Win This Painting

The Day It Snowed on Mount Tam by master artist and Community Education instructor Bernard Healey will be raffled by the Emeritus Students College of Marin (ESCOM) at their May meeting on Saturday, May 1.

Raffle tickets are a $5 – or 5 tickets for $20.

To purchase tickets, please send a self-addressed, stamped envelope to: College of Marin, ESCOM, Emeritus Center, 835 College Avenue, Kentfield, CA 94904. Checks should be made out to ESCOM. You do not have to be present to win.

ESCOM actively supports the principles of quality of life, lifelong learning, and creative retirement at the College of Marin. Activities include review of new Emeritus College classes, clubs, events, tuition grants to eligible students, subsidies for low enrolled Emeritus College classes, and participation on college committees. Volunteer opportunities!

For more information about ESCOM, including how to join – see page 45.
Community Education classes at the College of Marin offer access to a variety of affordable, quality classes which can assist you in achieving personal, educational, and professional goals. These classes provide the Marin community with lifelong learning opportunities, a place to prepare for entering college credit and transfer programs, and a center for career development classes designed to serve the working adult.

As we enter 2010, the Community Education staff has undertaken to provide classes which address some of the pressing issues of these times, offering new approaches and informative opportunities presented by our expert instructors.

Need some help with the economy? Turn to our Business section and learn Techniques and How to Write Flash After Graduation. Both are listed under Adult ADHD: Managing the Challenges and the Development heading.

You'll receive valuable insight into facing adversity from Ellen Duenow with Change Happens! Making Change Work for You, listed under our new Personal Development heading.

Also listed under Personal Development is Celebrate Retirement: The Freedom and the Frustration. Let Roberta Dillon help you create a rich and meaningful retirement.

Do you know an adult with ADHD? Cristine Pollock offers Thriving with Adult ADHD: Managing the Challenges and Maximizing the Gifts, a real eye opener!

Would you like some practical and effective advice on how to deal with your adult children who have returned home? Register for How to Get Your Teens and Young Adults to Independence and Creating A Life and Finding A Job After Graduation. Both are listed under Parenting.

Stellar new classes for developing writers include Basic Screenwriting Techniques and How to Write Flash Fiction – and Why You Want to. A new class at Indian Valley Campus, Exercise, Fitness, and Wellness, is not just another exercise class, but a complete course on the state of your health, including useful tests and assessments!

Whatever you may be looking for: new perspectives, marketable skills, creative expression, or simply a way to stay lively and focused on life, we know you'll find something that fits the bill in the following pages!

Happy New Year from the Community Education staff — May 2010 bring you success in all its many definitions!

New for Winter 2010!

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The Community Education & Services Schedule is published four times a year by the College of Marin (a nonprofit organization), 815 College Ave, Kentfield, CA 94904-2590, December 2009, Volume 11, Issue 4.
Saturday Workshops

Do you want to do something just for you on the weekend? Invest in yourself and make your Saturdays special!

Community Education at College of Marin offers many educational and entertaining Saturday workshops for which you can register in class with the instructor. The date listed below is the start date for the class and some of the classes may meet for two or three Saturdays. For the complete description of a class, go to the page number shown.

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

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Cheryl Carlson, Karen van Krielft, Program Specialists
Consuelo Rafanan, Microcomputer Center/Online Classes Program Specialist
Jesse Klein, Administrative Assistant
Heather Peitz, Office Technician
www.marincommunityed.org
Note: Most supply lists and itineraries are available at www.marincommunityed.org (click on the course number found at the bottom of the course description). If you do not have Internet access, please call 415.485.9318, and leave your name and the name of the course for which you are registered. A notebook and pen are recommended for all classes. Regarding materials, when in doubt, bring whatever related materials you may already have. Students are expected to provide their own materials unless otherwise noted.

**Drawing as Meditation**

This hands-on class will introduce you to the practice of drawing as meditation. You will learn to perceive your world with clarity. You will learn the art of relaxed concentration as you draw—a spontaneous drawing activity which can occur when the mind is calm and at one with the body. Without an agenda for success and the fear of failure, you will find that drawing can become pure enjoyment. Some of the many benefits of this workshop are:

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

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

- Robert Regis Dvorak, FAAR
- Saturday, 9:30am-4:30pm
- Mar. 6
- Kentfield Campus, Temporary Building 101
- Fee $97 (Includes $35 materials fee)
- Course #15001

**Painting from Your Heart in Watercolor**

Learn to paint rich, colorful, personal paintings from your heart. This easy learning experience for beginners and experienced watercolor painters will let your creativity flow out of you, free your spirit, and nourish your soul. Learn 18 new techniques to open your heart to painting beautifully. Learn and enjoy the experience of painting from your heart in watercolor in a relaxed, safe environment for creative expression. We will practice:

- Connecting with your imagination
- Painting deliberately
- Seeing color in a new way
- Exciting new painting techniques

Bring your own watercolor supplies, a water container, rag, kleenex, and your lunch. Watercolor paper will be furnished. A few student grade watercolor kits will be available at the class for $20.

- Robert Regis Dvorak, FAAR
- Saturday, 9:30am-4:30pm
- Mar. 13
- Kentfield Campus, Temporary Building 101
- Fee $97 (Includes $15 materials fee)
- Course #15073

**Drawing and Painting Workshop**

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

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

- June Yokell, MFA, is an award-winning artist who has studied, taught, and exhibited since 1978.
- 6 Wednesdays, 6:40-10pm
- Feb. 10-Mar. 17
- Kentfield Campus, Fine Arts 226
- Fee $181 (Includes $21 models fee)
- Course #15002

**Abstract Painting in Oils**

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

This course is designed for students with some painting experience who wish to broaden their knowledge of concepts and strengthen their skills in abstract painting. The focus of this course is painting in oils although other media is welcome. Through discussions,
A registration form is at the center of this schedule.

**ART**

demonstrations, lectures, and critiques, we will attempt to deconstruct the nature of abstract painting and apply course material to student work. Half of each class session will consist of in-class painting with one-on-one assistance from the instructor.

Please see Note regarding materials under Art heading above.

**Michael Azgour**, MFA, is an exhibiting artist and art instructor.
- 7 Mondays, 6:10-10pm
- Feb. 1-Mar. 22 (No class Feb. 15)
- Kentfield Campus, Fine Arts 226
- Fee $178
- Course #15003

**Figure Painting**

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

Please see Note regarding materials under Art heading above. Course includes critique.

**Larry Benchich**, 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.
- 7 Saturdays, 9am-1pm
- Feb. 6-Mar. 27 (No class Feb. 13)
- Kentfield Campus, Fine Arts 226
- Fee $229 (Includes $53 models fee)
- Course #15004

**Abstract Painting in Acrylic: All Marks Are Valid**

To successfully execute an abstract painting that has integrity, the artist goes through a transformative process of releasing barriers from the right brain – the imagination. Learn to create powerful compositions, layer paint, mix color, work in collage, and to crop and experiment with non-traditional ways of applying paint! Whether you are a beginning or experienced artist, this class offers a series of stimulating assignments and experiences which will help you to discover and establish your unique and autonomous visual vocabulary.

Bring black and white acrylic paints, acrylic matte medium, cheap wide brushes, and three sheets of 24"x18" black craft paper to the first class.

**Maria Nikl**, MFA, has exhibited and taught internationally. She is an experienced facilitator of students’ creative processes and supports an inspirational and supportive environment in the classroom.
- 7 Tuesdays, 6:40-10pm
- Feb. 2-Mar. 16
- Kentfield Campus, Fine Arts 151
- Fee $175
- Course #15005

**Heads and Hands**

Heads and hands are the gateway to the soul of the figure. You will have the opportunity to work from a live model to develop drawing and portraiture skills. All media except oil are welcome, and you are expected to bring your own supplies. All skill levels are welcome. The instructor will collect approximately $40 for model fees in class.

**Ann Curran Turner** is a nationally acclaimed figurative artist who has taught in the Bay Area for 25 years.
- 7 Wednesdays, 11:10am-2pm
- Feb. 3-Mar. 17
- Kentfield Campus, Fine Arts 201
- Fee $89
- Course #15006 EC

**Creative Acrylic Landscape Painting**

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

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

**Bernard Healey**, MFA
- 7 Wednesdays, 2:10-5pm
- Feb. 3-Mar. 17
- Kentfield Campus, Fine Arts 153
- Fee $134
- Course #15007
Mixed Media: Watercolor, Acrylic, and Collage Techniques

This class is ideal for beginners, teachers, therapists, and artists seeking a fresh start. Renew your art spirit with color and wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color flooding and gradation, brushwork, compositional energy, atmospheric effects, edge tinting, textual elegance, and the use of watercolor crayon, acrylic inks, and polymer mediums for collage. Whether your work moves in realistic or abstract directions, innovative teaching methods will build self-confidence and enhance your skill.

Please bring watercolor supplies to first class, and see Note regarding materials under the Art heading above.

Carol Duchamp’s teaching style encourages experimentation in a supportive environment that nourishes the intuitive power of self-expression. She holds an MA from the University of Strasbourg, France.

■ 6 Wednesdays, 6:10-9:30pm
■ Feb. 3-Mar. 10
■ Kentfield Campus, Fine Arts 151
■ Fee $159 (Includes $1 materials fee)
■ Course #15008

Watercolor Basics and Beyond

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

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

Please see Note regarding materials under Art heading above.

Marty Meade
■ 7 Fridays, 10:10am-1pm
■ Feb. 5-Mar. 26 (No class Feb. 12)
■ Kentfield Campus, Fine Arts 151
■ Fee $89
■ Course #15009 EC

Nancy Johnson
■ 7 Saturdays, 10:10am-1pm
■ Feb. 6-Mar. 27 (No class Feb. 13)
■ Kentfield Campus, Fine Arts 151
■ Fee $89
■ Course #15010 EC

The Affects of the Seasons: Water Soluble Media

Join this exciting new course by renowned Marin watercolorist, Nancy Johnson, and improve your skills while you learn to represent and express seasonal mood in your artwork. This winter we will focus on still life subjects of the season and landscape subjects such as clouds, fog, snow, and stormy weather.

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

Please see Note regarding materials under the Art heading above.

■ Nancy Johnson
■ 7 Fridays, 10:10am-1pm
■ Feb. 5-Mar. 26 (No class Feb. 12)
■ Indian Valley Campus, Miwok 122
■ Fee $89
■ Course #15011 EC

The Flow of Watercolor: Atmospheric Landscapes

Learn landscape basics and apply them in an exciting way! Watercolor is the perfect medium for creating dawn and dusk in the landscape. Paint in a very loose and watery way to create luminous paintings filled with clouds, fog, mountains, lakes, trees, and buildings.

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

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

■ 7 Mondays, 2:10-5pm
■ Feb. 1-Mar. 22 (No class Feb. 15)
■ Kentfield Campus, Fine Arts 153
■ Fee $99 (Includes $10 materials fee)
■ Course #15012 EC

Chalk Pastel Painting

Chalk pastels are used to create densely layered paintings, delicate drawings, spontaneous sketches, and all the possibilities in-between. This quarter will concentrate on pastels as a painting medium – using the chalks in a variety of ways to achieve painterly results. Included will be basic information on materials, techniques, color theory, and composition.
Emphasis is on individual exploration and experimentation for expressive potential.

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. Please see Note regarding materials under Art heading above.

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
Feb. 5-Mar. 26 (No class Feb. 12)
Kentfield Campus, Fine Arts 201
Fee $133
Course #15014

Jewelry and Metalsmithing

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

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

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

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

Beginners/Beginners Plus
7 Tuesdays, 7:10-10pm
Feb. 2-Mar. 16
Course #15015

Intermediate/Advanced
7 Wednesdays, 7:10-10pm
Feb. 3-Mar. 17
Course #15016

Glass Fusing

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

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

For each course listed below:
Kentfield Campus, Fine Arts 151
Fee $235 (Includes $63 materials/special fee)
6 Mondays, 7:10-10pm
Feb. 1-Mar. 15 (No class Feb. 15)
Course #15017
6 Fridays, 2:10-5pm
Feb. 5-Mar. 19 (No class Feb. 12)
Course #15018

Sculpting the Human Face in Oil Base Clay

Have you ever struggled with trying to construct the human face? You knew that the expression was coming out wrong, but could not figure out why!

In this class, you will learn to look at the human face from a new perspective, based on structure, light, shadow, mass, and proportion, while working in a flexible medium. You will select your own model and be shown at the orientation how to work from photographs. A series of proportion guidelines will enable you to zero in on exactly what is not working with your construction and allow you to fix it immediately.

Everyone who completes this course will see faces in a new way! This is also a great course for computer model makers.

A materials list will be posted on www.marincommunityed.org. See Note under Art heading above. We will take a half hour lunch break on Saturdays.

