong learning. For more information about these classes, call 415.485.9305.

Dear Community Members:

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

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

Sincerely,

Frances L. White
Superintendent/President

Continued on page 4

College of Marin
www.marincommunityed.org

Dr. Frances L. White
College of Marin Superintendent/President

Community Education Program Staff:

Diana Verdugo, Interim Director, Noncredit, ESL Instruction, Community & Contract Education
Cheryl Carlson, Karen van Kriedt, Program Specialists
Michael Lewis, Microcomputer Center/Online Classes Program Specialist
Tanner Smyrl, Department Secretary
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The Community Education & Services Schedule is published four times a year by the College of Marin (a nonprofit organization), 815 College Ave., Kentfield, CA 94904-2590, July 2007, Volume 9, Issue 1.
**Basic Skills**

Basic Skills, offered through Community Education, provide an opportunity for those who did not graduate from High School to prepare for their GED & CHSPE.

Free Basic Skills learning labs are available for students needing help with high school-level reading, writing and math. For more information on these services call 415.485.9445.

**Intensive English Program**

The Intensive English Program (IEP) offers high-quality classes and integrates language skills and American culture for international students and U.S. residents.

The program prepares students to enter American colleges and universities, pursue business careers, or continue studying in their own countries. Students are also prepared for the Test of English as a Foreign Language (TOEFL). For more information call 415.883.2211, extension 8579.

**Disabled Students Program**

The Disabled Students Program works individually with students to discover avenues through which students can better realize their goals in academic, communicative and life situations, and offers special guidance in learning ways to achieve their best potential. Call 415.485.9406 for more information.

**Emeritus College**

Emeritus College offers a wide variety of classes, from Art History to Drawing & Painting, from Literature to Current Events, and many more, all developed for the unique needs of older adult learners. For more information call the Emeritus College Office at 415.485.9368.

**REGISTRATION INFORMATION**

**Registration Begins**
Monday, August 6, at 9 a.m.

**Register Online**

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

**Touch Tone Registration 415.883.3217**

If you have taken a Community Education class within the past year, you may register for classes by Touch Tone phone 24 hours a day, seven days a week through November 16 until 3 p.m. of the day prior to the first class meeting for any class. Be sure to stay on the line until you hear “You will receive a confirmation postcard within 10 working days.”

**Register In Person**

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

**Register In Class**

You may register in class at the instructor’s discretion. If the instructor accepts you into the class, ask the instructor to initial your registration form and then take it to Admissions 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. The College’s mailing address is at the top of the registration form.

**Register by Fax 415.460.0773**

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

**Register for Online Classes**

After registering with the college by any means listed on this page, email mike.lewis@marin.edu and include your name and course name(s) and number(s). For more information, see page 4. 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.

Registration Forms

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

Waiting List Procedures

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

Time Conflicts

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

GENERAL INFORMATION

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

Faculty Evaluation Questionnaire

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

Students Under 18

Students who are minors may register for Community Education classes. The student must complete and submit a College of Marin Community Education Registration Form and a Parent Permission Card.

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

Attendance at First Class Meeting
If you are registered but cannot attend the first class meeting, please call the Community Ed Office at 415.485.9318 or email community.ed@marin.edu to get a message to the instructor.

Refund Policy
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 in the form of a check made payable to the student. 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 community.ed@marin.edu or faxed to 415.456.5086. Requests may also be mailed to: Refunds, Community Education, College of Marin, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least five days prior to the start of class.

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

Students on a J-1 Visa who desire verification of attendance must consult with their instructor.

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

Speakers Bureau
Community Education offers a Speakers Bureau of instructors who are expert professionals in their fields as well as lively and engaging presenters. Subjects range broadly from “Russian Ballet and Opera Traditions” to “Current Trends in Islam” to “Transcendence in the 21st Century” to “Birds of the North Bay Area” to “Storytelling through Film” – just to name a few. For more information call 415.485.3968 or email karen.vankriedt@marin.edu.

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

Online Classes are available on our website.
Community Education classes are not given for credit and are not graded.

**ART**

Note: Most supply lists and itineraries are available at www.marincommunityed.org (click on the course number found at the bottom of the course description). If you do not have Internet access, please call 415.485.9318 and leave your name and the name of the course for which you are registered. A notebook and pen are recommended for all classes. Regarding materials, when in doubt, bring whatever related materials you may already have. Students are expected to provide their own materials unless otherwise noted.

**The Art of Selling Your Arts & Crafts**

This is an information-packed workshop for artists, designers and 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
- Oct. 3-17
- Kentfield Campus, Olney Hall 105
- Fee $99
- Course #8001

**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 Dvorák
- Saturday, 9am-4pm
- Oct. 6
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $97 (Includes $36 materials fee)
- Course #8003

**The Magic of Drawing**

Whether you are a beginner or already drawing, this class will improve your drawing skills, develop your concentration and increase your awareness of the world around you. Learn easy techniques which will enhance your drawing abilities and allow you to freely express yourself in drawing any subject.

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.

Materials provided. Bring your lunch.

*Robert Regis Dvorák* is a watercolor artist and popular speaker on subjects of creativity. He has authored three books on drawing: Drawing without Fear, The Magic of Drawing and Experiential Drawing.

- Saturday, 9am-4pm
- Sept. 22
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $97
- Course #8002
Flower Drawing and Painting Workshop
In this intensive workshop, painters at any level of ability will be shown the instructor’s special method for visualizing and making a botanical still-life composition. Working from fresh 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 flowers will be provided, and you are welcome to bring your personal favorites. All other materials will be provided. The instructor will contact you prior to class to discuss supplies. Please bring your lunch.
Stephanie Scott, M.F.A., is an exhibiting artist who has been teaching for over 21 years. She has published her watercolors and sold her flower note cards and prints across the United States and in Japan.
Saturday, 9:30am-5pm
Kentfield Campus, Dance/Landscape Management Center 11
Fee $84 (Includes $12 materials fee)
Course #8004
Realistic, Classical and Impressionistic Painting
This course examines principles of three major schools of painting: Impressionistic, Realistic and Classical. You may work in the style of your choice. Traditions of masterful composition will be presented, and you will become aware of the power of balance, unity, space and focal points. Lectures and demonstrations will cover techniques, including meaningful use of the color wheel and exciting methods for articulating light and shadow, and materials such as grisaille (grey) painting, glazing, scumbling and chiaroscuro.
You may work in oils or acrylic. Please see Note regarding materials under the Art heading above. We may work from an undraped model and, if so, a model fee will be collected in class.
Behrouz Mirdadian studied painting in Iran, England, Canada and at the College of Marin.
For each course listed below:
7 Wednesdays, 6:10-10pm
Kentfield Campus, Fine Arts 226
Fee $137

Session 1
■ Sept. 5-Oct. 17/Course #8005
Session 2
■ Oct. 24-Dec. 5/Course #8006

Figure Painting
This studio course is an opportunity to explore materials, color, composition and agenda in any medium while painting the figure. Class time will be primarily devoted to painting but will also include discussions, demonstrations and critiques as interest dictates. You will work from undraped models every session and also have the option of working on your own projects from photos.
Please see Note regarding materials under Art heading above. Course includes critique.
Larry Bencich, MFA, works primarily with the human figure in his own drawings and paintings. His teaching style references composition and perspective in the Renaissance tradition, and he has had extensive experience with students with a broad range of skills.
Session 1
■ 7 Saturdays, 9am-1pm
■ Sept. 8-Oct. 20
■ Fee $167 (Includes $30 models fee)
■ Kentfield Campus, Fine Arts 201
■ Course #8007

Clothed Figure Painting
This course is used to help students learn to describe the body under clothing. It begins with the use of a limited palette in oils, acrylics or pastel, stressing proportion and gesture as they relate to mass and form. Light and shadow are introduced to develop the student’s ability to handle value and simple warm and cool color relationships as related to structure. Emphasis is placed on paint handling and brush usage. Emphasis is on understanding the various properties of clothing and drapery in figure painting. Poses range from one to two weeks.
The cost of supplies depends on the medium you choose. Please see Note under Art heading above.

8 Classes start Tuesday, September 4.
tor will collect up to $40 in class to cover models fee.

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

Session 1
- 7 Saturdays, 10am-1pm
- Sept. 8-Oct. 20
- Indian Valley Campus, Miwok 120
- Fee $89
- Course #8009 EC

Session 2
- 6 Saturdays, 10am-1pm
- Oct. 27-Dec. 8 (No class Nov. 24)
- Indian Valley Campus, Miwok 120
- Fee $76
- Course #8010 EC

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.

For each course listed below:
- 7 Tuesdays, 2:10-5pm
- Kentfield Campus, Fine Arts 226
- Fee $108

Session 1
- Sept 4-Oct. 16
- Course #8011 EC

Session 2
- Oct. 23-Dec. 4
- Course #8012 EC

Abstract Painting in Acrylic: Composing with Textures

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

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

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

Maria Nikl, MFA has shown her work internationally and is experienced in facilitating students’ creative processes in an inspirational and supportive environment.

For each course listed below:
- 7 Tuesdays, 6:40-9:30pm
- Oct. 23-Dec. 4
- Kentfield Campus, Fine Arts 151
- Fee $108
- Course #8013

Drawing with Chalk Pastels

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

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

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

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

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

Session 1
- 7 Fridays, 1:10-4pm
- Sept. 7-Oct. 19
- Fee $108/Course #8014

Session 2
- 6 Fridays, 1:10-4pm
- Oct. 26-Dec. 7 (No class Nov 23)
- Fee $96/Course #8015
**Watercolor Basics and Beyond**

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

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

**Session 1**

**Marty Meade**
- 6 Fridays, 10am-1pm
- Sept. 7-Oct. 12
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $76/Course #8016 EC

**Nancy Johnson**
- 7 Saturdays, 10am-1pm
- Sept. 8-Oct. 20
- Kentfield Campus, Fine Arts 151
- Fee $89/Course #8017 EC

**Session 2**

**Marty Meade**
- 6 Fridays, 10am-1pm
- Oct. 26-Dec. 7 (No class Nov. 23)
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $76/Course #8018 EC

**Nancy Johnson**
- 5 Saturdays, 10am-1pm
- Oct. 27-Dec. 1 (No class Nov. 24)
- Kentfield Campus, Fine Arts 151
- Fee $67/Course #8019 EC

**The Figure in Watercolor and Water Soluble Media**

If you love to paint from a model and/or you have a desire to paint friends and family from photos, this is the right class for you. Solidify drawing skills, develop watercolor and/or water soluble oil techniques and realize your full potential as you explore the figure in a variety of positions and settings. Live models will be present for some classes. Some drawing experience of the figure is recommended.

During **Session 1**, we approach the figure in outdoor settings. During **Session 2**, we'll work with figures in an indoor setting.

The instructor will collect $15-$20 for models fees. Please see **Note** regarding materials under Art heading above.

Continuing students may work on their own projects.

**Julie Cohn** is an exhibiting artist who has been teaching painting for over 20 years. View her show, Athletes of the Spirit, at www.vsart.org.

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

**Session 1**
- Sept. 20-Oct. 25
- Course #8020

**Session 2**
- Nov. 1-Dec. 13 (No class Nov. 22)
- Course #8021

**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 **Session 1**, the focus will be on wet-into-wet, free and loose landscapes that include beautiful cloud formations, trees, and surrounding terrain.

During **Fall, 2** we will focus on lakes, reflections and foliage as well as small figures and boats, all in a free and loose style.

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

**For each course listed below:**
- Julie Cohn
- 6 Thursdays, 1:40-4:30pm
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $86 (Includes $10 materials fee)

**Session 1**
- Sept. 20-Oct. 25
- Course #8022 EC

**Session 2**
- Nov. 1-Dec. 13 (No class Nov. 22)
- Course #8023 EC
The Marin Landscape in Watercolor

In this four-day, outdoor workshop we will capture the seasonal color of the Marin landscape in watercolor paint. At four different locations, we will have the opportunity to study four basic landscape compositions and closely observe how surface color changes with the time of day. We will set up at Fort Baker, Corte Madera Creek, Loch Lomond Marina and Golden Gate Park in San Francisco.

Please see Note regarding supplies and itinerary under the Art heading above. Bring your painting supplies, an easel, a rimmed hat, a seat, appropriate clothing and sun protection, food and water to each class. This class is limited to 14.

Christine Cohen has been a full-time exhibiting and widely published artist for over 18 years, whose style and scope ranges from crisp realism to loose abstractions. Her fresh teaching style assists students from every skill level to find their own personal expression.

- Monday-Thursday, 9am-1pm
- Sept. 17-20
- First class meeting: Fort Baker
- Fee $135
- Course #8024 EC

Floral Still Life in Watercolor Workshop

This hands-on class applies to all skill levels including absolute beginners. Strong compositions, rich in contrast and color are the subject of this no-mud class. Using the image of a lush floral still life, placed against a fluid background we will explore the push and pull of wet into wet watercolors, versus dry-brush techniques. In this class a variety of techniques to draw and paint flowers will be introduced, working from a still life arrangement in the classroom or from your own photographic materials.

Please see Note regarding supplies and itinerary under the Art heading above.

- Christine Cohen
- Saturday, 9:30am-5pm
- Sept. 29
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $90 (Includes $18 materials fee)
- Course #8025 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. 22
- Kentfield Campus, Fine Arts 153
- Fee $84 (Includes $5 materials fee)
- Course #8026
An Introduction to Stained Glass and Non Traditional Glaze

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

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

Register early; class is limited to 12 students.

