Come to College of Marin for Excellence in Lifelong Learning!

Marketing Essentials for Artists, Portfolio Development for Artists
Beth Rypkema is an independent filmmaker, community arts consultant, writer, musician and teacher with over 25 years of experience. She has developed programs for arts festivals, creative businesses, cultural organizations, universities, humanitarian programs and more. See page 4.

Oil and gas supplier nations use energy as a foreign policy tool to threaten or influence customers; consumer nations fight for low prices and supply stability. Join Gloria Neumeier to learn about the politics of energy, both domestic and international. See page 27.

Introduction to Yoga Philosophy and Its Tradition
Explore Yoga’s ancient philosophical tradition with Kate Vogt, long-term enthusiast and certified by Georg Feuerstein. Kate’s love of the Yoga tradition began in her early twenties and has taken her twice to India to study, most recently with A.G. Mohan. See page 46.

Abstract Painting in Acrylic
In this studio course, Maria Nikl will facilitate your ability to free yourself from prefabricated concepts and programmed standards in part through assignments designed to elicit genuine personal experiences with lots of supportive discussion. At left is Maria’s work, “Raindrops.” See page 8.

Healer with A Thousand Faces: Theories and Traditions of Healing
Katharine Weiser, MD, and Rick McKinney, MD, are equally comfortable with the mystery of healing and the world of medical science. They are board-certified holistic physicians and Reiki practitioners who love to practice and teach the art of medicine, and help others find their way to health and happiness. See page 33.

SPRING 2007
Registration Begins February 20

www.marincommunityed.org
REGISTRATION IS EASY

Registration begins Tuesday, February 20, at 9 a.m. Please note: A confirmation postcard will be sent via U.S. mail for all methods of registration.

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

REGISTER BY TOUCH TONE PHONE 415.883.3217
If you have registered for a Community Education class within the past year, you may register by Touch Tone phone 24/7. MasterCard/Visa accepted. Touch Tone registration is available until 3 p.m. of the day prior to the first class meeting and ends April 27.

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

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

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

REGISTER FOR ONLINE CLASSES
For directions on how to register for Online Classes, please see page 62.

For complete registration information, see page 61.

Superintendent/President
Dr. Frances L. White

Community Education Program Staff
Diana Verdugo, Interim Director, Noncredit, ESL Instruction, Community & Contract Education
Cheryl Carlson, Karen van Krielt, Program Specialists
Michael Lewis, Microcomputer Center/Online Classes Program Specialist
Tanner Smyrl, Department Secretary
Micki Wendt, Office Technician

COLLEGE OF MARIN

www.marincommunityed.org
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The Community Education & Services Schedule is published four times a year by the College of Marin (a nonprofit organization), 835 College Ave, Kentfield, CA 94904-2590, February 2007, Volume 9, Issue 1.
ANIMAL HEALTH

Health Care for Horses

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

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

- 7 Wednesdays, 7:10-10pm
- Mar. 28-May 16 (No class Apr. 11)
- Artaurus Veterinary Clinic
- San Antonio Rd. & Highway 101
- Novato/Petaluma
- Fee $118 (Includes $10 materials/special fee)
- Course #8104

ART

Grounded in over 25 years experience in the arts, business and teaching, Beth Rypkema co-owns a business located in Denver, Colorado, which is dedicated to supporting and strengthening the arts community by teaching and facilitating the business of art. Join Beth to gain a unique perspective on the challenges of creating a life in the arts. Read more about Beth on the back cover.

The materials fee for each workshop covers a manual by the instructor which will be distributed in class.

You may register for both workshops below at a reduced fee of $99 which includes both manuals by using Course #8511 when registering.

Marketing Essentials for Artists

What is marketing for artists? How can you get out there if you don’t know where it is? In this interactive workshop, you will discover essential insights, practical ideas and fundamental tools for navigating the fine art market. Discover how to identify your target audience, create a personalized marketing plan, write a press release and develop a promotional packet. Examine the architecture of freelancing, learn how to improve presentation and sales techniques, generate multiple income streams and follow the 14 Steps to a SmART Business Start©.

- Beth Rypkema
- Saturday, 9am-12noon
- May 12
- Kentfield Campus, Harlan Center 165
- Fee $57 (Includes $12 materials fee)
- Course #8512

Portfolio Development for Artists

Your portfolio tells the story of who you are, where you’ve been and where you’re going—as an artist, a human being and a business person. It is the most important business tool you have! This workshop gives you the practical skills needed to develop, assemble and market a high quality artist portfolio. Focused writing exercises will help you produce standard support materials, including a professional bio, artist statement and cover letter. Learn to use the pyramid and inverted pyramid writing styles, how to organize your resume, nine elements of an effective portfolio and 15 secrets of successful artists. Review marketing strategies, press packets and good portfolio habits.

- Beth Rypkema
- Saturday, 1-4pm
- May 12
- Kentfield Campus, Harlan Center 165
- Fee $57 (Includes $12 materials fee)
- Course #8513
Learning to See As An Artist Sees: Developing Color Literacy

Color is the most expressive of all the visual art elements, but it’s the trickiest to use. Whether your interest lies in painting, decorating, fashion or in using color in everyday life, this class will help you develop your own color sense. Using a practical approach to color theory, harmony and dynamics, you’ll learn by actually mixing, modifying and composing colors in simple exercises. No artistic skills or art training are necessary in this non-intimidating class. If you’ve always left color decisions to someone else (or, like many of us, you’ve made some color “mistakes” in the past), this course will help you make color decisions confidently yourself.

The instructor will contact registrants regarding materials. Expect to spend up to $25.

Learn to use color effectively in art, interiors and fashion. Learning to See As An Artist Sees: Developing Color Literacy

Gene Martz, M.Ed. (Art Education), has taught the art of seeing for over 35 years.

- 7 Wednesdays, 1:10-3pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Dance/Landscape Management 11
- Fee $64
- Course #8105

Robert Regis Dvorak, FAAR, is a painter, printmaker and film-maker who has exhibited in the U.S.A., Europe and Japan. His work is part of many individual, corporate and institutional collections, including the New York Metropolitan Museum of Art and the Smithsonian Institution. He has authored three books on drawing: Drawing without Fear, The Magic of Drawing and Experiential Drawing. Note: All materials provided other than where noted below. Please bring your lunch.

The One Minute Drawing Class

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

All materials are provided and include The Magic of Drawing written by the instructor. Bring a bag lunch.

- Robert Regis Dvorak
- Saturday, 9am-4pm
- Apr. 7
- Kentfield Campus, Dance/Landscape Management 11
- Fee $97 (Includes $26 materials fee)
- Course #8106

Travel Sketching and Painting

Want to make your next trip the most rewarding of all? Take a sketchbook with you and, rather than point and click your camera, take a few extra minutes to make some fine sketches and color them with a little watercolor. Return home with priceless memories, this class will show you how. We will cover how to:

- Prepare/pack/what materials to bring
- Be comfortable/relaxed sketching and painting in public
- Sketch/paint in restaurants, on the street, on a cruise, on an airplane
- Draw/paint in the rain and sun outdoors
- Simplify your material -- capture the essence
- Draw people, architecture, water, trees and landscape

You will practice all these techniques for drawing and painting in class. Make your future travel experiences satisfying and unforgettable!

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

- Robert Regis Dvorak
- Saturday, 9-4pm
- May 12
- Kentfield Campus, Dance/Landscape Management 11
- Fee $97 (Includes $25 materials fee)
- Course #8107

A registration form is at the centerfold of this schedule.
Flower Drawing and Painting Workshop

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

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

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

- Saturday, 9:30am-5pm
- May 19
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $84 (Includes $12 materials fee)
- Course #8108

Life Drawing

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

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

- **Edward Stanton**
- 7 Mondays, 7:10-10pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus, Fine Arts 226
- Fee $108
- Course #8109

Jan de Bray, The Haarlem printer Abraham Casteleyn and his wife Margarieta van Bancken, 1663
Larry Bencich, MFA, works primarily with the human figure in his own drawings and paintings. His teaching style references composition and perspective in the Renaissance tradition, and he has had extensive experience with students with a broad range of skills. **Note:** Bring whatever painting or drawing materials you may already have to the first class and be prepared to work. Materials will be discussed in class and you are expected to purchase your own. Courses include critique and all levels of ability are welcome.

**Human Anatomy for Artists**

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

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

- **Larry Bencich**
  - 7 Wednesdays, 6:10-10pm
  - Mar. 28-May 16 (No class Apr. 11)
  - **Indian Valley Campus**, Miwok 122
  - Fee $167 (Includes $30 models fee)
  - Course #8110

**Figure Painting**

This studio course is an opportunity to explore materials, color, composition and agenda in any medium while painting the figure. Class time will be primarily devoted to painting but will also include discussions, demonstrations and critiques as interest dictates. You will work from live models every session and also have the option of working on your own projects from photos.

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

- **Larry Bencich**
  - 7 Saturdays, 9am-1pm
  - Mar. 31-May 19 (No class Apr. 14)
  - **Kentfield Campus**, Fine Arts 201
  - Fee $167 (Includes $30 models fee)
  - Course #8111

**Capturing the Spirit with Portraiture**

This class will explore traditional portrait drawing and painting, with an emphasis on capturing the true spirit of the person. There will be demonstrations, lectures and one-on-one instruction. You will work on one portrait for three consecutive weeks, from a clothed model, and have the option of working with the model's head and shoulders or full figure.

During Spring Quarter, the focus will be on working in color. Pastels and oil painting will be introduced. Students with previous experience are welcome to work in their medium of choice at any time.

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

- **Cathy Locke** is an award winning portrait and fine arts painter who shows her work in galleries and competitions internationally.
  - 7 Saturdays, 10am-1pm
  - Mar. 31-May 19 (No class Apr. 14)
  - **Indian Valley Campus**, Miwok 122
  - Fee $89
  - Course #8112 EC

**Heads and Hands**

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

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

- **Ann Curran Turner** is a nationally acclaimed figurative artist who has taught in the Bay Area for 25 years.
  - 7 Tuesdays, 11:10am-2pm
  - Mar. 27-May 15 (No class Apr. 10)
  - **Kentfield Campus**, Fine Arts 201
  - Fee $89
  - Course #8113 EC
Realistic, Classical and Impressionistic Painting

The range of experience and exploration in this course will challenge and delight painters of all stylistic persuasions and skill levels. This newly revised and expanded course examines important principles of three major schools of painting: Impressionistic, Realistic and Classical. Individuals may choose which style they will work in.

Traditions of masterful composition will be presented, and you will become aware of the power of balance, unity, space and focal points. Lectures and demonstrations will lead to an understanding of techniques and materials, such as grisaille (grey) painting, glazing, scumbling and chiaroscuro.

Newly added to the course are principles and practices of Impressionist painting, including important 19th century color theory innovations, the meaningful use of the color wheel and exciting methods for articulating light and shadow in a painting, including the specific uses of brushes and brushwork, mixing and keeping colors clean (color control). You may work in oils or acrylic. Bring whatever supplies you may already have to the first class as well as a notebook and pen. We may work from an undraped model. A materials list is posted on our website and will also be available in class.

Maria Nikl, MFA (Painting & Sculpture) has shown her work internationally and is experienced in facilitating students’ processes in facing the unknowns of abstraction in an inspirational and supportive environment. See more about Maria on the back cover.

Abstract Painting in Acrylic

Painting in the abstract challenges the artist’s usual ways of viewing and perceiving. To successfully execute an abstract painting that has integrity, the artist must first go through a transformative process of releasing barriers and limitations from the imagination. Whether you are a beginning or experienced artist, this class offers a series of stimulating assignments and experiences which will help you to discover your individual right-brain vision. You will be on the way to establishing a unique, autonomous visual vocabulary. Working in acrylic, you will increase your ability to take risks in your creative process; to create powerful compositions; to layer paint, mix color, work in collage, crop and experiment with non-traditional ways of paint application.

Bring black and white acrylic paints, acrylic matte medium, cheap wide brushes and a 24x18” watercolor pad to the first class as well as a notebook and pen. Supplies will be discussed. A materials list is also posted on our website.

Maria Nikl, MFA (Painting & Sculpture) has shown her work internationally and is experienced in facilitating students’ processes in facing the unknowns of abstraction in an inspirational and supportive environment. See more about Maria on the back cover.

Registration information is located inside the front cover.
Chalk Pastels and Mixed Media

This class continues the study of using chalk pastels for painting and drawing with the addition of other media—watercolor, gouache, acrylic, ink, charcoal, whatever you choose—with pastels. Those joining the course for the first time will have a full introduction to the chalks, surfaces and techniques. Slides, demonstrations, critiques and discussions about color and composition augment the sessions. Individual exploration for expressive potential is emphasized. Bring paper and a drawing board to the first class. Materials may cost from $30 to $100 and will be discussed in class. Enrollment limited.

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

- 7 Fridays, 1:10-4pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $118
- Course #8116

Watercolor Basics and Beyond

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

Marty Meade

- 7 Fridays, 10am-1pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Fine Arts 151
- Fee $89/Course #8117 EC

Nancy Johnson

- 7 Saturdays, 10am-1pm
- Mar. 31-May 19 (No class Apr. 14)
- Kentfield Campus, Fine Arts 151
- Fee $89/Course #8118 EC

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

Approaches and Techniques to Water-Soluble Oils and Acrylics

Water soluble oils and acrylics are very versatile, and convenient to clean! They allow you to achieve fine detail, or coarse, thick strokes. Using either of these mediums, learn how to paint a variety of subjects realistically and abstractly, and how to design strong compositions. Choose your own subject matter or paint the subject that Julie demonstrates each week. Artists sensitive to strong smells will be happy to work with these non-smelling mediums.

- Julie Cohn
- 7 Thursdays, 6:40-9:30pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 151
- Fee $118 (Includes $10 materials fee)
- Course #8119

The Flow of Watercolor

Enjoy the flowing properties of watercolor! Learn from Julie’s expertise as she demonstrates using a variety of loose and more controlled watercolor techniques and styles. Integrate design concepts such as color, value, shape, composition, proportion and perspective into your paintings. Julie encourages you to find the styles that inspire you the most! This spring, the theme will be abstraction to representation, exploring design structures that combine these two genres effectively. Students may work purely abstractly or add realistic elements to their paintings.

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

- Julie Cohn
- 7 Thursdays, 2:10-5pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 151
- Fee $99 (Includes $10 materials fee)
- Course #8120 EC
The California Landscape in Watercolor

The California landscape in its seasonal variety with vast and cloudy skies, sunbathed hills and gnarly trees will be the subject of this process-oriented class. Using a hands-on approach, we will explore the four basic landscape compositions. You will learn many techniques to loosen up hand and eye developed by the teacher plus exciting new ways to paint clouds and trees will be shown. Photo source materials will be available in class, but you may bring your own photos of your own favorite place. Bring the materials from the supplies list (use good paper only) and a bag lunch.

Christine Cohen’s work provides the art for the cover of this schedule.