Christalene Loren
Orientation: Thursday, 6:40-9:30pm
Feb. 11
Kentfield Campus, Harlan Center 161
3 Saturdays, 10am-3:30pm
Feb. 20-Mar. 6
Kentfield Campus, Fine Arts 153
Fee $139
Course #15074
Ceramic Sculpture: The Art of Hand Building

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

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

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

- 7 Thursdays, 6-9pm
- Feb. 4-Mar. 18
- Northbay Artworks
- 7049 Redwood Blvd, Novato
- Fee $253 (Includes $93 materials/special fee)
- Course #15019

Art On the Go Bus Trip: California College of Arts Wattis Institute

We will visit the San Francisco campus south of Market Street and view The 101 Collection: Route 1, a collection of contemporary artworks focusing solely on artists who live and work along the West Coast’s iconic Highway 101, which runs through the states of California, Oregon, and Washington, as well as Mexico and Canada. Featured works include a wide range of media: photography, painting, sculpture, drawing, film, and installation, also a large selection of artworks by some of the most important and emerging artists working on the West Coast. We will have a private tour of this exhibition. After a lunch break, we will tour this special art school, visit the studios, and see what the artists of tomorrow are creating.

Bring your lunch or buy it nearby. Limited to 20.

- Rhoda Becker
- Wednesday, 10am-3pm
- Feb. 24
- Corte Madera Town Center
- Meet on Madera Blvd.
- Across from Best Western Corte Madera Inn
- Fee $55 (Includes $31 special fee)
- Course #15075 EC

The Eternal City: The Art and Architecture of Rome

Join Art Historian Kerrin Meis on a virtual tour of the Eternal City, examining Rome’s origins in 753 BCE through the seventeenth century. Through colored slides and informed narrative we will focus on patronage, discussing the great monuments of the Caesars, early Christian imagery in the catacombs, the Rome of the Renaissance Popes and, finally, the Baroque masterpieces of the Counter-Reformation. Highlights include the Pantheon, Hadrian’s Villa, triumphal arches, Santa Costanza, San Clemente, St. Peter’s, and the Vatican. Artists include Fra Angelico, Masolino, Botticelli, Raphael, Michelangelo, Caracci, Caravaggio, and the architects Borromini and Bernini.

- Kerrin Meis
- 7 Thursdays, 1:10-3pm
- Feb. 4-Mar. 18
- Kentfield Campus, Fine Arts 120
- Fee $66 (Includes $2 materials fee)
- Course #15076 EC

BUSINESS/PROFESSIONAL DEVELOPMENT/SMALL BUSINESS

PROFESSIONAL DEVELOPMENT

Creativity at the Crossroads

Take your business and life to the next level by gaining consistent easy access to your higher creativity. This evocative workshop introduces participants to the experience that voted this the most popular course in the Stanford MBA program for over twenty-five years. You will learn key tools that will:

- Challenge you to remove blocks to your creativity, passion, and purpose
- Inspire increased risk-taking, innovative problem solving, and consistent breakthrough thinking
- Gain the clarity, congruity, and confidence that lead to effective choices and action
- Develop a vision and action plan to materialize new realities

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

- Saturday, 10am-4:30pm
- Feb. 6
- Kentfield Campus, Harlan Center 161
- Fee $95 (Includes $12 materials fee)
- Course #15020

**SMALL BUSINESS**

**How to Make Profit Finding Hidden Gold, Silver, and Platinum**

Learn how to identify jewelry and other items made of gold, silver, and/or platinum. We will cover the best places to find hidden gold, silver and/or platinum; how to determine value; the best places to sell for maximum profit; how to read karat marks and hallmarks; how to use a jeweler’s loupe, weight scale, and testing equipment; how to identify items of historical or antique value; where to get metals price quotes.

In this time of diminished resources and record prices for precious metals, here is a fun way to add extra income! A brief overview of historical periods in jewelry designs is included.

The text, *The Urban Gold Miner*, and a jeweler’s loupe will be distributed in class and are covered by the materials fee.

**Hank Friedman**, alumnus of Gemo-
logical Institute of America, offers information, advice, and tips from his 30 years of experience buying in the field and selling for profit.

- Saturday, 9am-1pm
- Feb. 27
- Kentfield Campus, Harlan Center 161
- Fee $78 (Includes $30 materials fee)
- Course #15040

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

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

- Saturday, 10am-1pm
- Mar. 6
- Kentfield Campus, Harlan Center 161
- Fee $55 (Includes $5 materials fee)
- Course #15022

**How to Start Your Business Fast – and Cheap!**

To move fast on a business, you have to put momentum on your side. This course will cover all the basics involved with starting a new business, such as DBAs, legal forms, bank accounts, business cards, licenses, insurance, and outside help – but it will focus on how to move fast on a budget!

We will cover:

- How to choose a business
- Three ways to move forward if you don’t have the money you need
- Finding customers
- How to make the RIGHT mistakes
- Finding free help and partners
- Online businesses
- Three types of test retail space
- Manufacturing tricks and resources

**Dr. Rick Crandall** has helped hundreds new businesses get up and running profitably and quickly through the Community Entrepreneurs Organization.

- Saturday, 1-5pm
- Feb. 6
- Kentfield Campus, Harlan Center 171
- Fee $60 (Includes $10 materials fee)
- Course #15023

- A registration form is at the center of this schedule.
How to Become a Successful Consultant

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

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

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

**Dr. Rick Crandall** has worked as a business consultant for 20 years and worked with the Academy of Professional Consultants.

- **Saturday, 1-5pm**
- **Feb. 20**
- **Kentfield Campus**, Harlan Center 171
- **Fee $65 (Includes $15 materials fee)**
- **Course #15041**

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

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

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

- **Saturday, 9am-5pm**
- **Feb. 27**
- **Kentfield Campus**, Harlan Center 165
- **Fee $69 (Includes $4 materials fee)**
- **Course #15024**

ONLINE MARKETING CLASSES

For registration information, please refer to “Register for Classes Taught Online” on page 46, 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**
- **Feb. 22**
- **Fee $79**
- **Course #15185**

**Import Export Now!**

In these unusual times self-employment may no longer seem an option, but a necessity. For those seeking a career self-employed in import/export goods or services and who want a step-by-step, ‘hands-on’ course, we offer this nine-week seminar over the internet. Appropriate for people with no business background, as well as established businesses looking for new trade, this course is highly rated for its content and delivery.

Develop your product or service, find the best suppliers, best customers, work with banks, currency issues, insurance companies, government agencies, and other trade entities, plus learn licensing and permits for world-wide trade.

The self-paced course has plenty of one-on-one email contact with the instructor and optional weekly live online sessions. Upon course completion, you may join a listserv of former students, providing continued access to the instructor and peers.

- **John Spiers**
- **9 Wednesdays, 6-8pm Pacific time**
- **Jan. 27-Mar. 24**
- **Fee $95**
- **Course #15186**
COMPUTERS

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

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

COMPUTER CENTER

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

IMPORTANT INFORMATION

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to ensure your seat. Be sure to review “Registration Information” on page 46 before registering.

You are expected to have:

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

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

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

Hands-On Computer Courses

**Beginning Computing for Older Adults**

- **Computer Fundamentals I & II** .......................... 11
- **Dreamweaver, Intro. & Interm.** ........ 16-17
- **Excel: Series, Intro., Interm. & Adv.** ... 14
- **Excel Tips & Tricks** ........................................... 14
- **Flash: Series, Intro., Interm. & Adv.** ........ 18
- **How to Buy & Sell on eBay** ......................... 16
- **Illustrator: Series, Intro., Interm. & Adv.** ...... 17
- **Macintosh, Intro. & Interm.** ......................... 12
- **Photoshop: Series, I, II, III & IV** ........ 18-19
- **Photoshop Elements: Intro., Interm., Adv.** ... 19-20
- **PowerPoint: Series, Intro., Interm. & Adv.** ... 14
- **PowerPoint Tips and Tricks** ....................... 15
- **Outlook, Intro.** ............................................. 15
- **QuickBooks: Intro. & Interm. & Adv.** ... 15-16
- **Windows, Intro.** ........................................... 12
- **Word: Series, Intro., Interm. & Adv.** ........ 13
- **Word Tips & Tricks** ....................................... 13

**Beginning Computing for Older Adults**

This course is designed to be a hands-on introduction to basic computer usage and the Windows XP Operating System for older adult beginning computer users. At the first class meeting, you will have a chance to examine the inside of a computer. During classes, mini-lectures followed by hands-on exercises will help you understand the computer and build skills and confidence. Weekly handouts include glossaries, exercise instructions, and topical reference information. By the time class is finished, you will have had the opportunity to learn how to turn on the computer, log in, and shut down; manipulate the mouse effectively (there are tricks for those with limited mobility); use a web browser and search engine; create, save, open, close, and print files; and send an e-mail with attachments, including photographs.

**Alice Dieli, MS Ed (Instructional Technology),** is experienced teaching computer skills to older adult learners.

- **7 Saturdays, 10am-12 noon**
- **Feb. 6-Mar. 27 (No class Feb. 13)**
- **Kentfield Campus, Science Center 144**
- **Fee $66 (Includes $2 materials fee)**
- **Course #15184 EC**

**NEW**
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 and 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
  - Feb. 1
- **Course #15128**
- **Levi Allen**
  - Mondays, 9am-12noon
  - Mar. 22
- **Course #15129**

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
  - Feb. 8 & 22
- **Course #15134**
- **Levi Allen**
  - 2 Thursdays, 9am-12noon
  - Mar. 18 & 25
- **Course #15135**

Introduction to Windows

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

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

For each of the following courses:
- **Indian Valley Campus, Ohlone 216**
- Fee $155 (Includes $20 materials fee)
- **Levi Allen**
  - 3 Wednesdays, 9am-12noon
  - Feb. 10-24
  - **Course #15138**
- **Tom Millard**
  - 3 Mondays, 1:30-4:30pm
  - Mar 1-15
- **Course #15136**

Introduction to the Macintosh

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

- **Steve Salzman**
  - 3 Saturdays, 1-4pm
  - Feb. 6-27 (No class Feb. 13)
- **Indian Valley Campus, Pomo 192**
- Fee $170 (Includes $35 materials fee)
- **Course #15139**

Intermediate Macintosh

This course will take you to the next level of Mac usage. We will cover advanced Finder options, Smart Folders and Spotlight searches, Administrative privileges and account settings, installing and switching among Applications, overview of Apple Mail, installing Fonts and Font Sets, iTunes and iPhoto overview, backup options, and where to get help.

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

- **Steve Salzman**
  - 3 Saturdays, 1-4pm
  - Mar. 6-20
- **Indian Valley Campus, Pomo 192**
- Fee $135
- **Course #15140**
WORD 2007 SERIES

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

To register for the series at a reduced fee:

- Fee $335 (Includes $25 materials fee)
- Course #15144

Introduction to Word 2007

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

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

- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Feb. 3-17
- Indian Valley Campus, Ohlone 216
- Fee $160 (Includes $25 materials fee)
- Course #15141

Intermediate Word 2007

This course will help you become more productive with the program. We will review and then we will turn our attention to templates, envelopes and labels, styles, headers and footers, toolbars, creating and formatting tables, working with columns, and inserting graphics into your word documents.

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

- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Feb. 24-Mar 10
- Indian Valley Campus, Ohlone 216
- Fee $135
- Course #15142

Advanced Word 2007

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

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

- Susan Henning
- 2 Wednesdays, 1-4pm
- Mar. 17 & 24
- Indian Valley Campus, Ohlone 216
- Fee $90
- Course #15143

Word Tips and Tricks

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

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

- Tom Millard
- Thursday, 1:30-4:30pm
- Mar. 25
- Indian Valley Campus, Ohlone 216
- Fee $45
- Course #15149
COMPUTERS

EXCEL 2007 SERIES

Excel is a very useful and powerful tool that enables you to turn data into information so that it can be analyzed. You may register for the entire series or for the individual courses. All of the courses in the Excel Series (Intro., Interm., and Adv.) are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Connie Rafanan at 415.485.9305.

To register for the series at a reduced fee:
- Fee $335 (Includes $25 materials fee)
- Course #15148

Introduction to Excel 2007

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

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

- Levi Allen
- 3 Mondays, 9am-12noon
- Feb.1-15 (No class Feb. 15)
- Indian Valley Campus, Ohlone 216
- Fee $160 (Includes $25 materials fee)
- Course #15145

Intermediate Excel 2007

In this course you will learn how to become more productive using Excel’s financial and logical functions. You will learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You will also create links, hyperlinks, and explore quick and easy chart techniques.

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

- Susan Henning
- 2 Wednesdays, 9am-12noon
- Mar. 17 & 24
- Indian Valley Campus, Ohlone 216
- Fee $90
- Course #15147

Advanced Excel 2007

Become an advanced Excel user and learn about 3-D reference formulas, data consolidation, recording macros to automate tasks, generate a subtotal report, and analyze data using a pivot table.

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

- Susan Henning
- 2 Mondays, 9am-12noon
- Mar. 17 & 24
- Indian Valley Campus, Ohlone 216
- Fee $135
- Course #15147

Excel Tips and Tricks

Learn the most popular and requested techniques to maximize effectiveness and ease of use for this indispensable spreadsheet program. We will use the most common tasks and present time-saving and easy ways to dramatically improve your productivity.

