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

FREE WOMEN'S CONFERENCE

Saturday, August 2
Keynote Speaker: Dr. Frances L. White
College of Marin Superintendent/President
For more information, call 415.485.9305 after June 15.

REGISTER NOW FOR FALL 2008 EMERITUS COLLEGE NONCREDIT CLASSES

The following FREE Emeritus College classes are now listed in COM’s Fall 2008 credit schedule. Register in-person at the Admissions Office on the Kentfield and Indian Valley Campuses. You may also register through the mail: Admissions & Records, College of Marin, 835 College Ave., Kentfield, CA 94904. Please use the “Community Education Application for Admission” form found at the center of this schedule. Once your application is processed, you will be mailed a username and password with which you can set up your COM account at http://MyCOM.marin.edu. Your MyCOM account will allow you to register online in the future.

- A Journey Toward Vitality: Walking the Lighter Path
- Aqua Exercise
- Do It Yourself Pain Relief: A New Way to Exercise
- Energy Warm-Ups
- Exercise for Fitness & Pleasure
- Feldenkrais: Awareness through Movement™
- Gentle Yoga
- Intro. to Chinese Medicine
- Movement & Music
- Moving with Chi
- Music and Our Inner World
- Psychology of Joy
- Strength and Fitness Training
- The Art of Meditation
- The Joy of Tai Chi
- Wild Goose Qigong

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page 30

FREE CLASSES FOR HIGH SCHOOL STUDENTS
Am I Ready for College?
page 21

FOR ENGLISH AS A SECOND LANGUAGE STUDENTS
TOEFL Test Preparation, page 16

NEW FOR SUMMER!!
Landscape Painting, page 5
Creativity in Business, page 7
Traditional Samba, page 15
Breathing Techniques, page 19
The following programs which make up Community Education at the College of Marin offer students access to a variety of low and no cost classes which can assist in achieving personal, educational and professional goals. These classes provide the Marin community with lifelong learning opportunities, a place to prepare for entering college credit and transfer programs and career development classes designed to serve the working adult.

**English as a Second Language**

The English as a Second Language program offers a series of free noncredit classes with flexible entry and exit dates. Classes focus on speaking, listening, reading, writing and grammar. Our excellent faculty will help you improve your English while you improve your life. For more information, see pages 17-18.

**Community Services Education**

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

**Emeritus College**

Emeritus College is a program of free noncredit and fee-based classes which are designed to meet the unique needs of older adult learners. Courses offered through Emeritus College seek to support the principles of quality of life, lifelong learning and creative retirement. See the Index of Emeritus College classes on page 31.

**Basic Skills**

Basic Skills provides an opportunity for those who did not graduate from High School to prepare for their GED and CHSPE. Basic Skills learning labs are free and are available to students needing help with high school-level reading, writing and math. For more information, call 415.485.9445.

**Intensive Programs**

The Intensive English Program (IEP) offers high-quality classes which focus on integrating language skills and American culture for international students and U.S. residents. IEP prepares students for entry to American colleges and universities, to pursue business careers, or to continue study in their own countries. The program also offers preparation for the Test of English as a Foreign Language (TOEFL). For more information, see pages 17-18.

**Disabled Students Program**

The staff of the Disabled Students Program works individually with students to discover avenues through which students can better realize their goals in academic, communicative and life situations. Special guidance in learning ways to achieve best potential is also offered. For more information, see page 16.
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REGISTRATION INFORMATION

Registration Begins
Monday, May 19, at 9 a.m.

The college has retired registration by Touch Tone Registration.
The college will no longer send confirmation post cards.

Register On the Internet
Go to www.marincommunityed.org.
Registrations received through the website will be processed with the same day’s mail.

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

Register after Class Begins
Please attend the first class meeting and check with the instructor for possible admittance.

Register by U.S. Mail
Please mail your registration at least five (5) working days prior to the first class meeting to assure that your name appears
on the instructor’s roster. The mailing address is College of Marin, Community Education Registration, 835 College Ave.,
Kentfield, CA 94904 and is at the top of the registration form.

Register by Fax: 415.460.0773
Faxed registrations will be processed with the same day’s mail.

Register for Online Classes
After registering with the college by any procedure listed on this page, email mike.
lewis@marin.edu and include your name and course name(s) and number(s). For more information, go to www.marincommunityed.org. If you have any questions about online classes, please call Mike at 415.485.9305.
Payment of Fees
You may pay for classes with a MasterCard or Visa number; please include the expiration date. If you prefer to pay by check, please send a separate check (or money order) made payable to College of Marin for each class requested. Be advised that the college charges $15 for all returned checks and declined credit cards.

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

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

Early registration recommended
The college will not cancel a class that has sufficient enrollment. Be sure to register no later than Tuesday, June 10, for classes that begin the first week of the quarter to ensure your place in class.

Wait List Procedures
If you attempt to register for a class that is already full, your name will be placed on a waiting list and you will not be charged. If you paid with a check, it will be mailed back to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance.

Time Conflicts
Due to State regulations, the College is unable to register you in two “FREE” courses that have a time conflict.

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

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

Students Under 18
Students who are minors may register for Community Education classes. The student must complete and submit a College of Marin Community Education Registration Form and a Parent Permission Card.

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

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

Refund Policy
The full amount of collected fees will be refunded if the college cancels a class. Refunds take from six to eight weeks to process after the request is received and will be in the form of a check made payable to the student. Please be sure that the college has your correct mailing address. College of Marin reserves the right to add, cancel classes, make adjustments in scheduled hours, days, rooms assignments, or instructors of any class, or to increase fees. All class materials are mandatory unless stated as optional in the course description.

To Request a Refund
To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number and your signature) at least three (3) 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 three (3) days prior to the start of class. A $10 service charge applies.

Open College
Some credit courses are available to students who do not want to earn college credits or grades. If you would like to register in an Open College class, please see the instructor at the first credit class meeting.
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). A notebook and pen are recommended for all classes. Regarding materials, when in doubt, bring whatever related materials you may already have. Supplies for one day workshops are provided unless otherwise noted below. Students are expected to provide their own materials unless otherwise noted below.

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 Bench, 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.

- 6 Saturdays, 9am-1pm
- June 21-July 26
- Kentfield Campus, Fine Arts 226
- Fee $147 (Includes $30 models fee)
- Course #65000

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

Please see Note regarding materials under the Art heading above.

- Bernard Healey, M.F.A.
- 6 Mondays, 10:10am-1pm
- June 16-July 21
- Kentfield Campus, Fine Arts 226
- Fee $96
- Course #65002

Chalk Pastels and Mixed Media Summer Workshop
This intensive workshop combines drawing and painting in chalk pastels with other media in a format that is designed to expand your ideas and your skills. The first week after an initial introduction to pastels, we will concentrate on projects introducing you to a specific medium (gouache, watercolor, brush or pen and ink, collage, monoprint, etc.) to use with the chalks. During the second week you choose the media and the projects. The atmosphere is experimental and emphasizes your individual expressive potential. Slides, videos, and discussions are included.