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

For each course listed below:
- 7 Wednesdays, 6:10-10pm
- Kentfield Campus, Fine Arts 151
- Fee $233 (Includes $45 materials fee)

Session 1
- Sept. 5-Oct. 17
- Course #8027

Session 2
- Oct. 24-Dec. 5
- Course #8028

Glass Fusing

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

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

For each course listed below:
- Kentfield Campus, Fine Arts 151
- Fee $200 (Includes $48 materials fee)

Session 1
- 6 Mondays, 7:10-10pm
- Sept. 10-Oct. 15
- Course #8029
- 6 Fridays, 2:10-5pm
- Sept. 7-Oct. 12
- Course #8030

Session 2
- Kentfield Campus, Fine Arts 151
- 6 Mondays, 7:10-10pm
- Oct. 22-Dec. 3 (No class Nov. 12)
- Course #8031
- 6 Fridays, 2:10-5pm
- Oct. 26-Dec. 7 (No class Nov. 23)
- Course #8032

Jewelry and Metalsmithing

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

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

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

For each course listed below:
- Kentfield Campus, Fine Arts 15
- Fee $133 (Includes $25 materials fee)

Session 1
Beginners/Beginners Plus
- 7 Wednesdays, 7:10-10pm
- Sept. 5-Oct. 17
- Course #8033

Intermediate/Advanced
- 7 Tuesdays, 7:10-10pm
- Sept. 4-Oct. 16
- Course #8034
Session 2
Beginners/Beginners Plus
- 7 Wednesdays, 7:10-10pm
- Oct. 24-Dec. 5
- Course #8035
Intermediate/Advanced
- 7 Tuesdays, 7:10-10pm
- Oct. 23-Dec. 4
- Course #8036

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 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. Please see Note regarding supplies under the Art heading above.
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
- Sept. 8-29
- Kentfield Campus, Fine Arts 15
- Fee $199 (Includes $93 Materials/$10 special fee)
- Course #8037

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

BUSINESS/CAREERS/ PROFESSIONAL DEVELOPMENT

SMALL BUSINESS

How to Start Your Business—Fast
To move fast on a business, you have to put momentum on your side. This course will cover all the basics involved with starting a new business, such as DBAs, legal forms, bank accounts, business cards, licenses, insurance and outside help—but it will focus on how to move fast!
We will cover:
• How to test your idea and yourself
• Three ways to move forward if you don’t have the money you need
• Finding customers
• Online businesses
• Three types of test retail space
• Manufacturing tricks and resources
Dr. Rick Crandall has helped hundreds new businesses get up and running profitably and quickly through the Community Entrepreneurs Organization.
- Saturday, 1-5pm
- Sept. 22
- Kentfield Campus, Physical Education 23
- Fee $60 (Includes $10 materials fee)
- Course #8040

How to Be an eBay Power Seller
Over 100 million people worldwide have bought or sold on eBay and hundreds of thousands of new entrepreneurs now make their living selling on eBay. This course will cover eBay and its competitors, as well as online stores. Our discussion will focus on what it takes to be a Power Seller doing significant volume. There is considerable research and “lore” to be covered about starting prices, reserves, pictures, PayPal and when to sell.
The most important decision you will make is what to sell. You can sell services or merchandise, your own or others. You will leave with an 80-page handout and an action checklist for your next steps.
Rick Crandall, 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 the second time around.
- Saturday, 1-5pm
- Oct. 6
- Kentfield Campus, Physical Education 23
- Fee $60 (Includes $10 materials fee)
- Course #8041

Another course of interest . . .
How to Buy and Sell on eBay is listed under Computers.
ONLINE SMALL BUSINESS CLASS
For registration information, please refer to “Register for Online Classes” on page 4, 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. 10-Dec. 5
Course #8042

CAREERS
Careers in Construction
Are you interested in a career in construction? Learn the basics about crafts, tools, terms, safety and building green. By the end of the course, you will understand the construction process and the different careers and avenues available for these highly skilled and well paid jobs.

Information on the many apprentice programs offered in construction will be offered along with testing and interview skills. You could potentially earn credits that will assist getting into these programs. Topics covered:
• What crafts are used in building
• The building process
• Construction tools, terms
• Math
• Green building
• Apprenticeship
• Communication and testing
• Plan reading and sketching
• Ethics in the workplace

A certificate will be awarded at the successful completion of the course. Lecture and hands on demonstrations will be presented by staff from the North Bay Apprenticeship Coordinator’s Association.
9 Tuesdays and 8 Thursdays, 7:10-9pm
Sept. 4-Nov. 1
Indian Valley Campus, Pomo 154
$25 materials fee
Course #8043

PROFESSIONAL DEVELOPMENT
Qualified Water Efficient Landscaper Intensive
This intensive course, developed by local water management professionals, is intended to provide the skills and knowledge necessary to design and install efficient irrigation systems. Topics covered include:
• Overview of commercial water management
• Efficient Irrigation
• Irrigation Basics
• Soil
• Plants, plant maintenance and IPM
• New water technologies
• Irrigation Scheduling/Water Budgets
• Irrigation troubleshooting
• Putting it all together
You will receive lots of course materials so please bring a 3-inch binder to each class.
Those who successfully complete the course will be given a Certificate of Completion. If you are also a licensed landscape contractor, you will be added to MMWD’s list of water efficient landscapers.

Dan Carney is a registered Landscape Architect, licensed landscape contractor and certified water auditor. He has 22 years experience in architectural design, consulting and construction.
9 Tuesdays, 6:10-9pm
Sept. 4-Oct. 30
Indian Valley Campus, Miwok 120
Fee $132 (Includes $6 materials)
Course #8044
Find Your Inner Editor: Introduction to Editing and Proofreading

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

John Maybury is a freelance copy editor and proofreader for a number of publications, advertising agencies, nonprofit organizations and corporations.

- Saturday, 1-5pm
- Sept. 15
- Kentfield Campus, Physical Education Center 22
- Fee $65 (Includes $5 materials fee)
- Course #8045

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

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

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

- Saturday, 9am-5pm
- Sept. 29
- Kentfield Campus, Physical Education 23
- Fee $90 (includes $10 materials fee)
- Course #8046

Another course of interest . . .
The Art of Selling Your Arts & Crafts is listed in the Art section

Complete Professional Training for the Notary Public

Full state-approved format instructs how to notarize all documents by a state accredited instructor using step-by-step practical methods, developing confidence and to mitigate liability. The 2007 exam requires answering 28 of 30 detailed hypothetical questions correctly from memory. Self study is critical; retakes must wait one to two months to reapply. Exams conducted Saturdays throughout the Bay Area; reservations are not required.

The California Notary Public Field Guide©, an all-in-one reference with checklists and illustrations, will be distributed in class, including exam locations and dates. Free: A parchment Certification of Completion; a Building your Notary Business textbook ($35 value); notary hotline access and law updates

Bring evidence of identification including photograph, DMV DL/ID, passport, USCIS, or military ID cards.

- John Christ, BPA/CJA
- Wednesday & Thursday, 6:10-10pm
- Oct. 31 & Nov. 1
- Kentfield Campus
- Wednesday, Science Center 104
- Thursday, Science Center 101
- Fee $95 (Includes $30 materials fee)
- Course #8047
Entrepreneurial Series

The following three courses have been developed with the small business owner, independent consultant and professional entrepreneur in mind. The workshops are taught by professionals who will share a wealth of information with you. You will leave inspired, feeling creative and ready to apply new ideas to your business.

If you would like to sign up for all three workshops for a reduced registration fee of $165 (Including $60 materials fee) use Course #8048.

Read People and Watch Your Profits Grow

Have you ever said, “I wonder what he/she is REALLY like?” or “I would love to know motivates him/her?” Well, this is the class you won’t want to miss because you will learn how to literally “read” people, know what motivates them, and how to build that crucial communication bridge!
- Elizabeth Kearney, Ph.D.
- Saturday, 9:30am-12noon
- Sept. 8
- Kentfield Campus, Fusselman Hall 110
- Fee $65 (Includes $20 materials fee)
- Course #8049

Getting It All Done in a 24/7 World

A fresh look at the age-old problem—we all get just 24 hours in each day. Join other business owners to master the art of reverse priorities and learn the cornerstones of real time management. Boost your day-to-day effectiveness no matter what calendar system you use.
- Eve Abbott, B.S., M.B.A.
- Saturday, 9:30am-12noon
- Sept. 15
- Kentfield Campus, Fusselman Hall 110
- Fee $65 (Includes $20 materials fee)
- Course #8050

Ten Ways to Drive Traffic to Your Web Site

Today’s companies can’t afford to ignore the web nor can they ignore the need to ensure that their company’s web site attracts visitors and clients. But, once the site is posted, it has to have traffic to make it worth the expense. In this workshop, you will learn the steps you need to take to drive traffic to your site and success to your company door.
- Kevin Dean, M.B.A.
- Saturday, 9:30am-12noon
- Sept. 22
- Kentfield Campus, Fusselman Hall 110
- Fee $65 (Includes $20 materials fee)
- Course #8051

ONLINE MARKETING CLASSES

For registration information, please refer to “Register for Online Classes” on page 4, or go to www.marincommunityed.org. The dates shown below are the starting dates for the associated course number.

Mystery Shopping

Get paid to go shopping as a freelance mystery shopper! Mystery shopping is used by hundreds of well-known businesses in the United States to ensure consistent, top-quality customer service from their employees. Paid shoppers earn from $10-$40 per hour and are in regular demand. This four week, Internet-based, online course will provide you with information about how to become a freelance shopper or to set up your own business service. The course has four modules and includes case studies, exercises and handouts.
- Rick Sheridan
- Fee $79
- Sept. 19/Course #8052
- Oct. 17/Course #8053
- Nov. 14/Course #8054

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. 19/Course #8055
- Oct. 17/Course #8056
- Nov. 14/Course #8057
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. 19/Course #8058
Oct. 17/Course #8059
Nov. 14/Course #8060

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. 19/Course #8061
Oct. 17/Course #8062
Nov. 14/Course #8063

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

COMPUTERS

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

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

COMPUTER CENTER

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

IMPORTANT INFORMATION

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to assure your place.

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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www.marincommunityed.org
Computer Fundamentals I

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

For each of the following courses:
- Indian Valley Campus, Ohlone 216
- Fee $45
- Levi Allen
- Wednesday, 9am-12noon
  Sept. 5
  Course #8064
- Tom Millard
  Monday, 1:30-4:30pm
  Sept. 10
  Course #8065
- Monday, 1:30-4:30pm
  Oct. 22
  Course #8066

Computer Fundamentals II

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

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

For each of the following courses:
- Indian Valley Campus, Ohlone 216
- Fee $90
- Levi Allen
  - 2 Wednesdays, 9am-12noon
    Sept. 12 & 19
    Course #8067
- Tom Millard
  - 2 Mondays, 1:30-4:30pm
    Sept. 17 & 24
    Course #8068
  - 2 Mondays, 1:30-4:30pm
    Oct. 29 & Nov. 5
    Course #8069

Intro. to Windows

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

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

For each of the following courses:
- Indian Valley Campus, Ohlone 216
- Fee $155 (Includes $20 materials fee)
- Levi Allen
  - 3 Wednesdays, 9am-12noon
    Sept. 26-Oct. 10
    Course #8070
  - 3 Wednesdays, 9am-12noon
    Nov. 7-28 (No class on Nov. 21)
    Course #8071
- Tom Millard
  - 3 Mondays, 1:30-4:30pm
    Oct. 1-15
    Course #8072

Additional Features in Windows

In this course, we will dig even deeper into Windows! 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 Wednesdays, 1:30-4:30pm
  - Nov. 28 & Dec 5
- Indian Valley Campus, Ohlone 216
- Fee $90
- Course #8073

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
A registration form is at the centerfold of this schedule.

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

- **Tom Millard**
- 2 Mondays, 1:30-4:30pm
- Nov. 26 & Dec. 3
- **Indian Valley Campus**, Ohlone 216
- Fee $90
- **Course #8074**

### WORD SERIES

**Intro. to Word**

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

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

- **Tom Millard**
- 3 Wednesdays, 1:30-4:30pm
- Sept. 5-19
- Fee $155 (Includes $20 materials fee)
- **Course #8077**

**Interm. Word**

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**
- 3 Wednesdays, 1:30-4:30pm
- Sept. 26 - Oct. 10
- Fee $135
- **Course #8078**

**Adv. Word**

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.

- **Susan Henning**
- 2 Wednesdays, 9am-12noon
- Oct. 24 & 31
- Fee $90
- **Course #8079**

**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. 12
- **Indian Valley Campus**, Ohlone 216
- Fee $45
- **Course #8080**

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*COMPUTERS*
EXCEL SERIES

Excel is a very useful and powerful tool that enables you to turn data into information so that it can be analyzed. You may register for the entire series or for individual courses. If you have any questions, please call Mike Lewis at 415.485.9305.

All of the courses in the Excel Series (Intro, Interim and Adv) are offered at Indian Valley Campus, Ohlone 216. To register for the series at a reduced fee:

- Fee $320 (Includes $20 materials fee)
- Course #8081

Intro. to Excel
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.

- Levi Allen
- 3 Mondays, 9am-12noon
- Sept. 10-24
- Fee $155 (Includes $20 materials fee)
- Course #8082

Interim. Excel
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
- 3 Mondays, 9am-12noon
- Oct. 1-15
- Fee $135
- Course #8083

Adv. Excel
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 Interim. Excel.

- Susan Henning
- 2 Mondays, 9am-12noon
- Oct. 22 & 29
- Fee $90
- Course #8084

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

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

- Susan Henning
- 3 Tuesdays, 9am-12noon
- Sept. 4-18
- Indian Valley Campus, Ohlone 216
- Fee $155 (Includes $20 materials fee)
- Course #8085

Interim. PowerPoint
In this course we will take a closer look at PowerPoint with an emphasis on multimedia, animation and the Internet. Learn different ways to use sound, insert digital photographs, custom animation, timing methods, linking to a Website using PowerPoint Viewer and Package-for-CD features.