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

- Tom Millard
- Monday, 1:30-4:30pm
- Mar. 22
- Indian Valley Campus, Ohlone 216
- Fee $45
- Course #15150

POWERPOINT 2007 SERIES

PowerPoint is the world’s leading presentation software program and is widely used to create dynamic and high-impact presentations. You may register for the entire series or for the individual courses. All of the courses in the PowerPoint Series (Intro., Interm., and Adv.) are offered at Indian Valley Campus, Ohlone 216. If you have any questions, please call Connie Rafanan at 415.485.9305.

To register for the series at a reduced fee:
- Fee $335 (Includes $25 materials fee)
- Course #15154

For registration information, see pages 46-48.
Introduction to PowerPoint 2007

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

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

Susan Henning
3 Tuesdays, 9am-12noon
Indian Valley Campus, Ohlone 216
Fee $160 (Includes $25 materials fee)
Course #15151

Intermediate PowerPoint 2007

In this course we will take a closer look at PowerPoint with an emphasis on multimedia, animation, and the Internet. Learn different ways to use sound, insert digital photographs, custom animation, and timing methods. You will also create links and OLE objects and explore presentation methods and techniques.

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

Susan Henning
3 Tuesdays, 9am-12noon
Feb. 23-Mar. 9
Indian Valley Campus, Ohlone 216
Fee $135
Course #15152

Advanced PowerPoint 2007

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

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

Susan Henning
2 Tuesdays, 9am-12noon
Mar. 16 & 23
Indian Valley Campus, Ohlone 216
Fee $90
Course #15153

PowerPoint Tips and Tricks

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

Susan Henning
Saturday, 9am-12noon
Mar. 27
Indian Valley Campus, Ohlone 216
Fee $45
Course #15155

Intro. to Outlook 2007

Learn about e-mail and the other powerful parts of Outlook to help better manage your time or business. We will teach you e-mail features such as how to manage folders, search for that lost e-mail, mark e-mails for follow up, creating signatures, and setting e-mail preferences. We will also cover: contacts and how to manage them and build a distribution list; the calendar and how to schedule repeating events; and set reminders and export them 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.

Susan Henning
2 Tuesdays, 1-4pm
Mar. 9 & 16
Indian Valley Campus, Ohlone 216
Fee $115 (Includes $25 materials fee)
Course #15156

Introduction to QuickBooks Pro

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

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

For each of the following courses:

Indian Valley Campus, Ohlone 216
Fee $185 (Includes $45 materials Fee)
Pamela Lyons
3 Tuesdays, 6-9pm
Feb. 2-16
Course #15157
Beverly Goodwin
3 Wednesdays, 6-9pm
Feb. 3-17
Course #15158
Intermediate QuickBooks Pro

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

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

For each of the following courses:

- Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $140
- 3 Tuesdays, 6-9pm
  - Feb. 23 - Mar. 9
  - Course #15159
- 3 Wednesdays, 6-9pm
  - Feb. 24 - Mar. 10
  - Course #15160

Advanced QuickBooks Pro

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

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

For each of the following courses:

- Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $1153 (Includes $53 materials fee)
- 2 Tuesdays, 6-9pm
  - Feb. 1 & 8
  - Course #15161
- 2 Wednesdays, 6-9pm
  - Mar. 1 & 24
  - Course #15162

How to Buy and Sell on eBay

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

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

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

For each of the following courses:

- Carolynn Crandall
- Indian Valley Campus, Ohlone 216
- Fee $100
- 2 Mondays, 6-9pm
  - Feb. 1 & 8
  - Course #15163
- 2 Mondays, 6-9pm
  - Mar. 1 & 8
  - Course #15164

Introduction to Dreamweaver

This course introduces you to the fundamentals of the market-leading software for creating and maintaining web sites in one well-integrated package. This course is for anyone who wants to design visually compelling Web sites without having to hand-code their pages. We will cover formatting text, preparing and placing images, and using dynamic media files. Learn how to easily create links, rollovers, and image maps for site navigation. Dreamweaver’s powerful site management feature allows you to quickly access and manage all the pieces that make up your web site.

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

- Steve Salzman
- 3 Thursdays, 7-10pm
  - Feb. 4-25 (No class Feb. 11)
  - Indian Valley Campus, Ohlone 216
  - Fee $170 (Includes $30 materials fee)
  - Course #15165
Intermediate Dreamweaver

Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets), smart objects, learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces and go more in-depth with site management and uploading/maintaining your website via a built in FTP client.

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

- **Steve Salzman**
- 3 Thursdays, 7-10pm
- Mar. 4-25 (No class Mar. 11)
- **Indian Valley Campus**, Ohlone 216
- Fee $140
- **Course #15166**

ILLUSTRATOR SERIES

Produce professional art and graphics for print, video, web, fabrics, and mobile devices with this program of choice. These courses will take you from simple shapes to powerful tool for creating more complex art. You may register for the entire series or for the individual courses. If you have any questions, please call Connie Rafanan at 415.485.9305.

To register for the series at a reduced fee:
- Fee $390 (Includes $30 materials fee)
- **Course #15170**

Introduction to Illustrator

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

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

- **Lynda Banks**
- 2 Fridays, Feb. 5 & 19
- Feb. 5, 9am-4pm
- Feb. 19, 9am-12noon
- **Indian Valley Campus**, Pomo 192
- Fee $170 (Includes $30 materials fee)
- **Course #15167**

Intermediate Illustrator

We will cover symbols and the use of symbol tools, brushes, graphic styles, appearances, transparencies, clipping masks, live trace and live paint, blending modes, and other tools and techniques to create spectacular art.

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

- **Lynda Banks**
- 2 Fridays, Feb. 19 & 26
- Feb. 19, 1-4pm
- Feb. 26, 9am-4pm
- **Indian Valley Campus**, Pomo 192
- Fee $140
- **Course #15168**

Advanced 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.

- **Lynda Banks**
- 2 Fridays, Mar. 5 & 12
- Mar. 5, 9am-4pm
- Mar. 12, 9am-12noon
- **Indian Valley Campus**, Pomo 192
- Fee $140
- **Course #15169**
FLASH SERIES

Thousands, if not millions of web sites use Flash for everything from streaming animation, games, educational movies, and interfaces. Flash has brought motion to the Internet and is a great tool for energizing content and increasing user interest and attention. You may register for the entire series or for the individual courses. If you have any questions, please call Connie Rafanan at 415.485.9305.

To register for the series at a reduced fee:
- Fee $390 (Includes $30 materials fee)
- Course #15174

Introduction to Flash

Learn the basics of Flash, the premier program for streaming animation for the Internet. We will cover basic timeline animation and step-by-step motion graphics. Create simple movies that have motion, music, and sound effects. Learn how to draw within Flash and how to import photos, visuals, and sound. We will begin animating in the first class.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Lynda Banks
- 3 Thursdays, 7-10pm
- Feb. 4-18
- Indian Valley Campus, Pomo 192
- Fee $170 (Includes $30 materials fee)
- Course #15171

Intermediate Flash

Build your Flash skills by adding to your basic animation and motion graphic techniques with sound properties. We will cover the integration of Illustrator and Photoshop layers to increase your production skills, masks and animation masks, effects and more advanced drawing, and animation techniques.

This course builds upon skills that are learned in Intro. to Flash.
- Lynda Banks
- 3 Thursdays, 7-10pm
- Feb. 25-Mar. 11
- Indian Valley Campus, Pomo 192
- Fee $140
- Course #15172

Advanced Flash

We will cover how to setup a Flash project, add interactivity to your projects using simple action scripting with buttons and the timeline as well as importing video.

This course builds upon skills that are learned in Interm. Flash.
- Lynda Banks
- 3 Thursdays, 7-10pm
- Mar. 18-Apr. 1
- Indian Valley Campus, Pomo 192
- Fee $140
- Course #15173

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. If you have any questions, please call Connie Rafanan at 415.485.9305.

Introductory Photoshop Series
This series includes Photoshop I & II at a reduced fee:
- Indian Valley Campus, Ohlone 216
- Fee $270 (Includes $30 materials fee)
- Course 15177

Photoshop I

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- Jazmine Loiselle
- 2 Thursdays, Feb. 4 & 11
- Feb. 4, 9am-4pm
- Feb. 11, 9am-12noon
- Indian Valley Campus, Ohlone 216
- Fee $170 (Includes $30 materials fee)
- Course #15175
Photoshop II
Discover techniques of unlimited image editing using layers, type masks, clipping layers, and clipping paths. Learn about Adjustment Layers for advanced image editing and simple tricks that allow you to take advantage of paths as selection strategies.

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

- **Jazmine Loiselle**
- 2 Thursdays, Feb. 11 & 18
- Feb. 11, 1pm-4pm
- Feb. 18, 9am-4pm
- **Indian Valley Campus**, Ohlone 216
- Fee $140
- **Course #15176**

Intermediate/Advanced Photoshop Series
This series includes Photoshop III & IV at a reduced fee:

- **Indian Valley Campus**, Ohlone 216
- Fee $240
- **Course #15180**

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

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

- **Jazmine Loiselle**
- 2 Thursdays, Feb. 25 & Mar. 4
- Feb. 25, 9am-4pm
- Mar. 4, 9am-12noon
- **Indian Valley Campus**, Ohlone 216
- Fee $140
- **Course #15178**

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

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

- **Jazmine Loiselle**
- 2 Thursdays, Mar. 4 & 11
- Mar. 4, 1-4pm
- Mar. 11, 9am-4pm
- **Indian Valley Campus**, Ohlone 216
- Fee $140
- **Course #15179**

Introduction 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 e-mail and print, repair damaged or scratched old photos, correct lighting, brightness/contrast and color, remove blemishes, red-eye, and other irregularities.

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

- **Jazmine Loiselle**
- Friday, 9am-4pm
- Feb. 5
- **Indian Valley Campus**, Ohlone 216
- Fee $130 (includes $30 materials fee)
- **Course #15181**

Intermediate Photoshop Elements: The Digital Darkroom
This course will continue to focus on photo editing techniques. We will review the basics, introduce basic selections and layers, and cover how to control separate areas of a photo in order to execute customized lighting and color adjustments. If there is enough time, we will cover step-by-step instructions to create a slide show with viewing capabilities on a CD or the Internet.

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

- **Jazmine Loiselle**
- Friday, 9am-4pm
- Feb. 19
- **Indian Valley Campus**, Ohlone 216
- Fee $100
- **Course #15182**
**Advanced Photoshop Elements: Digital Scrapbooking**

The focus of this course is to build layer and selection skills necessary in composing collages, montages, and digital scrapbooking. We will perform more advanced level enhancements and provide step-by-step exercises to develop skills in selection and layer techniques, creative composition, and layout tips, borders, patterns, and type effects, and an overview of how to create a digital photo album.

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

- **Jazmine Loiselle**
- **Friday, 9am-4pm**
- **Indian Valley Campus, Ohlone 216**
- **Fee $100**
- **Course#15183**

**DANCE**

**Introduction to West Coast Swing Dance**

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

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

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

- **4 Tuesdays, 6:30-8:15pm**
- **Feb. 2-23**
- **Almonte Clubhouse**
- **105 Wisteria, Mill Valley**
- **Fee $55**
- **Course #15025**

**Argentine Tango**

Join our sizzling new Argentine Tango classes and discover a new dramatic world of music and dance! You may register for both of the following classes in Argentine Tango for a reduced fee by registering with the course number directly below.

**Debbie Goodwin and John Campbell** specialize in Argentine Tango, studying dance both in the US and in Buenos Aires with renowned Argentine Tango Masters since 1996.

- **4 Fridays, 7:10-10pm**
- **Feb. 5-Mar. 5 (No class Feb. 12)**
- **Kentfield Campus, Physical Education Center 60**
- **Fee $78**
- **Course #15026**

**Beginning Argentine Tango**

This course is an introduction to the social form of Argentine Tango as danced in Buenos Aires. No previous experience necessary! You will learn a code of movement that will get you started with this improvised dance. Embrace, posture, connection with your partner, and basic navigation on the dance floor will be emphasized. It is highly recommended that this class be taken in conjunction with Argentine Tango: Pracitca and Cultural Series which is held directly following this class.

Appropriate shoes will be discussed in class.

- **Debbie Goodwin, MA (Dance Education)**
- **John Campbell**
- **4 Fridays, 7:10-8pm**
- **Feb. 5-Mar. 5 (No class Feb. 12)**
- **Kentfield Campus, Physical Education Center 60**
- **Fee $46**
- **Course #15078**

**Argentine Tango: Pracitca and Cultural Series**

This course is open to all levels. Practice what you have learned in Level 1 during the supervised Practica portion of this class. A challenging figure will be presented to the more advanced students each week. In addition we will explore the Argentine Tango culture through the presentation of films, mu-
sic, lectures, and discussions. During the practica we will take a short break to present video and discuss cultural issues.

Recommended: Registration in Beginning Argentine Tango or previous experience in Argentine Tango.