- **Christine Cohen**
  - Saturday, 10am-4:30pm
  - Mar. 31
  - Kentfield Campus, Fine Arts 153
  - Fee $63 (Includes $3 materials fee)
  - Course #8121 EC

Glass Fusing

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

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

For each course listed below:
- **Kentfield Campus**, Fine Arts 151
  - Fee $199 (Includes $47 materials fee)
  - 6 Mondays, 7:10-10pm
    - Mar. 26-May 7 (No class Apr. 9)
    - Course #8122
  - 6 Fridays, 2:10-5pm
    - Mar. 30-May 11 (No class Apr. 13)
    - Course #8123

Jewelry and Metalsmithing

The beginner/beginner plus class will offer basics of metal fabrication, including introduction and use of hand tools, sawing, filing, soldering and various finishing techniques. Three projects will include a variation on the basic band ring; a pendant utilizing sawing and soldering techniques; and a bezel-set stone or “faux” stone to be used in a ring or pendant.

The advanced class will include a review and will focus on the malleable properties of metal. Three projects will include a forged bracelet; a forged pendant with a bezel-set stone; and a pin/pendant incorporating fold-forming techniques.

As time permits, both classes will have surprise demonstrations of techniques that may be incorporated into projects.

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

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

For each course listed below:
- 7:10-10pm
- **Kentfield Campus**, Fine Arts 15
  - Fee $133 (Includes $25 materials fee)

Beginners/Beginners Plus
- 7 Wednesdays
  - Mar. 28-May 16 (No class Apr. 11)
  - Course #8124

Intermediate/Advanced
- 7 Tuesdays
  - Mar. 27-May 15 (No class Apr. 10)
  - Course #8125
Wearable Art: Shamanic Jewelry

Our ancestors knew that physical objects contain energy they could draw upon. We seem to know this, too, when we hold onto treasured objects that have no obvious, practical use. In this workshop, we will celebrate ourselves by using personal treasures to create a piece of totemic, wearable art. This could be a necklace, belt, headband, or—you create it!

Tools will be provided. However, since the art you make will be uniquely yours, you must bring your own “ingredients” for it. Please bring a collection of objects that you love, ranging in size from small to tiny, which could include broken or dated jewelry, charms, small things your children have given you, ribbons, fabric remnants, small carvings, rocks, shells, sticks, feathers. Be inclusive. Plan to bring at least twice as many objects as you could possibly use!

Also, bring a square yard of any fabric that you love and a bag lunch. It is optional to bring a generous yard of cord, maximum thickness 1/8 inch. Questions? Call Cat at 415.669.7141.

- Cat Kahlke
- Saturday, 10am-4pm
- Apr. 28
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $60 (Includes $3 materials fee)
- Course #8126 EC

Cantor Art Center at Stanford: Bus Trip & Tour

We will tour two outstanding photography exhibitions. In The American West: Photographs by Richard Avedon, 1985. Assertive, controversial and graphically striking photos of ordinary people coping with daily life in times of boom and bust. This is an unforgettable exhibition.

Also on exhibit, Bare Witness: Photography by Gordon Parks. Photographs of rich and poor, black and white, children and the elderly. Parks was a fashion photographer for Vogue magazine and current events photographer for Life magazine.

Bring your lunch for a picnic in the Rodin Sculpture Garden. Meet at Corte Madera Town Shopping Center on Madera Blvd.

- Rhoda Becker
- Thursday, 10am-3pm
- Apr. 12
- Corte Madera Center
- In front of Il Fornaio
- Fee $48
- Course #8127 EC

A registration form is at the centerfold of this schedule.
500 Years of European Art: A Survey of Styles

This course focuses on European painting and sculpture created between 1400-1900.

We will view slides and discuss the major periods and styles of art including: Renaissance, Baroque, Neoclassical, Romanticism and Impressionism. Artists and their cultural context will also be covered.

This course is a great way to learn about art without papers or tests. It is for anyone who enjoys art!

Karen Upson has a Masters degree in Art History from San Francisco State University.

- 6 Thursdays, 2:10-4pm
- Mar. 29-May 10 (No class Apr. 12)
- Kentfield Campus, Science Center 101
- Fee $58
- Course #8128 EC

The Arts of Russia 1860-1920

The 1860’s mark the beginning of a fascinating period in Russian history, one which brought tremendous changes in life and culture. Artists as well as writers, intellectuals and composers developed a nationalistic spirit and began to express a social conscience, an awareness of the need for reforms in Russian society. The painters of this era are almost unknown outside Russia, but their works richly deserve our attention and appreciation.

From the end of the 19th century, up until World War I and the Bolshevik Revolution of 1917, Russian visual arts, music, dance, theater, etc., were exhibiting more vitality, innovation, diversity and sophistication than ever before, and Russia took its rightful place as a leading cultural force in Europe.

In the first years after the Revolution, there was a new burst of creativity until Stalin took control and imposed strict rules for a propagandist “Socialist Realism” style in the arts.

This slide-illustrated lecture will examine how these extraordinary, tumultuous and sometimes tragic times were reflected in the remarkable arts of the period.

- Roberta Shaw
- Saturday, 9:30am-12:30pm
- Apr. 28
- Kentfield Campus, Science Center 101
- Fee $27
- Course #8129 EC
Architectural Tours of the Bay Area

We begin our explorations in downtown San Francisco starting with the stunning Art Deco City Club in the Stock Exchange Tower, designed by Timothy Pfleuger, and including the Beaux Art Monadnock Building, designed by Frederick H. Meyer, with its “San Francisco Renaissance” mosaics and sculpture garden. Our tours in the East Bay will include Henry Moore’s modern Haas Business School and the best example of Victorian Colonial Revival architecture in the Bay Area, the Dunsmuir House and Gardens. In Palo Alto, we will view the Memorial Church, an eclectic mix of Romanesque and Mission Revival built in honor of the Leland Stanford family. Afterwards, self-tour the Rodin Sculpture Garden outside the Cantor Art Museum. Here in Marin, we have been invited to visit a contemporary “green” home designed by the owner, featuring solar electricity, denim insulation and bamboo flooring.

Tours will be led by informal guides, including San Francisco City Guides. Historical context will be included. We reserve the right to substitute destinations.

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

- Carolyn Talmadge
- Orientation: Wednesday, 1:10-4pm
- Apr. 4
- Kentfield Campus, Harlan Center 161
- Plus 5 field trips: Wednesdays, 1-4pm
- Apr. 18-May 16 (No class Apr. 11)
- Fee $77 (Includes $1 materials fee)
- Course #8130 EC

Dunsmuir Estate in Oakland is one of the many destinations of Architectural Tours of the Bay Area

BUSINESS/CAREERS

CAREER DEVELOPMENT

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

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

Betty Burr has been helping people plan their mature lifestyles and later-stage careers for 15 years. She also has 30 years experience as a manager, small business owner and consultant. Betty is completing an MA in Gerontology and is a professionally trained career and business coach.

- Saturday, 9am-5pm
- Mar. 31
- Kentfield Campus, Harlan Center 165
- Fee $69 (Includes $10 materials fee)
- Course #8132 EC

Other courses of interest . . .

Marketing Essentials for Artists
Portfolio Development for Artists
are listed under Art.

How to Be a Working Actor in the Bay Area
Voice Overs: The Big Picture
are listed under Drama.

Introduction to Legal Research: How to Use the Marin County Public Law Library
is listed under Law.
PROFESSIONAL DEVELOPMENT

Organizing Your Office: Home, Work and Small Business

Enough talk of simplifying your life. The question is -- how to do it at tax time? The average U.S. executive wastes 6 weeks a year just shuffling through their paper piles! Got better things to do with your time? Learn how to use your unique brain-style to tune-up your home, small business or workplace office systems. Includes a tax time tune-up so you can save time, save money and reduce your stress. Master dozens of proven tips in an extensive demonstration of office organizing techniques and tools: from paper management to email overload.

Since 1988, Eve Abbott has enjoyed teaching employees and small business owners how to work at least 25% more effectively so they have more time for life. She is the author of How to Do Space Age Work with a Stone Age Brain TM and has been featured on national TV and Radio.

- Saturday, 9am-4pm
- Mar. 31
- Kentfield Campus, Harlan Center 172
- Fee $99 (Includes $25 materials fee)
- Course #8133

Find Your Inner Editor: Introduction to Editing and Proofreading

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

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

- Saturday, 1-5pm
- Mar. 31
- Kentfield Campus, Education Center 22
- Fee $65 (Includes $5 materials fee)
- Course #8134

Take the Stage! Presentation Technique

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

Bring notebook and pen to class.

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

- 6 Tuesdays, 6:40-9:30pm
- Mar. 27-May 8 (No class Apr. 10)
- Kentfield Campus, Harlan Center 170
- Fee $98 (Includes $2 materials fee)
- Course #8135

Building Your Notary Business: Become a Loan Signing Notary

Learn how to start a loan signing agent business or mobile notary business. We will cover the new laws and current laws in review, the loan signing agent in the mortgage process, advertising and marketing strategies, procedures, terminology and business planning, plus the interactive use of the internet in marketing services to potential clients. Work with peer groups for discussion and to practice presentation. Gain evaluation skills, tools and strategies to develop and build your own business. You will receive a certificate of completion at end of class.

If you have already taken the Notary Public Workshop, you have already received the text for this class; be sure to use the second course # below when registering. Bring both textbooks to class, as notaries public must possess the “California Notary Public Field Guide” from first class for later reference.

- John Christ
- Monday, 6:10-10pm
MARKETING

Marketing Your Services: Even for People Who Hate to Sell

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

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

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

Saturday, 1-5pm

Kentfield Campus, Harlan Center 172
Fee $70 (Includes $20 materials fee)
Course #8138

ONLINE MARKETING CLASSES

For registration information, please refer to “Register for Online Classes” on page 62, or go to www.marincommunityed.org. The dates shown below are the starting dates for the associated course number.

Mystery Shopping

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

Rick Sheridan
Fee $79
Apr. 18/Course #8139
May 16/Course #8140

Patents, Prototypes and Profits

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

Claudia M. Doege
Fee $59
Apr. 18/Course #8141
May 16/Course #8142

Rights, Royalties and Revenue Streams

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

Claudia M. Doege
Fee $59
Apr. 18/Course #8143
May 16/Course #8144

A License to Print Money

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

Claudia M. Doege
Fee $59
Apr. 18/Course #8145
May 16/Course #8146
**How to Be an eBay Power Seller**

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

This course will cover eBay and its competitors, as well as online stores. Handouts will cover the basics of how to buy and sell on eBay. Our discussion will focus on what it takes to be a Power Seller doing significant volume. There is considerable research and “lore” to be covered about starting prices, reserves, pictures, PayPal and when to sell.

The most important decision you will make is what to sell. You can sell your services, merchandise, or items provided by others. We will talk about sources of items and creating your own products. You will leave the course with an 80-page handout and an action checklist for your next steps.

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

- **Saturday, 1-5pm**
- **Kentfield Campus, Harlan Center 172**
- **Fee $60 (Includes $10 materials fee)**
- **Course #8147**

**Another course of interest . . .**

**How to Buy and Sell on eBay**

is listed under Computers.

**Importing as a Small Business**

Learn how you can become an importer now in a one day seminar highly rated for the instructor’s experience, pace, candor and humor. You will be guided through licensing, selecting products, finding suppliers; working with governments, bankers, brokers, carriers; financing, costing and pricing and gaining orders for your products. This knowledge becomes the basis for an export business as well. After the seminar, help via email with instructor and past students is included. Travel! Work out of your home to start!

- **Saturday, 9am-5pm**
- **May 19**
- **Kentfield Campus, Physical Education Center 23**
- **Fee $59 (Includes $4 materials fee)**
- **Course #8148**

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

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

Topics detailed in this three-hour workshop include the planning and production process, contacts to help get you started, capitalization options, creative marketing ideas, unraveling the distribution network and more. Course fee includes a take-home 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.

- **Saturday, 10am-1pm**
- **March 31**
- **Kentfield Campus, Physical Education Center 23**
- **Fee $55 (Includes $5 materials fee)**
- **Course #8149**

**Other Online Business courses**

are available! Go to [www.marincommunityed.org](http://www.marincommunityed.org)
Community Education’s computer courses are designed to offer exposure to a specific program or application rather than to build skills. All courses are hands-on and taught with one student per computer, offering one-on-one instruction. Courses are offered at a variety of times throughout the quarter for your convenience. There is no homework and no grades.

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

COMPUTER CENTER

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

IMPORTANT INFORMATION

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to assure your place. Be sure to review “Registration Information” on page 61 before registering.

You are expected to have:

- Windows proficiency before enrolling in any PC application course that is held in Ohlone 216. If you do not have these skills, we recommend that you take Intro. to Windows XP.
- Mac proficiency before enrolling in any Mac application course that is held in Pomo 192. If you do not have these skills, we recommend that you take Intro. to Macintosh.

If you are coming for an all-day class, we recommend that you bring your lunch. The on-campus deli has limited hours of service as well as food choices and it is two miles to the nearest eatery.

Hands-On Computer Courses

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Computer Fundamentals I

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

For each of the following courses:

- **Indian Valley Campus, Ohlone 216**
  - Fee $45
  - **Tom Millard**
    - Monday, 1:30-4:30pm
    - Mar. 26
    - **Course #8150**

- **Levi Allen**
  - Wednesday, 9am-12noon
  - Mar. 28
  - **Course #8151**

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

**Computer Fundamentals II**

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

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

**For each of the following courses:**

- **Indian Valley Campus, Ohlone 216**
- **Fee $90**

**Tom Millard**

- 2 Mondays, 1:30-4:30pm
- Apr. 2 & 16 (No class on Apr. 9)
- **Course #8152**

**Levi Allen**

- 2 Wednesdays, 9am-12noon
- Apr. 4 & 18 (No class on Apr. 11)
- **Course #8153**

**Intro. to Windows**

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

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

**For each of the following courses:**

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

**Tom Millard**

- 3 Mondays, 1:30-4:30pm
- Apr. 23-May 7
- **Course #8154**

**Levi Allen**

- 3 Wednesdays, 9am-12noon
- Apr. 25-May 9
- **Course #8155**

**Intro. to the Internet**

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

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

- **Tom Millard**
  
  - 2 Mondays, 1:30-4:30pm
  - May 14 & 21
  
  **Indian Valley Campus, Ohlone 216**

- **Fee $90**
- **Course #8156**

**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**
  
  - 4 Tuesdays, 7-10pm
  - Apr. 17-May 8
  
  **Indian Valley Campus, Pomo 192**

- **Fee $210 (Includes $30 materials fee)**
- **Course #8157**

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

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

To register for the series at a reduced fee:
- Fee $280 (Includes $20 materials fee)
- Course #8158

Intro. to Word

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Mar. 28-Apr.18 (No class on 4/11)
- Fee $155 (Includes $20 materials fee)
- Course #8159

Interm. Word

This course will help you become more productive with the program.
- Tom Millard
- 2 Wednesdays, 1:30-4:30pm
- Apr. 25 & May 2
- Fee $90
- Course #8160

Adv. Word

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

This course builds upon skills that are learned in Interm. Word.
- Susan Henning
- 2 Wednesdays, 9am-12noon
- May 16 & 23
- Fee $90
- Course #8161

Word Tips and Tricks

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

This course builds upon skills that are learned in Intro. to Word.
- Susan Henning
- Tuesday, 1-4pm
- May 8
- Indian Valley Campus, Ohlone 216
- Fee $45
- Course #8162

Word Graphics

Learn how to use Word’s graphic elements to jazz up your documents. You will learn the basics of inserting, sizing, moving, cropping and deleting while working with a collection of ready-made clip art images. We will customize our documents by embellishing with graphics, adding text, borders or background with different fill effects; using color; adding basic geometric shapes, lines and arrows; using drop caps; and downloading clip art images off the Internet.