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

- Susan Henning
- 2 Tuesdays, 9am-12noon
- Sept. 25 & Oct. 2
- Indian Valley Campus, Ohlone 216
- Fee $90
- Course #8086
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. Series includes Intro. to Word on pg. 19 and Intro. to Excel and Intro. to Powerpoint on pg. 20. 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

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<tbody>
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<td><strong>To register for the series at a reduced fee:</strong></td>
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<td>■ Fee $405 (Includes $60 materials fee)</td>
<td>■ Fee $300</td>
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### EVENING OFFICE SERIES

The Evening courses are designed to teach you what you need to know within one week. For course descriptions, please refer to the courses on pages 19 and 20. 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

#### Evening Introductory Office Series

To register for the series at a reduced fee:

- **Evening Intro. to Word**
  - Susan Henning
  - 3 Tuesdays, 7-10pm
  - Nov. 6-27 (No class on Nov. 20)
  - Fee $155 (Includes $20 materials fee)
  - Course #8089

- **Evening Intro. to Excel**
  - Levi Allen
  - 3 Mondays, 7-10pm

#### Evening Intro. to Outlook

- **Evening Intro. to PowerPoint**
  - Susan Henning
  - 3 Wednesdays, 7-10pm
  - Nov. 5-26 (No class on Nov. 19)
  - Fee $155 (Includes $20 materials fee)
  - Course #8091

- ** Even. Intro. to Outlook**
  - Pamela Lyons
  - 2 Saturdays, 9am-12noon
  - Sept. 29 & Oct. 6

- **Indian Valley Campus, Ohlone 216**
- Fee $110 (Includes $20 materials fee)
- Course #8094

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### Intro. to Access

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. 24–Nov.7

- **Indian Valley Campus, Ohlone 216**
- Fee $155 (Includes $20 materials fee)
- Course #8093

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### Intro. to Outlook

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**
  - 2 Saturdays, 9am-12noon
  - Sept. 29 & Oct. 6

- **Indian Valley Campus, Ohlone 216**
- Fee $110 (Includes $20 materials fee)
- Course #8094
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 setup; 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 $230 (Includes $50 materials fee)
- 4 Thursdays, 6-9pm
  - Sept. 6-Oct. 4 (No class on Sept. 20)
  - Course #8095

- Pamela Lyons
- 2 Thursdays, 6-9pm
  - Nov. 29 & Dec. 6
  - Fee $100
  - Course #8097

Intro. to 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 Thursdays, 6-9pm
  - Oct. 25-Nov. 15
  - Course #8096

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 Thursdays, 6-9pm
  - Oct. 25-Nov. 15
  - Course #8096

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 Saturdays, 9am-12noon
  - Oct. 27-Nov. 17 (No class on Nov. 10)
  - Indian Valley Campus, Ohlone 216
  - Fee $190 (Includes $55 materials fee)
  - Course #8098

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 set up your own personal account, details of the eBay auction system, how to find items to purchase, listing an item for sale (including pictures and information) and how to safely complete your sale or purchase. eBay is a worldwide community of buyers and sellers which means that you are not limited to just your local area. The world is truly your oyster.

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

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

For each of the following courses:

- Carolynn Crandall
- Indian Valley Campus, Ohlone 216
- Fee $100
- 2 Tuesdays, 1-4pm
  - Sept. 4 & 11
  - Course #8099

- Carolynn Crandall
- 2 Tuesdays, 9am-12noon
  - Nov. 6 & 13
  - Course #8100

Another course of interest . . .

How to Be an eBay Power Seller

is listed under Business.

Intro. to Dreamweaver

This course introduces you to the fundamentals of the market-leading software for creating and maintaining web sites in one well-integrated package. This course is for anyone who wants to design visually compelling Web sites without having to hand-code
Computers

their pages. We will cover formatting text, preparing and placing images and using dynamic media files. Learn how to easily create links, rollovers and image maps for site navigation. Dreamweaver’s powerful site management feature allows you to quickly access and manage all the pieces that make up your web site.

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

For each of the following courses:

- **Dreamweaver**
  - Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets), smart objects, learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces and go more in-depth with site management and uploading/maintaining your website via a built in FTP client.
  - This class builds upon skills that are learned in Intro. to Dreamweaver
  - **Steve Salzman**
  - **Course #8101**
    - 3 Tuesdays, 7-10pm
    - Oct. 23-Nov. 6
    - **Indian Valley Campus, Pomo 192**
    - Fee $165 (Includes $25 materials fee)

- **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. All of the courses in the InDesign series are offered at the **Indian Valley Campus, Pomo 192**. To register for the series at a reduced fee:
  - **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.
    - **Course #8103**
      - 2 Fridays, Sept. 7 & 14
      - Sept. 7, 9am-4pm
      - Sept. 14, 9am-12noon
      - Fee $165 (Includes $25 materials fee)
    - **Course #8104**
      - **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.
        - **Course #8105**
          - 2 Fridays, Sept. 14 & 21
          - Sept. 14, 1-4pm
          - Sept. 21, 9am-4pm
          - Fee $140
        - **Course #8106**
          - **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.
            - **Course #8106**
              - 2 Fridays, Sept. 28 & Oct. 5
              - Sept. 28, 9am-4pm
              - Oct. 5, 9am-12noon
              - Fee $140

- **Steve Salzman**

- **Fee $165 (Includes $25 materials fee)**

- **Course #8105**

- **Indian Valley Campus, Pomo 192**

- **Fee $140**

- **Course #8106**

- **Course #8105**

- **Indian Valley Campus, Pomo 192**

- **Fee $140**

- **Course #8106**

- **Course #8106**

- **Indian Valley Campus, Pomo 192**

- **Fee $140**

- **Course #8106**

A registration form is at the centerfold of this schedule.
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 $385 (Includes $25 materials fee)
- Course #8107

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. 26 & Nov. 2
- Oct. 26, 9am-4pm
- Nov. 2, 9am-12noon
- Fee $165 (Includes $25 materials fee)
- Course #8108

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. 2 & 16 (No class on Nov. 9)
- Nov. 2, 1-4pm
- Nov. 16, 9am-4pm
- Fee $140
- Course #8109

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, Nov. 30 & Dec. 7
- Nov. 30, 9am-4pm
- Dec. 7, 9am-12noon
- Fee $140
- Course #8110

Another course of interest . . .

Photoshop Elements: The Digital Darkroom is listed under Photography.

PHOTOSHOP SERIES

Whether your interest is in fine arts, digital illustration, digital photography, or graphics for print or the Internet, come explore your creativity and find your digital niche. We have grouped the four courses into two different series. You may register for either series or for the individual courses taught by Jazmine Loiselle. The Session 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:

Indian Valley Campus, Ohlone 216
- Fee $265 (Includes $25 materials fee)
- Fall 1/Course #8111
- Fall 2/Course #8117

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.

- Online Classes are available on our website.
We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

**Indian Valley Campus, Ohlone 216**

**Session 1**
- 2 Thursdays, Sept. 6 & 13
- Sept. 6, 9am-4pm
- Sept. 13, 9am-12noon
- Fee $165 (Includes $25 materials fee)
- **Course #8112**

**Session 2**
- 2 Thursdays, Oct. 25 & Nov. 1
- Oct. 25, 9am-4pm
- Nov. 1, 9am-12noon
- Fee $165 (Includes $25 materials fee)
- **Course #8118**

**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.

**Indian Valley Campus, Ohlone 216**

**Session 1**
- 2 Thursdays, Sept. 13 & 20
- Sept. 13, 1pm-4pm
- Sept. 20, 9am-4pm
- Fee $140
- **Course #8113**

**Session 2**
- 2 Thursdays, Nov. 1 & 8
- Nov. 1, 1pm-4pm
- Nov. 8, 9am-4pm
- Fee $140
- **Course #8119**

**Interm./Adv. Photoshop Series**
To register for the series at a reduced fee:

**Indian Valley Campus, Ohlone 216**
- Fee $240
- Fall 1/Course #8114
- Fall 2/Course #8120

**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.

**Indian Valley Campus, Ohlone 216**

**Session 1**
- 2 Thursdays, Sept. 27 & Oct. 4
- Sept. 27, 9am-4pm
- Oct. 4, 9am-12noon
- Fee $140
- **Course #8115**

**Session 2**
- 2 Thursdays, Nov. 15 & 29 (No class Nov. 22)
- Nov. 15, 9am-4pm
- Nov. 29, 9am-12noon
- Fee $140
- **Course #8121**

**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.

**Indian Valley Campus, Ohlone 216**

**Session 1**
- 2 Thursdays, Oct. 4 & 11
- Oct. 4, 1-4pm
- Oct. 11, 9am-4pm
- Fee $140
- **Course #8116**

**Session 2**
- 2 Thursdays, Nov. 29 & Dec. 6
- Nov. 29, 1-4pm
- Dec. 6, 9am-4pm
- Fee $140
- **Course #8122**
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
- Sept. 27 & Oct. 4
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #8123

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
- Oct. 11 & 18
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #8124

Intro. to Garage Band
Adding music, loops and sound effects can really spice up your home video projects. We will learn about the interface and use GarageBand’s supply of copy right free sounds and music to give your projects that special touch. We will also learn microphone techniques in order to record your own voice-overs.”
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. 25 & Nov. 1
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #8125

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
- Nov. 29 & Dec. 6
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #8126

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

CULTURAL STUDIES

A Western Perspective on the Islamic Faith
This survey of Islam will cover the history, beliefs, sects and current events relating to the faith. With a maximum of class dialogue, questions and answers, and media presentations we will address such questions as:
- What is Islam and where did it come from?
- Is peace possible with Islam?
- What is the meaning of Jihad?
- What is the situation of women in Islam?
- How can we improve the dialogue?
The course text, An Introduction to Islam for Westerners, written by the instructor, is available at the College 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.
- 6 Thursdays, 1:10-3pm
- Oct. 25-Dec. 6 (No class Nov. 22)
- Kentfield Campus, Harlan Center 173
- Fee $58
- Course #8127 EC
A registration form is at the centerfold of this schedule.

CURRENT EVENTS

Current Issues Before the Supreme Court

This is a discussion class for which we read a summary, briefs and other materials concerning major cases on the current calendar of the U.S. Supreme Court.

The instructor, an experienced Supreme Court litigator, provides background materials on the Court, explanation of legal jargon and how the Court's cases are chosen.

The course will cover the historical development of the Court and its place in our Constitutional government. Students will discuss all arguments in the cases and vote on the outcome. No legal background or specialized knowledge is required.

Marshall W. Krause was Chief Attorney for the American Civil Liberties Union of Northern California from 1960 to 1968, a reporter for KQED's Newsroom and taught Political Science at San Francisco State University from 1968 to 1974.

7 Tuesdays, 11:10am-1pm
7 Oct. 23-Dec. 4
Kentfield Campus, Olney Hall 103
Fee $66 (Includes $2 materials fee)
Course #8128 EC

DANCE

Tap Dancing

Tap Dancing is America’s true Folk Dance. It has been elevated to an art form by Fred Astaire, Eleanor Powell, Gene Kelly, Gregory Hines and others. We will cover a brief history of tap dancing and learn the terminology with an emphasis on technique and style. You will learn to perform basic combinations and before you know it your feet will be flying with confidence and joy.

Bring your tap shoes, wear comfortable clothing and not only will you learn to Tap Dance, but it is a terrific way to get in shape while having great fun.

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

For each course listed below:

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

Session 1
Sept. 5-Oct. 17
Course #8129

Session 2
Oct. 24-Dec. 5
Course #8130

Introduction to West Coast Swing Dance

If you are between 18 and 80, with no previous dance background, and would like to learn the basic and social skills of West Coast Swing, then come and join the fun! In addition to learning the basic steps, you will also be exposed to a variety of styles and techniques not usually presented in an introductory class. You will be given ample time to practice to music. Go to our website for driving directions, or call 415.485.9318 to request them.

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

4 Tuesdays, 6:30-8:15pm
4 Sept. 4-25
Almonte Clubhouse
105 Wisteria, Mill Valley
Fee $45
Course #8131

ONLINE CLASSES

If you can surf the Internet, you can take an online class! We offer over 80 different online classes every month—

Business
Computers
Photography
Financial Planning
Law
Travel
Writing
And many more
Visit our website for more information and to register—

www.marincommunityed.org
Belly Dance for Fun and Fitness

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

Latifa is an experienced teacher and performer of Belly Dance.

For each course listed below:

- 7 Wednesdays, 7:10-8:30pm
- Kentfield Campus, Physical Education 60
- Fee $75

Session 1
- Sept. 5-Oct. 17/ Course #8132
Session 2
- Oct. 24-Dec. 5/ Course #8133

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)

Session 1
- Sept. 4-Oct. 16
- Course #8134
Session 2
- Oct. 23-Dec. 4
- Course #8135

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.

Blind course #8136

Adaptive Exercise: Aerobics

Group aerobic fitness activities geared to students with developmental disabilities.

- Carol Cokinos
- Mondays & Wednesdays, 11:10am-12:30pm
- Aug. 20-Dec. 12 (No class Sept. 3 & Nov. 12)
- Kentfield Campus, Physical Education 30
- FREE
- Course #8137

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. 5-Dec. 12
- Kentfield Campus, Dance/Landscape Management Center 12
- FREE
- Course #8138
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. 24-Dec. 14 (No class Nov. 23)
  Kentfield Campus, Dance/Landscape Management Center 12
  FREE
  Course #8139

- Instructor to be announced
  Mondays, 10:10-11:30am
  Aug. 20-Dec. 10 (No class Sept. 3 & Nov. 12)
  Indian Valley Campus, Ohlone 200
  FREE
  Course #8140

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. 24-Dec. 14 (No class Nov. 23)
  Kentfield Campus, Dance/Landscape Management Center 12
  FREE
  Course #8141

- Instructor to be announced
  Mondays, 12:10-1:30pm
  Aug. 20-Dec. 10 (No class Sept. 3 & Nov. 12)
  Indian Valley Campus, Ohlone 200
  FREE
  Course #8142

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
- FREE
- Course #8143

DRAMA

Voice Overs: The Big Picture

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

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

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

- Saturdays, 10am-5pm
- Sept. 8
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $69 (Includes $2 materials fee)
- Course #8146
ENGLISH AS A SECOND LANGUAGE
College of Marin ESL—Start here...Go Far!