- Debbie Goodwin, MA (Dance Education)
- John Campbell
- 4 Fridays, 8:10-10pm
- Feb. 5-Mar. 5 (No class Feb. 12)
- Kentfield Campus, Physical Education Center 60
- Fee $58
- Course #15079

### 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 Fridays, 6:10-7:30pm
- Feb. 5-Mar. 26 (No class Feb. 12)
- Kentfield Campus, Physical Education Center 22
- Fee $75
- Course #15027

### Traditional Samba

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

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

Samuka also teaches Samba for Health for Older Adults at the Indian Valley Campus which is free to the student. See page 43 of this schedule.

- 7 Mondays, 7:10-8:30pm
- Mar. 2
- Kentfield Campus, Harlan Center 165
- Course #15082

### Women Take the Stage: Modern European Drama

Women take title roles from the end of the 19th century to the late 20th century. We will consider Ibsen: *Hedda Gabler* (1890), *A Doll's House* (1879); Stindberg: *Miss Julie* (1888); Shaw: *Mrs. Warren's Profession* (1898); Chekhov: *Three Sisters* (1904); Jean Anouilh: *Antigone* (1944); Giraudoux: *The Madwoman of Chaillot* (1946); Brecht: *Mother Courage* (1941); Beckett: *Happy Days* (1961). The class will read scenes from the plays and view outstanding performances on DVD.

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

- 7 Tuesdays, 1:40-3:30pm
- Feb. 2-Mar. 16
- Kentfield Campus, Harlan Center 169
- Fee $64
- Course #15081 EC

### Voice Overs: The Big Picture

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

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

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

- 2 Saturdays, 10am-5pm
- Mar. 6 & 13
- Kentfield Campus, Harlan Center 165
- Fee $99 (Includes $2 materials fee)
- Course #15082
**FILM APPRECIATION**

**Film Appreciation: Teachers, Elders, and Mentors**

Learning is a lifelong process and, if we’re lucky, a lifelong passion. But none of us walks down that road of discovery without help. Some teachers are right in our own families. Some we have to seek out. Others find us. However we’re matched up, however inevitable or unexpected the pairings might be, the process of connecting ... teacher to student ... is often as important as the wisdom that is imparted. Three of the films for Winter are: *The History Boys* (UK 2006), *Antonia’s Line* (The Netherlands 1995), *The Education of Little Tree* (USA 1997).

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

- 7 Thursdays, 2:10-5pm
- Feb. 4-Mar. 18
- Kentfield Campus, Science Center 101
- Fee $89 (Includes $1 special fee)
- Course #15080 EC

**Also of interest ...**

COM International Film Festival 2010 is listed on page 51.

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**FINANCIAL PLANNING**

**Financial Workshop for Individual Investors: The Basics of Investing**

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

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

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

- 6 Mondays, 6:40-8:30pm
- Feb. 1-Mar. 15 (No class Feb. 15)
- Kentfield Campus, Physical Education Center 91
- Fee $84 (Includes $6 materials fee)
- Course #15029

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**FOODS AND WINE**

**Wines of Italy**

Learn about the wine and wine grape growing regions in Italy. We will explore the principle growing regions, taste representative wines, and discuss their uniqueness to each area, including Tuscany, Piedmont, Tre Venezia, and Southern Italy.

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

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

- 4 Mondays, 6:30-8:30pm
- Mar. 1-22
- Osher Marin Jewish Community Center
- 200 N. San Pedro Rd. San Rafael
- Fee $118 (Includes $60 special fee)
- Course #15084

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**HEALTH & WELLNESS**

**Procrastinate No More!**

When we procrastinate, we either avoid a task completely, substitute one activity for another or decide doing it later is better. Sound familiar?

Chronic lateness, missed deadlines, and unorganized closets may be minor consequences. But missed opportunities (due to habits of delay) can diminish the quality of our lives and lead to feelings of disappointment and failure. In this
one-day class, students will learn various tools and techniques to break the habit and switch from avoidance and procrastination diversions to ‘do it now’ actions. Students will be given a 170-page workbook, their personalized program for breaking free from the patterns that hold them back.

Adrian Tiller, MFT, has been a teacher and counselor for over twenty years. He previously taught graduate students at Dominican University in the Counseling Psychology Department. He is a licensed Marriage and Family Therapist.

■ Saturday, 10am-4pm
■ Mar. 20
■ Kentfield Campus, Harlan Center 161
■ Fee $98 (Includes $6 materials fee)
■ Course #15030

10 Ways to Make Peace with the Past and Create A New Future

In this class you will learn ten guidelines to understanding and letting go of the past, and living a life infused with well-being, productivity, and fulfillment. Through discussion, anecdotes, meditations, self-reflective exercises, and clearing processes, we will explore the principles on which the guidelines are based and begin to see how we can participate in making our lives better. The concepts and exercises in this course can help build a life you love, but the effectiveness of the work lies in your willingness to participate.

A list of suggested readings will be distributed in class.

Suzanne Gold, MA (Psychology) is experienced as therapist, writer, teacher, and survivor of a dysfunctional family devastated by mental illness.

■ 4 Wednesdays, 7:10-9pm
■ Feb. 10-Mar. 3
■ Kentfield Campus, Harlan Center 169
■ Fee $75 (Includes $1 materials fee)
■ Course #15083

Women’s Wellness and Power: Meditative Workshops

In these workshops you will learn to use your Female Power consciously for Yourself, with certainty and joy. The effects of society’s old judgments and cultural dogmas will be revealed and depogrammed from your Energy Anatomy—helping you reclaim your own Wellness and Creativity.

You will create changes during these sessions! Learn simple tools to release invalidation, find your own truth, and recognize Your Self as a Woman! By tuning up your Female Energy System, and Healing Yourself in specific ways, You will become complete, radiant, and powerful in the Female Body.

These sessions are meditative in nature, and an environment will be created which will facilitate your ability to find your own answers.

■ Maria Nikl
■ 6 Thursdays, 6:40-10pm
■ Feb. 4-Mar. 11
■ Kentfield Campus, Olney Hall 109
■ Fee $147
■ Course #15133

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

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

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

■ Saturday, 10am-4pm
■ Feb. 20
■ The Courageous Happiness Studio
■ Fairfax
■ Fee $99 (Includes $10 materials fee)
■ Course #15031
Bones Fit: Osteoporosis Prevention and Bone Strengthening Workshop

This workshop teaches you how to manage and prevent osteoporosis with the right exercise program. Learn the basics of spinal alignment, power posture, strength, and resistance exercises, as well as balance/fall prevention, weight-bearing, and stretching, plus the role of nutrition. The goal is to provide you with the tools that prevent further loss of bone density, strengthen bones, and prevent falls through better balance.

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

Marion Kregeloh, PT, CFP is highly skilled in evaluating, treating, and educating students in bone health, osteoporosis prevention, back care, and individualized exercise programs.

- 2 Fridays, 12noon-2pm
- Mar. 5 & 12
- Kentfield Campus, Physical Education Center 22
- Fee $58
- Course #15032 EC

Exercise for Adults with Special Needs Instructor Certification Course

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

Upon completing the class, students may become certified trainers for Exercise Leader for Adults with Special Needs with the Senior Fitness Association. (There is an additional $35 fee for the SFA certification, and current CPR and First Aid are needed for certification.) Students participate in exercise activities in class. There is an hour lunch break each class.

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

- Betsy Best-Martini, MS (Recreational Therapy), SFA certified
- Kim Jones, MS (PE-Exercise Physiology), ACSM, SFA certified
  - 15 Thursdays, 4:10-7pm
  - Feb. 4-May 20 (No class Apr. 15)
  - Kentfield Campus, Physical Education Center 91
  - Fee $239 (Includes $3 materials fee)
  - Course #15111

CONTINUING EDUCATION FOR HEALTH PROFESSIONALS

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

Course offered for CE Hours for Nurses:

Do It Yourself Pain Relief: A New Way to Exercise

is listed on page 43 under Noncredit.
DENTAL ASSISTING

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

Radiology Course

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

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

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

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

- Shirley Watt, CDA, RDA
  - 2 Fridays, 5-9pm
  - 2 Saturdays, 8am-5pm
  - Mar. 5-13
  - Kentfield Campus, Harlan Center 156
  - Fee $355 (Includes $155 materials fee)

Coronal Polish (12 CE Hours)

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

- Marlene Wilgis, CDA, RDA
  - Friday, 5-9pm
  - Saturday, 8:30am-5pm
  - Mar. 26 & 27
  - Kentfield Campus, Harlan Center 156
  - Fee $240 (Includes $60 materials fee)

HISTORY

The Gates to Western Europe: Eastern Europe and the Balkans

"Learn about ... a group of peoples who in spite of their tremendous individual cultural wealth, throughout the centuries, almost never enjoyed the benefits of complete freedom." Mircea Eliade

During this course we will discuss the origins, culture, and evolution of Eastern Europe including the Balkans. We will focus on their importance and past destiny as the protector of Western Europe from Turkish invasions.

We will discuss the ancestors of the Eastern Europeans: the Celts, the Thracians, the Dacians; the tremendous Byzantine influence, the centuries of Austrian and Ottoman occupation, and especially the cultural impact of these diversified civilizations on each country. Each country will be presented individually from their beginnings to the present, including Albania, Bulgaria, Croatia, Czech Republic, Hungary, Poland, Romania, Serbia, Slovakia, and Slovenia.

Erika Harkins, MA, received her degrees at the University of Paris in France, and in Romania.

- 7 Mondays, 2:10-4pm
  - Feb. 1-Mar. 22 (No class Feb. 15)
  - Kentfield Campus, Harlan Center 165
  - Fee $66 (Includes $2 materials fee)
  - Course #15087 EC

- A registration form is at the center of this schedule.
INTENSIVE ENGLISH PROGRAM (ESL)

At the INDIAN VALLEY CAMPUS in Novato

Spring Semester 2010:
Jan. 19-May 14

$2,550 full-time (20 hours) F-1 Visa Students (I-20s issued by College of Marin)
- SMALL CLASSES
- FIELD TRIPS
- 16 WEEKS
- TOEFL PREPARATION—I-20s
- EASY TRANSFER TO CREDIT CLASSES

Spring 2010—Two 8-week sessions

Non-F1 students can now choose from two 8-week sessions or one 16-week session:
Session A: January 19—March 12
Session B: March 16—May 14
$1175 for 8 weeks/$2325 for 16 weeks (20 hours)
$975/1925 (15 hours)
$725/$1425 (10 hours)
$375/$775 (5 hours)

Courses meet 5 hours per week:

Writing with Grammar Practice
Tuesday/Thursday 9:10-11:35

Speaking/Listening/Pronunciation
Wednesday/Friday 9:10-11:35:

Grammar for Oral and Written Communication
Tuesday/Thursday 12:30-2:45:

Reading and Vocabulary Development with Topics in American Culture
Wednesday/Friday 12:30-2:45:

A Certificate of Attendance is issued at the end of each session.

New affordable 8-week sessions let students enroll at semester beginning or mid-term.

For more information or to apply:
Call 415.883.2211, ext. 8579
Fax: 415.883.2632
E-mail: intensive.english@marin.edu
For schedule and downloadable F-1 application: www.marincommunityed.org

LANGUAGES

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

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

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

Introduction to Farsi (Persian)

You will be introduced to basic Farsi vocabulary and simple sentence structure. The emphasis of this class is on learning Persian sounds, pronunciation, and vocabulary building. Upon successful completion of this course, you will be able to speak in simple sentences and be familiar with general expressions, short phrases, proper greetings, and how to make introductions.

Classes will be held with the aid of an audio book.

Text: Course book with CDs: Farsi, A Complete Course for Beginners, Nick Pendar, PhD., pub.: Living Languages. This course book and CDs will be used for future classes in Farsi.

Mehri Dadgar, (MFA), is a native of Iran and received her teaching credential there.

- 7 Saturdays, 10am-12noon
- Feb. 6-Mar. 27 (No class Feb. 13)
- Kentfield Campus, Harlan Center 166
- Fee $84 (Includes $1 materials fee)
- Course #15112
LANGUAGES

Conversational French: First Year, Third Quarter

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

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

- 7 Mondays, 6:40-8:30pm
- Feb. 1-Mar. 22 (No class Feb. 15)
- Kentfield Campus, Olney Hall 104
- Fee $84
- Course #15044

Conversational French: Second Year, Third Quarter

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

- Anne-Marie Lebas
- 7 Wednesdays, 6:40-8:30pm
- Feb. 3-Mar. 17
- Kentfield Campus, Harlan Center 165
- Fee $84
- Course #15045

Conversational Italian: First Year, Third Quarter

Continue learning basic Conversational Italian, including pronunciation, vocabulary and command of idiomatic expressions and colloquialisms. See Note at beginning of Languages section.