Bring paper, a drawing board and any pastel supplies you may already have to the first class. Bring a bag lunch.

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

- 2 Tuesdays, 2 Wednesdays, 2 Thursdays
- 10am-3pm
- June 17-26
- Kentfield Campus, Fine Arts 226
- Fee $168
- Course #65001

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.

Please see Note regarding materials under Art heading above.

Marty Meade

- 6 Thursdays, 10am-1pm
- June 19-July 24
- Kentfield Campus, Fine Arts 151
- Fee $76/Course #65003 EC

Nancy Johnson

- 6 Saturdays, 10am-1pm
- June 21-July 26
- Kentfield Campus, Fine Arts 151
- Fee $76/Course #65004 EC
Watercolor Travel Sketching

Traveling and sketching go hand-in-hand! Combining indoor and outdoor painting techniques, learn how to draw, paint and ink quickly while on location, and then how to embellish on studies once back in the classroom. With watercolor supplies and fold-up chairs in-hand, we will take three field trips in the Marin area and paint on site. Many styles will be introduced, each capturing the mood of the moment.

Please see Note regarding materials under Art heading above. Arrive prepared for the outdoors including drinking water and sun hat.

- **Julie Cohn, BFA**
  - 6 Thursdays, 2:10-5pm
  - June 19-July 24

- **Kentfield Campus, Fine Arts 153**
  - Fee $86 (Includes $10 materials fee)
  - Course #65005 EC

Glass Fusing

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

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

For each course listed below:

- **Kentfield Campus, Fine Arts 151**
  - Fee $205 (Includes $53 materials fee)
  - Course #65006

- **6 Wednesdays, 7:10-10pm**
  - June 18-July 23
  - Course #65008

- **Intermediate/Advanced**
  - 6 Tuesdays, 7:10-10pm
  - June 17-July 22
  - Course #65009

Jewelry and Metalsmithing

The beginning class will focus on fundamental jewelry making skills. Techniques will include a soldered link chain and a band ring. Those wishing to use sterling silver will supply their own. The intermediate class will focus on refinement of jewelry making techniques and the student’s design ideas.

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 $121 (Includes $25 materials fee)
  - Course #65008

Beginners/Beginners Plus

- 6 Wednesdays, 7:10-10pm
- June 18-July 23
- Course #65008

Ceramic Sculpture: The Art of Hand Building

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

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

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

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**Early Birds!** Register by June 10 to assure your place in class.
So You Want to Start a Specialty Food Business

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

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

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

- Wednesday, 5:40-8:30pm
- July 16
- Kentfield Campus, Science Center 177
- Fee $55 (Includes $5 materials fee)
- Course #65095

A Woman’s Guide to Starting a Business

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

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

- 4 Tuesdays, 6:40-8:30pm
- June 17-July 8
- Kentfield Campus, Harlan Center 173
- Fee $59
- Course #65012

Creativity in Business

Ideal for entrepreneurs, artists and professionals who wish to discover and consistently tap into their full creative potential. This evocative workshop introduces participants to the experience that voted this the most popular course in the Stanford MBA program for over twenty-five years. You will learn key tools that will:

- Challenge you to remove blocks to your creativity, passion and purpose
- Inspire increased risk taking, innovative problem solving and consistent breakthrough thinking
- Re-ignite motivation and passion for work through exploring the alignment between your profession and legacy
- Develop a vision and action plan around your goals and challenges to make your vision a reality

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

- Saturday, 10am-5pm
- July 19
- Kentfield Campus, Harlan Center 161
- Fee $77 (Includes $12 materials fee)
- Course #65051
Classes start Monday, June 16.

MARKETING

Better Marketing Overnight: Even for People Who Hate to Sell

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

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

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

- Saturday, 1-5pm
- June 28
- Kentfield Campus, Harlan Center 161
- Fee $70 (Includes $15 materials fee)
- Course #65053

Another course of interest . . .

How to Buy and Sell on eBay

is listed under Computers.

ONLINE MARKETING CLASSES

For registration information, please refer to “Register for Online Classes” on page 3, 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
- June 18/Course #65117
- July 16/Course #65118
- Aug. 20/Course #65119

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
- June 18/Course #65108
- July 16/Course #65109
- Aug. 20/Course #65110

How to Become a Successful Consultant

There is little middle ground in the success rate of consultants. They tend to be either quite successful or rather unsuccessful. Success in consulting is not a function of knowledge or technical ability. It comes largely from business strategies, how you relate to clients, your business skills and style of approach. This seminar will cover all you need to know to start a consulting career or improve your current one, including:

- Defining your “product”
- How to target your market
- How to obtain that key first client
- How to improve referrals
- How to sell, not hard sell
- Fee structures and agreements
- What successful consultants are doing now

You will leave the class with a 200-page book written by the instructor.

Dr. Rick Crandall has worked as a business consultant for 20 years and worked with the Academy of Professional Consultants.
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
  - June 18/Course #65111
  - July 16/Course #65112
  - Aug. 20/Course #65113

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
  - June 18/Course #65114
  - July 16/Course #65115
  - Aug. 20/Course #65116

ONLINE SMALL BUSINESS CLASS

For registration information, please refer to “Register for Online Classes” on page 3, 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 $95
  - 9 Wednesdays, 6-8am
  - June 18-Aug. 13
  - Course #65120

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. Be sure to review “Registration Information” on page 3 before registering.

You are expected to have:

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

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

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

Hands-On Computer Courses

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Computer Fundamentals I

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

Levi Allen
Monday, 1-4pm
June 16
Indian Valley Campus, Ohlone 216
Fee $45
Course #65055

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.

Levi Allen
2 Mondays, 1-4pm
June 23 & July 14 (No class on June 30 & July 7)
Indian Valley Campus, Ohlone 216
Fee $90
Course #65057

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.

Levi Allen
3 Mondays, 1-4pm
July 21-Aug. 4
Indian Valley Campus, Ohlone 216
Fee $155 (Includes $20 materials fee)
Course #65058

Intro. to the Macintosh

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

Steve Salzman
3 Tuesdays, 7-10pm
June 24-July 8
Indian Valley Campus, Pomo 192
Fee $170 (Includes $35 materials fee)
Course #65059

Early Birds! Register by June 10 to assure your place in class.

10
Whether you are currently employed or are looking for a job in today’s market, these courses will teach you skills required by many companies. For course descriptions, please refer to the courses listings below. You may register for the entire series or for the individual courses. All of the courses in the Office Series are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Mike Lewis at 415.485.9305.