The College of Marin ESL course sequence takes students from beginning levels through classes designed to prepare them for freshman composition classes. New students must take a placement test to determine their level before enrolling in classes. For more information, visit us in HC 123 or call 415.485.9642.

NON-CREDIT ESL SEQUENCE

ESL 10  Beginning

ESL 20  High Beginning A

ESL 25  High Beginning B

ESL 30  Low Intermediate A

ESL 35  Low Intermediate B

ESL 40  Credit ESL Preparation Course

CREDIT ESL SEQUENCE

ESL 53 Writing and Grammar
ESL 56 Vocabulary and Reading Skills

ESL 50 Review of Low Intermediate ESL (optional, summer only)

ESL 60 Intermediate Listening/Speaking (optional)

ESL 63 Writing and Grammar
ESL 66 Vocabulary and Reading Skills

ESL 70 Review of Low Intermediate ESL (optional, summer only)

ESL 83 Writing and Grammar
ESL 86 Vocabulary and Reading Skills

ENGL 98SL Intro to College Reading and Composition I (for ESL students)
ENGL 120SL Intro to College Reading and Composition II (for ESL students)
**INTENSIVE ENGLISH PROGRAM (ESL)**

**Fall Semester 2007, Aug. 21-Dec. 7**

- $2,550 full-time (20 hours) F-1 Visa Students (I-20s issued by College of Marin)
- $2,325 full-time (20 hours), other non-native English speakers
- $1925 (15 hours)
- $1425 (10 hours)
- $775 (5 hours)

**FULL-TIME AND PART-TIME OPTIONS**

- **SMALL CLASSES** • FIELD TRIPS
- • LOW COST • 16 WEEKS
- • TOEFL PREPARATION I-20s

The Intensive English Program on the Indian Valley Campus offers high quality classes in academic English for international students requiring I-20s and for other non-native English speakers. It prepares students to enter American colleges and universities, includes TOEFL preparation in all high-level classes, helps students compete in the job market, and gives them the language skills to return to a professional-level job they held in their country of origin. Classes meet Tuesday through Friday with options of 5, 10, 15, or 20 hours per week. Testing and placement take place during the first week. 

**For more information or to apply:**

Call 415.883.2211, ext 8579
Fax: 415.883.2632
Email: intensive.english@marin.edu

For schedule and downloadable F-1 application: www.marincommunityed.org

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**ENGLISH AS A SECOND LANGUAGE**

**Fall Semester 2007: Aug. 18-Dec. 10**

**FREE CLASSES**

- **On the Kentfield Campus:** Beginning to Low Intermediate Noncredit Levels 10, 20, 25, 30, 35, 40
- **On the Indian Valley Campus:** Noncredit Levels 10 and 20 Pronunciation Classes
- English for Gardeners
- English for Childcare Workers

**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 audit 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 $156 for a 2-unit class, $195 for 3-unit classes, $208 for 4-unit classes and $228 for 5 unit classes. New students are required take the credit ESL placement test.

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**FILM APPRECIATION**

**Oddballs and Heroes — Not So Different**

What makes a person ‘odd’? Everyone, it seems, is perceived as ‘odd’ by someone else, yet can all of us really be odd? Sometimes ‘oddness’ is the very thing we need in our lives.

And what makes a hero? Some say that bravery and courage make heroes, as if heroes are made only on the battlefield. Yet heroes are among us all the time, in the unlikeliest of places.

Some oddballs are heroes too — their oddity creating a kind of heroism in a changing world. So we’re going to look at ‘heroic oddity’ or ‘odd heroics’ — in (among other films), Monsieur Ibrahim (France, 2003), Beat the Devil (US, 1953), Holy Man (US, 1998), The Inspector General (US, 1949), and The Horsemen (US, 1971).

All classes include a talk on the day’s selection, a complete film, and a discussion session afterwards.

- **David Hakim**
- 7 Fridays, 2:40-5:30pm
- Sept. 7-Oct. 19
- **Kentfield Campus, Science Center 101**
- Fee $89
- **Course #8220 EC**

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www.marincommunityed.org
Cut and Print! Movies about Movies

Movies inform our lives in many ways – we learn from them how to manage our jobs and our families, how to flirt and court, how to interact socially. And much of our worldview comes from films: our notions of history, geography, and other cultures. It’s almost as if films were a kind of parallel universe, operating beside our own and into which we can look but never enter – like a train traveling beside our own.

So knowing more about movies helps us understand how we learn from them – which is the focus of this second session, in films that include (among others) Sullivan’s Travels (US, 1941), La Nuit américaine (France, 1973), Lost in La Mancha (UK/US, 2002) and Shadow of the Vampire (UK/US, 2000).

All classes include a talk on the day’s selection, a complete film, and a discussion session afterwards.

- **David Hakim**
  - 6 Fridays, 2:40-5:30pm
  - Oct. 26-Dec. 7 (No class Nov. 23)
  - **Kentfield Campus**, Science Center 101
  - Fee $76
  - **Course #8221 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.

- **Carl Jech**, Th.M. (Harvard University)
  - 7 Wednesdays, 2:40-4:30pm
  - Sept. 5-Oct. 17
  - **Villa Marin**
  - 100 Thordale Ave., Terra Linda
  - Fee $64
  - **Course #8222 EC**

FOODS & WINE

Herbal Cooking for Winter Health

The World Health Organization has stated that the knowledge and sustainable use of medicinal plants is vital to providing sustainable health care to the world’s citizens. This class will teach you how to use herbs for winter wellness and how to incorporate the use of medicinal plants into your family’s lifestyle. Avoid the unhealthy side effects of antibiotics and over the counter cold medication. Learn to make herbal syrups, teas and honeys, as well as restorative soups and foods that actually rid the body of colds.

Please bring three wide mouth glass jars (about 4 oz. in size) to class.

- **Kami McBride** has taught herbal medicine and women’s health since 1988. She has studied medicinal plants for almost 20 years and has taught Herbolology at the University of California School of Nursing and Stanford Hospital
  - Thursday, 6:40-9pm
  - Oct. 4
  - **Kentfield Campus**, Dickson Hall 113
  - Fee $45 (Includes $5 materials fee)
  - **Course #8223**

The Enjoyment of Wine

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

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

- **Cynthia Sutko** teaches about wine at Napa Valley College and has worked at wineries.
  - 4 Wednesdays, 7-9pm
  - Oct. 10-31
  - **Osher Marin Jewish Community Center**
  - 200 N. San Pedro Rd. San Rafael
  - Fee $91 (Includes $20 wine/$13 special fee)
  - **Course #8224**

Online Food & Wine courses are available! Go to [www.marincommunityed.org](http://www.marincommunityed.org)

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.

- **Classes start Tuesday, September 4.**
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. 6-Oct. 18
- Kentfield Campus, Physical Education 22
- Fee $106 (Includes $10 materials fee)
- Course #8225

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

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

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

David and Karen Gamow are corporate trainers who specialize in stress reduction and meditation. They have trained 13,000 people in these methods; clients include NASA, Hyatt Hotels, Yahoo and the U.S. Army.

- Saturday, 10am-1pm
- Sept. 22
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $45 (Includes $3 materials fee)
- Course #8226

The Joy of Massage (12 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 listed under “Health Sciences.

- Louise Kanter, R.N.
- 6 Tuesdays, 7:10-9pm
- Oct. 23-Dec. 11 (No class Nov. 6 & 13)
- Kentfield Campus, Physical Education Center 60
- Fee $78
- Course #8227

Food and Healing: How to Have An Appetite You Can Trust and a Body You Can Love

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

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

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

- Saturday, 10am-5pm
- Sept. 15
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $92 (Includes $2 materials fee)
- Course #8229

Another course of interest . . .

Herbal Cooking for Winter Health

is listed under Foods.

A registration form is at the centerfold of this schedule.
Healer with A Thousand Faces: Theories and Traditions of Healing (10.5 CE Hours)

This course offers an overview of traditional and alternative medicine, including Western medicine, acupuncture, homeopathy and shamanism. We will discuss the psycho/spiritual aspects of healing, exploring the nature of healing itself from many different perspectives. We will discuss the theoretical and philosophical basis for each tradition as well as the historical context from which the tradition emerged.

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 35.

Katharine Weiser, MD, and Rick McKinney, MD, are holistic physicians and Reiki practitioners who are familiar with a wide range of alternative therapies, and who enjoy exploring the many paths to wellness.

- 7 Fridays, 9:40-11:30am
- Sept. 7-Oct. 19
- Kentfield Campus, Science Center 101
- FREE
- Course #8230 EC

The Art of Meditation

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

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

For each section listed below:

- Carolyn Talmadge
- Orientation: Tues., 1:10-4pm
- Kentfield Campus, Science Center 133

- 5 field trips: Tuesdays, 1-4pm
- Bay Area Meditation Sites
- FREE

Session 1

- Orientation: Sept. 11
- Field trips: Sept. 18-Oct. 16
- Course #8228 EC

Session 2

- Orientation: Oct. 30
- Field trips: Nov. 6-Dec. 4
- Course #8515 EC

Introduction to Chinese Medicine

This class will de-mystify the fascinating world of Chinese Medicine and, at the same time, teach you to help yourself with techniques such as acupuncture, Feng Shui, Qi Gong, Reflexology and Asian nutrition. We will discuss acupuncture and its history, Chinese herbs and Chinese face-reading, and we will do an acupressure face lift together in class.


Lumiel Kim-Hammerich, L.Ac., DAOM, earned her Master of Traditional Oriental Medicine from Pacific College of Oriental Medicine in 1993, and her doctorate from Oregon College of Oriental Medicine in 2007. She is the owner/director of a community acupuncture medical practice and is part of a national movement to bring affordable acupuncture and healing to all.

- 7 Wednesdays, 2:10-4pm
- Oct. 24-Dec. 5
- Kentfield Campus, Olney Hall 105
- FREE
- Course #8232

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. Activity Coordinators work with older adults and frail elders in a variety of settings. The course is taught by a recreational therapist, a social worker, an occupational therapist, activity professionals
Health & Well Being

Health Sciences

and other health care professionals. You will learn about culture change in long term care, 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! For more information, contact Betsy Best-Martini at 415.453.6130 or email her at betsybest@comcast.net.

Purchased required texts at the College 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. 18-Dec. 13 (No class Nov. 22)
- Kentfield Campus, Learning Resources Center 36
- FREE
- Course #8243

Heartsaver First Aid and CPR

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

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

Session 1
- Saturday, 9am-4pm
- Sept. 15
- Kentfield Campus, Physical Education Center 23
- Fee $88 (includes $42 materials fee)
- Course #8244

Session 2
- Saturday, 9am-4pm
- Nov. 17
- Indian Valley Campus, Pomo 154
- Fee $88 (includes $42 materials fee)
- Course #8245

CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

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

Courses offered for CE hours for Nurses:

The Joy of Massage

Healer with A Thousand Faces: Theories and Traditions of Healing

are 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.

More Radiology
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 $355 (Includes $155 materials fee)

Session 1
- Sept. 14-22

Session 2
- Nov. 2-10

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.

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)

Session 1
- Sept. 7 & 8

Session 2
- Nov. 30 & Dec. 1

HIGH SCHOOL EQUIVALENCY
PREPARATION/BASIC SKILLS

G.E.D. (General Educational Development) Preparation
Do you need to...
- Have a high school diploma for a certain job?
- Get qualified to enter a vocational program?
- Brush-up to start college?
- Show your parents (or kids) that you can do it?
- Just feel better about yourself?

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

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

- Michael Timmel, Coordinator
  - Mon. & Wed., 9am-7pm
  - Tues., 9am-5pm
  - Thurs., 9am-5:30pm
  - Fri., 9am-2pm
  - Aug. 20-Dec. 5 (No class Sept. 3, Nov. 12, 22 & 23)
- Kentfield Campus, Learning Resources Center 120
- FREE
- Course #8250

Basic Skills
This program offers FREE instruction to any adult wishing to improve pre-college skills such as reading comprehension, writing, math. Brush-up for College of Marin’s placement tests is also available. Class structure is the same as the High School Equivalency Preparation learning lab described above. For further information call 415.485.9445. Please note: help with math is available ONLY on Monday and Wednesday, 9a.m. to 3 p.m.

- Michael Timmel, Coordinator
  - Mon. & Wed., 9am-7pm
  - Tues., 9am-5pm
  - Thurs., 9am-5:30pm
  - Fri., 9am-2pm
  - Aug. 20-Dec. 5 (No class Sept. 3, Nov. 12, 22 & 23)
- Kentfield Campus, Learning Resources Center 120
- FREE
- Course #8251

Online High School Equivalency courses are available! Go to www.marincommunityed.org
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
- Sept. 10-24
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $65
- Course #8253

The following courses are offered 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. Course materials are provided by MCSTOPPP.

Starting with Seeds

Why collect seeds when you can buy them? Learn why not all seeds are the same! Find out about seed biology as you stroll through the grounds of the Marin Art and Garden Center where you will learn proper techniques for collecting and cleaning seeds. Discover the best soil mixes for starting seeds and learn the secrets to successful transplanting. Be part of a network engaged in preserving native plants by collecting and planting their seeds. All participants will take home seeds and seedlings from native plants grown at the Center. Bring gloves to class!

Charlotte Torgovitsky is the Garden Education Manager at the Marin Art and Garden Center (MAGC).
- Saturday, 10am-1pm
- Sept. 15
- Marin Art & Garden Center
- SF Drake Blvd. at Lagunitas Blvd.
- Ross
- Fee $30
- Course #8254 EC

Clone Plants—Not People!