This course builds upon skills that are learned in Intro. to Word.
- Susan Henning
- Tuesday, 1-4pm
- May 15
- Indian Valley Campus, Ohlone 216
- Fee $45
- Course #8163
**EXCEL SERIES**

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

**To register for the series at a reduced fee:**
- Fee $290 (Includes $30 materials fee)
- **Course #8164**

**Intro. to Excel**

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- **Levi Allen**
- 3 Mondays, 9am-12noon
- Mar. 26-Apr. 16 (No class on Apr. 9)
- **Indian Valley Campus, Ohlone 216**
- Fee $165 (Includes $30 materials fee)
- **Course #8165**

**Interm. Excel**

This course covers skills that can help you utilize many of Excel's time-saving and enhancement features. You will work with advanced functions, formatting features, special format and print options, protection features and queries.

You will practice linking and consolidating information from multiple workbooks, using templates and macros to automate tasks, importing and exporting data, and working with charts.

This course builds upon skills that are learned in Intro. to Excel.
- **Susan Henning**
- 2 Mondays, 9am-12noon
- Apr. 23 & 30
- **Indian Valley Campus, Ohlone 216**
- Fee $90
- **Course #8166**

**Adv. Excel**

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

This course builds upon skills that are learned in Interm. Excel.
- **Susan Henning**
- 2 Mondays, 9am-12noon
- May 7 & 14
- **Indian Valley Campus, Ohlone 216**
- Fee $90
- **Course #8167**

**Intro. to PowerPoint**

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**
- 2 Tuesdays, 1-4pm
- Mar. 27 & Apr. 3
- **Indian Valley Campus, Ohlone 216**
- Fee $110 (Includes $20 materials fee)
- **Course #8168**

**Interm. PowerPoint**

In this course we will take a closer look at PowerPoint with an emphasis on multimedia, animation and the Internet.

Learn different ways to use sound, insert digital photographs, custom animation, timing methods, linking to a Website using PowerPoint Viewer and Package-for-CD features.

This course builds upon skills that are learned in Intro. to PowerPoint.
- **Susan Henning**
- Tuesday, 1-4pm
- Apr. 24
- **Indian Valley Campus, Ohlone 216**
- Fee $45
- **Course #8169**
OFFICE SERIES

Whether you are currently employed or are looking for a job in today’s market, these courses will teach you skills required by many companies. For course information, please refer to the courses on pages 19 and 20. You may register for the entire series or for the individual courses. If you have any questions, please call Mike Lewis at 415.485.9305. All of the courses in the Office Series are offered at: Indian Valley Campus, Ohlone 216

Introductory Office Series

Intro to: Word (#8159), Excel (#8165) & PowerPoint (#8168)

To register for the series at a reduced fee:
- Fee $380 (Includes $70 materials fee)
- Course #8170

Intermediate Office Series

Interm: Word (#8160), Excel (#8166) & PowerPoint (#8169)

To register for the series at a reduced fee:
- Fee $200
- Course #8171

EVENING OFFICE SERIES

The following courses are designed to teach you what you need to know within one week. For course descriptions, please refer to the courses on pages 19 and 20. You may register for the entire series or for the individual courses. If you have any questions, please call Mike Lewis at 415.485.9305. All of the courses in the Office Series are offered at: Indian Valley Campus, Ohlone 216

Evening Introductory Office Series

To register for the series at a reduced fee:
- Fee $380 (Includes $70 materials fee)
- Course #8172

Evening Intro. to Word

Susan Henning
- Mon-Wed, 7-10pm
- Apr. 2-4
- Fee $155 (Includes $20 materials fee)
- Course #8173

Evening Intro. to Excel

Levi Allen
- Mon-Wed, 7-10pm
- Apr. 16-18
- Fee $165 (Includes $30 materials fee)
- Course #8174

Evening Intro. to PowerPoint

Susan Henning
- Mon & Tues, 7-10pm
- Apr. 23 & 24
- Fee $110 (Includes $20 materials fee)
- Course #8175

Office Integration

Designed for the power user, this course will explore techniques for integrating Microsoft Office applications. Learn how to create linked and embedded objects to maintain a connection between source and destination files in Word, Excel and PowerPoint. Quickly navigate between files and the Web using text and graphic hyperlinks. Learn how to import and export data between applications to generate tables, outlines, charts and presentations.

This course builds upon skills that are learned in Adv. Word, Adv. Excel and Interm. PowerPoint.
- Susan Henning
- Friday, 9am-12noon
- May 25
- Indian Valley Campus, Ohlone 216
- Fee $45
- Course #8176

Intro. to Access

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- May 9-23
- Indian Valley Campus, Ohlone 216
- Fee $160 (Includes $25 materials fee)
- Course #8177
Intro. to Outlook
Learn about email and the other powerful parts of Outlook to help better manage your time and business.
We will teach you email features such as how to manage folders, search for that lost email, mark emails for follow up, creating signatures and setting email preferences.
We will also cover: contacts and how to manage them and build a distribution list, the calendar and how to schedule repeating events, set reminders and export it to other programs or your PDA, as well as tasks, notes and journals.
We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Pamela Lyons
  - 3 Fridays, 1-4pm
  - May 4-25 (No class on May 11)
  - Indian Valley Campus, Ohlone 216
  - Fee $160 (Includes $25 materials fee)
  - Course #8178

Intro. to QuickBooks Pro
QuickBooks is designed specifically for small to medium-size businesses. In this course you will learn all of the major features of the program including set up; working with lists, bank accounts and reconciliations; how to set up credit cards using other accounts; entering sales and invoices; receiving payments and making deposits; entering and paying bills and analyzing financial data. You will receive an overview of inventory and payroll options.
We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Pamela Lyons
  - 4 Thursdays, 7-10pm
  - Mar. 29-Apr. 26 (No class on Apr. 12)
  - Indian Valley Campus, Ohlone 216
  - Fee $220 (Includes $40 materials fee)
  - Course #8179

Interm. QuickBooks Pro
We will take QuickBooks to the next level by learning how to track time for your services; process payroll using employee timesheets; pay payroll taxes; perform year-end payroll management functions; invoice your clients with professional formats (using the layout designer); email invoices to clients; receive payments over the Internet for invoices; handle credits for clients; track sales tax and inventory management; data management of files; and preferences management to customize QuickBooks for your business.
This class builds upon skills that are learned in Intro. to QuickBooks Pro.
- Pamela Lyons
  - 2 Thursdays, 7-10pm
  - May 3 & 10
  - Indian Valley Campus, Ohlone 216
  - Fee $100
  - Course #8180

QuickBooks for Contractors and All Job Costing Companies
The skills taught in this course are for use in construction, consulting, architecture, interior design—any company that tracks income and expenses by customers and jobs. In easy-to-understand examples and written materials, these important features will enable you to increase your company’s cash flow. We will also cover how to set up jobs, track income by job, track expenses, track your employees’ and subcontractors’ time spent on the job and invoice your customers using payroll features and cost controls.
This course builds upon skills that are learned in Intro. to QuickBooks Pro.
- Pamela Lyons
  - 3 Wednesdays, 7-10pm
  - May 9-23
  - Indian Valley Campus, Ohlone 216
  - Fee $190 (Includes $55 materials fee)
  - Course #8181

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.
- Carolynn Crandall
  - 2 Tuesdays, 9am-12noon
Another course of interest . . .

**How to be an eBay Power Seller**

is listed under Business.

### Intro. to Adobe Acrobat

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

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

- **Vidias Valaitis**
- 3 Mondays, 7-10pm
- Apr. 30-May 14
- **Indian Valley Campus, Ohlone 216**
- Fee $155 (Includes $20 materials fee)
- **Course #8183**

### Intro. to GoLive

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

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

- **Steve Salzman**
- 4 Wednesdays, 3-6pm
- Mar. 28- Apr. 25 (No class on Apr. 11)
- **Kentfield Campus, Fine Arts 225**
- Fee $205 (Includes $25 materials fee)
- **Course #8184**
ILLUSTRATOR SERIES

Produce professional art and graphics for print, video, web, fabrics and mobile devices with this program of choice. These courses will take you from simple shapes to powerful tools for creating more complex art. You may register for the entire series or for the individual courses taught by Lynda Banks. If you have any questions, please call Mike Lewis at 415.485.9305. All of the courses in the Illustrator Series are offered at: Kentfield Campus, Fine Arts 225

To register for the series at a reduced fee:
- Fee $390 (Includes $30 materials fee)
- Course #8186

Intro. to Illustrator
In this course you will learn basic approaches to creating graphics; type effects strategies for optimizing graphics for the Internet; receive an introduction to the toolbox, palettes, graphic tools, path tools, layers; and improve image and color editing for the print environment.

We want you to succeed in this class and suggest you be proficient with the computer before enrolling:
- 2 Tuesdays, Mar. 27 & Apr. 4
- Mar. 27, 8:30am-3pm
- Apr. 3, 12-3pm
- Fee $170 (Includes $30 materials fee)
- Course #8187

Interm. Illustrator
In this course you will learn symbols and the use of symbol tools, brushes, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes and other tools and techniques to create spectacular art.

This course builds upon skills that are learned in Intro. to Illustrator.
- 3 Tuesdays, 12-3pm
- Apr. 17–May 1
- Fee $140
- Course #8188

Adv. Illustrator
Take your knowledge of Illustrator to the next level! Create 3D objects and map art to 3D surfaces, gradient mesh tool, warp distortion and envelopes, actions, web graphics and how to export your file to Flash for animation.

This course builds upon skills that are learned in Interm. Illustrator.
- 3 Tuesdays, 12-3pm
- May 8-22
- Fee $140
- Course #8189

INDESIGN SERIES

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

To register for the series at a reduced fee:
- Fee $390 (Includes $30 materials fee)
- Course #8190

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling:
- 2 Fridays, Mar. 30 & Apr. 6
- Mar. 30, 9am-4pm
- Apr. 6, 9am-12noon
- Fee $170 (Includes $30 materials fee)
- Course #8191

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

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

- **2 Fridays, Apr. 6 & 20 (No class Apr. 13)**
- Apr. 6, 1-4pm
- Apr. 20, 9am-4pm
- Fee $140
- **Course #8192**

**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 Intro InDesign.

- **2 Fridays, Apr. 27 & May 4**
- Apr. 27, 9am-4pm
- May 4, 9am-12noon
- Fee $140
- **Course #8193**

Another course of interest . . .

**Photoshop Elements: The Digital Darkroom**

is listed under Photography.

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

**Introductory Photoshop Series**

To register for the series at a reduced fee:

**Indian Valley Campus**, Ohlone 216

- Fee $267 (Includes $27 materials fee)
- **Course #8194**

**Intro. to Photoshop**

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

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

**Indian Valley Campus**, Ohlone 216

- **2 Thursdays, Mar. 29 & Apr. 5**
- Mar. 29, 9am-4pm
- Apr. 5, 9am-12noon
- Fee $167 (Includes $27 materials fee)
- **Course #8195**

**Photoshop II**

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

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

**Indian Valley Campus**, Ohlone 216

- **2 Thursdays, Apr. 5 & 19 (No class on Apr. 12)**
- Apr. 5, 1pm-4pm
- Apr. 19, 9am-4pm
- Fee $140
- **Course #8196**

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

**Indian Valley Campus**, Ohlone 216
- Fee $240
- Course #8197

**Kentfield Campus**, Fine Arts 225
- Fee $240
- Course #8200

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

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

**Indian Valley Campus**, Ohlone 216
- 2 Thursdays, Apr. 26 & May 3
- Apr. 26, 9am-4pm
- May 3, 9am-12noon
- Fee $140
- Course #819

**Kentfield Campus**, Fine Arts 225
- 3 Mondays, 3-6pm
- Mar. 26-Apr. 16 (No class on Apr. 9)
- Fee $140
- Course #8201

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

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

**Indian Valley Campus**, Ohlone 216
- 2 Thursdays, May 3 & 10
- May 3, 1-4pm
- May 10, 9am-4pm
- Fee $140
- Course #8199

**Kentfield Campus**, Fine Arts 225
- 3 Mondays, 3-6pm
- Apr. 23-May 7
- Fee $140
- Course #8202

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

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

- **Kevin Martin**
- 2 Thursdays, 7-10pm
- Mar. 29 & Apr. 5
- **Indian Valley Campus**, Pomo 192
- Fee $100
- Course #8203

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

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

- **Kevin Martin**
- 2 Thursdays, 7-10pm
- Apr. 19 & 26
- **Indian Valley Campus**, Pomo 192
- Fee $100
- Course #8204

Intro. to Logic Audio
In this course we will learn how to assemble audio and sound effects for use in a pre-existing piece of video. This course is designed to encourage creativity while learning how to work within an audio for video production application. We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

- **Kevin Martin**
- 2 Thursdays, 7-10pm
- May 3 & 10
- **Indian Valley Campus**, Pomo 192
- Fee $100
- Course #8205

Intro. to Podcasting
Learn about Podcasting. What is it? When did it start? How do you create your own podcast? Podcasting is quickly becoming an important and popular cultural phenomenon. We want you to succeed in this course and suggest you be proficient with the computer before enrolling.

- **Kevin Martin**
- 2 Thursdays, 7-10pm
- May 17 & 24
- **Indian Valley Campus**, Pomo 192
- Fee $100
- Course #8206
CULTURAL STUDIES

Introduction to Islam: Islam and Its Interaction with the World

This survey of Islam will cover the history, beliefs, sects and current events relating to the faith from an objective, unbiased, but Western perspective. With a maximum of class dialogue, Q&As, and media presentations such as documentaries and contemporary independent films from Islamic countries, we will address such questions as:

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

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

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

- 7 Tuesdays, 1:10-3pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Harlan Center 170
- Fee $64
- Course #8207 EC

Another course of interest . . .

Discovering Spirituality: The Heart of Faith and Religions of the World is listed under Philosophy.

CURRENT EVENTS


As fossil fuels grow more scarce and expensive, energy grows more powerful as a foreign policy tool. Resource rich countries like Russia and Saudi Arabia can cut off sources or raise prices to influence consumer nations. China, India and even the US, ever more dependent, must adjust foreign policy to energy reality. Science may forge ahead with solutions for a warming world, but without political support, the research will not lead to international security.

Gloria Neumeier, MA (History), was a member of a research group which studied energy issues in Saudi Arabia last winter.