Introductory Office 2007 Series
To register for Intro. to Word, Excel & Powerpoint at a reduced fee:

- Fee $420 (Includes $75 materials fee)
- Course #65060

Intro. to Word 2007
If you are looking for a job in today’s market, this is the software program to learn. This course will explore techniques used to create letters, reports and other text-based documents. Learn how to use shortcut keys; create, save, print and edit documents; move, copy, find and replace text; enhance a document by formatting text; use efficiency tools such as spell checker, auto correct and auto text.

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

- Susan Henning
- 3 Wednesdays, 1-4pm
- June 18-July 2
- Fee $160 (Includes $25 materials fee)
- Course #65061

Intro. to Excel 2007
A spreadsheet is a powerful, yet easy-to-use tool to keep track of anything that can be counted. In this course you will learn the basics of creating, modifying, printing and formatting worksheets, working with basic formulas and functions, enhancing worksheets, using styles and auto formats.

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

- Susan Henning
- 3 Tuesdays, 9am-12noon
- June 17-July 1
- Fee $160 (Includes $25 materials fee)
- Course #65063

Intro. to PowerPoint 2007
This course will give you a solid foundation for creating and delivering effective and dynamic presentations through a visual, full-color approach. Learn how to create a presentation from scratch as you build, layout and design each slide using text, graphics, color, animation and sound.

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

- Susan Henning
- 3 Thursdays, 6-9pm
- June 19-July 3
- Fee $185 (Includes $45 materials fee)
- Course #65064

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

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

- Pamela Lyons
- 3 Thursdays, 6-9pm
- June 19-July 3
- Fee $185 (Includes $45 materials fee)
- Course #65064
How to Buy and Sell on eBay
Learn the secrets of buying and selling almost anything on eBay, one of the most popular sites on the Internet. This course will include an overview of the eBay site, how to setup your own personal account, details of the eBay auction system, how to find items to purchase, listing an item for sale (including pictures and information) and how to safely complete your sale or purchase. eBay is a worldwide community of buyers and sellers which means that you are not limited to just your local area. The world is truly your oyster. We want you to succeed in this course and suggest you be proficient with the Internet before enrolling. Students must be at least 18 or accompanied by parent/guardian.

Carolynn Crandall
2 Tuesdays, 1-4pm
June 17 & 24
Indian Valley Campus, Ohlone 216
Fee $100
Course #65065

Intro. to Dreamweaver
This course introduces you to the fundamentals of the market-leading software for creating and maintaining web sites in one well-integrated package. This course is for anyone who wants to design visually compelling Web sites without having to hand-code their pages. We will cover formatting text, preparing and placing images and using dynamic media files. Learn how to easily create links, 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.

Steve Salzman
3 Tuesdays, 7-10pm
July 15-29
Indian Valley Campus, Pomo 192
Fee $170 (Includes $30 materials fee)
Course #65066

FLASH SERIES
Thousands, if not millions of web sites use Flash for everything from streaming animation, games, educational movies, and interfaces. Flash has brought motion to the Internet and is a great tool for energizing content and increasing user interest and attention. You may register for the entire series or for the individual courses taught by Lynda Banks. All of the courses in the Flash Series are offered at Indian Valley Campus, Pomo 199. If you have any questions, please call Mike Lewis at 415.485.9305.
To register for the series at a reduced fee:
Fee $390 (Includes $30 materials fee)
Course #65067

Intro. to Flash
Learn the basics of Flash, the premier program for streaming animation for the Internet. We will cover basic timeline animation and step-by-step motion graphics. Create simple movies that have motion, music and sound effects. Learn how to draw within Flash and how to import photos, visuals, and sound. We will begin animating in the first class.
We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
2 Mondays, June 16 & 23
June 16, 9am-4pm
June 23, 9am-12noon
Fee $170 (Includes $30 materials fee)
Course #65068

Interm. Flash
Build your Flash skills by adding to your basic animation and motion graphic techniques with sound properties. We will cover the integration of Illustrator and Photoshop layers to increase your production skills, masks and animation masks, effects and more advanced drawing and animation techniques.
This course builds upon skills that are learned in Intro. to Flash.
2 Mondays, June 23 & 30
June 23, 1-4pm
June 30, 9am-4pm
Fee $140
Course #65069

Adv. Flash
We will cover how to setup a Flash project, add interactivity to your projects using simple action scripting with buttons and the timeline as well as importing video.
This course builds upon skills that are learned in Interm Flash.
2 Mondays, July 7 & 14
July 7, 9am-4pm
July 14, 9am-12noon
Fee $140
Course #65070
INDESIGN SERIES

Join the creative professionals who are choosing the new standard in layout and design for brochures, newsletters, posters, magazines, books and other printed materials. Build on your skills with this series whether you are new to layout programs or are experienced and switching from Quark Xpress.

You may register for the entire series or for the individual courses taught by Lynda Banks. All of the courses in the InDesign Series are offered at Indian Valley Campus, Pomo 199. If you have any questions, please call Mike Lewis at 415.485.9305.

To register for the series at a reduced fee:
- Fee $390 (Includes $30 materials fee)
- Course #65082

Intro. to InDesign

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- 2 Tuesdays, July 8 & 15
- July 8, 9am-12noon
- July 15, 9am-4pm
- Fee $170 (Includes $30 materials fee)
- Course #65084

Interm. InDesign

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

This course builds upon skills that are learned in Intro. to InDesign.
- 2 Tuesdays, July 22 & 29
- July 22, 9am-4pm
- July 29, 9-12noon
- Fee $140
- Course #65086

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.
- 2 Fridays, July 29 & Aug. 5
- July 29, 1-4pm
- Aug. 5, 9am-4pm
- Fee $140
- Course #65087

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

A registration form is at the center of this schedule.
Early Birds! Register by June 10 to assure your place in class.

**PHOTOSHOP SERIES**

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

**Introductory Photoshop Series**

This series includes Photoshop I & II at a reduced fee:
- Fee $270 (Includes $30 materials fee)
- Course #65089

**Photoshop I**

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- 2 Thursdays, June 19 & 26
- June 19, 9am-4pm
- June 26, 9am-12noon
- Fee $170 (Includes $30 materials fee)
- Course #65092

**Photoshop II**

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

This course builds upon skills that are learned in Photoshop I.
- 2 Thursdays, June 26 & July 3
- June 26, 1pm-4pm
- July 3, 9am-4pm
- Fee $140
- Course #65096

**Interm./Adv. Photoshop Series**

This series includes Photoshop III & IV at a reduced fee:
- Fee $240
- Course #65100

**Photoshop III**

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

This course builds upon skills that are learned in Photoshop II.
- 2 Thursdays, July 10 & 17
- July 10, 9am-4pm
- July 17, 9am-12noon
- Fee $140
- Course #65097

**Photoshop IV**

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

This course builds upon skills that are learned in Photoshop III.
- 2 Thursdays, July 17 & 24
- July 17, 1-4pm
- July 24, 9am-4pm
- Fee $140
- Course #65099

Another course of interest . . .