Lido Cantarutti
- 7 Tuesdays, 7:10-9pm
- Feb. 2-Mar. 16
- Kentfield Campus, Student Services Center 111
- Deede Staff Lounge
- Fee $84
- Course #15046

Ilia Salomone-Smith
- 7 Tuesdays, 3:10-5pm
- Feb. 2-Mar. 16
- Kentfield Campus, Harlan Center 161
- Fee $64
- Course #15047 EC

Conversational Spanish: First Year, Third 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 and practice vocabulary, pronunciation, idiomatic expressions and colloquialisms. The emphasis will be on developing the ability to converse. See Note at beginning of the Languages section.

Nancy McInnes
- 7 Thursdays, 7:10-9pm
- Feb. 4-Mar. 18
- Kentfield Campus, Harlan Center 165
- Fee $84
- Course #15048

Milt Hain
- 7 Tuesdays, 2:10-4pm
- Feb. 2-Mar. 16
- Kentfield Campus, Science Center 177
- Fee $64
- Course #15049 EC

Conversational Spanish: Second Year, Third Quarter

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

Milt Hain
- 7 Fridays, 2:10-4pm
- Feb. 5-Mar. 26 (No class Feb. 12)
- Kentfield Campus, Temporary Building 119
- Fee $64
- Course #15091 EC

www.marincommunityed.org
French Literature: Le Cid – Pierre Corneille’s First Masterpiece

Join us in discussing *Le Cid*, a 17th century play, and first masterpiece of the famous French playwright Pierre Corneille. With *Le Cid*, Corneille changed the form of the dramatic play, and his transformation met with applause from the audience in spite of displeasing Cardinal Richelieu. This tragic-comedy demonstrates the interplay between reality and illusion, characteristic of Baroque art.

Corneille was inspired by the life of the 11th century Spanish national hero Rodrigo Diaz who distinguished himself during the conquest of the Spanish Muslim Kingdom. It relates events of *Le Cid* coming of age, reflecting passion and complex psychological insights of the times. We will also discuss important Parisian theatres and famous French actors from the XVII century.

- **Erika Harkins**, MA (French Literature)
- **7 Wednesdays, 2:10-4pm**
- **Feb. 3 – Mar. 17**
- **Kentfield Campus, Harlan Center 170**
- **Fee $66 (Includes $2 materials fee)**
- **Course #15088 EC**

Another course of interest ...

*The Gates to Western Europe: Eastern Europe and the Balkans*

is listed on page 25 under History.

Literature and Science

In every age there have been writers who hold together several worlds in one drama and alter our perspectives. They blend lyrical and technical vocabulary, as does Shakespeare who fuses the discourses of astronomy, medicine, political theory, and religion in his sonnets. The poet Emily Dickinson tests the outer boundaries of her thought by mapping astrophysics, microbiology and cellular geometry onto her poetic experiments. Thomas Mann’s *Death in Venice* portrays Europe breaking apart into war as a progressive illness. Mark Haddon filters his novel *The Curious Incident of the Dog in the Nighttime* through the mind of a boy with Asperger’s Syndrome. And William Burroughs, in his outrageous *Naked Lunch*, conceives of images and words as viruses invading the receptive host and replicating themselves. We will explore the viewpoints, scientific and poetic, through which these writers enrich our perception.

- **Margo Nashner Fields**, MA, MFT
- **7 Fridays, 10:10am-12:30pm**
- **Feb. 5-Mar. 26 (No class Feb. 12)**
- **Kentfield Campus, Science Center 133**
- **Fee $78 (Includes $2 materials fee)**
- **Course #15092 EC**

*Hans Christian Andersen’s Fairy Tales*

This course offers the opportunity to study a variety of Andersen’s fairy tales. We will analyze the tales in terms of their structure, style, and meaning. Moreover, we will discuss the impact Andersen’s stories had on the literary scene not only in Denmark but also in that of foreign countries.


- **Ulla Thomsen**, PhD (Scandinavian Languages and Literature) has taught in colleges and universities from California to Shanghai, China.
- **7 Tuesdays, 2:10-4pm**
- **Feb. 2-Mar. 16**
- **Kentfield Campus, Physical Education Center 91**
- **Fee $64**
- **Course #15089 EC**

Another course of interest ...

*Women Take the Stage: Modern European Drama*

is listed on page 21 under Drama.
Chaucer and the History of the English Language

The course begins with an abbreviated history of the English language. We will survey the major Indo-European family groups, Grimm’s Law, the relation of English to other Germanic languages, the effect of the Norman Conquest on English grammar, vocabulary, and spelling; the Great Vowel Shift; and how to use the Oxford English Dictionary. Then we’ll read Chaucer’s Prologue and selected Canterbury Tales. Our Norton edition makes Chaucer’s Middle English easy to approach.

Recommended texts will be discussed in class.

Felix Braendel, BA, MA, PhD, taught classes on the Canterbury Tales at Temple University.

- 7 Tuesdays, 2:10-4pm
- Feb. 2-Mar. 16
- Kentfield Campus, Science Center 133
- Fee $69 (Includes $5 materials fee)
- Course #15131

Poetry of the Spirit and Consciousness

The course will focus on spiritual poetry of the last 1,000 years to bring out the mystical connection between various traditions. Each week we will read aloud five to six poems from poets such as Rumi, Hafiz, Kabir, Mirabai, St. John of the Cross, St. Teresa of Avila, St. Catherine, and Rilke. Through discussion and brief meditation periods, we will enrich our knowledge and understanding of spiritual poetry, mysticism, and the nature of consciousness.

Recommended text: Mala of the Heart (Pub. New world Library 01-01-2010), edited by Ravi Nathwani and Kate Vogt

Ravi Nathwani was born into a business family in East Africa and raised in India in the Vaishnav Hindu tradition. He has become a modern-day messenger of a variety of Vedic studies through his lectures and workshops.

- 6 Thursdays, 2:10-4pm
- Feb. 18-Mar. 25
- Kentfield Campus, Harlan Center 127
- Fee $59 (Includes $1 materials fee)
- Course #15093 EC

Anthropology through Literature: Demagogues and Democracy in the 1900s

In the 1900s many European colonies became independent, and women gained political rights in numerous countries. Dictators like Hitler and Cuba’s Batista were ousted, yet other repressive demagogues were not swept away by the revolutions in Russia and China. Established social patterns were changed by technological developments: from the typewriter to the computer, the wireless telegraph to the internet, the zeppelin to the international space station. Creative perspectives shifted from Shaw to Stoppard, from Rachmaninoff to Cage, from Gaugin to Pollack, and from Rodin to Calder.

We will consider A.S. Byatt’s The Children’s Book, Durrell’s Justine, Tan’s The Kitchen God’s Wife, and Shafak’s The Bastard of Istanbul. The instructor provides a timeline, an annotated bibliography, and a “bookbox” including Jacqueline Winspear mysteries, Alan Furst’s The Foreign Correspondent, and Australian Nobel Laureate Patrick White’s Riders in the Chariot.

- Maggi Nicholson
- 7 Mondays, 10:30am-12:30pm
- Feb. 1-Mar. 22 (No class Feb. 15)
- Tiburon Town Hall, Community Room
- 1505 Tiburon Blvd., Tiburon
- Fee $64 (Includes $1 special fee)
- Course #15090 EC

MARIN ADVENTURES

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

Hiking Class Itineraries: With the exception of Bird-Watching in Marin, itineraries for the hiking classes are available on www.marincommunityed.org. Go to the Marin Adventures section and double-click on the appropriate course number. If you do not have internet access, More Marin Adventures
call 415.485.9305 and press 4 when you hear the automated voice. Please leave a detailed request, including the class you are registered for and your name and mailing address.

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

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

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

- **Orientation:** Tuesday, 9:10am-1pm
- **Feb. 9
- Kentfield Campus, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- Feb. 16-Mar. 9
- Fee $92
- Course #15033 EC

**Meandering in Marin**

If you enjoy getting exercise, socializing with a congenial group and learning about birds, flowers, butterflies, and mushrooms, come join the Meanderers. Hikes are four to five miles with an elevation gain of under 1,000 feet, and we stop to enjoy lunch. Come prepared to enjoy yourself, rain or shine. Please see **Note** under Marin Adventures heading, including the information about class itineraries.

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

**For each course listed below:**

- Fee $115
- 7 Mondays, 9:45am-1:45pm
  Feb. 1-Mar. 22 (No class Feb. 15)
  Course #15035 EC
- 7 Tuesdays, 9:45am-1:45pm
  Feb. 2-Mar. 16
  Course #15036 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 four to six mile hikes. Along the way we will discuss plants, birds, insects, and whatever else may catch our eyes. Participants must be in good physical condition and capable of hiking, without undue fatigue, at a 30-minute mile pace on uneven terrain with about 1000 feet of elevation gain.

Please see **Note** under Marin Adventures heading, including the information about class itineraries. Please, dogs are not invited to this class.

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

- 6 Saturdays, 10am-2pm
- Feb. 6-Mar. 27 (No class Feb. 13 & 20)
- Last class: 10am-4pm
- Fee $104
- Course #15037 EC

**Marin Men’s Chorus**

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

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The
instructor will collect an additional $40 at the first class meeting for materials/ac­ companist fees.

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

- 7 Tuesdays, 7:30-9:30pm
- Feb. 2-Mar. 16
- St. Stephen's Church
- 3 Bayview Ave., Belvedere
- Fee $39
- Course #15038 EC

Another course of interest . . .

Chorus Emeritus

is listed on page 43 under Noncredit.

Piano Classes for Beginners to Advanced

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

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

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

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

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

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

To sign up for Piano Class, use the course number below. Students should attend the section that matches their ability. If you are new to the course or are unsure of your placement, e-mail the instructor at marciabau@aol.com.

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

For each section listed above:
- Times as above
- 7 Tuesdays & 7 Thursdays
- Feb. 2-Mar. 18
- Kentfield Campus, Fine Arts 188
- Fee $88
- Course #15039

Instant Piano for Hopelessly Busy People

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

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

- Robert Laughlin
- Saturday, 9am-12:30pm
- Feb. 20
- Kentfield Campus, Fine Arts 177
- Fee $65 (Includes $30 materials fee)
- Course #15042

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

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

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

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

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

- Robert Laughlin
- Saturday, 1:30-5pm
- Feb. 20
- Kentfield Campus, Fine Arts 177
- Fee $65 (Includes $30 materials fee)
- Course #15043
Harmonica Workshops: Double Your Fun

No previous ability to read or play music is needed for either class. You will need a C major diatonic harmonica. Harmonicas will be available in class for $10. CD and handouts are included in the materials fee. Questions? Call the instructor at 707.987.0165. Take both harmonica workshops at a reduced fee or sign up for only one as shown below.

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

For each course listed below:

- Thursday, Mar. 11
- Kentfield Campus, Fusselman Hall 120

To register for both workshops at a reduced fee:

- Fee $75 (Includes $25 materials fee)
- Course #15050

Healthy Harmonica: Tunes and Rhythms

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

- 6:10-7:45pm
- Fee $39 (Includes $13 materials fee)
- Course #15051

Very Beginning Blues Harmonica

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

- 8-10pm
- Fee $44 (Includes $14 materials fee)
- Course #15052

PARENTING

Do It Yourself College Counseling for Parents of High School Students

In this introductory course, you will receive the necessary tools to get started and keep you and your child ‘on track’ with the college application process. Learn about College Entrance Tests (SAT and ACT) and the appropriate time for your child to take them. Understand how colleges evaluate student transcripts and the best courses to take in high school. Discover what role extra-curricular activities play in the application process and receive tips for choosing the best activities for your child. Examples of how these factors relate to different colleges including the UC, Cal State, and selective private colleges will be provided. You will have plenty of opportunity to ask questions.

Rosemary Costello, MA (Education/Counseling) has advised over 1800 students on the college admission process, and has a thorough understanding of what it takes to get into college today.

- Saturday, 10am-12noon
- Feb. 20
- Indian Valley Campus, Pomo 255
- Fee $46 (Includes $1 materials fee)
- Course #15114

How to Get Your Teens and Young Adults to Independence

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

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

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

- Saturday, 1-4pm
- Feb. 6
- Kentfield Campus, Harlan Center 127
- Fee $55 (Includes $20 materials fee)
- Course #15053

Creating A Life and Finding A Job After Graduation

If you have graduated college, high school, or been out in the world for a while trying to find your job and career, this class is for you! Learn which career pathways to explore and how to research jobs in your career area. Learn what training or education you will need to accomplish the job and what salary level is necessary to support the life style you desire.
PERSONAL DEVELOPMENT

We explore the skills needed for independence including money management, resume writing, interview techniques, and finding an affordable living situation.

- Ellen Gibran-Hesse  
- Saturday, 1-4pm  
- Mar. 6  
- Kentfield Campus, Harlan Center 127  
- Fee $35  
- Course #15054

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Patty Cala, Program Director

This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. On-going seminars and support groups are offered to help in the day-to-day caring for these children. Professionals, foster parents, and guest speakers address topics identified by the Foster and Kinship Care Education Advisory Board. Call Patty Cala at 415.457.8811, ext. 8239, for further information. These courses are funded by a grant from the Chancellor’s Office, California Community Colleges.

