College of Marin’s Center for Regenerative Design presents Profiles on Green, a COMmunity roundtable series

Join us for this inspiring series where you will meet the foremost experts in their fields and learn how green principles can improve the quality of your life and create a better world. The series is FREE of charge and each event includes a question and answer period.

All roundtables are from 7 p.m. to 9 p.m., at College of Marin’s Olin Hall Auditorium, 835 College Avenue, Kentfield. For more information, go to www.greenmarin.net.

Healing People and the Planet, featuring Charlotte Brody — Friday, January 26
Live a healthier life by applying green principles. Charlotte Brody, Executive Director of Commonweal and a founder of Health Care Without Harm, works to make health care more environmentally responsible and sustainable.

Regenerating Community, featuring Sim Van der Ryn — Friday, February 9
Our future may very well depend on building green and Sim Van der Ryn is acknowledged as a leader in “sustainable architecture.” He is the former State Architect of California, a researcher and an educator with over thirty-five years of design, planning, teaching and public leadership in sustainable architecture.

Visioning a Green Community for Marin, featuring Charles McGlashan — Friday, March 16
County Supervisor Charles McGlashan believes that we can work together to improve our quality of life through cutting-edge solutions promoting “green” business practices. Together we can ease traffic congestion, provide transit-oriented housing for Marin workers and foster a vital economy, all while protecting and restoring Marin’s majestic environment.

Democracy, Education for the New Economy, featuring Robert B. Reich — Friday, April 13
Renowned author, former Secretary of Labor under President Bill Clinton and University Professor at UC Berkeley, Robert B. Reich is one of the nation’s leading thinkers about work and the economy. His columns appear regularly in The Atlantic Monthly, The New York Times, The Wall Street Journal and other major national newspapers.

New Cities for the 21st Century, featuring Peter Calthorpe — Friday, May 25
Co-author of The Regional City: Planning for the End of Sprawl, Peter Calthorpe was named one of 25 “innovators on the cutting edge” by Newsweek for his work redefining the models of urban and suburban growth in America. He has formulated a comprehensive design and planning philosophy that includes creating ecologically sound communities.

WINTER 2007
Registration Begins January 2

ON THE COVER:
Photography Instructor
Jed Manwaring’s photo of Muir Woods, see page 46

UPCOMING
Performing Arts Events
See page 58

TO REGISTER
See pages 61–62

MORE FREE CLASSES
See page 3

COLLEGE OF MARIN
www.marincommunityed.org
Provide the Gift of Higher Education

Your Generosity Goes Far

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

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

The New Marin Scholars Program

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

Our students appreciate your support!
For more information call: 415.485.9382
Admissions Counter at either campus. You may register in person for any class meeting of your class. If you wish to pay by check, please include a separate check for each class.

For directions on how to register for Online Classes, please see page 62.
Community Education and Services courses are not given for credit and are not graded.

ART

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

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

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

- 3 Thursdays, 6:40-9:30pm
- Feb. 1-15
- Kentfield Campus, Physical Education 22
- Fee $85
- Course #9235

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

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

- Edward Stanton
- 6 Mondays, 7:10-10pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Kentfield Campus, Fine Arts 226
- Fee $96
- Course #9237

Learning to See As An Artist Sees: Developing Visual Literacy
All of us look, but few of us really see! Learn to see as an artist sees by using your camera or by manipulating images from print media (magazines, catalogs, etc.) to make collages illustrating the visual vocabulary and the elements of art and design. For non-artists who are visually curious and artists who want to revisit the basics, this right-brain way of seeing will impart a greater awareness and sensitivity to art in everyday life. If you’ve always left aesthetic decisions to someone else, this class will empower you to make them confidently yourself. No artistic skills or training are necessary to be successful in this friendly and non-intimidating class.

Bring a 12” x 18” drawing pad, scissors, glue stick and several pictorial magazines to the first class.

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

- 7 Wednesdays, 1:10-3pm
- Jan. 31-Mar. 14
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $64
- Course #9236 EC

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

You may work in oils or acrylic. Bring whatever supplies you may already have to the first class as well as a notebook and pen. We may work from an undraped model. A materials list is posted on our website and will also be available in class.
Behrouz Mirdadian has studied painting in Iran, England and at the College of Marin. He has a passion for the beauty of classical painting.

- 7 Wednesdays, 6:10-10pm
- Jan. 31-Mar. 14
- Kentfield Campus, Fine Arts 226
- Fee $137
- Course #9238

**Figure Painting**

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

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

**Larry Bencich**, MFA, works primarily with the human figure in his own drawings and paintings. His teaching style references composition and perspective in the Renaissance tradition, and he has had extensive experience with students with a broad range of skills.

- 6 Saturdays, 9am-1pm
- Feb. 3-Mar. 17 (No class Feb. 17)
- Kentfield Campus, Fine Arts 201
- Fee $147 (Includes $30 models fee)
- Course #9239

**Capturing the Spirit with Portraiture**

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

During Winter Quarter, we will focus on strengthening drawing skills, and students are encouraged to work in charcoal. For Spring Quarter, the focus will be on working in color and pastels and oil painting will be introduced. Students with previous experience are welcome to work in their medium of choice at any time.