**Photoshop Elements: The Digital Darkroom**

is listed under Photography.

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

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

Maestre Samuka was born and trained in Bahia, Brazil, and is the director of a Capoeira and Samba dance group. Samuka has dedicated his life to teaching the therapeutic combination of samba, Capoeira and massage therapy.

- 6 Mondays, 7:10-8:30pm
- June 16-July 21
- Kentfield Campus, Dance/Landscape Management Center 101
- Fee $69
- Course #65048

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.

- 6 Wednesdays, 8-9pm
- June 18-July 23
- Belrose Theatrical School
- 1415 Fifth Ave. San Rafael
- Fee $55
- Course #65013

Belly Dance for Fun and Fitness

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

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

Please see Note on “PE Complex Construction” on page 25.

Latifa is an experienced teacher and performer of Belly Dance.

- 6 Wednesdays, June 18-July 23
- Kentfield Campus, Physical Education One

Beginners

- 7:10-8:30pm
- Fee $69
- Course #65015

Continuing

- 7:10-9pm
- Fee $78
- Course #65016

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 to the clubhouse, or call 415.485.9318 to request them.

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

- 4 Tuesdays, 6:30-8:15pm
- July 1-22
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $45
- Course #65014

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
Classes start Monday, June 16.
The College of Marin ESL course sequence takes students from beginning levels through classes designed to prepare them for freshman composition classes. New students must take a placement test to determine their level before enrolling in classes. For more information, visit us in HC 101 or call 415.485.96422.

### Noncredit ESL Sequence

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>ESL 10</td>
<td>Beginning</td>
</tr>
<tr>
<td>ESL 20</td>
<td>High Beginning A</td>
</tr>
<tr>
<td>ESL 25</td>
<td>High Beginning B</td>
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<tr>
<td>ESL 30</td>
<td>Low Intermediate A</td>
</tr>
<tr>
<td>ESL 35</td>
<td>Low Intermediate B</td>
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<tr>
<td>ESL 40</td>
<td>College ESL Preparation Course</td>
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### Credit ESL Sequence

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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<tbody>
<tr>
<td>ESL 53</td>
<td>Writing and Grammar</td>
</tr>
<tr>
<td>ESL 56</td>
<td>Vocabulary and Reading Skills</td>
</tr>
<tr>
<td>ESL 50</td>
<td>Review of Intermediate ESL Grammar (Summers only)</td>
</tr>
<tr>
<td>ESL 63</td>
<td>Writing and Grammar</td>
</tr>
<tr>
<td>ESL 66</td>
<td>Vocabulary and Reading Skills</td>
</tr>
<tr>
<td>ESL 70</td>
<td>Review of High Intermediate ESL Grammar (Summers Only)</td>
</tr>
<tr>
<td>ESL 73</td>
<td>Writing and Grammar</td>
</tr>
<tr>
<td>ESL 76</td>
<td>Vocabulary and Reading Skills</td>
</tr>
<tr>
<td>ESL 83</td>
<td>Writing and Grammar</td>
</tr>
<tr>
<td>ESL 84AV</td>
<td>Advanced Grammar</td>
</tr>
<tr>
<td>ESL 86</td>
<td>Vocabulary and Reading Skills</td>
</tr>
<tr>
<td>ESL 80</td>
<td>Advanced Listening and Speaking (Optional for Levels 70 and 80)</td>
</tr>
<tr>
<td>ESL 85</td>
<td>Pronunciation (Optional for ALL credit levels)</td>
</tr>
</tbody>
</table>

### Intensive English Program

In addition to the noncredit to credit ESL sequence, the Intensive English Program offers up to 20 hours/week of day classes at the Indian Valley Campus. Small classes include both F-1 International students and full-time or part-time immigrant students. Three levels span noncredit and credit levels 35 – 80. Each level includes classes in Reading and Vocabulary Development, Writing, Grammar for Oral and Written Communication, and Speaking / Listening / Pronunciation. The highest level includes TOEFL preparation. For more information, call 415.883-2211 ext. 8579.
INTENSIVE ENGLISH PROGRAM (ESL)
• At the Indian Valley Campus in Novato
• Academic English for F-1 international students, transfer students, au pairs and professionals
• Institutional TOEFL for easy transfer to College of Marin credit classes
• Certificates of attendance or completion issued at end of both sessions

Fall 2008: August 19-December 5
We welcome new and transfer international students from around the globe! Join us at our beautiful North Bay location, 25 miles north of San Francisco! $2,550 full-time (20 hours) F-1 Visa Students (I-20s issued by College of Marin)
F-1 Students: Check out our easy downloadable application at www.marincommunityed.org
Local students may choose between two 8-week sessions or one 16-week session:
Session A: August 19-October 10
Session B: October 14-December 5
$1175 for 8 weeks/$2325 for 16 weeks (20 hours)
$975/1925 (15 hours)
$725/$1425 (10 hours)
$375/$775 (5 hours)
For more information or to apply:
Call 415.883.2211, Fax: 415.883.2632
Email: intensive.english@marin.edu
For schedule, see www.marincommunityed.org

ENGLISH AS A SECOND LANGUAGE
Summer Semester 2008: June 14-July 26
FREE, NONCREDIT CLASSES
At Kentfield and Indian Valley Campus
Beginning to Low Intermediate ESL
Off Campus locations include:
Marin Conservation Corps, San Rafael Whistlestop, San Rafael
Call us at 415.485.9642
Or visit the ESL Office:
Harlan Center 101, Kentfield Campus
Monday-Thursday, 8:30 am to 7:30 pm
Friday, 8:30 am-4:30 pm/Saturday, 9 am-1 pm

INTENSIVE ENGLISH PROGRAM
(FILM APPRECIATION)
Film Appreciation: Creativity, A Fine Madness
Creativity, especially when it is manifested as genius, is a mixed blessing. Sometimes it brings joy, entertainment, even enlightenment to those who have it and to those who experience the fruits of the creators’ labors. At other times it is a burden, isolating creative people and alienating those who come in contact with them. This summer’s films look at the nature of creativity and will include, but not be limited to: Vitus (Germany 2006), Sketches of Frank Gehry (USA 2005) and The Horse’s Mouth (USA/UK 1958).