Intro. to Foster and Adoptive Parenting

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

PERSONAL DEVELOPMENT

Celebrate Retirement: The Freedom and the Frustration

Every business day approximately 15,000 doctors, lawyers, engineers, CEOs, entrepreneurs, teachers, and others retire. We’re talking about Boomers, those over 55. This group leaves the work force with well-honed talents and skills. They have amazing gifts needed by their communities. If this describes you, this is your class! Discover what gives meaning and purpose to retirement. Learn how to handle unexpected frustrations and make adjustments. Using a well-crafted workbook, we will complete stimulating and dynamic written exercises in class and engage in lengthy discussions about what we discovered about ourselves and this new enterprise called “Retirement.”

This class is recommended by the Emeritus Students Curriculum Committee for those newly retired or thinking about retirement.

Text: Celebrate Retirement, the Freedom and the Frustration is covered by the materials fee and will be distributed in class.

Roberta Dillon, is a retired corporate Vice President who was accustomed to operating in a fast-paced, successful environment and suddenly found herself retired.

- 7 Thursdays, 7:10-9pm  
- Feb. 4-Mar. 18  
- Kentfield Campus, Harlan Center 170  
- Fee $99 (Includes $12 materials fee)  
- Course #15108 EC

Change Happens! Making Change Work for You

Financial reverses? Marriage/Divorce? Birth/Empty nest? Job loss? Career Change? Retirement? There are two kinds of change: the change you choose and the change that chooses you. Are you exhilarated by the change, paralyzed or somewhere in between? Do you feel like you are spinning your wheels?

This two-day inspirational and fun workshop will show you how to get “unstuck” from the past and move on. By breaking down change we will accelerate the transition process by utilizing five steps:

- Clarify  
- Connect  
- Create  
- Commit  
- Celebrate

This class will provide a framework within which you will create your own roadmap toward future opportunities. You will leave the workshop with tools to move forward including a personal roadmap and action plan. Make change work for you!

A manual will be distributed in class which is included in the materials fee.

Ellen Duenow is a management consultant, with 25 years of experience, focused on transition management and communication skills.

- 2 Saturdays, 9am-12noon  
- Mar. 6 & 13  
- Kentfield Campus, Physical Education Center 91  
- Fee $110 (Includes $30 materials fee)  
- Course #15095

A registration form is at the center of this schedule.
How to Be Heard by (Almost) Anyone

“He tunes me out.” “It’s like talking to a brick wall.” “I just can’t get through to them.” “She rubs me the wrong way.” Sound familiar? The problem could be as simple as a difference in communication styles. It is human nature to communicate with everyone the same way, and most of the time it works for us; however, occasionally it doesn’t work, and we wonder what’s wrong with “them.”

In this highly interactive and entertaining workshop you will learn about your natural communication style, when it can be your most powerful asset and when it might work against you. You will also learn how to recognize others’ styles and how to communicate best with them!

A manual will be distributed in class which is included in the materials fee.

Ellen Duenow

Saturdays, 1-4 pm
Mar. 13
Kentfield Campus, Physical Education Center 91
Fee $75 (Includes $30 materials fee)
Course #15096

Thriving with Adult ADHD: Managing the Challenges and Maximizing the Gifts

Are you, or a loved one, restless and easily distracted, or do you have difficulty sustaining attention and concentration? Are you energetic, creative – an ‘out-of-the-box’ thinker? Do you have difficulties with time management, organization, and planning? You may have Attention Deficit/Hyperactivity Disorder (ADHD).

People who learn to maximize the gifts that often accompany ADHD excel personally and professionally – think Albert Einstein, Winston Churchill, Eleanor Roosevelt, Justin Timberlake.

Join us to gain a better understanding of ADHD and:

• Identify how ADHD manifests in different areas of one’s life
• Learn to Work with ADHD instead of against it
• Develop an 8-step management plan for ADHD
• Embrace a new perspective that creates a more joyous life.

Cristine Pollock, MS (Special Education), ADHD Coach, works with adults to help them overcome challenges to achieve personal, professional, and academic goals.

7 Mondays, 7:10-9pm
Feb. 1-Mar. 22 (No class Feb. 15)
Kentfield Campus, Science Center 104
Fee $84 (Includes $1 materials fee)
Course #15097

PHILOSOPHY

Exploration of Buddhist Meditation Practices

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

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

7 Wednesdays, 7:10-9 pm
Feb. 3-Mar. 17
Kentfield Campus, Physical Education 91
Fee $84
Course #15055

What is Islam?

Religion lies at the root of every culture, decisively influencing art, literature, legislation, economics, and more. Without knowing the religious background and traditions of a people, it is very difficult, if not impossible, to understand their history, literature, art, and even their current politics. Religion shapes a worldview – a way of looking at things and a way of interpreting reality. The purpose of this course is to familiarize you with the foundations of Islam, being Muslim, and sources of many misconceptions about Islam through PowerPoint presentation.

For registration information, see pages 46-48.
PHYSICAL FITNESS

and through reading and discussing excerpts from the Quran and the Bible.

Mehri Dadgar, MFA, an artist and filmmaker, endured five years as a political prisoner in her native Iran.

- 7 Thursdays, 11:10-1pm
- Feb. 4-Mar. 18
- Kentfield Campus, Physical Education
- Fee $67 (Includes $3 materials fee)
- Course #15137 EC

PHOTOGRAPHY

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

Basic Photography

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

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

Bring an adjustable camera to class each week. This class is beyond ‘point and shoot’ cameras so you need to be able to make adjustments to your camera. Darkroom work will not be discussed.

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

- 6 Fridays, 7:10-10pm
- Feb. 5-Mar. 19 (No class Feb. 12)
- Kentfield Campus, Harlan Center 165
- Plus Full Moon field trip
- Sunday, Feb. 28, 7-10pm
- Fee $187 (Includes $10 materials fee)
- Course #15056

Night Photography

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

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

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

- 6 Fridays, 7:10-10pm
- Feb. 5-Mar. 19 (No class Feb. 12)
- Kentfield Campus, Harlan Center 165
- Plus Full Moon field trip
- Sunday, Feb. 28, 7-10pm
- Fee $187 (Includes $10 materials fee)
- Course #15056

PHYSICAL FITNESS

Note: Please check with your physician before you register for any P.E. class(es). If you have any questions about the level of difficulty of the class, please call 415.485.9305, press #4 to reach a staff person, and ask to leave a message for the instructor. Please see our Refund Policy on page 48.

Exercise, Fitness, and Wellness

These seven sessions provide an overview of major components that contribute to a balanced and healthy lifestyle. Areas of focus will include stress management, goal setting, cardiovascular fitness, body composition, lower back care, flexibility, weight management, muscular endurance, and designing workouts you can do at home or outdoors.

Classes will include assessment and goal setting, testing to determine fitness level and body composition, a balanced approach to weight management, an individualized workout program, and more! Each week the class will be half lecture and half activity.

- Christy Murphy, MA (Exercise Science)
- 7 Mondays, 7:10-9pm
- Feb. 1-Mar. 22 (No class Feb. 15)
- Indian Valley Campus, Ohlone 215
- Fee $84
- Course #15098
PHYSICAL FITNESS

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

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

Please bring a towel and blanket, and wear loose, comfortable, layered clothing.

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

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

■ 7 Wednesdays, 6:10-7pm
■ Feb. 3-March 17
■ Kentfield Campus, Physical Education Center 22
■ Fee $73 (Includes $10 materials fee)
■ Course #15059

Yoga for a Healthy Back

This course teaches you safe and effective strategies for a healthy back. It especially focuses on the lower back, an important supporting structure that often becomes compromised. If you have mild chronic back pain and/or are interested in an educational, preventive approach to back care, this program is for you.

There will be emphasis on slow movements that strengthen, stabilize, and stretch the lower back. With the aid of breathing techniques we will activate the deep core muscles, support the lumbar, and promote intervertebral space. As a way to address underlying causes for back problems we will also explore appropriate range of motion, bring awareness to movement patterns, and develop healthy ones.

Please bring a yoga mat, blanket or towel, and cushion if desired. Eat lightly before class.

Sara Persson is a certified Viniyoga Teacher.
■ 7 Tuesdays & 7 Thursdays, 3:40-5pm
■ Feb. 2-Mar. 18
■ Kentfield Campus, Physical Education Center 60
■ Fee $108
■ Course #15103

Yoga and Meditation

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

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

Paul Landrum, PhD, has been teaching yoga at the College of Marin since 1988.

For each course below:
■ Feb. 2-Mar. 18
■ Indian Valley Campus, Ohlone 106
■ Fee $108
■ 7 Tuesdays & 7 Thursdays, 4:10-5:30pm
Course #15060
■ 7 Tuesdays & 7 Thursdays, 5:40-7pm
Course #15130

Yoga for Every Body, Yoga for Every Mind

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

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

Bring a sticky mat to the first class.

Susy Stewart has studied yoga for 30 years including in India with the Iyengars and Integral yoga at the Sri Aurobindo
A registration form is at the center of this schedule.

PHYSICAL FITNESS

Ashram. She is certified in Integrated Yoga Studies by the California Institute of Integral Studies.

- **Kentfield Campus**, Physical Education Center 60
- 6 Saturdays
- Feb. 20-Mar. 27

**Beginner**
- 10-11:30am
- Fee $69/Course #15061

**Intermediate**
- 8-9:45am
- Fee $75/Course #15062

**Introduction to Pilates**

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

Please bring your own mat to classes at the Indian Valley Campus. Be sure to arrive on time for warm ups to prevent injury.

**For each course listed below:**
- MinJae Laws
- Fee $68

**Indian Valley Campus**, Miwok 170
- 7 Mondays, 6-7pm
- Feb. 1-Mar. 22 (No class Feb. 15)
- Course #15057

**Form Studio**
1000 Fifth Ave., Suite B, San Rafael
- 7 Mondays, 10-11am
- Feb. 1-Mar. 22 (No class Feb. 15)
- Course #15058
- 7 Tuesdays, 6:30-7:30pm
- Feb. 2-Mar. 16
- Course #15110

**Qigong and Women’s Health**

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

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

Qigong relaxes the mind and body, facilitating a deep restful sleep. Handouts will be provided. Please wear clothing for ease of movement.

- **Denise Aubin**
- 7 Tuesdays, 5:40-6:30pm
- Feb. 2-Mar. 16
- **Kentfield Campus**, Temporary Building 101
- Fee $56 (Includes $1 materials fee)
- Course #15063

**Wado Ki Kai Karate**

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

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

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

- 7 Mondays & 7 Wednesdays, 6:40-8pm
- Feb. 1-Mar. 22 (No class Feb. 15)
- **Kentfield Campus**, Physical Education Center 60
- Fee $124
- Course #15064
Boxing for Fitness

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

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

- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Feb. 2-Mar. 18
- Kentfield Campus, Physical Education Center 60
- Fee $124
- Course #15065

Strength and Fitness Training

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

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

Beginner/Intermediate

- Betsy Best-Martini, MS (Recreational Therapy), SFA certified
- Feb. 3-Mar. 26 (No class Feb. 12 & Mar. 24)
- Kentfield Campus, Physical Education Center
- 7 Wednesdays 7:30-9am, PE Center 22
- 7 Fridays, 8-9:30am, PE Center 20
- Fee $89
- Course #15066 EC

Advanced

- Kim Jones, MS (Exercise Physiology), ACSM, SFA certified
- Hazel Wood, BA, SFA, AF
- 7 Tuesdays & 7 Thursdays, 7-8:45 a.m.
- Feb. 2-Mar. 18
- Kentfield Campus, Physical Education Center 20
- Fee $99
- Course #15067 EC

Fitness Swim

Swimmers of all levels, from novices to competitive athletes, are invited to join a fun and motivating Masters-style group workout to improve their fitness and get into great shape. Highly skilled instruction will help you to 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 highly recommended. What to bring: swim goggles (required); swim cap (optional); and water bottle (recommended).

For all courses listed below:

- Kentfield Campus, Pool
- Fee $108
- 6:40-7:45am
- Tina Marie Rossi
- 7 Mondays & 7 Wednesdays
- Feb. 1-Mar. 24 (No class Feb. 15 & 17)
- Course #15099

Betsy Babson

- 7 Tuesdays & 7 Thursdays
- Feb. 2-Mar. 25 (No class Feb. 16 & 18)
- Course #15100

7:10-8:15pm
- Tina Marie Rossi
- 7 Mondays & 7 Wednesdays
- Feb. 1-Mar. 24 (No class Feb. 15 & 17)
- Course #15101

Betsy Babson

- 7 Tuesdays & 7 Thursdays
- Feb. 2-Mar. 25 (No class Feb. 16 & 18)
- Course #15102

WRITING

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

Do you dream of seeing your name in your favorite magazine, or writing a book that celebrates your expertise? Hooks, leads, and satisfying endings are part of the craft of nonfiction writing; you’ll learn the basics here. Stringing words together is only the beginning: this course includes how to find markets and sell your work plus career-building tips. By day’s end, you’ll have the beginning and conclusion of at least one article you intend to write, the knowledge to research and complete it, and access to hundreds of possible markets.