While cloning people and pets has captured a lot of attention in recent years, cloning of plants has been around for decades—and even happens naturally! Learn effective methods of growing plants from cuttings as you walk the grounds of the Marin Art and Garden Center, gathering good candidates (or cuttings) for cloning. Find out about proper storage and preparation techniques that will increase your changes for successful cloning. Discover how to transplant rooted cuttings and become skilled at choosing correct rooting mediums.

Charlotte Torgovitsky
- Saturday, 10am-1pm
- Oct. 6
- Marin Art & Garden Center
- SF Drake Blvd. at Lagunitas Blvd.
- Ross
- Fee $30
- Course #8255 EC

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, B.S. in Conservation of Natural Resources, is the Education Director at The Gardens at Heather Farm in Walnut Creek.
- Saturday, 9:30am-12noon
- Oct. 20
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $25
- Course #8256 EC

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

- A registration form is at the centerfold of this schedule.
LANGUAGES

Note: The following classes were developed to teach conversation skills. They are organized in a two-year series with a potential of four quarters offered each year if warranted by enrollment. “Beginning Levels” designate first year classes; “Intermediate Levels” designate the second year. Therefore, “Beginning Level 1” is for students with no previous background in the language; “Intermediate Level 1” is for students who have completed the first year series of four sessions, or have equivalent knowledge. Please be advised that no refunds are given for mistaken placement in the Language series. If in doubt, call the Community Ed office at 485-9305 and ask to have the instructor call you.

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

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

Conversational French: Beginning Levels 1 & 2

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

For each course listed below:

- Ellen Karel
- Kentfield Campus, Harlan Center 173

Beginning Level 1

- Sept. 6-Oct. 18
- 7 Thursdays, 7:10-9pm
- Fee $84/Course #8257
- 7 Thursdays, 3:10-5pm
- Fee $64/Course #8258 EC

Beginning Level 2

- Oct. 25-Dec. 6 (No class Nov. 22)
- 6 Thursdays, 7:10-9pm
- Fee $78/Course #8259
- 6 Thursdays, 3:10-5pm
- Fee $58/Course #8260 EC

Conversational French: Intermediate Levels 1 & 2

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

For each course listed below:

- Ellen Karel
- 7 Tuesdays, 7:10-9pm
- Kentfield Campus, Fine Arts 177
- Fee $84

Intermediate Level 1

- Sept. 4-Oct. 16
- Course #8261

Intermediate Level 2

- Oct. 23-Dec. 4
- Course #8262

Conversational German: Beginning Levels 1 & 2

Learn basic conversational German and essential grammar usage. Native speakers of German participate in many sessions, and pertinent audio/visual materials are used. See Note at beginning of Languages section.

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

Beginning Level 1

- 7 Thursdays, 6:40-8:30pm
- Sept. 6-Oct. 18
- Kentfield Campus, Olney Hall 105
- Fee $84
- Course #8263

Beginning Level 2

- 6 Thursdays, 6:40-8:30pm
- Oct. 25-Dec. 6 (No class Nov. 22)
- Kentfield Campus, Olney Hall 105
- Fee $78
- Course #8264

Conversational Italian: Beginning Levels 1 & 2

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

Beginning Level 1

- Lido Cantarutti
- 7 Tuesdays, 7:10-9pm
- Sept. 4-Oct. 16
- Kentfield Campus, Olney Hall 103
- Fee $84
- Course #8265
ILANAS

Ilia Salomone-Smith
- 7 Tuesdays, 3:10-5pm
- Sept. 4-Oct. 16
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $64
- Course #8266 EC

Beginning Level 2
Lido Cantarutti
- 7 Tuesdays, 7:10-9pm
- Oct. 23-Dec. 4
- Kentfield Campus, Olney Hall 103
- Fee $84
- Course #8267

Ilia Salomone-Smith
- 7 Tuesdays, 3:10-5pm
- Oct. 23-Dec. 4
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $64
- Course #8268 EC

Conversational Italian: Intermediate Levels 1 & 2
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 and situational expressions. Emphasis will be on speaking and comprehension through intensive oral drills. Ci divertiamo e talvolta festeggiamo mentre impariamo la lingua e cultura italiana!
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.

Intermediate Level 1
- 7 Tuesdays, 6:40-9:30pm
- Sept. 4-Oct. 16
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $84/Course #8269

Intermediate Level 2
- 7 Tuesdays, 6:40-9:30pm
- Oct. 23-Dec. 4
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $84/Course #8270

Italian Films and Conversation
Designed for students in their second year of Community Ed classes or with equivalent knowledge of Italian. Enlarge your vocabulary and develop fluency in the Italian language through popular worldwide films such as Storia dei ragazzi e ragazze by Pupi Avati, Caro Diario by Nanni Moretti, etc. Videos kindly provided by the Italian Cultural Institute of San Francisco.
The textbook, Italian Through Film, by Antonello Borra, Cristina Pausini, Yale University Press, is available in the college bookstore.

Caterina Labriola, Laurea (Foreign Language), is a native Italian who loves a good movie.
- 8 Mondays, 4:10-6pm
- Sept. 10-Oct. 29
- Kentfield Campus, Harlan Center 173
- Fee $90
- Course #8271

Conversational Spanish: Beginning Levels 1 & 2
These are introductory courses for beginners who wish to learn to converse in Spanish with others at home or while traveling. Students will learn vocabulary, pronunciation, idiomatic expressions and colloquialisms. The stress is on developing the ability to converse. See Note at beginning of the Languages section.

Beginning Level 1
John Petrovsky
- 7 Tuesdays, 7:10-9pm
- Sept. 4-Oct. 16
- Kentfield Campus, Physical Education 23
- Fee $84/Course #8272

Nancy McInnes
- 7 Wednesdays, 7:10-9pm
- Sept. 5-Oct. 17
- Kentfield Campus, Harlan Center 169
- Fee $84/Course #8273

Milt Hain
- 7 Tuesdays, 3:10-5pm
- Sept. 4-Oct. 16
- Kentfield Campus, Temporary Building T19
- Fee $64/Course #8275 EC

More Conversational Spanish Beg. 1 & 2

www.marincommunityed.org
Classes start Tuesday, September 4.

Literature and Law

At the intersection of literature and law, we will see how great writers explore where we get law, how we use law, and how law uses us. We may even learn why we hate lawyers and why we need them. Our readings, which span 2,500 years, capture the inevitable conflict between divine law and human law, between public tribunals and private practice, between social responsibility and individual compassion. Our sources will include Sophocles, Shakespeare, Melville, Kafka and Garcia-Marquez. Some film and even opera will also be used.

Margo Nashner Fields, B.A., M.A., M.F.T., a graduate of U.C., Berkeley, is a psychologist and teacher of comparative literature.

David Robertson, B.A., J.D., a graduate of Stanford and Yale Law, is a lawyer and a teacher of literature.

Writer’s View of the World: William Faulkner

When I first read William Faulkner, I thought I must become a writer. Gabriel Garcia-Marquez, 1982 Nobel Prize for Literature

When William Faulkner first breathed life into his fictional Mississippi world, he could not have foreseen the great tidal wave of literary influence he set into motion throughout the twentieth century and into the present. Writers as far-flung as Colombia’s Garcia-Marquez, India’s Arundhati Roy, and our own Toni Morrison have each acknowledged the Faulkner ripple effect in their own work.

This quarter we will explore the master’s innovative literary technique in two of his great novels: The Sound and the Fury and As I Lay Dying as well as in several of his short stories, including The Bear, A Rose for Emily and That Evening Sun.

Longtime writing and literature instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer.
Hans Christian Andersen's Fairy Tales

This course examines a variety of Andersen’s tales in the context of Danish society of the 19th century and of Andersen’s life. Andersen’s remarkable ascent from poverty to a world famous author will be discussed. Moreover, the object of this course is to dispel the popular notion of Andersen as sentimental and kind spinner of tales for children. As this course will disclose, Andersen intended his tales to convey a social, moral and philosophical message to an adult audience. Different aspects of the author and his work will be presented each session.

Recommended reading: *The Complete Fairy Tales and Stories*, translated by Haugaard (Doubleday) and *The Uses of Enchantment*, Bettelheim (Vintage).

Ulla Thomsen, Ph.D. (Scandinavian Languages and Literature) has taught in colleges and universities in California to Shanghai, China, where she taught a popular course on Hans Christian Andersen's fairy tales.

- 7 Thursdays, 2:10-4pm
- Sept. 5-Oct. 18
- Kentfield Campus, Harlan Center 170
- Fee $65 (Includes $1 materials fee)
- Course #8287 EC


Join us in a relaxed, pleasant atmosphere to learn more about the traditional and new international directions of contemporary French literature. Learn about the most important French writers of the younger generation, many originating from other countries: the novelists Gustave Le Clezio, Jean Echenoz, Pascal Quignard, Pierre Michon, Jean D’Ormesson, Jacques Attali, Michel Tournier, Erik Orsenna, Benoite Groult, Amin Maalouf, Andrei Makine, Jean-Christophe Rufin, Michel Houellebecq, Amelie Nothomb, Nancy Huston and Jonathan Little. Learn about the French poets, Jacques Reda, Jacqueline Risset, Jean Claude Pinson and about the unique playwright Bernard-Marie Koltes. Lectures, discussion and readings are in English.

Erika Harkins has studied French Literature for over 20 years and has ten years teaching experience. French Literature remains a passion.

- 7 Wednesdays, 2:10-4pm
- Sept. 5-Oct. 17
- Kentfield Campus, Harlan Center 169
- Fee $66 (Includes $2 materials fee)
- Course #8289 EC

Anthropology through Literature: Emerging England 1400-1600

Explore this exciting epoch full of political rivalries among generations of royal cousins with the help of *The Wars of the Roses* by Alison Weir. Marvel at the flowering of literary genius of Malory, Sidney, Spenser, Marlowe and especially Shakespeare as detailed in Will in the World by Stephen Greenblatt. The instructor supplies a timeline, genealogy, book loanbox and a bibliography incorporating period mysteries featuring 12 different sleuths from Margaret Fraser’s Sister Frevisse of the 1430s to Edward Marston’s actor Nicholas Bracewell of the late 1500s.

Maggi Nicholson

- 6 Mondays, 10:30am-12:30pm
- Sept. 10-Oct. 15
- Tiburon Town Hall
- Community Room
- 1505 Tiburon Blvd., Tiburon
- Fee $58
- Course #8391 EC

A registration form is at the centerfold of this schedule.
Anthropology through Literature:
Celtic Community

Meet Western Europe’s amazing megalith builders, story tellers, artists, fierce warriors and intrepid traders active for at least 7,000 years. Learn about their flourishing culture and dynamic heroes like pirate Grania (Gracie) O’Malley who negotiated in Latin with Queen Elizabeth I. Enjoy sleuthing with Peter Tremayne’s Irish Sister Fidelma in mid-600s, with Pat McIntosh’s lawyer Gil in 1490s Scotland and with Rhys Bowen’s Constable Evans in contemporary Wales. Your 25% Celtic instructor provides a timeline, historic map and a book loanbox with novels about Arthur such as Bernard Cornwall’s The Winter King.

- Maggi Nicholson
- 7 Thursdays, 10am-12noon
- Sept. 6-Oct. 18
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $64
- Course #8292 EC

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

MARIN ADVENTURES

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

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

Nature at Night Series

Discover how nature responds to dusk and enjoy Marin’s lovely fall evenings with like-minded adventurers at three special locations. Join us at Drakes Bay and learn the what, who, where and whys of bioluminescence. At the next session, we will meet at Mount Burdell for a full moon hike with a 200-300 elevation gain. Our last meeting will be a sunset viewed from the Sonoma Coast at Carmet Beach by an extremely low tide which allows us to see into the high, medium and low tide zones without entering the water!

It is a must to bring sturdy shoes, layered clothing, a small flashlight, a lawn/beach chair. When we are at beaches, we will not be entering the water. Directions to Carmet Beach will be given in class. Please see Note under Marin Adventures heading. Class is limited to 12.

Bioluminescence: Who Glows There?
- Saturday, 6-10pm
- Sept. 8
- Meet: Drake’s Beach Visitor Center

Full Harvest Moon Rise
- Wednesday, 6-10pm
- Sept. 26
- Meet: San Mateo Fire Road Entrance
- San Mateo Way, Novato

Low Tide at Dusk
- Saturday, 6-10pm
- Oct. 27
- Meet: Carmet Beach, Sonoma Coast State Beach

For entire series:
- Cathleen Cannon, B.S. (Biology/Chemistry)
- Fee $75 (Includes $7 materials fee)
- Course #8400

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 Friday, 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 College
Bookstore. Please see Note under Marin Adventures heading.

- **David Lukas**
- **Thursday, 2:10-4pm**
- **Oct. 11**
- **Kentfield Campus, Science Center 133**
- Plus field trip: Friday, 10am-2pm
- **Oct. 12**
- **Fee $54**
- **Course #8293 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. Please see Note under Marin Adventures heading.

- **Lisa Hug**, M.Ed., is an experienced birder in Marin and Sonoma Counties who co-leads pelagic trips and teaches seminars at the Point Reyes National Seashore. Careful! Her passion for birds is contagious!

- **Orientation:** Tuesday, 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 #8294 EC**

**Meandering in Marin**

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

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

**Session 1**

- First class meets: **Samuel P. Taylor Toll Booth**
- 6 Mondays, 9:45am-1:45pm
- Sept. 10-Oct. 15
- Fee $98/Course #8295 EC
- 7 Tuesdays, 9:45am-1:45pm
- Sept. 4-Oct. 16
- Fee $115/Course #8296 EC

**Session 2**

- First class meets: **Boot Jack, Mount Tamalpais**
- 6 Mondays, 9:45am-1:45pm
- Oct. 22-Dec. 3 (No class Nov. 12)
- Fee $115/Course #8297 EC
- 7 Tuesdays, 9:45am-1:45pm
- Oct. 23-Dec. 4
- Fee $115/Course #8298 EC

**Beginning Hiking**

Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our County on these 4-6 mile hikes. Along the way we will discuss plants, birds, insects and whatever else may catch our eyes. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1000 feet of elevation gain. Please see Note under Marin Adventures heading. Please, dogs are not invited to this class.