• Suresa Dundes
• 6 Mondays, 2:10-5pm
• June 16-July 21
• Kentfield Campus, Science Center 101
• Fee $76
• Course #65017 EC

FINANCIAL PLANNING
Financial Workshop for Individual Investors: The Basics of Investing
No matter what age, financial situation or goals, people need to know about the power of investing, and this workshop is a great way to start. Participants will learn how to potentially increase investment income while reducing taxes on those investments. We will examine available investments, pros and cons of each and how to determine which are best for you. We will explore the resources available, including the Internet, newspapers, magazines and libraries. This is a hands-on approach to investing and tax savings with time to analyze your personal situation and meet your goals.
Course fee includes a workbook which will be distributed in class.
Philippe Hobson has an educational background in Finance and Business Administration. He currently works as an Investment Advisor.

• 6 Mondays, 6:40-8:30pm
• June 16-July 21
• Kentfield Campus, Harlan Center 169
• Fee $84 (Includes $6 materials fee)
• Course #65018
FOODS & WINE

Wines of California and the Northwest

Learn about the wine and wine grape growing areas in California, Washington and Oregon. We will explore the principle growing regions, taste representative wines and discuss their uniqueness to each area.

Bring four wine glasses to class 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.

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>June 17-July 15</th>
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</table>

Osher Marin Jewish Community Center

200 N. San Pedro Rd. San Rafael

Fee $118 (Includes $46 wine/special fee)

Course #65019

Another course of interest . . .

So You Want to Start a Specialty Food Business

is listed under Business.

Acupressure: "Acupuncture without Needles" (CE Hours)

Learn to read tension in the torso and neck as a way to assess the health of internal organs, systems and structures. Train your hands to find acupressure points that work in seconds to relieve pain and relax muscles right under your fingers. You'll learn to focus your intention like a laser to insert "imaginary" needles that work just like steel needles to restore balance and health for days after a session. No experience necessary.

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” 00724. See Note on page 20.

David Kitts is a California State Licensed Acupuncturist with 22 years of experience. He offers a hands-on understanding of the way the body is arranged, creating ease in the ability to remember the location of acupressure points.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>June 18-July 23</th>
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</table>

Kentfield Campus, Physical Education Seven

Fee $98 (Includes $3 materials fee)

Course #65020

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

HEALTH & WELLNESS

Breathing Techniques for Health and Well Being

The conscious use of the breath is a powerful, yet simple method of self-healing. In this four-week class, a myriad of breath techniques will be discussed and experienced, from the simplest practice of breathing in-and-out consciously to more elaborate forms of breathing practices. Learn how to use these practices to strengthen, develop and balance different aspects of your self.

Elijah Nisenboim

<table>
<thead>
<tr>
<th>Monday</th>
<th>June 16-July 7</th>
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</tbody>
</table>

June 16 & 23, 6:30-8pm
June 30 & July 7, 6:30-8:30pm

Form Body Studio

1000 Fifth Ave., Suite B, San Rafael

Fee $52 (Includes $5 materials fee)

Course #65098

BLS Healthcare Provider Course

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

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

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

For each course listed below:

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Kentfield Campus, Harlan Center 173</th>
</tr>
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<tbody>
<tr>
<td>9am-1pm</td>
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</table>

Fee $76 (includes $42 materials fee)

July 12/Course #65054
July 19/Course #65056

www.marincommunityed.org
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
- Saturday, 9am-4pm
- Aug. 9
- Kentfield Campus, Temporary Building 101
- Fee $88 (includes $42 materials fee)
- Course #65071

CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

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

Courses offered for CE Hours for Nurses:

- Acupressure: “Acupuncture without Needles”
  - is listed under Health & Wellness.
- A New Way to Exercise for Pain Relief and Physical Repair
  - is listed under Physical Fitness.

DENTAL ASSISTING

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

Radiology Course

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

The students will produce complete dentition radiographic surveys of diagnostic quality on four patients. Attendance is mandatory for all four days.

All course work must be met with 75% accuracy to receive your California Certificate.

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

- Shirley Watt, CDA, RDA
- 2 Fridays, 5-9pm
- 2 Saturdays, 8am-5pm
- Aug. 1-9
- Kentfield Campus, Harlan Center 156
- Fee $355 (Includes $155 materials fee)
Coronal Polish

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

- **Marlene Wilgis**, CDA, RDA
- **Friday**, 5-9pm
- **Saturday**, 8:30am-5pm
- **July 25 & 26**
- **Kentfield Campus**, Harlan Center 156
- Fee $240 (Includes $60 materials fee)

Am I Ready for College?

High School Students! What do you need to know before you sign up for a college class? You will be asked to look at your personal career goals and what it will take to get there. You will use a computer to research your dreams and find out what’s hot and what’s not! Use this time to define for yourself which careers draw you and which don’t. Get prepared and walk into your first college class with a blueprint for your future in hand!

- **Indiana Quadra, M.A.**
- **4 Mondays & 4 Wednesdays**, 3:40-5pm
- **June 16-July 9**
- **Kentfield Campus**, Business Skills Center 102
- **FREE**
- **Course #65075**

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

How to Take a College Class

High School students! Get ready for success in your college-level classes! This course will offer you understanding, insight and survival skills which will help you accomplish your goals during your college career. We will cover how to: get college credit for course work; choose appropriate college courses; prioritize life and school; set up a good time management system; handle procrastination and stress; set goals and attain them; research a career path; decide upon a college major; and stand out for future transfer to a competitive four-year university. We will also explore academic terminology and college structure; good study skills; what professors really expect of college students and how to decode your professors.

Please bring a Day Planner to class.

- **Janice Austin** has been an academic coach and instructor at community college and university levels, taught college survival skills and career development for more than five years and is the author of Academic Balance.
- **4 Tuesdays & 4 Thursdays**, 3:40-5pm
- **June 17-July 10**
- **Kentfield Campus**, Harlan Center 172
- **FREE**
- **Course #65074**

High School: College Prep

See registration information for “Students Under 18” on page 4.

Home Composting Made Easy

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

You will learn about passive or active composting, composting with worms, and pit or sheet composting to prepare new garden sites. You’ll also learn how to use the finished product in your container or garden. Hand-outs provided.

- **Charlotte Torgovitsky** is the Garden Education Manager at the Marin Art and Garden Center (MAGC).
- **Saturday**, 10am-1pm
- **July 19**
- **Marin Art & Garden Center**
- **SF Drake Blvd. at Lagunitas Blvd.**
- **Ross**
- **Fee $35**
- **Course #65076 EC**

Online Home Arts courses are available! Go to www.marincommunityed.org
Early Birds! Register by June 10 to assure your place in class.

LANGUAGES

Note: 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.

Beginning American Sign Language
This class is designed to assist students, staff, faculty and others interested in communicating with the deaf community. Students will learn to sign and convey feelings with expressions. No prerequisites. Text available: Contact the College Bookstore at 415.485.9394.

- Pat Sirianni
- 6 Mondays & 6 Wednesdays, 6:40-8pm
- June 16-July 23
- Kentfield Campus, Olney Hall 106
- Fee $96
- Course #65049

LITERATURE

The Lives of Famous People: Biographies are Back!