- 6 Tuesdays, 1:10-3pm
- Mar. 27-May 8 (No class Apr. 10)
- Kentfield Campus, Olney Hall 96
- Fee $58
- Course #8208 EC
Tap Dancing
Tap Dancing is America’s true Folk Dance. It has been elevated to an art form by Fred Astaire, Eleanor Powell, Gene Kelly, Gregory Hines and others. We will cover a brief history of tap dancing and learn the terminology with an emphasis on technique and style. You will learn to perform basic combinations and before you know it your feet will be flying with confidence and joy. Bring your tap shoes, wear comfortable clothing and not only will you learn to Tap Dance, but it is a terrific way to get in shape while having great fun.

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

- 7 Wednesdays, 7:30-8:30pm
- Mar. 28-May 16 (No class Apr. 11)
- Belrose Theatrical School
- 1415 Fifth Ave. San Rafael
- Fee $55
- Course #8209

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

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

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

- 4 Tuesdays, 6:30-8:15pm
- Apr. 3-24
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $45
- Course #8210

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

Latifa is an experienced teacher and performer of Belly Dance.

- 7 Wednesdays, 7:10-8:30pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Physical Education Center 60
- Fee $75
- Course #8211

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

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

- 7 Mondays, 1:40-3:30pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus, Dance/Landscape Management Center 101
- Fee $128 (Includes $10 special fee)
- Course #8212
Please consult the credit schedule for additional course offerings and services, or go to www.marin.edu or call 415.485.9406.

**Guidance for Disabled**

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

**Interpersonal Skills for Students with Psychological Disorders**

A drop-in discussion group for College of Marin students with psychological disorders, facilitated by a counselor. In a supportive environment, participants share their experiences and insights about academic, interpersonal and psychological aspects of college life.

- **Wendy Ullman**
  - Tuesdays, 12:40-2pm
  - Apr. 17-May 15
  - Kentfield Campus, Learning Resources Center 109
- **FREE**
- **Course #8216**

**Adaptive Exercise: Aerobics**

Group aerobic fitness activities geared to students with developmental disabilities.

- **Carol Cokinos**
  - Mondays & Wednesdays, 11:10am-12:30pm
  - Apr. 16-May 16
  - Kentfield Campus, Physical Education Center 30
- **FREE**
- **Course #8214**

**Interpersonal Skills: Stroke Support Group**

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

- **Carol Cokinos**
  - Kay Pepitone
  - Wednesdays, 1:10am-3pm
  - Apr. 18-May 16
  - Kentfield Campus, Dance/Landscape Management Center 12
- **FREE**
- **Course #8215**

**Interpersonal Skills for Developmentally Delayed Learners**

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

- **Kentfield Campus**, Dance/Landscape Management Center 12
- **FREE**
- **Course #8216**

**Creative Writing Skills for Developmentally Delayed Learners**

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

- **Kentfield Campus**, Dance/Landscape Management Center 12
- **FREE**
- **Course #8219**

**Indian Valley Campus**, Ohlone 156

- **Cher Evans**
  - Mondays, 10:10-11:30pm
  - Apr. 16-May 14
  - **FREE**
  - **Course #8220**
Management of Hearing Loss

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

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

- Schedule to be announced
- Mill Valley Community Center
- FREE
- Course #8221

Drama

How to Be a Working Actor in the Bay Area

This class will give you the skills, the knowledge and ultimately, the confidence needed to approach acting work in the Bay Area. You will learn audition technique, cold-reading skills and interviewing skills. This will all be done with on-camera feedback. All the scripts will be provided. We will cover the business and the marketing side of the industry in the Bay Area. You will learn how to approach all the different acting opportunities available including commercial, corporate work (big in the Bay Area), film and television. We will review unions, casting directors and agents in the Bay Area.

Gino Scandur currently runs one of the most successful production companies in the Bay Area. This is your opportunity to work with a professional producer, director and actor to refine your work and get out there and earn money!

- 2 Saturdays, 10am-5pm
- May 5 & 12
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $109
- Course #8226

Voice Overs: The Big Picture

Terry can cut through to the heart of how to make it with your voice. This is a chance to have time on the mic with a critique from Terry, as well as learn everything you’ve ever wanted to know about the business and marketing side of being a voice over actor—hearing how to make money at it! In addition, Terry will feature at least one representative from the industry, so that you can ask questions of someone who deals with the reality of what works and what doesn’t.

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

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

- 2 Saturdays, 10am-5pm
- Apr. 21 & 28
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $109 (Includes $2 materials fee)
- Course #8227

Another course of interest . . .

Take the Stage! Presentation Technique

is listed under Business.
INTENSIVE ENGLISH PROGRAM (ESL)

Spring Semester 2007: Jan. 23-May 18
Full-time program: $2,300
($2,500 for F-1 visa students)
• 20 HOURS / WEEK
• SMALL CLASSES • FIELD TRIPS
• LOW COST • 16 WEEKS • TOEFL

The Intensive English Program on the Indian Valley Campus offers high quality classes in academic English for residents and international students. It prepares students to enter American colleges and universities and helps them to improve their English skills for other purposes such as business, TOEFL, or general communication. Classes meet Tuesday through Friday, 20 hours a week, for 16 weeks. Testing and placement take place during the first week. There is a $50 application fee ($25 for residents).

New part-time programs available!

For more information or to apply:
Call: 415.883.2211, ext. 8579
Fax: 415.883.2632
email: intensive.english@marin.edu
www.marincommunityed.org

ENGLISH AS A SECOND LANGUAGE

Spring Semester 2007: Jan. 20-May 19
FREE CLASSES

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

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

For more information:
Call us at 415.485.9642
Or visit the ESL Office:
Harlan Center Room 123
College of Marin Kentfield Campus
Monday–Thursday, 8 am to 8 pm
Saturday, 9 am–1 pm

FILM APPRECIATION

Film Appreciation: My Mistake! Part 2
Fascinating, stupid, painful—our mistakes are what make us human. In this course, we look at how people learn from their actions and the actions of others. Each of our stories deals with these issues in a different way, and that characters have choices to make that will affect the outcome of the story and the lives of every other character in it. We will view these films, among others:
• Vatel, France, 2000—King Louis XVI’s impresario is having trouble in love.
• Dinner Rush, US, 2000—a retiring restaurateur must choose between his two sons
• Women on the Verge, Spain, 1988—how women cope with the men in their lives—with gazpacho, pills and gossip.
• The Good Thief, France/UK, 2002—an American in France goes for one last score—and to get the girl.

David Hakim
7 Fridays, 2:40-5:30pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Science Center 101
Fee $89
Course #8298 EC

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

Carl Jech, Th.M. (Harvard University)
7 Wednesdays, 2:40-4:30pm
Mar. 28-May 16 (No class Apr. 11)
Villa Marin
100 Thorndale Ave., Terra Linda
Fee $64
Course #8299 EC
Change Your Mind, Change Your Life: An Introduction to Attitudinal Healing

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

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

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

Presented by senior staff from The Center for Attitudinal Healing.
- 7 Thursdays, 7:10-9:30pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Physical Education Center 23
- Fee $106 (Includes $10 materials fee)
- Course #8300

The Keys to a Successful Relationship

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

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

Alex Thomas, MA, has a private practice and has been a licensed marriage family therapist since 1993. He also teaches at the Institute for Transpersonal Psychology and trains/supervises MFT interns.
- Tuesday, 7:10-10 pm
- Apr. 3
- Kentfield Campus, Physical Education Center 23
- Fee $30
- Course #8301

If you are the second member of a couple registering for this class, use the following course number for a lower fee.
- Fee $15
- Course #8302

Looking for Love in All the Right Places

Where can singles go to meet someone special for a lasting relationship? This exciting class not only teaches where, but also how. Step-by-step you will learn how to meet a compatible partner. You will develop your own personalized six-month plan for finding the right person. Best of all, you’ll have the opportunity to participate in a FREE six-month follow-up program to help you implement your plan.

Rich Gosse is Chairman of American Singles, the world’s largest nonprofit singles organization. He is the author of You CAN Hurry Love: An Action Guide for Singles Tired of Waiting, Singles’ Guide to the Bay Area and A Good Man Is EASY to Find.
- Thursday, 7:10-10pm
- Apr. 12
- Kentfield Campus, Physical Education Center 22
- Fee $35
- Course #8303
Healer with A Thousand Faces: Theories and Traditions of Healing (10.5 CE Hours)

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

This course may be taken for 17.5 Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. See note regarding Continuing Education for Health Professionals on page 35.

Katharine Weiser, MD, and Rick McKinney, MD, are holistic physicians and Reiki practitioners who are familiar with a wide range of alternative therapies, and who enjoy exploring the many paths to wellness. Katharine has a background in comparative religion and a special interest in spiritual and shamanic healing. Rick is an assistant professor at UCSF, working at both San Francisco General Hospital and the Osher Center for Integrative Medicine. See more about Katharine and Rick on the back cover.

- 7 Tuesdays, 10:10-11:30am
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Fusselman Hall 120
- FREE
- Course #8304 EC

Introduction to Chinese Medicine

This class serves as a de-mystifying introduction to this fascinating world of Chinese Medicine and, at the same time, introduces the Healer Within. You can learn how to use a few simple techniques to eliminate or reduce pain, as well as self-care tricks to keep you feeling energized!

We will cover acupuncture, its theory, application and its history; Chinese herbs, Chinese face-reading, Qi Gong, Feng Shui, Nutrition and Reflexology; and we will do an acupressure face-lift together in class. This class is also geared to cover some of the above subjects in greater depth than the last quarter, for the benefit of students who are continuing from the previous quarters.

Recommended text: Between Heaven and Earth, Harriet Beinfield and Efrem Korngold, pub. Ballantine Wellspring, is available in the College Bookstore.

Lumiel Kim-Hammerich, L.Ac, is the owner/director of a community acupuncture medical practice, and is currently finishing her clinical doctorate in Acupuncture and Oriental Medicine.

- 6 Wednesdays, 2:10-4pm
- Mar. 28-May 23 (No class Apr. 11 & 25, May 2)
- Kentfield Campus, Harlan Center 165
- FREE
- Course #8306 EC

The Art of Meditation

Join us in an exploration of a variety of meditation techniques with seasoned meditation teachers from different disciplines.

Experience sitting meditation, walking meditation, chanting and periods of deep silence in a group setting.

Disciplines include Zen at the Green Gulch Zen Center, Vipassana or Insight meditation at Spirit Rock, Tibetan Buddhism at the Nyingma Institute in Berkeley, a Kabbalah exploration at Open Secret bookstore in Marin and a labyrinth walk at Grace Cathedral in San Francisco.

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

- Carolyn Talmadge
- First class meeting: 1:10-4pm
- Tuesday, Mar. 27
- Kentfield Campus, Science Center 133
- 6 field trips: Tuesdays, 1-4pm
- Apr. 3-May 15 (No class Apr. 10)
- Bay Area Meditation Sites
- FREE
- Course #8307 EC
Mindfulness Based Stress Reduction

This class is for anyone wanting to take an active part in maintaining or improving their physical and emotional health. Learn to use awareness, relaxation and gentle movement to reduce physical and emotional stress and feel better. Based on the work of Jon Kabat-Zinn, Mindfulness Based Stress Reduction has been successful in the treatment of a wide range of conditions related to illness, chronic pain and stress related disorders. Studies show significant lasting improvement of symptoms with regular practice. Participants have reported these lasting benefits:

- Decreased physical and psychological symptoms
- Increased ability to cope with stressful situations
- Coping better with illness and chronic pain
- Improved self-esteem and enthusiasm for life

Recommended text: Full Catastrophe Living, by Jon Kabat-Zinn, published by Delta. Materials fee includes two CD's of guided meditations and manual by the instructor and will be distributed in class.

Carolyn Bennett, Psy.D., is a Licensed Clinical Psychologist practicing in San Rafael. Dr. Bennett has been practicing mindfulness techniques since 1989, including insight meditation, yoga and chi gung.

- 7 Mondays, 1:10-3pm
- Mar. 26-May 14 (No class Apr. 9)
- Indian Valley Campus, Ohlone 158
- (Materials fee $30)
- Course #8308 EC

BLS Healthcare Provider Course: New Guidelines

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

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

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

- Saturday, 9am-12noon
- Mar. 31
- Indian Valley Campus, Pomo 188
- Fee $118 (Includes $42 materials fee)
- Course #8309

Heartsaver First Aid and CPR

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

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

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

- Saturday, 9am-4pm
- May 5
- Kentfield Campus, Science Center 133
- Fee $118 (Includes $42 materials fee)
- Course #8310
Emergency Medical Technician Recertification Course (24 CE Hours)

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

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

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

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

- Donald Florence
- 2 Saturdays & 2 Sundays, 9am-4pm
- Apr. 21-29
- Indian Valley Campus, Pomo 188
- Fee $182
- Course #8311

Note: We are pleased to announce that Emergency Medical Technician (EMT-1) can now be taken for college credits through the College of Marin’s Fire Technology department. To see more information, please see the College of Marin Credit Classes schedule for Spring 2007 or go to www.marin.edu.

Courses offered for CE hours for Nurses:
- Healer with A Thousand Faces: Theories and Traditions of Healing
  listed under Health & Well Being
- A New Way to Exercise for Pain Relief and Physical Repair
  listed under Physical Fitness
  Online Health Sciences courses are available! Go to www.marincommunityed.org

DENTAL ASSISTING

Note: To register for any of the following classes, please call 415.485.9318 and request the flyer and registration form. Be sure to leave your mailing address. Please follow the instructions on the flyer to submit your registration. Enrollment is limited; register early. Please see Note for Health Professionals regarding Continuing Education hours above. For more information on the classes, call the Dental Assisting department at 415.485.9327.

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. To register, see Note above.
- Shirley Watt, CDA, RDA
- 2 Fridays, 5-9pm
- 2 Saturdays, 8am-5pm
- Apr. 20-28
- Kentfield Campus, Harlan Center 156
- Fee $355 (Includes $155 materials fee)
HEALTH SCIENCES

Coronal Polish
(12 CE Hours)

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

12 Continuing Education Hours are available to Dental Assistants per Note for Health Professionals above. To register, see Note above.

- Marlene Wilgis, CDA, RDA
  - Friday, 5-9pm
  - Saturday, 8:30am-5pm
  - Apr. 6 & 7
  - Kentfield Campus, Harlan Center 156
  - Fee $240 (Includes $60 materials fee)

HIGH SCHOOL EQUIVALENCY PREPARATION/BASIC SKILLS

High School Equivalency Preparation (GED & CHSPE)

Do you need to . . .

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

If so, . . . FREE help is available!

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

- Drop-in Learning Lab allows flexible scheduling.

Call 415.485.9445 for further information.

- Michael Timmel
  - Mon. & Wed., 10am-3pm
  - Ongoing through May 16
  - Kentfield Campus, Learning Resources Center 120
  - FREE
  - Course #8314

Basic Skills

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

- Michael Timmel
  - Mon. & Wed., 10am-3pm
  - Ongoing through May 16
  - Kentfield Campus, Learning Resources Center 120
  - FREE
  - Course #8315

Enhance Your Life with Feng Shui

Would you like to improve your life? Feng Shui can unlock the door! In this class we will learn about using Feng Shui to create a harmonious environment. By learning what to look for, we can set up our home to direct our life so that it flows much easier. For instance, we can easily see the power of Feng Shui when we observe someone trying to read a book in a gym or bar versus a library. In the first environment it is difficult, like paddling upstream, in the Library it is easy, like paddling down stream.