Joanne Miller has been freelancing full-time since 1992 and is the author of five internationally published books, dozens of interviews (subjects include
The practice of writing these short organizations in Los Angeles, including other writing exercises—has a market. It occurs in 500 words, or two pages. In addition to being a writer is an official genre, with an ever-increasing number of print and online 'litmags,' including Shorts. There are three rules for writing well. Unfortunately, no one knows what they are.

**Basic Screenwriting Techniques**

In this class, you will have the opportunity to practice various screenwriting techniques and learn the business behind the art of writing for Hollywood. Develop your writing skills, understand the structure of a screenplay, and learn how to submit a screenplay to an agent. We will use a variety of formatting techniques necessary to write a professional screenplay for Hollywood.

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

- **Course #15069**
  - Fee $74 (Includes $1 materials fee)
  - **Kentfield Campus**, Harlan Center 161
  - Feb. 20

- **Course #15070**
  - Fee $59 (Includes $2 materials fee)
  - **Kentfield Campus**, Physical Education 91
  - Mar. 22 (No class Feb. 15)

**How to Write Flash Fiction—And Why You Want to**

Flash fiction is the art of writing a complete story in 500 words, or two pages. The practice of writing these short-shorts causes you to flex your best writing muscle: precision. In addition to being a writing adventure, flash fiction—unlike many other writing exercises—has a market. It is an official genre, with an ever-increasing number of print and online 'litmags,' and anthologies publishing it. Some of our best contemporary authors write flash fiction. Learn what else is needed, how to write these brief stories, and where to publish. Please bring a notebook and pen to class.

Peg Alford Pursell, MFA (Creative Writing), is an award-winning writer and has taught writing since 1984.

- **Course #15104 EC**
  - 4 Thursdays, 7:10-9pm
  - Feb. 6-20

- **Course #15105**
  - **Fee $119 (Includes $5 materials fee)**
  - **Kentfield Campus**, Physical Education 91
  - Feb. 20

**Elements of Creative Writing**

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

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.

- **Course #15132**
  - **Fee $59 (Includes $2 materials fee)**

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

Whether you write fiction, creative non-fiction or plays, creating interesting dialog is an essential element of dynamic writing. This intensive workshop will focus on writing dialog that is true to each speaker and differentiates him/her from everyone else in the conversation. Using examples from other writers, students will have the opportunity to analyze how each of these other authors wrote their dialog and how much each of us reveals about ourselves by what we do, and do not say. Students should be prepared to write in class and during the interim week.

There will be a one hour lunch break both meetings.

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

- **Course #15069**
  - **Fee $74 (Includes $1 materials fee)**
  - **Kentfield Campus**, Harlan Center 161
  - Feb. 20

- **Course #15070**
  - **Fee $59 (Includes $2 materials fee)**
  - **Kentfield Campus**, Physical Education Center 91
  - Mar. 22 (No class Feb. 15)

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- **Course #15132**
  - **Fee $59 (Includes $2 materials fee)**

**Course #15070 EC**

- **Course #15104 EC**
  - **Fee $59 (Includes $2 materials fee)**

www.marincommunityed.org
Creative Writing Workshop: The Writing Groove

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

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

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

■ 7 Thursdays, 1:10-4pm
■ Feb. 4-Mar. 18
■ Kentfield Campus, Harlan Center 161
■ Fee $91 (Includes $2 materials fee)
■ Course #15071 EC

Griefwriting

Engage in the practice of writing as a therapeutic expression of grief that can lead to a feeling of catharsis or release of emotions. In a context of empathetic discussion and insightful readings, describe how mourning feels, what helps (if anything), tell the story of what happened, and begin to research and articulate a philosophical or religious stance that provides perspective and a larger context for understanding and acceptance.

Marianne Rogoff, MA (Creative Writing) is an award-winning writer who taught Griefwriting at Book Passage and elsewhere. She is the author of Silvie’s Life.

■ 6 Mondays, 6:40-8pm
■ Feb. 1-Mar. 15 (No class Feb. 15)
■ Kentfield Campus, Learning Resources Center 36
■ Fee $95 (Includes $5 materials fee)
■ Course #15106

The Poetic Pilgrimage: Writing Poetry as Spiritual Practice

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

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

■ 7 Tuesdays, 2:10-4pm
■ Feb. 2-Mar. 16
■ Kentfield Campus, Harlan Center 171
■ Fee $67 (Includes $3 materials fee)
■ Course #15068 EC

Emeritus Writing and Performance Group

Come join this weekly workshop, one of the longest continuously running classes in Emeritus College, focusing on the writing and presentation of personal monologues, dialogues, and poems. Both fiction and creative non-fiction are welcome. 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 spring quarter.

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

■ 5 Saturdays, 10am-1pm
■ Feb. 27-Mar. 27
■ Kentfield Campus, Fine Arts 134/136
■ Fee $67
■ Course #15072 EC
EMERITUS COLLEGE
NONCREDIT (FREE) CLASSES FOR ACTIVE OLDER ADULTS

The following noncredit classes are FREE to all. If you are a continuing non-credit student, you may register at https://MyCOM.marin.edu. You may also register in person at the Admissions Office on either campus or through the mail using the registration form at the center of this schedule. Please keep in mind that registration applications which are mailed will not appear on the Student Portal until two (2) business days following receipt of the application by Admissions & Records.

To confirm your registration and access your class schedule, go to https://MyCOM.marin.edu.

**New Noncredit Students:** If this is your first time to register for a noncredit (free) class, please complete the “Community Education Application for Admission” found at the center of this schedule and submit it to COM’s Office of Admissions & Records. You may mail it to: College of Marin, Admissions & Records, 835 College Avenue, Kentfield, CA 94904; or fax it to 415.460.0773; or submit it in person at the Admissions Office on either the Kentfield or Indian Valley Campus. Once your application has been processed, you will be mailed a letter with instructions for accessing the Student Portal where, in the future, you will be able to register and check your class schedule.

### HEALTH AND SAFETY COURSES/EMERITUS COLLEGE

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<thead>
<tr>
<th>Course Code</th>
<th>Units</th>
<th>Title</th>
<th>Description</th>
<th>Start Date</th>
<th>End Date</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>HSFN 9010</td>
<td>0.0</td>
<td>Movement and Music for Older Adults A</td>
<td>This class is created for older persons who have not been exercising regularly, or have arthritis-related problems. It moves to relaxing music and employs chair exercises to tone body muscles, improve balance and flexibility, and strengthen muscles.</td>
<td>01/25 - 02/22</td>
<td>D Hain</td>
<td>Lab M 11:10am-12:00pm, OFF/WSTP</td>
<td>D Hain</td>
</tr>
<tr>
<td>HSFN 9015</td>
<td>0.0</td>
<td>Exercise for Fitness and Pleasure A</td>
<td>Maintaining and improving general health and fitness are the goals of this class for the active adult. Join us for stretching, toning, strengthening, relaxation techniques and rhythmic activities set to music.</td>
<td>01/26 - 03/18</td>
<td>E Riswold</td>
<td>Lab TR 3:40pm-4:30pm, KTD/PE022</td>
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<tr>
<td>HSFN 9020</td>
<td>0.0</td>
<td>Moving with Chi for the Active Adult A</td>
<td>Moving with Chi is a beginning course based on principles of Tai Chi and Qigong. Students receive training in acupressure points for self-healing and Tai Chi/Qigong forms. Note: please wear loose, comfortable clothing and bring blanket or mat for floor exercises.</td>
<td>01/28 - 03/18</td>
<td>D Govrin</td>
<td>Lab R 1:10pm-3:00pm, IVC/BLDG15/ MW170</td>
<td>D Govrin</td>
</tr>
<tr>
<td>HSFN 9025</td>
<td>0.0</td>
<td>Wild Goose Qigong for Active Older Adults A</td>
<td>This 1700-year-old Chinese form is a beautiful set of 64 movements imitating the daily life of the wild goose. There are many healing benefits to this gentle form. The course will include Qigong warmups, acupressure, self-massage, meditation and instruction of the first 64 movements. Each college quarter will cover a new quarter of the form. Note: students should dress appropriately in loose, comfortable clothing.</td>
<td>01/29 - 03/26</td>
<td>D Govrin</td>
<td>Lab F 10:10am-12:00pm, KTD/PE060</td>
<td>D Govrin</td>
</tr>
<tr>
<td>HSFN 9027</td>
<td>0.0</td>
<td>Advanced Wild Goose Qigong for Active Older Adults A</td>
<td>Wild Goose, a 1700-year-old Chinese form, is a beautiful set of 128 movements imitating the daily life of the wild goose. The course will include instruction of the first set of 64 movements, Qigong warmups, acupressure, self-massage and meditation. Advancement to HSFN 9028 requires instructor consent.</td>
<td>01/29 - 03/26</td>
<td>D Govrin</td>
<td>Lab F 12:10pm-2:00pm, KTD/PE060</td>
<td>D Govrin</td>
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</tbody>
</table>

A registration form is at the center of this schedule.
HSFN 9030  0.0 Unit  
Tai Chi for Active Older Adults 1A  
Discover the joy of Tai Chi and increase your sense of well-being in this tranquil class where you will sample a series of gentle, health-giving exercises. Tai Chi combines the flow of dance with stretching movements that focus the mind and tone and trim the body while improving circulation, balance and vitality.  
10386  02/02-03/16  C Talmadge  
Lab T 10:45am-12:00pm, OFF/REDWD  
This class meets at The Redwoods, 40 Camino Alto, Mill Valley.  
10663  02/01-03/22  C Talmadge  
Lab M 3:40pm-5:00pm, KTD/PE022  
No class Feb. 15  

HSFN 9035  0.0 Unit  
Tai Chi for Active Older Adults 2A: Intermediate Level  
Experience the joy of Tai Chi and increase your sense of well-being in this tranquil class where you will continue the practice of a series of gentle, health-giving exercises. Tai Chi combines the flow of dance with stretching movements that tone and trim the body while improving circulation, balance and vitality, and focusing the mind.  
10385  02/03-03/17  C Talmadge  
Lab W 3:40pm-5:00pm, KTD/PE022  

HSFN 9040  0.0 Unit  
Advanced Tai Chi for Active Older Adults A  
In this advanced class, you will continue to fine tune movements learned in Tai Chi for the Older Adult: Intermediate Level described above, as well as emphasize the meditative aspects and continue to strengthen your “chi.” This is an opportunity to relax and enjoy the benefits of previous Tai Chi discipline while you enhance your physical vitality, confidence and well being.  
10384  02/05-03/26  C Talmadge  
Lab F 2:10pm-4:00pm, KTD/PE060  
No class Feb. 12  

HSFN 9045  0.0 Unit  
Gentle Yoga for Active Older Adults A  
Based on the Sivananda Yoga Tradition, “Gentle Yoga” offers classical yoga postures, taught with positive affirmations that are based on the Yoga Sutras and include the 10 Universal Precepts of life. Each class starts with a short lecture on different aspects of yoga and ends with a powerful, long, deep relaxation called Yoga Nidra, some simple peace chants and a few moments of silence. Note: this class is suitable for beginners, and has benefits for students of all levels of ability. Please eat lightly prior to class, bring a yoga mat, and wear comfortable clothing.  
10403  01/27-03/17  T Hanson  
Lab W 3:40pm-5:00pm, KTD/PE060
OLAD 7005 0.0 Unit
Do It Yourself Pain Relief: A New Way to Exercise A
The original exercises learned in this friendly exercise class allow you to relax, talk and have fun while pushing limits and working muscles hard without straining existing problems. This course may be taken for Continuing Education hours under the Continuing Education Program for Nurses, BRN Provider #00724. Contact Community Education Office at 415.485.9305, ext 7751.
10399 01/25-03/24 M Margolis
Lab MWF 2:10pm-3:30pm, KTD/PE022
No class Feb. 12 & 15. Class ends on a Wednesday.

OLAD 7010 0.0 Unit
Energy Warm-ups for the Older Adult A
A gentle, yet effective stretching and strengthening class for older adults which uses non-strenuous movement to increase flexibility, mobility and range of motion with special attention paid to improving balance. Classes will include a few minutes of light weight training, important for increasing upper body strength, as well as breath and relaxation techniques which aid in reducing stress and increasing positive feelings of well being.
10397 01/26-03/23 E Riswold
Lab T 8:10am-9:00am, KTD/PE022
Lab F 8:40am-9:30am, KTD/PE022
No class Feb. 12. Class ends on a Tuesday.
11139 01/25-03/22 E Riswold
Lab MW 9:40am-10:30am, IVC/BLDG15/ MW170
No class Feb. 15. Class ends on Monday.