Join Erika Harkins for her fifth summer of offering a biography course focusing on individuals who, throughout the ages, contributed to the evolution of humanity.

This year we will consider:
- Julius Cesar — Crossing the Rubicon and creating an empire
- Francois Villon—famous French lyric poet of the Middle Ages
- Jean-Baptiste Moliere—famous French playwright at the Court of King Louis XIV (The Sun King) and founder of the world famous “Comedie Francaise” theatre
- Napoleon Bonaparte—his international importance then and now
- Empress Elizabeth of Austria—beautiful “Sissi,” wife of Emperor Franz-Joseph in XIX century Austria; her relation with Hungary and the Mayerling tragedy
- Marguerite de Yourcenar—prominent XX century French writer who also was the first woman ever accepted by the mighty French Academy as an official member

- Erika Harkins
- 6 Tuesdays, 2:10-4pm
- June 17-July 22
- Kentfield Campus, Harlan Center 170
- Fee $60 (Includes $2 materials fee)
- Course #65021 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: Bats!**

Dusk takes on a life of its own at Indian Valley Campus. As the colors of day fade away crickets “warm-up,” owls hoot, scorpions begin to stir, spiders and voles scurry. Bats awaken to float, fly and feed near marshes and ponds. Meeting in the classroom, we will set the stage for bats with audiovisual presentations of Bat Myths vs. Reality and with actual recordings of bat echolocation calls. After the “Bat Briefing” it is out to observe wild bats. As twilight fades into darkness we slowly explore Indian Valley Open Space trails to hunt for BATS with a “bat detector” and red lights.

Come prepared! Wear hiking boots; plan to sit on the ground for about 20 minutes and to walk 1-3 miles with 200-foot elevation change. Backlight rental included in registration fee.

**Cathleen Cannon,** B.S. (Biology/Chemistry) has led night hikes in Sonoma and Marin Counties since 1988.
- Saturday, 6:10-10:10pm
- July 12
- Indian Valley Campus, Ohlone 156
- Fee $42 (Includes $6 materials fee)
- Course #65077

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

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

Please see Note under Marin Adventures heading.

**Lisa Hug,** M.Ed., is an experienced birder in Marin and Sonoma Counties who co-leads pelagic trips and teaches seminars at the Point Reyes National Seashore. Careful! Her passion for birds is contagious!
- Orientation: Tuesday, 9:10am-1pm
- June 17
- Kentfield Campus, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- June 24-July 15
- Fee $92
- Course #65101 EC

**Beginning Hiking: Summer Evening Hikes**

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.
- 5 Wednesdays, 6-9pm
- June 18-July 30 (No class July 2 & 9)
- 1st class meeting: China Camp State Park
- Back Ranch Meadows campground (park along road)
- Fee $87
- Course #65022
MUSIC

Chamber Music Workshop

Musicians! Join us for a weekend chamber music workshop to study works from the standard instrumental chamber music repertoire. You will be assigned music from different periods and styles, and for different instrumental combinations. Music will be provided. Students will perform in an informal recital on Saturday afternoon, and be able to form their own groups Saturday evening.

We will take a lunch hour both days and, on Saturday, a dinner hour as well. There is an additional optional fee for meals, coffee, snacks, instrument security, etc.

You are expected to be at an advanced or advanced intermediate level on your instrument, and to have prior experience playing chamber music. Enrollment is limited by instrument. Call 415.485.9460 for further information and to make an appointment for an audition. Once you have the instructor’s permission to enroll, you may register for the class.

■ Joanna Pinckney
■ Saturday, 8:45am-11pm
■ Sunday, 8:45am-5pm
■ May 31 & June 1
■ Kentfield Campus, Fine Arts 72
■ Fee $25

Piano Classes for Beginners to Advanced

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

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

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

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

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

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

To sign up for Piano Class, use the course number below. Students should attend the section that matches their ability. If you are new to the course or are unsure of your placement, call the instructor at 415.459.3304.

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

■ Times as above
■ 6 Tuesdays & 6 Thursdays
■ June 17-July 24
■ Kentfield Campus, Fine Arts 188
■ Fee $69
■ Course #65023

Harmonica Workshops: Double Your Fun

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

Take one or both workshops and save!! Questions? Call the instructor at 707.987.0165.

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

To sign up for both workshops listed below:

■ Dave Broida
■ Fee $75 (Includes $25 materials fee)
■ Course #65102

Healthy Harmonica: Tunes and Rhythms

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

■ Monday, 6:10-7:45pm
■ June 16
■ Kentfield Campus, Science Center 177
■ Fee $39 (Includes $13 materials fee)
■ Course #65105

Very Beginning Blues Harmonica

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

■ Monday, 8-10pm
■ June 16
■ Kentfield Campus, Science Center 177
■ Fee $44 (Includes $14 materials fee)
■ Course #65106
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

PHOTOGRAPHY

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

Intro. to Photoshop Elements: The Digital Darkroom

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

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

- Jazmine Loiselle
- Thursday, 9am-4pm
- July 31
- Indian Valley Campus, Ohlone 216
- Fee $130 (includes $30 materials fee)
- Course #65103

Intern. Photoshop Elements: The Digital Darkroom

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

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

- Jazmine Loiselle
- Thursday, 9am-4pm
- Aug. 7
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #65104

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

PHYSICAL FITNESS

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

Physical Education Complex Construction

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

Parking in Lots 11 and 12 will be limited during construction. Parking Lot 13 will remain available. It will be appreciated if you park on the main campus, car pool, or use alternative methods of transportation.
A New Way to Exercise for Pain Relief and Physical Repair (CE Hours)

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

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

This course may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. See Note on page 20.

Please see Note on “PE Complex Construction” under Heading.

Meg Margolis
- 6 Mondays & 6 Wednesdays, 3:40-5pm
- June 16-July 23
- Kentfield Campus, Fusselman Hall 120
- Fee $76
- Course #65024 EC

Exercise for Fitness and Pleasure

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

Please see Note on “PE Complex Construction” under Heading.

Jack Bray, MA
- 6 Tuesdays & 6 Thursdays, 3:40-4:30pm
- June 17–July 24
- Kentfield Campus, Physical Education One
- Fee $58
- Course #65042 EC

Wild Goose Qigong

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

Please dress appropriately in loose, comfortable clothing.

Please see Note on “PE Complex Construction” under Heading.

Dove Harris Govrin, MS, A.D.TR.
- Kentfield Campus, Physical Education One
- 3 Fridays, 10:10-12noon
- July 11-25
- Fee $35/Course #65079 EC

Indian Valley Campus, Miwok 170
- 4 Tuesdays, 1:10-3pm
- July 1-22
- Fee $41/Course #65080 EC

Joy of Tai Chi

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

Please see Note on “PE Complex Construction” under Heading.