Our home environment is a reflection of our inner environment. When we properly change our outer environment, our inner life automatically improves. Please join us.

Bhaskar Alan Deva is a specialist in Feng Shui and the Indian form Vastu

Online High School Equivalency courses are available! Go to www.marincommunityed.org
Shastra. He consults and makes presentations all over the world. He has led the opening invocation and presents regularly at the International Feng Shui Conferences.
- Saturday, 9am-5pm
- Kentfield Campus, Science Center 133
- Fee $54 (Includes $10 materials fee)
- Course #8317

Another course of interest . . .
Learning to See As An Artist Sees: Developing Color Literacy
is listed under Art.

Create Your Dream Garden
Have you been dreaming of creating a wonderful outdoor “room,” a place for your children to play, a quiet outdoor retreat -- but don’t know where to start? In this workshop we will discuss basic elements to consider when laying out a garden plan. Explore the benefits of the design and planning process and how to maximize your efforts and budget to avoid disappointing and costly mistakes. Class participation is encouraged so please be ready to discuss specific questions about your project. You are welcome to bring pictures of your site.

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

Kate Michels is a certified landscape designer specializing in designing custom private gardens that reflect the personal style and individual interests of her clients.
- Saturday, 9am-3pm
- Mar. 31
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $60
- Course #8318

The following two courses are provided at a significantly reduced fee through the courtesy of the Marin County Stormwater Pollution Prevention Program (MCSTOPPP) as part of an effort to protect water quality. Materials are provided.

Debi Tidd, B.S. in Conservation of Natural Resources, currently works as the Education Director at The Gardens at Heather Farm in Walnut Creek.

What’s Bugging You? Managing Pests without Poisons!
How do you keep pests from munching on your plants? Learn some simple tips and techniques for controlling garden pests without using toxic chemicals! Learn how to tell the pests from the good bugs, and meet some beneficial insects that keep pests under control. Find out which plants attract these natural allies to our gardens, and planting techniques that will keep your plants stress and pest free. Learn about readily available pest control products that are safer for people, pets and the environment. You will take home a colorful bug ID guide, a pest management guide and some plants that will attract good bugs to your garden.

- Debi Tidd
- Saturday, 10am-12noon
- Apr. 21
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $25
- Course #8319 EC

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

- Debi Tidd
- Saturday, 9:30am-12:30pm
- May 5
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $30 (with worm bin)
- Course #8320 EC
- Fee $25 (without worm bin)
- Course #8321 EC

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

Languages courses are offered in a series, and subsequent courses build upon the knowledge base developed in previous quarters. The first year of a language series may contain up to four classes plus a summer review. For example, courses 1 & 2 are offered in the Fall Quarters, course 3 in Winter and course 4 in Spring. Intermediate to advanced students may take up to four courses in the second year of the series. Subsequent courses will be offered as enrollment warrants.

Please be advised that no refunds are given for mistaken placement in Language series. Courses followed by the numeral 1 are for students with no previous background in the language.

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

Beginning Conversational French: First year, fourth quarter
Continuing students and new students who want to review the fundamentals of French are invited to join this basic conversation class while we work on pronunciation, vocabulary, idiomatic expressions and colloquialisms. Grammar will be practiced in context during communication activities. Music, native guest speakers (when possible) and film will provide illustrations of the French-speaking cultures. See Note at the beginning of the Languages section.

The text, Ultimate French, Beginning-Intermediate by publisher Living Language, is currently in stock at the Kentfield Campus Bookstore. “Conversational French 4” will be starting with lesson 4.

- Ellen Karel
- 7 Thursdays, 7:10-9pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Science Center 124
- Fee $84
- Course #8322

Intermediate Conversational French: Second year, fourth quarter
This second year refresher course is for those who would like to review what they learned in high school or college French classes, or for those students who have taken the beginning French conversation courses. Students have an understanding of how to talk about current and past events and will focus during this session on talking about events in the future. The goal is to boost confidence and fluency in speaking. See Note at beginning of the Languages section.

The text, Ultimate French, Beginning-Intermediate by publisher Living Language, is currently in stock at the Kentfield Campus Bookstore. “Conversational French 8” will be starting with lesson 27.

- Ellen Karel
- 7 Tuesdays, 7:10-9pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Dickson Hall 111
- Fee $84
- Course #8323

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

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

- 2 Mondays & 2 Wednesdays, 6:40-9:30pm
- May 7-16
- Indian Valley Campus, Ohlone 156
- Fee $88 (Includes $10 materials fee)
- Course #8324

Beginning Conversational Italian: First year, fourth quarter
Learn basic conversational Italian and essential grammar usage, including pronunciation, vocabulary and command of idiomatic expressions and colloquialisms. See Note at beginning of Languages section.
Lido Cantarutti  
- 7 Tuesdays, 7:10-9pm  
- Mar. 27-May 15 (No class Apr. 10)  
- Kentfield Campus, Physical Education Center 22  
- Fee $84/Course #8325

Ilia Salomone-Smith  
- 7 Tuesdays, 3:10-5pm  
- Mar. 27-May 15 (No class Apr. 10)  
- Kentfield Campus, Harlan Center 170  
- Fee $64/Course #8326 EC

**Intermediate Conversational Italian: Second year, fourth quarter**  
These courses are designed for students who have some knowledge of Italian or at least the equivalent of seven quarters study at the community college level. Starting with a review, we continue to develop knowledge of vocabulary, pronunciation, idiomatic expressions and situational grammar usage. Emphasis will be on speaking and comprehension through intensive oral drills. See Note at beginning of Languages section.  
Ilia Salomone-Smith, who has taught for COM’s Modern Languages department, teaches with passion and energy, and strives to make the learning environment comfortable for all students with non-judgmental strategies and techniques.

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**Beginning Conversational Spanish: First year, fourth quarter**  
This continuing course is designed for first-year students who wish to learn to converse in Spanish with others at home or while traveling. You will learn essential grammar usage, vocabulary, pronunciation, idiomatic expressions and colloquialisms. Grammar and vocabulary building are important, but the emphasis is on speaking. See Note at beginning of the Languages section.

Nancy McInnes  
- 7 Mondays, 7:10-9pm  
- Mar. 26-May 14 (No class Apr. 9)  
- Kentfield Campus, Dance/Landscape Management Center 12  
- Fee $84/Course #8328

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**LAW**

**Introduction to Legal Research: How to Use the Marin County Public Law Library**  
Did you know that the Marin County Law Library is open to the public? Take the first steps towards developing skills needed to conduct effective legal research. Then move on to learning how to prepare basic documents for filing with a court. The emphasis is on California law. Theory is minimized in favor of practical tasks useful for determining rights, responsibilities and options under a seemingly complex network of statutes, regulations and judicial opinions that becomes vastly simpler when approached in a systematic manner.  
This class is designed for non-attorneys and will be of greatest value to individuals seeking a broader understanding of the legal principles and practices or those interested in possible employment as legal support professionals.  
Hal Aigner is an attorney licensed to practice in California and Director of the Marin County Law Library.

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**John Petrovsky**  
- 7 Tuesdays, 7:10-9pm  
- Mar. 27-May 15 (No class Apr. 10)  
- Kentfield Campus, Fine Arts 120  
- Fee $84/Course #8329

**Nancy McInnes**  
- 7 Wednesdays, 7:10-9pm  
- Mar. 28-May 16 (No class Apr. 11)  
- Kentfield Campus, Physical Education Center 23  
- Fee $84/Course #8330

**Milt Hain**  
- 7 Tuesdays, 3:10-5pm  
- Mar. 27-May 15 (No class Apr. 10)  
- Kentfield Campus, Temporary Building 119  
- Fee $64/Course #8331 EC
Literary Life of France in the 20th Century, 1950-1980

In France the 20th century began in an atmosphere of optimism and triumph, but after two world wars, and following the wounds inflicted through the wars of decolonization, the country expressed incredibility and confusion with a deep sense of loss and regret.

The liabilities of the 20th century were instrumental in the development of a new philosophy: “Existentialism”. Furthermore, French Literature becomes marked by a rebellion of the language, renovation of literary genres, appearance of the “New Novel,” a constant search for new writing techniques, self criticism and personal individualistic vision of humanity.

Join us in a relaxed atmosphere to learn about the lives and works of French modern writers, such as Albert Camus, Jean Paul Sartre, Simone de Beauvoir, Jean Anouilh, Eugene Ionesco, Raymond Queneau, Marguerite Yourcenar, Marguerite Duras.

Erika Harkins graduated from the University of Paris and has passionately studied French Literature for over 20 years.

- 7 Wednesdays, 2:10-4pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Harlan Center 170
- Fee $66 (Includes $2 materials fee)
- Course #8333 EC

Dante’s Divine Comedy: Paradiso

This quarter, in which we will cover the major cantos and personalities in Paradiso, concludes our study of Dante and his works. New students are welcome.

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

- 7 Wednesdays, 3:10-5pm
- Apr. 4-May 23 (No class Apr. 11)
- Kentfield Campus, Dickson Hall 113
- Fee $64
- Course #8334 ECPar

Masterpieces of Literature: Shakespeare’s Sonnets

The Sonnets, a collection of 154 short poems published in 1609, are remarkable for Shakespeare’s synthesis of technical sophistication and the extraordinary range of emotions he explores. This course will focus on close critical reading and response to the sonnets, with opportunities for students to contribute fully to a seminar-style discussion. At the end of the course we will reflect on the differences between studying a single sonnet by Shakespeare and studying the Sonnets as a whole.

The course texts, Shakespeare’s Sonnets, Paul Edmondson and Stanley Wells (2004), and The Sonnets, ed. G. Blakemore Evans (2006), are available at the Kentfield Campus Bookstore.

Margo Nashner Fields, M.A., MFT, is a psychologist and teacher of comparative literature. Her poetry and fiction have appeared in national magazines and literary journals.

- 7 Fridays, 10:10am-12:30pm
- Apr. 6-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 165
- Fee $76
- Course #8335 EC

Poetry: From Delight to Wisdom

A poem begins in delight and ends in wisdom. –Robert Frost

Pre-eminent among literary figures of the 20th century, T.S. Eliot launched a revolution in American poetry. His poems and literary theory helped frame the dimensions of the art for generations to follow. His own source of inspiration, however, drew less from the English tradition, than from the innovative technique of the French Symbolist poets of the late 19th century.

This quarter, we will explore the work of some of these exciting poets: Baudelaire, Mallarmé, Verlaine, Rimbaud, before launching forth on an exploration of T.S. Eliot’s great legacy. Along the way, we will stop to explore these influences in poems that are being written by today’s revolutionaries.

Longtime writing and literature instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer. She currently serves
Anthropology through Literature: Northern Neighbors

Enjoy wonderful Canadian classics such as Margaret Laurence's family saga *The Stone Angel* and Mordecai Richler’s *Incomparable Atuk* while learning about the many interesting cultural groups of the world’s second largest nation. Besides a bibliography and maps, the instructor offers a book loan box with novels by Margaret Atwood, Robertson Davies and Alice Monroe.

- **Maggi Nicholson**
  - 7 Mondays, 10:30am-12:30pm
  - Mar. 26-May 14 (No class Apr. 2)
  - **Tiburon Town Hall**
  - Community Room
  - 1505 Tiburon Blvd., Tiburon
  - Fee $64
  - **Course #8337 EC**

Anthropology through Literature: Emerging England 1400-1600

Explore this exciting English epoch—the War of Roses, Richard III, the turbulent Tudors and the defeat of the Spanish Armada. Marvel at the literary genius of Thomas Malory and William Shakespeare. For insight into the 1400s students read Alison Weir’s *The Wars of the Roses* or Sharon Kay Penman’s *The Sunne in Splendor*. For the 1500s they may choose a Weir biography: either *Henry VIII: The King and His Court* or *The Six Wives of Henry VIII* or *The Children of Henry VIII*. The instructor supplies a timeline, a genealogy, a bibliography and a book loan box which includes period mysteries by Kate Sedley (Roger the Chapman), Magaraet Fraser (Sister Frevisse), Pat McIntosh (lawyer Gill) and Edward Marston (actor/author Nicholas).

- **Maggi Nicholson**
  - 7 Thursdays, 10am-12noon
  - Mar. 29-May 17 (No class Apr. 12)
  - **The Redwoods**
  - 40 Camino Alto, Mill Valley
  - Fee $64
  - **Course #8338 EC**

MARIN ADVENTURES

**Note:** Marin Adventures courses are conducted in the field. Enrollment is limited. Students provide their own transportation. There may be incidental entrance fees to parks. Remember to wear comfortable shoes and dress for weather. It is also recommended that you bring drinking water and snacks—and your binoculars! Come prepared to have fun!

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

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

- **Lisa Hug**
  - M.Ed., is an experienced birder in Marin and Sonoma Counties. She co-leads pelagic trips and teaches seminars at the Point Reyes National Seashore. Careful! You may catch her contagious passion for birds!
  - **Orientation:** 8:30am-12:30pm
  - Tuesday, Mar. 27
  - **Kentfield Campus,** Learning Resources Center 53
  - Plus 4 field trips
  - Tuesdays, 8:30am-12:30pm
  - Apr. 3-24
  - Fee $82
  - **Course #8339 EC**
Itineraries for the following classes, which meet outdoors, will be mailed automatically to those who register at least a week in advance of the first class meeting of each course below. To request the itinerary during the week prior to the first class meeting, call 415.485.9318 and leave your name and mailing address, and the course number. Itineraries are also available on our website.

Meandering in Marin
If you enjoy getting exercise, socializing with a congenial group and learning about birds, flowers, butterflies and mushrooms, come join the Meanderers. Hikes are four to five miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine.

Please see Note under Marin Adventures heading and information on Itineraries above.

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

For each course listed below:
- First class meets: Indian Tree Open Space, Novato
- Fee $115
- 7 Mondays, 9:45am-1:45pm
- Mar. 26-May 14 (No class Apr. 9)
- Course #8340 EC
- 7 Tuesdays, 9:45am-1:45pm
- Mar. 27-May 15 (No class Apr. 10)
- Course #8341 EC

Beginning Hiking
Curious about the many trails to hike in Marin, but don’t know where to start? Explore some of the many open spaces in our County on these 4-6 mile hikes. Along the way we will discuss plants, birds, insects and whatever else may catch our eyes. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1,000 feet of elevation gain.

Please see Note under Marin Adventures heading and information on Itineraries above.

Naturalist Sharon Barnett is a thoughtful and enthusiastic trail guide. She has led programs for many organizations including Richardson Bay Audubon, Marin Art and Garden, Point Reyes Field Seminars and Marin Nature Adventures.