OLAD 7040 0.0 Unit
Aqua Exercise for the Older Adult A
The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Older adults will especially enjoy this kind of exercise because it releases all pressure from the skeletal system while loosening painful joints and muscles, improving flexibility, strength, endurance and the cardiovascular system.
10400 01/26-03/18 R Robles
Lab TR 9:10am-10:45am, IVC/POOL3/ POOL1
10402 01/25-03/17 R Robles
Lab MW 9:10am-10:45am, IVC/POOL3/ POOL1

OLAD 7050 0.0 Unit
Samba for Health for Older Adults A
Samba is a traditional Afro-Brazilian art form which blends music, dance and exercise to promote wellness. In this class for active, older adults, we will stretch, warm up and learn the basic steps of a traditional Samba circle.
11130 01/27-03/17 R Alves
Lab W 7:40am-9:00am, IVC/BLDG15/ MW170

OLAD 7055 0.0 Unit
Psychology of Joy
In this course we will investigate the peak moments of our own lives and use meditation, dream work and artistic expression to invite more bliss into our lives. We will also explore the human capacity for joy as it has appeared in poetry, story and song throughout history.
10369 01/28-03/18 P Sereno
Lec R 2:10pm-4:00pm, KTD/OH104
No class Apr. 15

OLAD 7062 0.0 Unit
Chorus Emeritus A
If you like to sing or think you would like to sing in a mixed chorus, join us! We have a friendly, relaxed group of singers who sing a wide variety of music: show tunes, popular, folk, classical, spirituals, etc.
11366 01/28-03/18 P Hildreth
Lec R 3:10pm-5:00pm, KTD/FA072
EMERITUS COLLEGE

Emeritus College is a unique program designed to meet the needs of the County’s lifelong learners who already have their degrees and/or are retired or considering retirement. Emeritus College classes and the Emeritus Students College of Marin (ESCOM) actively support the principles of quality of life, lifelong learning, and creative retirement.

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| Art | Literature and Science | 28 |
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| Drama | Emeritus Writing and Performance Group | 40 |
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| Languages | Conversational Spanish: First Year, Third Quarter | 27 |
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**EMERITUS COLLEGE NONCREDIT (FREE) CLASSES FOR OLDER ADULTS**

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A registration form is at the center of this schedule.

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**EMERITUS STUDENTS COLLEGE OF MARIN**

**A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS**

Join Emeritus Students College of Marin (ESCOM) and discover a world of opportunity to support lifelong learning and to network with like-minded individuals. The ESCOM Council serves as an advocate for lifelong learning on the College of Marin’s participatory governance system and articulates concerns for new programs, forums, and course directions. Purchase of a $15 Student Activities Card entitles you to receive a monthly newsletter and to participate in any of the clubs and other student body activities sponsored by ESCOM. The Student Activities Card fee supports programs, activities, and efforts of the Student Association, including subsidies for low-enrolled classes.

**EMERITUS CENTER**

**Kentfield Campus:** 415.485.9652
**Indian Valley Campus:** 415.457.8811, ext. 8322

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

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

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**Join the Fun!**

Emeritus Students Activities Card Application

Name: ________________________________

LAST FIRST MIDDLE INITIAL

Address: ____________________________________________________________

NUMBER STREET CITY STATE ZIP

Phone Number __________________________ Please check appropriate squares:

E-mail _______________________________ ☐ FEMALE ☐ MALE

Signed ___________________________

☐ 55 OR OVER ☐ UNDER 55

New Renew

You may personally apply at EMERITUS CENTER, COLLEGE OF MARIN, Kentfield, CA 94904, Monday-Friday, 9:30am-3:30pm, or mail this application enclosing a $15 check or money order and self-addressed, stamped envelope to the above address. Checks should be made out to ESCOM.

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A registration form is at the center of this schedule.
REGISTRATION INFORMATION

CULTURAL ACTIVITIES

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

ESCOM TUITION GRANTS

The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any College of Marin course. An application may be obtained in person at the Kentfield Emeritus Center, or by phoning 415.485.9652, and making your request along with your mailing address. Applications must be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day Tuesday, January 19.

ESCOM CLUBS

Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433
Architectural Model Building: B. Hanculesco, 415.927.2183
Bocce Ball: J. Kouns, 415.332.5929
Bridge: L. Mason, 415.456.2508
T. Metzger, 415.479.8290
Classic Cinema: R. Mead, 415.388.8919
Current Events: J. Weisman, 415.383.1831
J. Kennedy, 415.388.3939
French: D. McMurtry, 415.472.4738
Italian: M. Weed, 415.453.6054
IVC Book Forum: L. Kerr, 415.883.2823
IVC Film Noir: R. Ramirez, 415.491.0522
IVC Great Books: D. Polhemus, 415.883.3567
IVC Humanities: R. Ramirez, 415.491.0522
IVC Philosophy: L. Witter, 415.883.6889
Opera and Beyond: G. Deane, 415.456.2853
Rumi Poetry: E. Curtis, 415.453.1433
Scrabble: M. Knox, 415.459.1427
Sounds of Music: R. King, 415.898.5845
Spanish: D. Robinson, 415.388.6167
Writers Workshop: A. O’Briant, 415.453.3168

REGISTRATION INFORMATION

Registration Begins
Monday, January 4, at 8 a.m.

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

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

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

Register by Fax: 415.460.0773
Faxed registrations will be processed within two (2) business days.

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

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

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

Vouchers
Please be advised that we no longer accept or issue Vouchers.
REGISTRATION INFORMATION

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

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

Early Registration Recommended
Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class. For classes that begin the first week of the quarter, be sure that your registration is received by the COM Admissions Office no later than Tuesday, January 26.

To Register after Class Begins
If you would like to register for a class which has already begun, please go to the class and ask the instructor for an authorization code sticker and place it on the back of your registration form; then mail the form to COM Office of Admissions & Records, 835 College Avenue, Kentfield, CA 94904, or submit it in person at the Admissions Office at either campus. Your admission into the class is at the instructor's discretion.

Wait List Procedures
If you attempt to register for a full class, your name will be placed on a waiting list and you will NOT be charged. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If the instructor has room for you in class, ask him/her to sign your registration form and submit it with registration fees to the Admissions Office.

GENERAL INFORMATION

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

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

Students Under 18
Students who are minors may register for Community Education classes. The student must submit a completed Community Education Registration form and a Parent Permission Card.

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

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

Do you have a skill or talent to share?
Are you an expert on some fascinating subject?
Consider joining our dedicated, quality faculty. Our instructors are experts who meet and often surpass the needs of Marin's lifelong learners.
E-mail community.ed@marin.edu and request a course proposal form.
Refund Policy

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

To Request a Refund

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

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

DIRECTORY

Community Education Office
415.485.9305

Emeritus College
415.485.9368

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

Disabled Students Program
415.485.9406

Equal Opportunity Statement

The Marin Community College District is committed by policy not to discriminate on the basis of, or the perception of, race, ethnic group identification, ancestry, color, religion, age, gender, national origin, sexual orientation, disability (mental or physical), marital status, medical condition (cancer, genetic characteristics, or pregnancy), and status as a veteran in any of its educational and employment programs and activities, its policies, practices and procedures. Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights. The Marin Community College District makes every attempt to stay in compliance with the requirements of Title IX of the 1972 Education Amendments, the Equal Employment Opportunity Act of 1972 (Title VII of the Civil Rights Act of 1964 as amended), the Civil Rights Act of 1991, and Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, the California Fair Employment and Housing Act of 1980, the California Fair Employment and Housing Commission Rules and Regulations, and the Vietnam Veteran’s Readjustment Act of 1974. College of Marin, under the Equity in Athletics Disclosure Act of 1994, provides information concerning the operation of its intercollegiate athletics program. A completed report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review. College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law. Nonemployees while on District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Contacts

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

Title IX/Section 504 (Disability) Coordinator—Director of Student Affairs—Arnulfo Cedillo
SS Center, Rm. 251, Kentfield Campus 415.485.9375
Gender, Equity Coordinator—David Cook
Director of Financial Aid SS Center, Rm. 263, Kentfield Campus 415.485.9409

Open Enrollment Policy

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

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College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904
Police Phone Numbers
Emergency: 911 or, from a Campus extension, 9-911.
Urgent: 415.485.9696
Kentfield Police Business: 415.485.9455

Spring 2010 Parking Notice
While our campus is under construction, parking lot 3 is closed and lots 4 and 9 will close in March 2010. Lots 12 and 15 typically have spaces available, and lot 13 remains a “free” lot. We appreciate your patience during our construction.

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
Scheduled for Demolition

DH*
Scheduled for Demolition

FA*
Fine Arts Center
Art Gallery
Box Office
Theatres

FH*
Fusselman Hall

HC*
Harlan Center
ESL Program/College Skills Office
Health Sciences

HS
Health Services

LC*
Learning Resources Center
Library
Bookstore
Disabled Students

M1
Maintenance Office

MSO
Portable Village (PV)*

SC*
Science Center

SS
Student Services Center
Registration
Cafeteria
Emeritus/Community Services

TB–1 (TB)*
Temporary Building
Campus Police

*Buildings contain classrooms.
Handicapped Entrance
Handicapped Pickup/Drop Off
Directories

--- Indicates accessible route

For changes due to construction, please refer to the information above.

DIRECTIONS FROM HIGHWAY 101

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

Indian Valley Campus
1800 Ignacio Blvd., Novato
From Highway 101, take Ignacio Blvd. exit in southern Novato and continue on Ignacio for approximately two miles to the Indian Valley Campus entrance. For the Administrative Services Cluster (Admissions & Records, Emeritus North), park in Visitor’s space (watch for flag pole); for the Ohlone Cluster (Computer classes) park in lot #6 or 7 and, for the pool, park in lot #7.

A registration form is at the center of this schedule.
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 $3 (subject to change) at the parking ticket dispenser.

Parking permits are required at all times, except Saturdays, Sundays, and school holidays.
COM's International Film Festival 2010

College of Marin’s Modern Languages Department presents six foreign films with English subtitles.

**When and Where**

Six Fridays, February 26-April 2, 7 p.m. Olney Hall 96, Kentfield Campus

Admission is FREE!

**February 26**

**Italian – I Cento Passi**
(The One Hundred Steps), 2000

*Director:* Marco Tullio Giordana

*With:* Luigi Lo Cascio, Tony Sperandeo, Lucia Sardo, and Paolo Brigaglia

Peppino Impastato lost his battle against the Mafia on May 9, 1978. The events preceding his tragic death are reconstructed by Marco Tullio Giordana. The film is charged with great passion. *I Cento Passi* received the award for Best Script at the Festival of Venice in 2000 plus it won four David of Donatello awards in 2001.

**March 5**

**French – Le Vieil Homme et L’Enfant**
(The Two of Us), 1967

*Director:* Claude Berri

*With:* Michel Simon, Alain Cohen, Charles Denner, Luce Fabiole

The film takes place in France during the Second World War. Claude is a Jew, and he is at risk of being arrested. To save him, his parents send him to live with an elderly couple in the country. At the 1967 Berlin International Film Festival, Michel Simon won as Best Actor.

**March 12**

**Chinese – To Live,** 1994

*Director:* Zhang, Yimou

*With:* Gong Li, China’s Gong Li, Ge You, Niu Beh, Guo Tao, Jiang Wu

To Live weaves the history of the political and personal struggles in China from 1940s to the Cultural Revolution in the 1960s. Through the life of three generations, to live is not easy, yet to be alive is even more difficult, To Live reveals the true life of the Chinese people during this controversial period.

**March 19**

**American Sign Language – Bridge to Silence,** 1989

*Director:* Karen Arthur

*With:* Marlee Matlin, Lee Remick, Josef Sommer, Michael O’Keefe

A deaf woman, injured in a car accident that kills her husband, must come to grips with her responsibility to her little daughter. However, she is traumatized by her estranged mother’s desire to take custody of the child herself.

**March 26**

**Japanese – Shall We Dance,** 1996

*Director:* Masayuki Suo

*With:* Koji Yakusho, Tamiyo Kusakar

A typical, aging Japanese “salary man”, who is bored with his work, sees a pretty dance teacher from the window of a train. He decides to take lessons, but when he invites her to dinner, he is rejected. Out of pride, he makes a great effort to become a better dancer and, in the process, he becomes not only a good dancer, he also develops a passion for dancing.

**April 2**

**Spanish – La Luz Prodigiosa,** 2003

*Director:* Miguel Hermoso

*With:* Alfred Landa, Nino Manfredi

What if the poet and playwright Federico García Lorca, killed by Franco’s fascists in 1936, survived but without any memory of who he was? This film picks up Lorca’s story in 1980, when an old man encounters the writer as a beggar on the streets of Granada.
Win This Painting

The Day It Snowed on Mount Tam by master artist and Community Education instructor Bernard Healey will be raffled by the Emeritus Students College of Marin (ESCOM) at their May meeting on Saturday, May 1.

Raffle tickets are a $5 – or 5 tickets for $20.

To purchase tickets, please send a self-addressed, stamped envelope to: College of Marin, ESCOM, Emeritus Center, 835 College Avenue, Kentfield, CA 94904. Checks should be made out to ESCOM. You do not have to be present to win.

ESCOM actively supports the principles of quality of life, lifelong learning, and creative retirement at the College of Marin. Activities include review of new Emeritus College classes, clubs, events, tuition grants to eligible students, subsidies for low enrolled Emeritus College classes, and participation on college committees. Volunteer opportunities!

For more information about ESCOM, including how to join – see page 45.