Carolyn Talmadge

Beginning/Intermediate
- 6 Mondays, 3:40-5pm
- June 17-July 21
- Kentfield Campus, Physical Education One
- Fee $49/Course #65025 EC

Beginning/Intermediate
- 6 Tuesdays, 10:45am-12noon
- June 17-July 22
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $41/Course #65026 EC
Intermediate & Advanced Tai Chi

This quarter we will refine the second half of the Short Tiger yang form. Intermediate and advanced practitioners will be able to fine-tune their skills and increase their confidence in their ability to practice on their own, or in a group setting. Continue to enjoy the natural flowing movements of this ancient exercise while you strengthen your physical vitality, quiet your mind and enhance your sense of well being. Some Qigong exercises are included. Strongly recommended: Beginning Tai Chi.

Please see Note on “PE Complex Construction” under Heading.

- Carolyn Talmadge
- 5 Fridays, 2:10-3:30pm
- June 20-July 25 (No class July 4)
- Kentfield Campus, Physical Education
  One
- Fee $41
- Course #65027 EC

Yoga and Meditation

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

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

- Paul Landrum, Ph.D., has been teaching yoga at the College of Marin since 1988.
- 5 Tuesdays & 6 Thursdays, 5:40-7pm
- June 17-July 24 (No class July 22)
- Indian Valley Campus, Ohlone 106
- Fee $92
- Course #65029

Mindful Yoga

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

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

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

Please see Note on “PE Complex Construction” under Heading.

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

For each course listed below:

- 5 Saturdays
- June 28-July 26
- Kentfield Campus, Physical Education
  One

Beginner

- 10-11:30am
- Fee $58/Course #65030

Intermediate

- 8-9:45am
- Fee $69/Course #65031

Strength and Fitness Training

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

More Strength and Fitness Training
The Beginner class does not require previous weight training experience. We strongly recommend that you take that class at least two times before signing up for the "Intermediate/Advanced" or "Advanced" class.

Please see Note on “PE Complex Construction” under Heading.

Beginner

Kentfield Campus, Physical Education
Four
- Betsy Best-Martini, MS (Recreational Therapy), SFA certified
- 6 Tuesdays, 7:30-9am
- 5 Fridays, 8-9:30am
- June 17-July 25 (No class July 4)
- Fee $73/Course #65032 EC

For each course listed below:
- Kim Jones, MA (Exercise Physiology), ACSM, SFA certified
- Hazel Wood, BA, SFA, AF
- 6 Mondays & 6 Wednesdays
- June 16-July 23
- Kentfield Campus, Physical Education
- Fee $89

Intermediate/Advanced
- 5:15-7am
- Course #65033 EC

Advanced
- 7-8:45am
- Course #65034 EC

Introduction to Pilates

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

Please be sure to arrive on time for warm ups to prevent injury.
- MinJae Laws
- Form Body Studio
- 1000 Fifth Ave., Suite B, San Rafael
  Fee $58
- 6 Mondays, 10-11am
  June 16-July 21
  Course #65035
- 6 Wednesdays, 6-7pm
  June 18-July 23
  Course #65036

Other courses of interest . . .

Traditional Samba
Belly Dance for Fun and Fitness
Introduction to West Coast Swing Dance
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.

Please see Note on “PE Complex Construction” under Heading.

Hursey Baker holds a fourth degree black belt in Karate and has been teaching students of all ages for 15 years. Hursey is certified by the American Teachers Association of Martial Arts and American Aerobics and fitness Association as a group exercise instructor.
- 6 Mondays & 6 Thursdays, 6:40-8pm
- June 16-July 24
- Kentfield Campus, Physical Education
- Fee $96
- Course #65037
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 play great tennis. Excellent workout—physically, mentally, and emotionally! The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

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

Please see Note on “PE Complex Construction” under Heading.

Brent Zeller has been playing tennis for 40 years, teaching the game for 34 years, and has an extensive background in psychology, philosophy and learning theory.

For each course listed below:

- Kentfield Campus, Tennis Courts
  - **Beginning**
    - 8 Tuesdays, 9:40-11am
    - June 17-Aug. 5
    - Fee $141 (Includes $6 materials fee)
    - Course #65043

- **Intermediate 1**
  - 8 Wednesdays, 9:40-11am
  - June 18-Aug. 6
  - Fee $141 (Includes $6 materials fee)
  - Course #65044

- **Intermediate 2**
  - 8 Thursdays, 9:10-11am
  - June 19-Aug. 7
  - Fee $186 (Includes $6 materials fee)
  - Course #65045

Aqua Exercise

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

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

For each course listed below:

- Russell Robles
- Indian Valley Campus, Pool
- 2 Mondays & 3 Wednesday, 9:10-10:45am
  - May 28-June 11 (No class May 26)
  - Fee $25
  - Course #65081 EC

- 3 Tuesdays & 3 Thursdays, 9:10-10:45am
  - May 27-June 12
  - Fee $34
  - Course #65083 EC

- 5 Mondays & 5 Wednesdays, 9:40-11:15am
  - June 16-July 16
  - Fee $55
  - Course #65038 EC

- 5 Tuesdays & 5 Thursdays, 10:10-11:45am
  - June 17-July 17
  - Fee $55
  - Course #65039 EC

- 3 Mondays & 3 Wednesdays, 9:10-10:45am
  - Aug. 11-Aug. 27
  - Fee $34
  - Course #65085 EC

- 3 Tuesdays & 3 Thursdays, 9:10-10:45am
  - Aug. 12-Aug. 28
  - Fee $34
  - Course #65088 EC

TRAFFIC SCHOOL

Traffic Violator School

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

For both of the following classes:

- Sunday, 8am-5pm
  - June 22
  - Kentfield Campus, Temporary Building 101
  - Fee $25

- Sunday, 8am-5pm
  - July 20
  - Kentfield Campus, Temporary Building 101
  - Fee $25
Early Birds! Register by June 10 to assure your place in class.

WRITING

Elements of Creative Writing

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

Somerset Maugham might have been right, but that’s no reason to be discouraged. For 21 years, this course has offered excellent, encouraging critiques of every genre for every level of writer. Some students have gone on to publish their work and win awards. Each class begins with a piece by a notable author and a brief discussion. This is an ongoing workshop; first-time students are encouraged to bring a sample of their writing to the first class.

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

■ 6 Mondays, 5:30-8:30pm
■ June 16-July 21
■ The Redwoods
■ 40 Camino Alto, Mill Valley
■ Fee $76
■ Course #65046 EC

The Poetic Pilgrimage: Writing Poetry as Spiritual Practice

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

Prartho Sereno, M.A., California Poet in the Schools, has authored three books to date, one of which was named one of the seven best books of 2007 by a local author by the Pacific Sun: Causing a Stir: The Secret Lives of Kitchen Utensils.