- 7 Saturdays, 10am-1pm
- Mar. 31-May 19 (No class Apr. 14)
- 1st class meeting: Deer Park, Fairfax
- Last class 6 hours
- Fee $98
- Course #8342 EC

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

Please see Note under Marin Adventures heading and information on Itineraries above.

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

- 7 Sundays, 9:30am-1:30pm
- Apr. 1-May 20 (No class Apr. 8)
- Pine Mountain Road Trailhead
- First class meeting: 9:15am
- Fee $145
- Course #8343 EC

Another course of interest . . .

Writing the Natural Way is listed under Writing.
MODERN SCIENCES

California’s Volcanoes, Earthquakes and Hot Springs

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

Slides and video will be used to describe the process involved in the formation of volcanoes and earthquakes and the types and locations of associated thermal features like hot springs. Ample time will be allotted for questions and discussion, and sites will be recommended for “going on-line” to learn about various volcanoes and locate recent earthquakes. Knowledge and training is geology is not required. Just bring your curiosity and questions about processes that shape the earth, hazards associated with them and ways in which their energy can be utilized by man.

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

- 7 Wednesdays, 2:10-4pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Science Center 133
- Fee $64
- Course #8344 EC

MUSIC

Music Appreciation: Shostakovich

Join us to learn about the life and music of Dimitri Shostakovich. Class features both a documentary on his life and a full length film version starring Sir Ben Kingsley.

- Carl Jech, Th.M. (Harvard University)
- 7 Mondays, 1:10-3pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus, Fine Arts 177
- Fee $64
- Course #8345 EC

Performance Traditions of Russian Opera and Ballet

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

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

- 7 Thursdays, 3:10-5pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 75
- Fee $49
- Course #8347 EC

Chorus Emeritus

If you like to sing or think you would like to sing in a mixed chorus, join us! We have a friendly, relaxed group of singers who sing a wide variety of music: show tunes, popular, folk, classical, spirituals, etc. During Spring Quarter, in April and May, we will perform at retirement and convalescent facilities. There are no auditions. We ask for $25 to buy new music and to pay our talent-ed accompanist.

- Philip Hildreth
- 7 Thursdays, 3:10-5pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Fine Arts 75
- Fee $49
- Course #8346 EC
Marin Men's Chorus
Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $34 at the first class meeting for materials/accompanist fees.

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

- 7 Tuesdays, 7:30-9:30pm
- Mar. 27-May 15 (No class Apr. 10)
- St. Stephen’s Church
- 3 Bayview Ave., Belvedere
- Fee $37
- Course #8348 EC

Basic Acoustic Guitar for the Beginner

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

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

- 7 Tuesdays, 7:10-9pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Fine Arts 177
- Fee $84
- Course #8349

Piano Classes for Beginners to Advanced

Enjoy piano instruction, whether you have never taken lessons before, or want to continue to build on what you have learned in the past. Instruction in both classical and popular music (chords and melody) is offered in a relaxed, supportive and friendly environment. You will have your own upright piano in the classroom.

Section A (Tuesdays, 7:40-9pm) addresses the beginner with little or no knowledge of the piano. Basic instruction includes introduction to harmony, note reading, rhythm, ear-training and technique, while working on simple pieces.

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

Section C (Thursdays, 7:40-9pm) is for students who have completed Section B or who can proficiently play and count, hands together, pieces of moderate difficulty. Classical and popular music pieces are the focus of this class.

Section D (Thursdays, 6:10-7:30pm) is for the more advanced student. There will be more individual attention, with an emphasis on selected classical pieces and on musical interpretation and expression.

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

To sign up for Piano Class, use the course number below. Students should attend the section that matches their ability. If you are new to the course or are unsure of your placement, call the instructor at 415.381.6216.

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

- Times as listed above
- 7 Tuesdays & 7 Thursdays
- Mar. 27-May 17 (No class Apr. 10 & 12)
- Kentfield Campus, Fine Arts 188
- Fee $80
- Course #8350

Online Classes are available on our website.
**ONLINE CLASSES**

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**PARENTING**

**FOSTER AND KINSHIP CARE EDUCATION PROGRAM**

**Patty Calla**, Program Director

This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. On-going seminars and support groups are offered to help in the day-to-day caring for these children. Professionals, foster parents and guest speakers address topics identified by the Foster and Kinship Care Education Advisory Board. Call **Patty Calla** at 457-8811, ext. 8239, for further information. These courses are funded by a grant from the Chancellor’s Office, California Community Colleges.

**Intro. to Foster and Adoptive Parenting**

Especially for those new to foster and adoptive parenting, or those beginning the process. Couples and single parents will learn about the court process, behavioral issues and emotional stresses for foster children and their new family; how to work with the agencies involved; the parent’s role in the child’s life; and the different ages and problems of the children. Offered in Spanish and English. For information, call **Patty Calla** at 415.457.8811, ext. 8239.

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**PHILOSOPHY**

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

This class provides an overview of the nature of religion, spirituality and faith as considered by various disciplines such as the historical, social, psychological and anthropological views.

We will view common threads in religion and learn about the main aspects of Judaism, Hinduism, Buddhism, Christianity and Islam and others as time allows. We will view and discuss several well produced documentaries on religions and discuss aspects of religion such as mysticism, ritual and prayer.


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

- 7 Thursdays, 1:10-3pm
- Mar. 29-May 17 (No class Apr. 12)
- **Kentfield Campus**, Harlan Center 161
- Fee $64
- **Course #8351 EC**

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Another course of interest . . .

**Introduction to Islam: Islam and Its Interaction with the World**

is listed under Cultural Studies.

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More Philosophy
PHILOSOPHY

Introduction to Yoga Philosophy and Its Tradition

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

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

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

- 4 Thursdays, 6:40-8:30pm
- Mar. 29-Apr. 26 (No class Apr. 12)
- Kentfield Campus, Fine Arts 177
- Fee $79 (Includes $3 materials fee)
- Course #8352

PHOTOGRAPHY

Night Photography

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

In this course you will learn how to gauge long exposures in locations illuminated by artificial light sources, as well as by the light of the full moon. Emphasis will be on evaluating existing lighting situations and exposing accordingly. Some Friday night classes will be on location, including “mixed-use” areas of the Golden Gate National Recreation Area—the Presidio and the Marin Headlands. An additional field trip is scheduled for the full moon on a Sunday. The class is limited to 12 students so there will be time for plenty of personal attention from the instructor.

One prerequisite is that you already know how to use your specific (preferably manual) camera and have a firm grasp of the basic concepts of photography. Digital cameras (with full manual override) are acceptable for most of the fieldwork.

Tim Baskerville, BFA, has been teaching photography classes at U.C. Berkeley Extension and U.C. Santa Cruz Extension and at Pacific Media Arts since 1998.

- 6 Fridays, 7:10-10pm
- Apr. 6-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 171
- Plus field trip Sunday, Apr. 29, 7-10pm
- Fee $164 (Includes $5 materials fee)
- Course #8353

Intro. to the Digital Camera

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

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

For each of the following courses:

- Ed Woods
- Indian Valley Campus, Ohlone 216
- Fee $100
- Friday, 10am-5pm
  Mar. 30
  Course #8354
- Tuesday, 10am-5pm
  May 1
  Course #8355
Intermediate Digital Camera

This course will cover techniques for improving the composition and quality of your photographs. You will use features of a digital camera to give you better control over your images: shutter and aperture priority, manual mode, white balance adjustment, metering, built in flash, zoom, macro and auto focus vs. manual focus.

You will be given a list of different types of pictures to take during class. The images will be downloaded to the computer and we will use Adobe Photoshop Elements to evaluate and optimize the quality of the images.

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

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

For each of the following courses:

- **Ed Woods**
  - **Indian Valley Campus, Ohlone 216**
  - Fee $100
  - Friday, 10am-5pm
    - Apr. 6
      - Course #8356
  - Friday, 10am-5pm
    - May 11
      - Course #8357

Intro. to Photoshop Elements: The Digital Darkroom

The focus of this course is to learn basic photo editing to improve your digital photos.

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

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

For each of the following courses:

- **Jazmine Loiselle**
  - **Indian Valley Campus, Ohlone 216**
  - Fee $122 (Includes $22 materials fee)
  - Friday, 9am-4pm
    - Apr. 20
      - Course #8358
  - Thursday, 9am-4pm
    - May 17
      - Course #8359

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

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

**The Feldenkrais Method: Injury Prevention, Recovery and Comfort in Movement**

Awareness through Movement™ classes provide tools for recognizing and releasing habitual patterns which may unknowingly contribute to chronic discomfort, injury or limitation. Through easy movement sequences that are relaxing and enjoyable, we learn to move safely beyond pain and limitation to new or forgotten levels of ability. Dramatic improvement in posture, breathing, flexibility, coordination and vitality are the frequent benefits.

Participants must be able to lie on the floor and get back up from the floor without assistance. Bring a mat or blanket to lie on and a pillow or foam pads for your head. Wear loose, comfortable, layered clothing.

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

- 7 Tuesdays, 7:10-8pm
- Mar. 27-May 15 (No class Apr. 10)
- Kentfield Campus, Physical Education Center 60
- Fee $68
- Course #8362

**A New Way to Exercise for Pain Relief and Physical Repair (31.5 CE Hours)**

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

The course 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. It may be taken for 31.5 Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. CE Hours awarded are equal to the number of class hours. See Note regarding Continuing Education for Health Professionals on page 35.

- Meg Margolis
- 7 Mon., 7 Wed. & 7 Fri.
- Mon. & Wed., 3:40-5pm
- Fridays, 12:40-2pm
- Mar. 26-May 18 (No class Apr. 9, 11 & 13)
- Kentfield Campus, Fusselman Hall 120
- FREE
- Course #8363 EC

**Energy Warm-Ups**

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

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

- 7 Tuesdays & 7 Fridays
- Mar. 27-May 18 (No class Apr. 10 & 13)
- Tuesdays, 8:10-9am
- Kentfield Campus, Physical Education Center 40
Movement and Music: A Universal Language

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

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

- 7 Mondays, 11:10am-12noon
- Mar. 26-May 14 (No class Apr. 9)
- Whistlestop
- 930 Tamalpais Ave., San Rafael
- FREE
- Course #8365 EC

Exercise for Fitness and Pleasure for the Active Adult

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

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

- Fridays, 9:10-10am
- Kentfield Campus, Physical Education Center 60
- FREE
- Course #8364 EC

movEMENT AND Music: A Universal Language

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

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

- 7 Mondays, 11:10am-12noon
- Mar. 26-May 14 (No class Apr. 9)
- Whistlestop
- 930 Tamalpais Ave., San Rafael
- FREE
- Course #8365 EC

Exercise for Fitness and Pleasure for the Active Adult

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

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

- Fridays, 9:10-10am
- Kentfield Campus, Physical Education Center 60
- FREE
- Course #8364 EC

A Journey towards Vitality: Walking the Lighter Path

Walk and talk your way to a healthier life! Walking is an excellent cardiovascular exercise. Walking regularly with a group will help you lose weight, tone your muscles and prevent osteoporosis as well as reduce your stress level. Proper technique will help you get more out of your exercise time.

Our focus is on having fun while limbering the mind and body, increasing balance, flexibility and energy. Music and guided imagery will assist our relaxation practice. Students will receive individual attention.

- Jack Bray, MA
- 7 Mondays, 9:10-10:30am
- Mar. 26-May 14 (No class Apr. 9)
- FREE
- Course #8368 EC

Race Walking for Health

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

Please wear shorts or tights to class.

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

- 4 Saturdays, 11:40am-1pm
- April 21 & 28, May 5 & 12
- Kentfield Campus, Physical Education Center 60
- Fee $51
- Course #8369

www.marincommunityed.org
Moving with Chi

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

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

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

- 7 Thursdays, 1:10-3pm
- Mar. 29-May 17 (No class Apr. 12)
- Indian Valley Campus, Miwok 170
- FREE
- Course #8370 EC

Wild Goose Qigong

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

Please dress appropriately in loose, comfortable clothing and bring a pillow for meditation practice. The course is geared for older adults.

For each course listed below:
- Dove Harris Govrin, MS, A.D.TR.
- Kentfield Campus, Physical Education Center 60
- 7 Fridays, 10:10-12noon
- Mar. 30-May 18 (No class Apr. 13)
- FREE/Course #8371 EC

Wild Goose Qi Functions

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

Please dress appropriately in loose, comfortable clothing.

- Dove Harris Govrin, MS, A.D.TR.
- 7 Fridays, 12:10-1:30pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Physical Education Center 60
- Fee $62
- Course #8373 EC

The Joy of Tai Chi for Mature Adults

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

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

Beginning
- 7 Mondays, 3:40-5pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus
- FREE/Course #8374 EC

Intermediate & Advanced Tai Chi for Mature Adults

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.

Carolyn Talmadge
7 Fridays, 2:10-4pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Physical Education Center 60
FREE
Course #8376 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. If you are more than 10 minutes late, you will not be allowed to participate. Classes are limited to 12 students.

Brady Wedman has been practicing and teaching Pilates for fourteen years. He currently co-owns a Pilates studio in Fairfax.

For each course listed below:
- Form Body Studio
  - 1000 Fifth Ave., Suite B, San Rafael
  - Fee $68
  - 6 Mondays, 6-7pm
  - Apr. 16-May 21
  - Course #8377
  - 6 Wednesdays, 6-7pm
  - Apr. 18-May 23
  - Course #8378

Other courses of interest . . .
Aerial Dance on Low Flying Trapezes
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 from those with no prior experience to martial arts enthusiasts. Being in great shape is not a requirement to join—get in shape while gaining an appreciation for the Martial Arts in class. Warm-up exercises will incorporate Tai Chi, Qigong, yoga and Rosen Method movement. Build your self-confidence, integrity and humility while developing physical strength, coordination, agility and a powerful sense of awareness. Karate attire is optional and will be discussed in class.

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

- 7 Mondays & 7 Thursdays, 6:40-8pm
- Mar. 26-May 17 (No class Apr. 9 & 12)
- Kentfield Campus, Physical Education Center 60
- Fee $109
- Course #8379
Yoga and Meditation

The class will gradually improve overall strength, flexibility, breathing, concentration and meditation. As we change the body through yoga, we change the mind and as we change the mind our body changes. Regular yoga practice leads to optimal physical, psychological and spiritual balance and wellness. This is a general yoga class with each student working at their own level of difficulty. The class is about 70% Hatha Yoga and 30% deep relaxation and meditation.

Recommended not to eat two hours prior to class. Bring a yoga mat and wear comfortable clothing to class.

Paul Landrum, Ph.D., has been teaching yoga at the College of Marin since 1988. He is in private practice as a psychotherapist and is an adjunct professor of psychology at Chapman University.

- 7 Tuesdays & 7 Fridays, 5:40-7pm
- Mar. 27-May 22 (No class Apr. 10 & 13, May 15)

Indian Valley Campus, Ohlone 106
- Fee $108
- Course #8380

Mindful Yoga

In addition to yoga postures done with Iyengar precision, you will learn to practice with attention to mind, energetic meridians and breath. Flexibility and strength increases which restores the body’s freedom and alignment. Deep physical and mental tensions are released and energy greatly increased, bringing a natural sense of well being. Relaxation and stress reduction training are integrated into the class. The instructors have many years of experience working with people with special health and fitness needs.