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

**Session 1**

- 5 Saturdays, 10am-2pm
- Sept. 22-Oct. 20
- 1st class meeting: **Mt. Tamalpais**
- Last class 6 hours
- Fee $92/Course #8299 EC

**Session 2**

- 5 Saturdays, 10am-2pm
- Oct. 27-Dec. 8 (No class Nov. 10 & 24)
- 1st class meeting: **Deer Island Open Space**
- Last class 6 hours
- Fee $92/Course #8300 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 1/2 miles per hour.

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

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

- 7 Sundays, 9:30am-1:30pm
- Sept. 9-Oct. 14
- Pine Mountain Road Trailhead
- First class meeting: 9:15am
- Fee $145
- Course #8301 EC

MUSIC

Jimi Hendrix: His Life and Music

Trace Hendrix’s musical roots through rare videos and audio with rock archivist Steven Roby. For the past 30 years, Roby has uncovered lost gems like Hendrix jamming with Little Richard and actress Jayne Mansfield. Learn the real story behind “Purple Haze,” and why Hendrix was banned from the BBC. Read court transcripts from the 1969 Toronto drug bust and examine his F.B.I. files. Discover Hendrix’s unreleased autobiographical sci-fi rock opera, and hear of projects with jazz legends Miles Davis, Roland Kirk and Gil Evans. Debate the controversy over Hendrix’s death in 1970. Guest speakers will be announced.

Recommended text: Black Gold: The Lost Archives of Jimi Hendrix (Billboard, 2002) is available at the College Bookstore.

Steven Roby is a recognized music archivist with over 30 years experience. He has also worked for the family of Jimi Hendrix.

- 7 Mondays, 7:10-9pm
- Sept. 10-Oct. 22
- Kentfield Campus, Science Center 101
- Fee $84
- Course #8302

Music Appreciation: Aaron Copland

Learn about the life and music of American Composer Aaron Copland with help from Michael Tilson Thomas and Simon Rattle video presentations on Copland and 20th Century music in general.

- Carl Jech, Th.M. (Harvard University)
- 6 Mondays, 1:10-3pm
- Sept. 10-Oct. 15
- Kentfield Campus, Fine Arts 177
- Fee $58
- Course #8303 EC
Performance Traditions of Russian Music: Tchaikovsky

Explore and enjoy Russian Opera and ballet with someone who has lived it. This quarter we will focus on Tchaikovsky and his influence on Russian opera, ballet, symphony, concertos, chamber and sacred music. The instructor will lecture and 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 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.

- 7 Tuesdays, 1:10-3pm
- Sept. 4-Oct. 16
- Kentfield Campus, Fine Arts 177
- Fee $64
- Course #8304 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

Session 1
- 7 Thursdays, 3:10-5pm
- Sept. 6-Oct. 18
- Fee $49/Course #8305 EC

Session 2
- 6 Thursdays, 3:10-5pm
- Oct. 25-Dec. 6 (No class Nov. 22)
- Fee $42/Course #8306 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

Session 1
- Sept. 4-Oct. 16
- Course #8307 EC

Session 2
- Oct. 23-Dec. 4
- Course #8308 EC

Basic Acoustic Guitar for the Beginner

Learn to play acoustic guitar and be the life of the party, or simply learn to play for your personal enjoyment. The emphasis in this program is learning the most important chords and progressions and strumming techniques. Each lesson will include basic music theory as well; this is an accelerated program to get you playing as quickly as possible. You don’t have to have an “ear for music” to learn guitar. Students will learn basic sing-along styles and “campfire” songs.

Session 2 is recommended for those with some guitar-playing experience.

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

- Fridays, 1:10-3pm
- Kentfield Campus, Fine Arts 75

Beginning Level 1
- 7 Fridays
- Sept. 7-Oct. 19
- Fee $84
- Course #8309

Beginning Level 2
- 6 Fridays
- Oct. 26-Dec. 7 (No class Nov. 23)
- Fee $78
- Course #8310

A registration form is at the centerfold of this schedule.
**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
- Kentfield Campus, Dickson Hall 113
- Fee $54 (Includes $14 materials fee)
- Course #8311

**Piano Classes for Beginners to Advanced**

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

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

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

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

**Section D** (Thursdays, 6:10-7:30pm) is for the more advanced student. Emphasis 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 above
- 7 Tuesdays & 7 Thursdays
- Kentfield Campus, Fine Arts 188
- Fee $80

**Session 1**
- Sept. 4-Oct. 18
- Course #8312

**Session 2**
- Oct. 23-Dec. 13 (No class Nov. 22 & Dec. 11)
- Course #8313

**Instant Piano for Hopelessly Busy People**

This workshop will start you down the road to years of musical enjoyment! Rather than focusing on traditional note-by-note instruction, this class starts you out on chords and teaches you all the chords you need to play any song. Then you can perfect your technique at home using an exclusive CD designed by the instructor. Robert Laughlin created the one-day piano workshop in 1982, and it is now used by more than 300 teachers and 100,000 students.

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.marincommunity.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
- Nov. 3
- Kentfield Campus, Fine Arts 177
- Fee $60 (Includes $25 materials fee)
- Course #8314

**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).
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
- Nov. 3
- Kentfield Campus, Fine Arts 177
- Fee $60 (Includes $25 materials fee)
- Course #8315

PARENTING

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

Discovering Spirituality: The Heart of Faith and Religions of the World

This class provides an overview of the nature of religion, spirituality and faith as considered by various disciplines such as the historical, social, psychological and anthropological views. We will view common threads in religion and learn about the main aspects of Judaism, Hinduism, Buddhism, Christianity and Islam and others as time allows. We will view and discuss several well produced documentaries on religions and discuss aspects of religion such as mysticism, ritual and prayer.


J. Chris Killough, MA, (Theology), is a retired San Francisco police turned professor who now teaches World Religion, Christianity and the Bible, Modern Spirituality and Islam.

- 7 Thursdays, 1:10-3pm
- Sept. 6-Oct. 18
- Kentfield Campus, Harlan Center 173
- Fee $64
- Course #8514 EC

PHOTOGRAPHY

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

Basic Photography

This course on basic photographic techniques will cover camera types, lenses, filters, depth of field, 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.

Two field trips include a Sunday morning in Muir Woods and a class night 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.

More Basic Photography

- www.marincommunityed.org
Bring an adjustable camera to class each week. This class is designed for digital or point-and-shoot cameras. 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.

- 7 Wednesdays, 7:10-10pm
- Kentfield Campus, Science Center 104
- Includes field trip: Wed., Oct. 3
- Plus Sunday, 8-11am, Sept. 16
- Fee $127 (Includes $10 materials fee)
- **Course #8316**

**Night Photography**

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

The class is limited to 12 students and is not for beginning photographers. You must know how to use your specific (preferably manual) camera and have a firm grasp of the basic concepts of photography. 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. 7-Oct. 19 (No class Oct. 12)
- Kentfield Campus, Harlan Center 165
- Plus field trip Tuesday, Sept. 25, 7-10pm
- Fee $164 (Includes $5 materials fee)
- **Course #8317**

**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
- Saturday, 10am-5pm
  - Sept. 8
  - **Course #8318**
- Friday, 10am-5pm
  - Nov. 2
  - **Course #8319**

**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
- Saturday, 10am-5pm
  - Sept. 15
  - **Course #8320**
- Friday, 10am-5pm
  - Nov. 16
  - **Course #8321**
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
- Indian Valley Campus, Ohlone 216
- Fee $122 (Includes $22 materials fee)
- Friday, 9am-4pm
  Sept. 21
  Course #8322
- Friday, 9am-4pm
  Nov. 30
  Course #8323

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
- Indian Valley Campus, Ohlone 216
- Fee $100
- Friday, 9am-4pm
  Sept. 28
  Course #8324
- Friday, 9am-4pm
  Dec. 7
  Course #8325

Intro. to Printing & Scanning Photos

Learn the basics of printing digital camera images and scanning photos. We will cover the different types of printers and papers and inks that are available. You will be shown how to prepare your digital camera files to get the most accurate colors and tonal values as well as the correct image size to get the best looking prints from your images. We will also discuss different types of scanners, scanner resolution vs. file size and how to scan a photograph, manipulate it and choose the correct settings to get the best looking print. We will use some of the class time to scan and print images. You may bring one photo or one digital image with you to the class and we will print some of the images as time permits.

- Ed Woods
- Fee $100
- Friday, 10am-5pm
- Oct. 12
- Indian Valley Campus, Ohlone 216
- Course #8326

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

PHYSICAL FITNESS

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

Please see our Marin Adventures section for other courses of interest.

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.

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

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

- 7 Tuesdays, 7:10-8pm
- Sept. 4-Oct. 16
- Kentfield Campus, Physical Education 60
- Fee $68
- Course #8327

The Feldenkrais Method for the Older Adult

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

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

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

For each course listed below:

- Teresa Hanson, GCFP
- 6 Mondays & 7 Wednesdays, 1:10-2pm
- Kentfield Campus, Physical Education Center 60
- FREE

Session 1
- Sept. 5-Oct. 17
- Course #8328 EC

Session 2
- Oct. 22-Dec. 5 (No class Nov. 12)
- Course #8329 EC

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

The original exercises we use in class let us relax, talk and have fun while pushing limits and working muscles hard. Unload stress, rejuvenate and enjoy the cumulative effect of pain free movement. Individual attention. Everyone works at 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. See Note regarding Continuing Education for Health Professionals on page 35.

For each course listed below:

- Meg Margolis
- Mon. & Wed., 3:40-5pm
- Fridays, 1:40-3pm
- Kentfield Campus, Fusselman Hall 120
- FREE

Session 1
- 6 Mon., 7 Wed. & 7 Fri.
- Sept. 5-Oct. 19
- Course #8330 EC

Session 2
- 6 Mon., 7 Wed. & 6 Fri.
- Oct. 22-Dec. 7 (No class Nov. 12 & 23)
- Course #8331 EC

Energy Warm-Ups for the Older Adult

A gentle, yet effective non-strenuous move, stretch and strengthen class for older adults. Goals include increased flexibility, mobility and range of motion with special attention paid to improving 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.

For each course listed below:

- Eric Riswold
- Tuesdays, 8:10-9am
- Kentfield Campus, Physical Education 40
- Fridays, 9:10-10am
- Kentfield Campus, Physical Education 60
- FREE
Session 1
- 7 Tuesdays & 7 Fridays
- Sept. 4-Oct. 19
- Course #8332 EC

Session 2
- 8 Tuesdays & 6 Fridays
- Oct. 23-Dec. 11 (No class Nov. 23)
- Course #8333 EC

Movement and Music for the Older Adult: A Universal Language

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

For each course listed below:
- Diane Hain
- 6 Mondays, 11:10am-12noon
- Whistlestop
- 930 Tamalpais Ave., San Rafael
- FREE

Session 1
- Sept. 10-Oct. 15
- Course #8334 EC

Session 2
- Oct. 22-Dec. 3 (No class Nov. 12)
- Course #8335 EC

Exercise for Fitness and Pleasure for the Older Adult

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

For each course listed below:
- Jack Bray, MA
- Kentfield Campus, Physical Education 60
- FREE

Session 1
- 3 Tuesdays & 3 Thursdays, 3:40-4:30pm
- Oct. 2-18
- Course #8336 EC

Session 2
- 7 Tuesdays & 6 Thursdays, 3:40-4:30pm
- Oct. 23-Dec. 6 (No class Nov. 22)
- Course #8337 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. 27-Nov. 17
- Kentfield Campus, Physical Education 60
- Fee $51
- Course #8338

Moving with Chi for the Older Adult

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

For each course listed below:
- Dove Harris Govrin, MS, A.D.TR.
- Indian Valley Campus, Miwok 170
- FREE

Session 1
- 7 Thursdays, 1:10-3pm
- Sept. 6-Oct. 18
- Course #8339 EC

Session 2
- 6 Thursdays, 1:10-3pm
- Oct. 25-Dec. 6 (No class Nov. 22)
- Course #8340 EC
Wild Goose Qigong for the Older Adult

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

Please dress appropriately in loose, comfortable clothing.

For each course listed below:
- Dove Harris Govrin, MS, A.D.TR.

Session 1
Kentfield Campus, Physical Education 60
- 7 Fridays, 10:10-12noon
- Sept. 7-Oct. 19
- FREE/Course #8341 EC

Indian Valley Campus, Miwok 170
- 7 Tuesdays, 1:10-3pm
- Sept. 4-Oct. 16
- FREE/Course #8342 EC

Session 2
Kentfield Campus, Physical Education 60
- 6 Fridays, 10:10-12noon
- Oct. 26-Dec. 7 (No class Nov. 23)
- Fee $62
- Course #8345 EC

Indian Valley Campus, Miwok 170
- 7 Tuesdays, 1:10-3pm
- Oct. 23-Dec. 4
- Fee $51
- Course #8346 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

Session 1
- 7 Fridays, 12:10-1:30pm
- Sept. 7-Oct. 19
- Fee $62
- Course #8345 EC

Session 2
- 6 Fridays, 12:10-1:30pm
- Oct. 26-Dec. 7 (No class Nov. 23)
- Fee $51
- Course #8346 EC

The Joy of Tai Chi for the Older Adult

The purpose of this tranquil class is to sample a series of gentle, health-giving exercises in a relaxed and playful environment. Tai Chi combines the flow of dance with stretching movements that tone and trim the body and Improve circulation, balance and vitality. The mind is focused and one experiences a general sense of well being as the “chi,” or life force, is strengthened. A sampling of Qigong exercises is included. The course is open to all ages. The Wednesday afternoon Intermediate class will focus on Lessons 5-10.