■ Monday-Thursday, 10am-1pm
■ June 16-19
■ Kentfield Campus, Olney Hall 106
■ Fee $77 (Includes $1 materials fee)
■ Course #65093 EC

Emeritus Writing and Performance Group

This weekly workshop focuses on the writing and presentation of personal monologues, poems and other genres of writing to facilitate self-expression and discovery. Through supportive comments from the instructor and students, you will be encouraged to find the truth of your inner voice and be able to communicate those thoughts aloud to others. Open to both beginning and seasoned writers, we do weekly readings in class of current work. Students are encouraged to try multiple genres and styles of writing from creative nonfiction to fiction, play writing, prose, poetry and dialogues.

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

■ 6 Saturdays, 10am-1pm
■ June 21-July 26
■ Kentfield Campus, Fine Arts 134/136
■ Fee $76
■ Course #65047 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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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.

ASEC TUITION GRANTS

The ASEC Council awards tuition grants to eligible older adult students for any College of Marin course, whether Community Ed or credit. An application may be obtained in person at the Kentfield Emeritus Center, or by phoning 415.485.9652 and making your request along with your mailing address. Applications must be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day Wednesday, June 4.
COMPUTERS AVAILABLE TO MEMBERS

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

CLUBS

Participation in ASEC clubs requires an ASEC Student Activities Card.

Adventurers: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433
Architectural Model Building: Barbu Hanciulesco, 415.927.2183

Bocce: J. Kouns, 415.332.5929
Bridge: L. Mason, 415.456.2508
T. Metzger, 415.479.8290

Classic Cinema: R. Mead, 415.388.8919
Current Events: E. Maguire, 415.461.0173

Italian: M. Weed, 415.453.6054

IVC Book Forum: L. Kerr, 415.883.2823
IVC 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: Muriel Kifer, 415.332.2469

Rumi Poetry: E. Curtis, 415.453.1433

Scrabble: M. Knox, 415.459.1427

Spanish: J. Hopper, 415.454.9256

Writers Workshop: R. Ritchie, 415.331.9316

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Emeritus Student Activities Card Application

Name: ____________________________
LAST FIRST MIDDLE INITIAL
Address: _______________________
NUMBER STREET
CITY STATE ZIP

Phone Number ___________________________
E-mail address ___________________________

Signed ___________________________
New Renew

Please check appropriate squares:

- FEMALE
- MALE
- 55 OR OVER
- UNDER 55

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

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DIRECTORY OF COLLEGE OFFICES

Community Education Office 415.485.9305
Emeritus College 415.485.9368
English as A Second Language 415.485.9642
Intensive English Program 415.457.8811, ext. 8579
Admissions & Records Office 415.457.8811, ext. 8822
Counseling 415.485.9432

Bookstore 415.485.9394
Library Services 415.485.9656
Media Center/Language Lab 415.485.9645
Reentry Services 415.485.9641
Disabled Students Program 415.485.9406
DIRECTIONS FROM HIGHWAY 101

Kentfield Campus
835 College Ave., Kentfield
From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight). For the Physical Education complex, the Science Center, the Learning Resources Center (Library), the Emeritus Center and the Student Services Center (Admissions & Records), turn left on College Ave. and continue to 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.-Fri., all day; they are not required Sat. or Sun., or holidays. The semester parking permit may be purchased for $50 (subject to change) in the College Bookstore or at Indian Valley Campus. As an alternative, you may pay a $3 (subject to change) daily parking fee through parking permit dispensers located near the entrance to each lot. Dispensers accept both $1 bills and quarters and are designated by stars on campus maps. Semester permits must be attached inside the vehicle on the lower left of the front windshield; daily permits must be visible on the dashboard on the driver’s side. Permits are valid at either campus. Be sure to read parking rules posted at entrances to parking lots. All vehicles improperly parked will be ticketed. No parking permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard or license plate. Students receiving Financial Aid are permitted to purchase parking stickers at half price. Student police cadets when available may be requested to escort staff and students to and from their cars at night. Cadets also assist regular patrol officers with traffic and parking enforcement. For further information, contact the Campus Police at 415.485.9455 (Kentfield Campus) or 415.883.3179 (Indian Valley Campus).
EQUAL OPPORTUNITY

The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices and procedures. Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights.


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

College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law.

Nonemployees while on the District property are also expected to follow these guidelines.

It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Contacts

Equal Opportunity Employment./A.D.A. Compliance Officer—Linda Beam
Executive Dean, Human Resources (or Designee)
Administrative Center, Kentfield Campus
415.485.9504

Title IX/Section 504 (Disability) Coordinator—Director of Student Affairs—Arnulfo Cedillo
SS Center, Rm. 251, Kentfield Campus
415.485.9375

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

Open Enrollment Policy

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

FREE WOMEN’S CONFERENCE

Saturday, August 2
Keynote Speaker: Dr. Frances L. White
College of Marin Superintendent/President
For more information, call 415.485.9305 after June 15.

REGISTER NOW FOR FALL 2008
EMERITUS COLLEGE NONCREDIT CLASSES

The following FREE Emeritus College classes are now listed in COM’s Fall 2008 credit schedule. Register in-person at the Admissions Office on the Kentfield and Indian Valley Campuses. You may also register through the mail: Admissions & Records, College of Marin, 835 College Ave., Kentfield, CA 94904. Please use the “Community Education Application for Admission” form found at the center of this schedule. Once your application is processed, you will be mailed a username and password with which you can set up your COM account at http://MyCOM.marin.edu. Your MyCOM account will allow you to register online in the future.

- A Journey Toward Vitality: Walking the Lighter Path
- Aqua Exercise
- Do It Yourself Pain Relief: A New Way to Exercise
- Energy Warm-Ups
- Exercise for Fitness & Pleasure
- Feldenkrais: Awareness through Movement™
- Gentle Yoga
- Intro. to Chinese Medicine
- Movement & Music
- Moving with Chi
- Music and Our Inner World
- Psychology of Joy
- Strength and Fitness Training
- The Art of Meditation
- The Joy of Tai Chi
- Wild Goose Qigong

SUMMER 2008
JUNE 16 – JULY 26

ON THE COVER
Celebrated Poet Prartho Sereno
Teaches the Art of Poetry Writing,
page 30

FREE CLASSES FOR HIGH SCHOOL STUDENTS
Am I Ready for College?
page 21

FOR ENGLISH AS A SECOND LANGUAGE STUDENTS
TOEFL Test Preparation,
page 16

NEW FOR SUMMER!!
Landscape Painting, page 5
Creativity in Business, page 7
Traditional Samba, page 15
Breathing Techniques, page 19

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