Note: If you are new to yoga or signing up for the first time for the Intermediate class, call Susy before registering at 415.388-1549.

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

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

Susy Stewart has studied yoga for more than 25 years including in India with the Iyengars.

- 7 Saturdays
- Mar. 31-May 19 (No class Apr. 14)

Kentfield Campus, Physical Education Center 60

Beginner
- 10-11:30am
- Fee $62/Course #8381

Intermediate
- 8-9:45am
- Fee $73/Course #8382

Another course of interest . . .

Introduction to the Philosophical Traditions of Yoga
is listed under Philosophy.

Weight Training and Yoga

Join with others in safe, effective and enjoyable practice of weight training and yoga. Each class begins with a warm-up that includes abdominal work and yoga poses. Lecture and demonstration of the workout routine will be followed by individual attention from the instructor. The warm-down will include yoga stretches tailored to the body parts trained that evening. This class is appropriate for all reasonably healthy adults. Recommended texts available at Kentfield Campus Bookstore.

Russell Robles
- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Mar. 27-May 17 (No class Apr. 10 & 12)

Kentfield Campus, Physical Education Center 20
- Fee $108
- Course #8383

Strength and Fitness Training for Older Adults

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

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

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

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

Vicki Jackson has a Master’s degree in Kinesiology (Physical Education Center) with an emphasis on older adult fitness, and is certified by the Senior Fitness Association. She has been teaching fitness classes for over 10 years.

Beginning
Kentfield Campus, Physical Education Center 40
- Betsy Best-Martini
  - 7 Wednesdays 7:30-9am
  - 7 Fridays, 8-9:30am
  - Mar. 28-May 18 (No class Apr. 11 & 13)
  - FREE/Course #8384 EC

Indian Valley Campus, Ohlone 106
- Vicki Jackson
  - 7 Mondays & 7 Thursdays, 1:40-3pm
  - Mar. 26-May 17 (No class Apr. 9 & 12)
  - FREE/Course #8385 EC

For each course listed below:
- Kim Jones (formerly Botenhagen)
  - 7 Mondays & 7 Wednesdays
  - Mar. 26-May 16 (No class Apr. 9 & 11)
  - FREE

Intermediate/Advanced
- 5:15-7am
- Course #8386 EC

Advanced
- 7-8:45am
- Course #8387 EC

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

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

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

For each course listed below:
- Kentfield Campus, Tennis Courts
  - Beginning
    - 8 Tuesdays, 9:40-11am
    - Mar. 27-May 22 (No class Apr. 10)
    - Fee $122 (Includes $6 materials fee)
    - Course #8388
  - Intermediate 1
    - 8 Wednesdays, 9:40-11am
    - Mar. 28-May 23 (No class Apr. 11)
    - Fee $122 (Includes $6 materials fee)
    - Course #8389
  - Intermediate 2
    - 8 Thursdays, 9:10-11am
    - Mar. 29-May 24 (No class Apr. 12)
    - Fee $160 (Includes $6 materials fee)
    - Course #8390

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

For each course listed below:
- Russell Robles
  - 9:40-11am
  - Kentfield Campus, Pool
  - Fee $37
  - 7 Mondays & 7 Wednesdays
  - Mar. 26-May 16 (No class Apr. 9 & 11)
  - Course #8391 EC
  - 7 Tuesdays & 7 Thursdays
  - Mar. 27-May 17 (No class Apr. 10 & 12)
  - Course #8392 EC
PHYSICAL FITNESS

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

What to bring: swim goggles (required); swim cap (optional) and water bottle (recommended).

For each course listed below:

- 7:10-8:15pm
- Kentfield Campus, Pool
- Fee $108

Betsy Babson
- 7 Mondays & 7 Wednesdays
- Mar. 26-May 16 (No class Apr. 9 & 11)
- Course #8393

REAL ESTATE

Roadmap to Wealth through Real Estate Investment
For anyone seeking to learn the power of real estate investment as a means of building wealth—both seasoned and first-time investors. Learn about keys to successful investments: compounding, leveraging and minimizing tax exposure. Various types of investment vehicles are discussed—residential and commercial, even fixer-uppers.

Also: key terminology; setting personal investment goals and strategies to meet them; property valuation; financing strategies and overcoming obstacles; 1031 exchanges; and property management.

A class “case study” simulates a purchase from currently available listings on the Multiple Listing Service using learned skills. Attendees will gain the confidence to design and implement a strategy toward a successful real estate investment program.

Gene Berman has owned and invested in North Bay real estate for over 25 years. As a real estate Exclusive Buyer’s Broker serving Marin, Sonoma, Napa, Solano and Sacramento Counties, Gene helps buyers obtain financing, identify and evaluate investment properties, negotiate purchases and manage transactions through close of escrow.

- 3 Mondays, 6:40-9:30pm
- Apr. 23-May 7
- Kentfield Campus, Science Center 133
- Fee $63 (Includes $8 materials fee)
- Course #8395

Taking the Mystery Out of Mortgages: How to Choose the Best Possible Loan
If you want to understand loans and the loan approval process so you can acquire financing with confidence and ease, this course is ideal for you.

Financing a home can be downright nerve wracking! But with a little planning and knowledge, you can assess your personal financial picture and prepare the best way to reach your mortgage goals, easing your mind and pocketbook.

Topics we will cover include: minimum down payment and monthly payment strategies; credit scores—how they affect you and techniques to raise yours; how to assess yourself through the eyes of the lender; how to select the right loan terms; the pros and cons of fixed and adjustable loans; and home equity lines of credit. Please bring a calculator if you have one.

Jennifer Warren is currently a Broker Associate with a Marin Real Estate Investment company, specializing in both real estate development and conventional residential financing.

- 2 Thursdays, 7:10-9:45pm
- Apr. 19
- Kentfield Campus, Fine Arts 120
- Fee $45
- Course #8396
Traffic Violator School

Required of all traffic violators directed to attend, but open to anyone interested. This course does not satisfy “Driving While Under the Influence” convictions. You may choose any one set of two consecutive nights listed below. Course will meet the mandatory eight hours of instruction. Required registration is in person, by fax (415.460.0773) or by mail with the TVS registration form. If you come to register in person, please bring your citation/docket number from your ticket and the date by which you must have completed the course. Please call 415.485.9305 for further information.

- Monday & Tuesday, 6-10pm
- Mar. 26 & 27; Apr. 23 & 24; May 21 & 22
- Kentfield Campus, Physical Education Center 23
- Fee $25

Traffic School

An Insider’s Guide to California’s Best Hidden Tours

Join a seasoned tour guide as he shows you how to set up and enjoy hundreds of unique hidden tours (mostly free) showcasing the best that California has to offer. We will cover:

- Behind the scenes glimpses of the Golden State’s finest amusement parks, factories, neighborhoods, breweries, wineries, aquariums, sport stadiums and caverns
- One-of-a-kind opportunities to see, touch and learn about exotic animals
- Eating your way through San Francisco
- An inside peek at some of the world’s finest public and private universities and research facilities
- Visits to some of America’s finest 20th century architectural landmarks, including the homes of some of our country’s finest authors

The materials fee covers a 100-page booklet which will be distributed in class.

Travel

The instructor for the following three classes, Paul Heller, MPA, has over 25 years experience traveling round the world as a volunteer, instructor, student and traveler. He is author of several upcoming travel books.

- Paul Heller, MPA
- Tuesday, 7:10-9:30pm
- May 15
- Kentfield Campus, Harlan Center 124
- Fee $46 (Includes $12 material fee)
- Course #8400

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

- Fee $20 (no materials included)
- Course #8401

Travel the World in Comfort for Less than Staying at Home

In twenty five years traveling round the world, Paul has met hundreds of retirees, young backpackers and unemployed professionals who have passed on tips to traveling the world for as little as $20 a day. The possibilities include, but are not limited to staying in the comfort of someone’s home for free (or next to nothing); flying anywhere, anytime, for less than $1,000 round trip; become a courier and fly the world for as little as $100; get great award travel without purchasing high cost products; earn income to help you stretch your travel funds.

- Paul Heller, MPA
- Wednesday, 6:40-9:30pm
- May 16
- Kentfield Campus, Harlan Center 124
- Fee $49 (Includes $10 material fee)
- Course #8402

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

- Fee $20 (no materials included)
- Course #8403

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

**TRAVEL**

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

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

- Discovering hidden colonial cities, beach towns, and natural landmarks
- Studying Spanish, arts and crafts, surfing, cooking and more
- Living successfully in Mexico (Topics include: finding high quality healthcare, buying a home, making a living and adjusting to life below the border.)
- Traveling cheaply, safely and comfortably around the country
- Volunteering to work on ecology, archaeology and educational programs
- Making friends and doing business

Paul Heller, MPA
Thursday, 6:40-9:30pm
May 17
Kentfield Campus, Harlan Center 124
Fee $51 (Includes $12 material fee)
Course #8404

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

Fee $20 (no materials included)
Course #8405

Another course of interest . . .

Travel Sketching and Painting is listed under Art.

**WRITING**

Writing the Natural World

In this class you will be introduced to the biographies and writings of such luminaries as Thoreau, Emerson, John Muir, Basho, Terry Tempest Williams and Mary Oliver. This will be followed by a discussion of a particular creative writing tool or form that is relevant to the example writing.

Each class is highlighted by a field trip to a local outdoor setting that will serve as inspiration to your own writing (weather permitting). Field trips include such destinations as Phoenix Lake, Old Mill Park and the Bay Audubon Sanctuary.

This workshop is for all levels of writers. A book list will be distributed in class.

This event is supported by Poets and Writers, Inc. through a grant it has received from the Hearst Foundation.

Terri Glass is a published poet and the area coordinator for Marin's California Poets in the Schools Program.

- 3 Saturdays, 1-4pm
- May 5, 12 & 19
- Kentfield Campus, Physical Education Center 22
- Fee $60
- Course #8406 EC

Elements of Creative Writing

There are three rules for writing well. Unfortunately, no one knows what they are. Somerset Maugham might have been right, but that's no reason to be discouraged. For 20 years, this course has offered excellent, encouraging critiques of every genre for every level of writer. Some students have gone on to publish their work and win awards. Each class begins with a piece by a notable author and a brief discussion. This is an ongoing workshop; first-time students are encouraged to bring a sample of their writing to the first class. The class at Kentfield Campus is priced for a smaller enrollment.

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

The Redwoods
40 Camino Alto, Mill Valley

- 7 Mondays, 6-9pm
- Mar. 26-May 14 (No class Apr. 9)
- Fee $89/Course #8407 EC

Kentfield Campus, Dickson Hall 111

- 7 Wednesdays, 1:10-4pm
- Mar. 28-May 16 (No class Apr. 11)
- Fee $89/Course #8408 EC
Lowfat Fiction

If I had more time, I would write a shorter story. — Mark Twain

Dive into this invigorating workshop and practice the art of expressing more with less. Strive for sinewy prose and stories that charge the moment. Whether you write fiction or nonfiction, this lowfat approach will improve and strengthen your writing. Weekly writing seeds, writing deadlines and optional in-class feedback will be provided. More than a “how-to” class this is a hands-on workshop for writers who enjoy the pleasure of discovery and the earnest work of craft.

- Guy Biederman, M.A.
- 7 Thursdays, 1:10-4pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $91 (Includes $2 materials fee)
- Course #8409 EC

Tales Told from Memory

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

Longtime writing instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer.
- 7 Mondays, 1:10-3pm
- Mar. 26-May 14 (No class Apr. 9)
- Kentfield Campus, Harlan Center 172
- Fee $64
- Course #8410 EC

Emeritus Writing and Performance Group

This weekly workshop focuses on the writing and presentation of personal monologues, poems and other genres of writing to facilitate self-expression and discovery. Through supportive comments from the instructor and students, you will be encouraged to find the truth of your inner voice and be able to communicate those thoughts aloud to others. Open to both beginning and seasoned writers, we do weekly readings in class of current work, and students have the option of participating in a public performance at the end of the academic year.

Suresa Dundes, MFA (Theatre), M.A. (Education), has worked as a Literary Manager, director and designer in films, video and theatre. Experienced in teaching Acting, Voice, Film Appreciation and Art Direction, she writes fiction, screenplays and creative nonfiction.
- 7 Saturdays, 10am-1pm
- Mar. 31-May 19 (No class Apr. 14)
- Kentfield Campus, Fine Arts 136
- Fee $89
- Course #8411 EC

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

Spring 2007 College of Marin Performing Arts Schedule

MUSIC

Piano Repertoire
Paul Smith, Director
Works for solo piano by a wide variety of composers including sonatas by Scarlatti and works based on American popular and folk themes will be performed on two separate programs. Wed. & Thurs., April 25 & 26, noon; Fine Arts Theatre; FREE admission

Chamber Ensemble Concert
Paul Smith & Jessica Ivry, Directors
Different program each evening. Call 415.485.9460 for program details. Fri. & Sat., May 4 & 5, 7:30 p.m.; Lefort Recital Hall/Fine Arts 72; FREE admission

COM Symphonic Band
James Olson, Director
Sun., May 6, 2:30 p.m.; Fine Arts Theatre; FREE admission

Concert Band
Norman Masonson, Director
Tues., May 8, 7:30 p.m.; Fine Arts Theatre; FREE admission

COM Community Chorus
Boyd Jarrell, Director
Sat., May 12, 8:00 p.m.; Fine Arts Theatre; $15 general/$10 students & seniors

COM Jazz Ensemble
Wayne Wallace, Director
Sun., May 13, 2:30 p.m.; FREE admission

College Chorus and Chamber Singers
Boyd Jarrell, Director
Tues., May 15, 7:30 p.m.; Lefort Recital Hall/Fine Arts 72; FREE admission

COM Symphony Orchestra
Tara Flandreau, Director
Sat., May 19, 8 p.m.; Fine Arts Theatre; Donation suggested

THEATRE

The Servant of Two Masters by Carlo Goldoni
Directed by James Dunn
Mar. 2, 3, 9, 10, 16 & 17, 8 pm; Mar. 11 & 18, 2 pm; Fine Arts Theatre; $15 general/$12 students & seniors

The Tragedy of Othello by Shakespeare
Directed by W. Allen Taylor
Apr. 27, 28, May 4, 5, 11 & 12 at 8 p.m.; May 6 & 13, 2 pm; Studio Theatre; $15 general/$12 students & seniors

DANCE

Spring Dance Concert
Mar. 30 & 31, Apr. 6 & 7 at 8 p.m.; Fine Arts Theatre; $15 general/$10 students & seniors

Music Theatre Cabaret Show
May 18 at 7:30 pm; Dance Studio, Kentfield Campus; Donation $5

Where applicable, tickets can be purchased from the Box Office at 415.485.9385. Parking $3 per day/Park FREE on weekends.
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 financial aid grants for older adult students.