For each course listed below:
- Carolyn Talmadge

Session 1
Beginning/Intermediate
- 6 Mondays, 3:40-5pm
- Sept. 10-Oct. 15
- FREE/Course #8347 EC

Kentfield Campus, Physical Education 60
- Fee $51
- Course #8348 EC

Intermediate
- 7 Wednesdays, 3:40-5pm
- Sept. 5-Oct. 17
- Kentfield Campus, Physical Education Center 60
- Fee $62
- Course #8349 EC

Session 1
Beginning/Intermediate
- 6 Mondays, 3:40-5pm
- Oct. 22-Dec. 3 (No class Nov. 12)
- Kentfield Campus, Physical Education 60
- Fee $51
- Course #8350 EC

PHYSICAL FITNESS
Beginning/Intermediate
- 7 Tuesdays, 10:45am-12:15pm
- Oct. 23-Dec. 4
- **The Redwoods**
- 40 Camino Alto, Mill Valley
- **FREE/Course #8351 EC**

Intermediate
- 7 Wednesdays, 3:40-5pm
- Oct. 24-Dec. 5
- **Kentfield Campus**, Physical Education Center 60
- **FREE/Course #8352 EC**

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

For each course listed below:
- Carolyn Talmadge
- 6 Fridays, 2:10-3:30pm
- **Kentfield Campus**, Physical Education 60

**Session 1**
- Sept. 15-Oct. 20
- **FREE/Course #8353 EC**

**Session 2**
- Oct. 26-Dec. 7 (No class Nov. 23)
- **FREE/Course #8354 EC**

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

This class is suitable for beginners and has benefits for students of all levels of ability.
Please eat lightly prior to class. Bring a yoga mat and wear comfortable clothing to class.

For each section listed below:
- Solana Walton
- **The Redwoods**
- 40 Camino Alto, Mill Valley
- **FREE**

**Session 1**
- 5 Mondays & 6 Wednesdays, 1:10am-2:30pm
- Sept. 5-Oct. 15 (No class Oct. 1 & 3)
- **Course #8355 EC**

**Session 2**
- 6 Mondays & 7 Wednesdays, 1:10am-2:30pm
- Oct. 23-Dec. 12 (No class Nov. 12, Dec. 3 & 5)
- **Course #8356 EC**

**Yoga and Meditation**
This class will help the student improve overall, strength, flexibility, breathing, concentration and meditation. Through yoga and meditation we change the body through the mind and we change the mind through the body. Regular yoga and meditation practice leads to optimal physical, psychological and spiritual balance. The class is approximately 70% Hatha Yoga and 30% deep relaxation/meditation.

Beginners are welcome as each student works at their own level of difficulty. Recommended: no eating two hours prior to class. Bring a yoga mat and wear comfortable non-binding workout apparel to class.

**Paul Landrum**, Ph.D. has been teaching at the College of Marin since 1988.

**Session 1**
- 6 Tuesdays & 7 Thursdays, 5:40-7pm
- Sept. 4-Oct. 18 (No class Oct. 9)
- **Indian Valley Campus**, Ohlone 106
- Fee $105/**Course #8357**

**Session 2**
- 7 Tuesdays & 6 Thursdays, 5:40-7pm
- Oct. 23-Dec. 6 (No class Nov. 22)
- **Indian Valley Campus**, Ohlone 106
- Fee $105/**Course #8358**

A registration form is at the centerfold of this schedule.
Online Classes are available on our website.

Mindful Yoga
Practice Iyengar yoga postures with attention to mind, energetic meridians and breath. Increasing flexibility and strength restores the body’s freedom of movement and alignment. Physical and mental tensions are released, and energy is increased. People with special health and fitness needs are welcome.

Note: If you are new to yoga or registering for the Intermediate class for the first time, call the instructor as indicated below before registering.

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

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. Laurel can be reached at 415.454.0391.

Susy Stewart has studied yoga for more than 25 years including in India with the Iyengars. Susy can be reached at 415.388.1549.

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 College Bookstore.

For each course listed below:
- Russell Robles
- Kentfield Campus, Physical Education 20

Session 1
- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Sept. 5-Oct. 19
- Fee $108/Course #8363

Session 2
- 7 Tuesdays & 6 Thursdays, 6:40-8pm
- Oct. 24-Dec. 7 (No class Nov. 23)
- Fee $105/Course #8364

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.

Session 1
Beginning
Kentfield Campus, Physical Education Center 40
- Betsy Best-Martini, MS (Recreational Therapy), SFA certified
- 7 Wednesdays 7:30-9am
- 7 Fridays, 8-9:30am
- Sept. 5-Oct. 19
- FREE/Course #8365 EC
Indian Valley Campus, Ohlone 106
- Vicki Jackson, MA (Kinesiology), SFA certified
- 6 Tuesdays & 7 Thursdays, 1:40-3pm
- Sept. 4-Oct. 18 (No class Oct. 9)
- FREE/Course #8366 EC

For each course listed below:
- Kim Jones, MA (Exercise Physiology), ACSM, SFA certified
- 6 Mondays & 7 Wednesdays
- Sept. 5-Oct. 17 (No class Sept. 3)
- Kentfield Campus, Physical Education Center 20
- FREE

Intermediate/Advanced
- 7-8:45am
- Course #8367 EC

Advanced
- 7-8:45am
- Course #8368 EC

Session 2
Beginning

Kentfield Campus, Physical Education Center 40
- Betsy Best-Martini, MS (Recreational Therapy), SFA certified
- 7 Wednesdays 7:30-9am
- 6 Fridays, 8-9:30am
- Oct. 24-Dec. 7 (No class Nov. 23)
- FREE/Course #8369 EC

Indian Valley Campus, Ohlone 106
- Vicki Jackson, MA (Kinesiology), SFA certified
- 7 Tuesdays & 6 Thursdays, 1:40-3pm
- Oct. 23-Dec. 6 (No class Nov. 22)
- FREE/Course #8370 EC

For each course listed below:
- Kim Jones, MA (Exercise Physiology), ACSM, SFA certified
- 6 Mondays & 7 Wednesdays
- Oct. 22-Dec. 5 (No class Nov. 12)
- Kentfield Campus, Physical Education Center 20
- FREE

Intermediate/Advanced
- 5:15-7am
- Course #8371 EC

Advanced
- 7-8:45am
- Course #8372 EC

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

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

MinJae Laws
- Form Body Studio
  - 1000 Fifth Ave., Suite B, San Rafael
  - 6 Mondays, 10-11am
  - Sept. 10-Oct. 15
  - Fee $58
  - Course #8374
  - 7 Wednesdays, 6-7pm
  - Sept. 5-Oct. 17
  - Fee $68
  - Course #8375

Brady Wedman
- Flow Studio
  - 85 Bolinas Rd., Fairfax
  - 7 Tuesdays, 7-8pm
  - Sept. 4-Oct. 16
  - Fee $68
  - Course #8376
  - 7 Thursdays, 7-8pm
  - Sept. 6-Oct. 18
  - Fee $68
  - Course #8377

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 who has an interest in learning martial arts techniques; there are no prerequisites. Warm-up exercises will incorporate Tai Chi, Qigong, yoga and Rosen Method movement. Building self-confidence, integrity, humility, physical strength, coordination, agility and a powerful sense of awareness are all attributes to this class. Karate attire is optional.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 14 years. Hursey is certified by the American Teachers Association of Martial Arts and American Aerobics and fitness Association as a group exercise instructor.

Session 1
- 6 Mondays & 7 Thursdays, 6:40-8pm
- Kentfield Campus, Physical Education Center 60
- Fee $104/Course #8378

Session 2
- 6 Mondays & 6 Thursdays, 6:40-8pm
- Oct. 22-Dec. 6 (No class Nov. 12 & 22)
- Kentfield Campus, Physical Education Center 60
- Fee $94/Course #8379

Effortless Tennis

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

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

Brent Zeller has been playing tennis for 39 years, teaching the game for 33 years, and has an extensive background in psychology, philosophy and learning theory.

For each course listed below:
- Kentfield Campus, Tennis Courts

Beginning
- 10 Tuesdays, 9:40-11am
- Sept. 4-Nov. 13 (No class Oct. 16)
- Fee $174 (Includes $6 materials fee)
- Course #8380

Intermediate 1
- 10 Wednesdays, 9:40-11am
- Sept. 5-Nov. 14 (No class Oct. 17)
- Fee $174 (Includes $6 materials fee)
- Course #8381

Intermediate 2
- 10 Thursdays, 9:10-11am
- Sept. 14-Nov. 15 (No class Oct. 18)
- Fee $225 (Includes $6 materials fee)
- Course #8382

Aqua Exercise for the Older Adult

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

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

For each course listed below:
- Russell Robles
- 9:40-11am
- Kentfield Campus, Pool
- FREE

Session 1
- 6 Mondays & 7 Wednesdays
  Sept. 5-Oct. 17
  Course #8383 EC
- 7 Tuesdays & 7 Thursdays
  Sept. 4-Oct. 18
  Course #8384 EC

Session 2
- 6 Mondays & 7 Wednesdays
  Oct. 22-Dec. 5 (No class Nov. 12)
  Course #8385 EC
- 7 Tuesdays & 6 Thursdays
  Oct. 23-Dec. 6 (No class Nov. 22)
  Course #8386 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

Session 1
Betsy Babson
- 6 Mondays & 6 Wednesdays
- Sept. 10-Oct. 17
- Fee $96/Course #8387

Tina Marie Rossi
- 7 Tuesdays & 7 Thursdays
- Sept. 4-Oct. 18
- Fee $108/Course #8388

Session 2
Betsy Babson
- 7 Mondays & 7 Wednesdays
- Oct. 22-Dec. 12 (No class Nov. 12 & 21)
- Fee $108/Course #8389

REAL ESTATE

Note: If you would like to become a licensed Real Estate broker, please see the Real Estate section of the credit class schedule or go to www.marin.edu.

Taking the Mystery Out of Real Estate Investments
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.

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. 27 & Oct. 4
- Kentfield Campus, Science Center 101
- Fee $60 (Includes $5 materials fee)
- Course #8390

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.

- 3 Mondays, 6:40-9:30pm
- Oct. 29-Nov. 19 (No class Nov. 12)
- Kentfield Campus, Science Center 101
- Fee $63 (Includes $8 materials fee)
- Course #8391
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, has over 25 years experience traveling round the world as a volunteer, instructor, student and traveler. He is author of several upcoming travel books.

Wednesday, 6:40-9:30pm
Nov. 7
Kentfield Campus, Science Center 104
Fee $51 (includes $12 material fee)
Course #8394

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 #8395

TRIPS & TOURS

Note: Transportation for Trips & Tours will be supplied by Marin Charter. Unless otherwise noted below, please meet the bus at the Kentfield Campus in Parking Lot 7 across from the Post Office at the start time listed for the class. The bus will return to the parking lot at the ending time listed. No parking fee is charged in college parking lots on the weekends. All other fees are included unless otherwise noted below and not including meals which are “no host.” Tours limited to 20 participants.

Art On the Go Bus Trip: Art and Nature at di Rosa Preserve

We will bus to scenic southern Napa valley to tour the extensive private art collection of Rene di Rosa. The di Rosa Preserve houses nearly 2,300 works of art in all media. The emphasis is on contemporary northern California art. We will visit the Gatehouse gallery, the main gallery and the di Rosa residence. We will also see the sculpture courtyard and the North lawn.

Bring your lunch to eat on bus or lunch upon return. Please see Note above.

Rhoda Becker
Thursday, 9am-1pm
Sept. 27
Corte Madera Town Center
Meet on Madera Blvd.
Fee $53
Course #8399 EC
Sunday in Sonoma: Historic Sites and Wine Tasting

Explore Sonoma State Historic Park buildings and landmarks on a leisurely bus tour. We will be guided through the last Spanish Mission built, Mission San Francisco Solano de Sonoma, and view Norwegian artist Jorgensen’s paintings of California Missions on permanent display. We will follow with a docent-led tour of Lachryma Montis, General and Mrs. Vallejo’s estate, built in 1851. We will then visit Sonoma Square for a “no host” lunch at one of the many restaurants or pick up some deli food for a picnic in the park. Our last stop will be to the California Landmark Buena Vista Winery founded in 1857, the oldest commercial winery in the area, where we will have an exclusive tasting and private talk.

Additional fees will include a $2 entry fee and $7.50 each for the wine tasting. Limited to 20.

Please see Note above.

Carolyn Talmadge
Sunday, 8:45am-5pm
Oct. 7
Meet: Kentfield Campus, Parking Lot #7
Field trip: East Bay
Fee $83 (Includes $1 materials fee)
Course #8398 EC

Destination: Volcano Country

Join us for a guided tour by chartered bus and explore the abundant volcanic, seismic and geothermal activity that lies north of the Bay Area in the vicinity of Clear Lake. Stops include The Geysers geothermal field (normally off-limits to the public), volcanic domes and explosion craters near the shores of Clear Lake, and sites of borax and mercury mining on the lower slopes of Mt Konocti. Other stops may include the “Old Faithful” Geyser in Calistoga and road cuts in volcanic rocks blasted from volcanoes located between Clear Lake and Middletown. Please see Note above.

Trip leaders are Dr. Mike Sorey, formerlly with the U.S. Geological Survey, and Gene Suemnicht, a geology instructor at Santa Rosa Junior College.

Field trip: Clear Lake area
Saturday, Oct. 13, 8am-9pm
Fee $142
Course #8516 EC

WRITING

Elements of Creative Writing

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

Somerset Maugham might have been right, but that’s no reason to be discouraged. For 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.

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

More Elements of Creative Writing

¬ www.marincommunityed.org ¬
National Public Radio and in many national anthologies.