EMERITUS CENTER

Kentfield Campus:
415.485.9652

Indian Valley Campus:
415.457.8811, ext. 8322
Emeritus.College@marin.cc.ca.us

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

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

CULTURAL ACTIVITIES

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

FINANCIAL AID GRANTS

The ASEC Council awards financial aid grants to eligible older adult students for any College of Marin course, whether Community Ed or credit. An application may be obtained in person at the Emeritus Center. To have one mailed, call 415.485.9652 and leave your request along with your mailing address. Applications must both be received in the Emeritus Center no later than the end of the business day, Monday, March 12.

COMPUTER AVAILABLE TO MEMBERS

A PC computer is available for use by ASEC members at the Emeritus Center on the Kentfield Campus. To reserve time on the computer, please call 415.485.9652.

CLUBS

Participation in ASEC clubs requires an ASEC Student Activities Card.

Adventurers Club: R. King, 415.898.5845

Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433

Architectural Models: Barbu Hanculesco, 415.927.2183

Bocce Ball Club: J. Kouns, 415.332.5929

Bridge Club:
C. Falk, 415.472.0882
T. Metzger, 415.479.8290

Classic Cinema: R. Mead, 415.388.8919

Current Events & Issues Club: E. McGuire, 415.461.0173

Italian Club: M. Weed, 415.453.6054

IVC Book Forum: L. Kerr, 415.883.2823

IVC Great Books Discussion Group:
E. Walsh, 415.256.9964
A. Douglas, 707.939.3897

IVC Philosophy Club: L. Witter, 415.883.6889

IVC Video Club:
J. Spillman, 415.898.8075
J. Ramirez, 415.491.0522

Jazz Club: R. King, 415.898.5845

Opera Club: Gil Deane, 415.456.2853

Photography Club Digital
Earl Brown, 415.464.9229

Rumi Poetry Club: E. Curtis, 415.453.1433

Spanish Club: J. Hopper, 415.454.9256
C. Costa, 415.456.4165

Writers Workshop:
R. Ritchie, 415.331.9316
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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

REGISTRATION INFORMATION
Registration Begins Tuesday, February 20, at 9 a.m.

Register Online
Go to www.marincommunityed.org. Online registrations will be processed with that day’s mail.

Touch Tone Registration 415.883.3217
If you have taken a Community Education class within the past year, you may register for classes by Touch Tone phone 24 hours a day, seven days a week through April 27 until 3 p.m. the day prior to the first class meeting for any class. Fees are payable by MasterCard or Visa. Be sure to stay on the line until you hear “You will receive a confirmation postcard within 10 working days.”

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

Register In Class
You may register in class with the instructor if there is room available. If the instructor accepts you into the class, ask the instructor to initial your registration form and then take it to Admissions to register.

Register by U.S. Mail
Please mail your registration at least five working days prior to the first class meeting to ensure that your name appears on the instructor’s roster.

You will find a registration form at the center of this schedule. Additional forms may be downloaded from the website or Xeroxed from this schedule and are also available at the Office of Admissions and Records on either campus. The College’s mailing address is at the top of the registration form.

Register by Fax 415.460.0773
To fax your registration, use the registration form inside this schedule or download one from the Community Education website at www.marincommunityed.org.
Register for Online Classes

You will need Internet access, email, the Microsoft Internet Explorer or Netscape web browser and application software. For example, if you are doing a class in Word, you would need to have that software on your computer. Go to www.marincommunityed.org for complete course descriptions and requirements.

To register:
1) Register with the college by any method listed above.
2) Email your email address to: mike.lewis@marin.edu and include your name and course name(s) and number(s).

If you have any questions about online classes, please call Mike at 415.485.9305.

Payment of Fees

You may pay for classes with a MasterCard or Visa number; please include the expiration date. If you prefer to use a check, please send a separate check (or money order) made payable to College of Marin for each class requested. Be advised that the college charges $15 for all returned checks and declined credit cards.

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.

Early Registration Recommended

The college will not cancel a class that has sufficient enrollment; be sure to register no later than Tuesday, Mar. 20, for classes that begin the first week of the quarter.

Enrollment Confirmation

For all methods of registration, a confirmation postcard will be mailed within 10 working days. Students registering in person will also receive a confirmation of enrollment at the Admissions counter. Non-receipt of a postcard is not a basis for receiving a refund. You may confirm your enrollment status by calling the Touch Tone Registration number, 415.883.3217, through February 9. Have your Social Security/student identification number handy.

For All Methods of Registration

Please answer all questions on the registration form to be sure that your registration can be processed. Registrations are processed in the order received. A confirmation postcard will be mailed via U.S. mail for all methods of registration within ten (10) working days.

Open College

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

Waiting List Procedures

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

Time Conflicts

Due to State regulations, the College is unable to register you into two FREE courses that have a time conflict.
Faculty Evaluation Questionnaire

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

Students Under 18

Students who are minors may register for Community Education classes. A note signed by a parent or guardian stating that the parent or guardian assumes responsibility for the student’s safe transportation to and from class is required, unless the parent or guardian is enrolled in the same class.

Children 13 years and under also need the verbal consent of the CES instructor prior to registration. To contact a CES instructor or, if you have any questions, please call 415.485.9318.

Attendance at First Class Meeting

If you are registered but cannot attend the first class meeting, please call the Community Ed Office at 415.485.9318 or email micki.wendt@marin.edu to get a message to the instructor.

Refund Policy

Refunds will be automatically processed for Community Education classes in all cases of institutional responsibility, i.e. cancelled classes. You may also request a refund as described under “To Request a Refund” below.

All refunds will be issued to you in the same manner that you paid for that class. If payment was by cash, a check will be issued. Please be sure that the college has your correct mailing address. Refunds can take up to eight weeks to process whether they are the results of a cancelled class, or whether you have requested and were granted a refund. The College will retain a $10 processing fee per class (except in cases of institutional responsibility).

To Request a Refund

To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number and your signature) at least five working days prior to the start of class. Requests may be emailed to micki.wendt@marin.edu or faxed to 415.456.5086. Requests may also be mailed to: Refunds, Community Education, College of Marin, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least five days prior to the start of class.

DIRECTORY

Community Education Office
415.485.9305
Emeritus College
415.485.9368
English as A Second Language
415.485.9642
Intensive English Program
415.457.8811, ext. 8579
Admissions & Records Office
415.457.8811, ext. 8822
Counseling
415.485.9432
Bookstore
415.485.9394
Library Services
415.485.9656
Media Center/Language Lab
415.485.9645
Reentry Services
415.485.9641
Disabled Students Program
415.485.9406
**DIRECTIONS FROM HIGHWAY 101**

**Kentfield Campus, 835 College Ave., Kentfield**

From Highway 101, take the San Anselmo exit (northbound) or the Sir Francis Drake Blvd. exit (southbound) and follow Sir Francis Drake Blvd. to College Ave. (seventh stoplight). For the Physical Education Center complex, the Science Center, the Learning Resources Center (Library), the Emeritus Center and the Student Services Center (Admissions & Records), turn left on College Ave. and continue to second campus parking lot entrance on your right. For Harlan Center, stay on Drake Blvd., crossing the College Ave. intersection and turn right on Maple Ave. to parking lot. For Fine Arts, Fusselman Hall and Dickson Hall, stay on Drake Blvd. and take first left (left-hand turn lane) at Laurel Ave. and follow it to the end. Laurel will lead you into a student parking lot.

**Indian Valley Campus, 1800 Ignacio Blvd., Novato**

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

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**Police Phone Numbers**

Emergency: 911 or, from a Campus extension, 9-911.

Urgent: 415.485.9696

Kentfield Police Business: 415.485.9455

Parking

Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispensers located in parking lots. Parking permits are required at all times, except Saturdays, Sundays and school Holidays, and in Lot 13.

AC: Administrative Center, Children’s Center

BC: Business and Management Center

DL: Dance Center, Landscape Management Center

DS: Disabled Students

DH: Dickson Hall, Health Center

FA: Fine Arts Center, Art Gallery, Box Office, Theatre

FH: Fusselman Hall

HC: Harlan Center, Community Education, ESL

LC: Learning Resources Center, Library, Bookstore

M1: Maintenance Office

MS3: SWINERTON OFFICE

OH: Olney Hall and Auditorium

PE: Physical Education Center, Gymnasium, Pools

SC: Science Center

SS: Student Services Center, Registration, Cafeteria, Emeritus

TB–1: Temporary Building, Campus Police

Handicapped Entrance

Handicapped Pickup/Drop Off

Directories

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**Indicates accessible route**
PARKING

Kentfield Campus/Indian Valley Campus

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

Emergency: 911 or 9-911 from Campus Extension
Urgent: 415.485.9496
IVC Police Business Phone: 415.883.3179

Motorcycle and handicap parking available
Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispenser. Parking permits are required at all times, except Saturdays, Sundays and school holidays.

POMO (PM)
1. Auto Body and Fender
2. Auto Technology Lab
3. General Classrooms/Labs/Offices/Medical Assisting lab
4. Machine & Metals Tech
5. Multi English Lab/Food Vending
6. General Classrooms/Labs/Offices/Geography/Chemistry/Biology
7. Multi Media Lab & Offices

ADMINISTRATIVE SERVICES (AS)
8. Student Services
9. Administrative Services
10. Emeritus Meeting Room/Sw Birton Office
11. Information Systems Center
12. Board Meeting Room/Child Care Center (CS)

MIWOK (MW)
13. Art Labs/Art Gallery/Marin School of Arts 
& Technology
14. Marin School of Arts Technology
15. Studio Theatre/Student Lounge/Del
16. Marin School of Arts & Technology
BUILDING #17
17. Marin School of Arts & Technology
18. Computer Labs/Offices/Court Reporting Labs
19. General Classrooms/Labs/Offices/Offices/Offices/Offices/Court Reporting/Computer Labs/Intensive English Program
20. Food Vending/P.E./Classrooms/Multi Media
22. Campus Police/Corporation Yard
EQUAl OPPORTuNITY

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

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


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 educational programs.

Equal Opportunity Employment/A.D.A.

Compliance Officer
Linda Beam
Executive Dean, Human Resources (or Designee)
Administrative Center, Kentfield Campus
415.485.9400

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

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

OPEN ENROLLMENT POLICY

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

SHORT TERM WORKSHOPS

Many short term workshops and classes (one to four meetings) will be offered through the COM Community Education program this quarter. Dates below indicate start dates for each class. For a complete description of a class, refer to the heading noted in parentheses following the title.

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

March 27
Bird-Watching in Marin: A Field Exploration (Marin Adventures)

March 29
Intro. to Yoga Philosophy & Its Tradition (Philosophy)

March 30
Intro. to the Digital Camera (Photography)

March 31
The California Landscape in Watercolor (Art)
The Best Is Yet to Come! Career Exploration for the Bonus Years (Business)
Organizing Your Office: Home, Work & Small Business (Business)
Find Your Inner Editor: Introduction to Editing & Proofreading (Business)
So You Want to Start a Specialty Food Business (Business)
BLS Healthcare Provider Course: New Guidelines (Health Sciences)
Enhance Your Life with Feng Shui (Home Arts)
Create Your Dream Garden (Home Arts)

April 2
Building Your Notary Business: Become a Loan Signing Notary (Business)

April 3
Introduction to West Coast Swing Dance (Dance)
The Keys to a Successful Relationship (Health & Wellness)
**April 6**
- Coronal Polish (Health Sciences)
- Intermediate Digital Camera (Photography)

**April 7**
- The One Minute Drawing Class (Art)
- Marketing Your Services: Even for People Who Hate to Sell (Business)

**April 12**
- Cantor Art Center at Stanford: Bus Trip & Tour (Art)
- Looking for Love in All the Right Places (Health & Wellness)

**April 20**
- Taking the Mystery Out of Mortgages: How to Choose the Best Possible Loan (Real Estate)

**April 20**
- Radiology Course (Health Sciences)
- Intro. to Photoshop Elements: The Digital Darkroom (Photography)

**April 21**
- How to Be an eBay Power Seller (Business)
- Voice Overs: The Big Picture (Drama)
- Emergency Medical Technician Recertification Course (Health Sciences)
- What’s Bugging You? Managing Pests without Poisons! (Home Arts)
- Introduction to Legal Research: How to Use the Marin County Public Law Library (Law)
- Race Walking for Health (Physical Fitness)

**April 23**
- Roadmap to Wealth through Real Estate Investment (Real Estate)

**April 27**
- Interm. Photoshop Elements: The Digital Darkroom (Photography)

**April 28**
- Wearable Art: Shamanic Jewelry (Art)
- The Arts of Russia 1860-1920 (Art)

**May 1**
- Intro. to the Digital Camera (Photography)

**May 5**
- How to Be a Working Actor in the Bay Area (Drama)
- Heartsaver First Aid & CPR (Health Sciences)
- Growing Gardens from Garbage: Making the Most of Compost, Mulch & Soil (Home Arts)
- Writing the Natural World (Writing)

**May 11**
- Intermediate Digital Camera (Photography)

**May 12**
- Marketing Essentials for Artists (Art)
- Portfolio Development for Artists (Art)
- Travel Sketching & Painting (Art)

**May 15**
- An Insider’s Guide to California’s Best Hidden Tours (Travel)

**May 16**
- Travel the World in Comfort for Less than Staying at Home (Travel)

**May 17**
- Intro. to Photoshop Elements: The Digital Darkroom (Photography)
- The Ultimate Guide to Traveling, Living, Retiring & Working in Mexico (Travel)

**May 19**
- Flower Drawing & Painting Workshop (Art)
- Importing as a Small Business (Business)

**May 24**
- Interm. Photoshop Elements: The Digital Darkroom (Photography)
Marketing Essentials for Artists, Portfolio Development for Artists
Beth Rypkema is an independent filmmaker, community arts consultant, writer, musician and teacher with over 25 years of experience. She has developed programs for arts festivals, creative businesses, cultural organizations, universities, humanitarian programs and more. See page 4.

Oil and gas supplier nations use energy as a foreign policy tool to threaten or influence customers; consumer nations fight for low prices and supply stability. Join Gloria Neumeier to learn about the politics of energy, both domestic and international. See page 27.

Introduction to Yoga Philosophy and Its Tradition
Explore Yoga’s ancient philosophical tradition with Kate Vogt, long-term enthusiast and certified by Georg Feuerstein. Kate’s love of the Yoga tradition began in her early twenties and has taken her twice to India to study, most recently with A.G. Mohan. See page 46.

Abstract Painting in Acrylic
In this studio course, Maria Nikl will facilitate your ability to free yourself from prefabricated concepts and programmed standards in part through assignments designed to elicit genuine personal experiences with lots of supportive discussion. At left is Maria’s work, Raindrops. See page 8.

Healer with A Thousand Faces: Theories and Traditions of Healing
Katharine Weiser, MD, and Rick McKinney, MD, are equally comfortable with the mystery of healing and the world of medical science. They are board-certified holistic physicians and Reiki practitioners who love to practice and teach the art of medicine, and help others find their way to health and happiness. See page 33.

SPRING 2007
Registration Begins February 20

C O L L E G E  O F M A R I N
www.marincommunityed.org