Session 1
- 6 Mondays, 6:30-9:30pm
  - Sept. 10-Oct. 15
  - The Redwoods
    - 40 Camino Alto, Mill Valley
    - Fee $76/Course #8401 EC
- 7 Wednesdays, 1:10-4pm
  - Sept. 5-Oct. 17
  - Kentfield Campus, Dickson Hall 101
  - Fee $89/Course #8402 EC

Creative Writing Workshop

Good writing excites me, and makes life worth living.—Harold Pinter

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

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

- 7 Thursdays, 1:10-4pm
- Sept. 6-Oct. 18
- Kentfield Campus, Harlan Center 169
- Fee $91 (Includes $2 materials fee)
- Course #8403 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.

Session 1
- 7 Saturdays, 10am-1pm
- Sept. 7-Oct. 19
- Kentfield Campus, Fine Arts 136
- Fee $89/Course #8406 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.

- 6 Mondays, 1:10-3pm
- Oct. 22-Dec. 3 (No class Nov. 12)
- Kentfield Campus, Olney Hall 105
- Fee $58
- Course #8408 EC

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

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

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* A registration form is at the centerfold of this schedule. *
ASSOCIATED STUDENTS OF EMERITUS COLLEGE

A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS

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

EMERITUS CENTER

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

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

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

CULTURAL ACTIVITIES

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

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 be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day Monday, Aug. 20, for Session 1 and Monday, Oct. 8, for Session 2.

Emeritus Student Activities Card Application

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Please check appropriate squares:
- Female
- Male
- 55 or Over
- Under 55

Signed | New | Renew

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

ASSOCIATED STUDENTS OF EMERITUS COLLEGE OF COLLEGE OF MARIN
EMERITUS CLUBS

Participation in ASEC clubs requires an ASEC Student Activities Card.

Adventurers: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433
Architectural Model Building: Barbu Hanculesco, 415.927.2183
Ballroom Dance: E. Curtis, 415.453.1433
Bocce: J. Kouns, 415.332.5929
Bridge: L. Mason, 415.456.2508
T. Metzger, 415.479.8290
Classic Cinema: R. Mead, 415.388.8919
Current Events: E. Maguire, 415.461.0173
French: X. de la Prade, 415.662.2105
History: P. Kingsley, 415.455.9720
Italian: M. Weed, 415.453.6054
IVC Book Forum: L. Kerr, 415.883.2823
IVC Great Books: E. Walsh, 415.256.9964
IVC Philosophy: L. Witter, 415.883.6889
IVC Film Noir: J. Ramirez, 415.491.0522
Music Listening: R. King, 415.898.5845
Opera and Beyond: Gil Deane, 415.456.2853
Rumi Poetry: E. Curtis, 415.453.1433
Spanish: J. Hopper, 415.454.9256
Writers Workshop: R. Ritchie, 415.331.9316

EMERITUS COLLEGES

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

COMPUTERS AVAILABLE TO MEMBERS

Both Emeritus clubs have Internet connection. EMERITUS CLUBS

www.marincommunityed.org

EQUAL OPPORTUNITY

The Marin Community College District is committed to 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 or participation in vocational education programs.

Freedom from discrimination is also expected to follow these guidelines:

Equal Opportunity Employment/A.D.A.

Compliance Officer
Linda Bean
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

OPEN ENROLLMENT POLICY

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

Many short term workshops & classes (one to four meetings) will be offered through the COM Community Education program this quarter. The date listed below is the start date for the class. For the complete description of a class, refer to the heading 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 4
Introduction to West Coast Swing Dance (Dance)
Introduction to Pilates (Physical Fitness)

September 5
Introduction to Pilates (Physical Fitness)

September 6
Introduction to Pilates (Physical Fitness)

September 7
Coronal Polish (Health Sciences)

September 8
Silver Jewelry from Precious Metal Clay (Art)
Read People and Watch Your Profits Grow (Business)
Voice Overs: The Big Picture (Drama)
Nature at Night Series (Marin Adventures)
Intro. to the Digital Camera (Photography)

September 10
The Art of Living with Color (Home Arts)
Introduction to Pilates (Physical Fitness)

September 14
Radiology Course (Health Sciences)

September 15
Find Your Inner Editor: Introduction to Editing and Proofreading (Business)
Time Management in the Information Age (Business)
Food and Healing: How to Have An Appetite You Can Trust and a Body You Can Love (Health)
Heartsaver First Aid and CPR (Health Sciences)
Starting with Seeds (Home Arts)
Intermediate Digital Camera (Photography)

September 17
The Marin Landscape in Watercolor (Art)

September 21
Intro. to Photoshop Elements: The Digital Darkroom (Photography)

September 22
The Magic of Drawing (Art)
Matting and Framing Workshop (Art)
How to Start Your Business—Fast (Business)
Ten Ways to Drive Traffic to Your Web Site (Business)
Breaking the Cycle of Stress: Skills for Health and Peak Performance (Health)

September 27
Taking the Mystery Out of Real Estate Investments (Real Estate)
Art On the Go Bus Trip: Art and Nature at di Rosa Preserve (Trips & Tours)

September 28
Intro. Photoshop Elements: The Digital Darkroom (Photography)

September 29
Floral Still Life in Watercolor Workshop (Art)
The Best Is Yet to Come! Career Exploration for the Bonus Years (Business)

October 3
The Art of Selling Your Arts & Crafts (Art)

October 4
Herbal Cooking for Winter Health (Foods)

October 6
The Magic of Watercolor (Art)
How to Be an eBay Power Seller (Business)
Clone Plants – Not People! (Home Arts)

October 7
Sunday East Bay Bus Tour: Hindu Temple and Mission San Jose (Trips & Tours)

October 11
California Birds of Prey: The Migration of Raptors (Marin Adventures)
Very Beginning Blues Harmonica (Music)

October 12
Intro. to Printing & Scanning Photos (Photography)

October 13
Destination: Volcano Country (Trips & Tours)

October 20
Go Native and Plant Now for Spring Color (Home Arts)

October 27
Flower Drawing & Painting Workshop (Art)

October 29
Roadmap to Wealth through Real Estate Investment (Real Estate)

October 31
Complete Professional Training for the Notary Public (Business)

November 2
Radiology Course (Health Sciences)
Intro. to the Digital Camera (Photography)

November 3
Instant Piano for Hopelessly Busy People (Music)
Piano By Ear: What Pro Musicians Won’t Tell You (Music)

November 4
Sunday in Sonoma: Historic Sites and Wine Tasting (Trips & Tours)

November 7
The Ultimate Guide to Traveling, Living, Retiring and Working in Mexico (Travel)

November 8
An Insider’s Guide to California’s Best Hidden Tours (Travel)

November 16
Intermediate Digital Camera (Photography)

November 17
Heartsaver First Aid and CPR (Health Sciences)

November 30
Coronal Polish (Health Sciences)
Intro. to Photoshop Elements: The Digital Darkroom (Photography)

December 7
Intro. Photoshop Elements: The Digital Darkroom (Photography)
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 Center complex, the Science Center, the Learning Resources Center (Library), the Emeritus Center and the Student Services Center (Admissions & Records), turn left on College Ave. and continue to second campus parking lot entrance on your right. For Harlan Center, stay on Drake Blvd., crossing the College Ave. intersection and turn right on Maple Ave. to parking lot. For Fine Arts, Fusselman Hall and Dickson Hall, stay on Drake Blvd. and take first left (left-hand turn lane) at Laurel Ave. and follow it to the end. Laurel will lead you into a student parking lot.

Indian Valley Campus
1800 Ignacio Blvd., Novato

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

**Kentfield Campus/Indian Valley Campus**

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

**College of Marin**

**Indian Valley Campus**

1800 Ignacio Blvd.
Novato, CA 94949

Emergency: 911 or 9-911 from Campus extension
Urgent: 415.485.9696

IVC Police Business Phone: 415.883.3179

Motorcycle and handicap
parking available

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

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

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

**POMO (PM)**

1. Auto Collision Repair
2. Auto Technology Lab
3. General Classrooms/Labs/Offices/Medical Assisting Lab/Food Vending
4. Machine & Metal Tech
5. Math/English Lab
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/Swinerton Office
11. Information Systems Center
12. Internet Cafe/Book Depot Child Care Center (CS)

**MWOK (MW)**

13. Art Labs/Art Gallery/Classrooms
14. Classrooms/Offices
15. Studio Theatre/Student Lounge/Deli
16. Classrooms/Offices

**BUILDING #17**

17. Classrooms/Meeting Areas/Offices

**OHLONE (OL)**

18. Computer Labs/Offices/Court Reporting Labs
20. Food Vending/P.E./Classrooms
22. Campus Police/Corporation Yard
Provide the Gift of Higher Education

Your Generosity Goes Far

Last year 325 deserving students like Christie and Alfredo (pictured above) received scholarships, book grants, and emergency loans/grants, allowing them to pursue their educational goals and dreams.

Your donation to the College of Marin will support the success of promising students who otherwise would not have the opportunity to improve their lives by attending college.

The New Marin Scholars Program

College of Marin Foundation has partnered with the Marin Education Fund to create the New Marin Scholars Program. This new scholarship project is aimed at students who are the first in their families to attend college. The New Marin Scholars Program will cover the cost of COM enrollment fees and books; and provide mentorship, training and academic support. Find out more about this exciting new opportunity to provide the life-changing gift of education.

Our students appreciate your support!
For more information call: 415.485.9382

Alfredo D’Arena
College of Marin Graduate
Transferred to UCLA, Fall 2006
National Society of Collegiate Scholars Recipient

Christie Sullivan
College of Marin Graduate
Transferred to UC-Berkeley, Fall 2006
Fund for American Studies Scholarship Award Winner
Some highlights from inside the pages of Fall 2007!

Jimi Hendrix: His Life and Music
Do you recognize the man in the photo to the left? That’s Jimi Hendrix, the controversial guitarist who died in 1970 at 27, leaving behind an immense legacy of music and film. Join author/archivist Steven Roby to examine the missing pieces of Jimi’s life. See page 44.

Sunday East Bay Bus Tour: Hindu Temple and Mission San Jose
Have a wonderful Sunday outing, leave the driving to us and enjoy a study in contrasts. Join popular instructor Carolyn Talmadge for a virtual trip to India followed by a visit to authentically-restored California Mission San Jose. See page 59.

Herbal Cooking for Winter Health
An intuitive and inspiring teacher, Kami McBride has helped thousands of people to use herbal medicine in their daily lives in ways that are healthy, safe and fun. Her extensive knowledge of healing plants is infused into her specialty of preventive medicine and women’s health. See page 32.

An Introduction to Stained Glass and Non Traditional Glazing
Rachel Schutt Mesrahi is a working artist in the medium of Stained Glass. Her designs, as well as her innovative techniques, aid those who are interested in the growth of artistic expression and are seriously seeking development as artists and craftsmen. See page 12.
## Community Education Registration Form

**MAIL TO:** Community Education Registration, College of Marin, 835 College Avenue, Kentfield, CA 94904

1) **SOCIAL SECURITY #**  
   **(STUDENT I.D. #)**

2) **LAST NAME**

3) **FIRST NAME**

4) **MIDDLE INITIAL**  
   **ALL PREVIOUS NAMES**

5) **MAILING ADDRESS**

6) **CITY**  
   **STATE**  
   **ZIP**

7) **DAY PHONE**  
   **E-MAIL ADDRESS**

8a) **CITIZENSHIP** (Enter appropriate number)

   - **U.S. Citizen** = 1  
   - **A Permanent Residence Card** = 2  
   - **Refugee (Parolee) Visa** = 4  
   - **A Student Visa** = 5

   **PLEASE INDICATE**

8b) **VISACODE**

   - **Other** = 6  
   - **Visa type unknown** = 9

9) **AREA CODE**  
   **DAY PHONE**

10a) **MILITARY STATUS**

   - **On Active Duty in Military** = 1  
   - **Discharged from Military within the Last Two Years** = 3

   **PLEASE INDICATE**

10b) **DATE CARD ISSUED By U.S. Immigration**

   - **MO**  
   - **DAY**  
   - **YR**

11) **STATE OR COUNTRY**

   - **YES** = 1  
   - **NO** = 2

12a) **Do you claim to be a California resident?**

   - **YES** = 1  
   - **NO** = 2

12b) **DATE MOVING TO OR LAST RETURNING TO CALIFORNIA**

   - **MO**  
   - **DAY**  
   - **YR**  
   - **STATE OR COUNTRY**

**OVER**
13) SEX: Male = 1  Female = 2

14) BIRTHDATE (Use numbers)

15) ETHNIC GROUP (for compliance with the Federal 1964 Civil Rights Act)

<table>
<thead>
<tr>
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<th>Code</th>
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<tbody>
<tr>
<td>Asian</td>
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<td>Asian/Indian</td>
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<td>Samoan</td>
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<tr>
<td>White</td>
<td>12</td>
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16) PRIMARY LANGUAGE  English = 1  Not English = 2

17) Please indicate your reason for taking the course(s).

<table>
<thead>
<tr>
<th>Reason</th>
<th>Code</th>
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<tbody>
<tr>
<td>Discover/formulate career interests, plans, goals</td>
<td>1</td>
</tr>
<tr>
<td>Prepare for a new career (acquire job skills)</td>
<td>2</td>
</tr>
<tr>
<td>Advance in current job/career (update job skills)</td>
<td>3</td>
</tr>
<tr>
<td>Maintain certificate or license (e.g. Nursing, Real Estate)</td>
<td>4</td>
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<tr>
<td>Educational development (intellectual/cultural)</td>
<td>5</td>
</tr>
<tr>
<td>Improve basic skills in English, reading or math</td>
<td>6</td>
</tr>
<tr>
<td>None of the above</td>
<td>7</td>
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</tbody>
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Submit a separate check payable to College of Marin for EACH requested course.

<table>
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<tr>
<th>COURSE NUMBER</th>
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Please charge to my:

- Mastercard
- Visa Card

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