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

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

- 6 Saturdays, 10am-1pm
- Feb. 3-Mar. 17 (No class Feb. 17)
- Indian Valley Campus, Miwok 122
- Fee $76
- Course #9240 EC

**Heads and Hands**

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

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

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

- 5 Tuesdays, 11:10am-2pm
- Feb. 13-Mar. 13
- Kentfield Campus, Fine Arts 201
- Fee $67
- Course #9241 EC

- A registration form is at the center fold of this schedule.
Spontaneous Watercolor

Watercolor painting can be learned by anyone. This one day workshop will teach you the skills necessary to get you started right and to keep you going on your own. During this day you will:
- Learn the one big secret of watercolor painting
- Paint small abstract watercolors for gifts or greeting cards
- Learn brush techniques for quickly painting various subjects
- Trees, small people, skies, still life subjects and water

No matter what your skill or background, this class will have you painting watercolors and loving it in a matter of minutes.

Watercolor materials furnished. Please bring your lunch, as well as a water container and cotton rag, and wear clothes you can work in.

Robert Regis Dvorák is a watercolor artist and popular speaker on subjects of creativity in business and education. He has authored three books on drawing: *Drawing without Fear, The Magic of Drawing* and *Experiential Drawing*. He has also produced a number of animated films featured in festivals in the USA, Europe and Australia.

- 6 Fridays, 1:10-4pm
- Feb. 2-Mar. 16 (No class Feb. 16)
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee $101
- **Course #9242**

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.

Marianna Goodheart, the instructor for the following two classes, 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.

- 6 Fridays, 1:10-4pm
- Feb. 3
- **Kentfield Campus**, Dance/Landscape Management 11
- Fee $97 (Includes $36 materials fee)
- **Course #9243**

Online Classes are available on our website.
Watercolor Basics and Beyond

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

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

Marty Meade
- 6 Fridays, 10am-1pm
- Feb. 2-Mar. 16 (No class Feb. 16)
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $76/Course #9244 EC

Nancy Johnson
- 6 Saturdays, 10am-1pm
- Feb. 3-Mar. 17 (No class Feb. 17)
- Kentfield Campus, Fine Arts 151
- Fee $76/Course #9245 EC

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

Bring whatever painting and/or drawing materials you may already have to the first class. The supply list is available at www.marincommunityed.org and will be available in class. Painting supplies are not provided. All levels are welcome.

Water-Soluble Oils: Approaches and Techniques

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

Julie Cohn
- 7 Thursdays, 6:40-9:30pm
- Feb. 1-Mar. 15
- Kentfield Campus, Fine Arts 151
- Fee $118 (Includes $10 materials fee)
- Course #9246

The Flow of Watercolor

Enjoy the flowing properties of watercolor! Learn from Julie’s expertise as she demonstrates using a variety of loose and more controlled watercolor techniques and styles. Integrate design concepts such as color, value, shape, composition, proportion and perspective into your paintings. Julie encourages you to find the styles that inspire you the most! This winter we will focus on portraits of people (beginning level)—drawing lessons and watercolor technique are included. Learn how to draw and paint all of the features, background, hair and the upper torso. Choose a detailed or loose approach. Find the soul in your faces!

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

Julie Cohn
- 7 Thursdays, 2:10-5pm
- Feb. 1-Mar. 15
- Kentfield Campus, Fine Arts 151
- Fee $99 (Includes $10 materials fee)
- Course #9247 EC
What Color Is the Shadow?
Working with Acrylics

This hands-on one day workshop is for beginning and intermediate students who are looking for an exciting approach to painting with acrylics. Using color palette and techniques inspired by the Impressionists, we will explore how surface color is altered by light. Simple still life arrangements and photographic images will serve as models and inspiration.

Please bring supplies to class as well as three or more pieces of fruit and a bag lunch. A supplies list for the class will be posted on the Community Ed website and will also be mailed to those who register at least seven working days in advance of the class.

Christine Cohen is a full-time, professional artist and instructor since 1994. She offers a wide scope of styles, from very controlled work like botanical illustration to very loose abstract painting.

- Saturday, 10am-4:30pm
- Feb. 24
- Kentfield Campus, Dance/Landscape Management Center 11
- Fee $63 (Includes $3 materials fee)
- Course #9248 EC

Matting and Framing Workshop

This workshop demonstrates a quick, low cost method for accomplishing top quality custom framing especially useful to the artist or others with a number of pieces to frame in a short period of time. You will learn how to cut mats, finish wooden moldings, do fittings and how to buy supplies most economically. Bring a bag lunch. Materials will be provided.

- Stephanie Scott, MFA
- Saturday, 9:30am-5pm
- Feb. 24
- Kentfield Campus, Fine Arts 153
- Fee $84 (Includes $5 materials fee)
- Course #9250

Glass Fusing

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

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

For each course listed below:

- Kentfield Campus, Fine Arts 151
- Fee $199 (Includes $47 materials fee)
- 6 Mondays, 7:10-10pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Course #9251
- 6 Fridays, 2:10-5pm
- Feb. 2-Mar. 16 (No class Feb. 16)
- Course #9252

Jewelry and Metalsmithing

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

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

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

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

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

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

Beginners/Beginners Plus
- 7 Wednesdays
- Jan. 31-Mar. 14
- Course #9253

Intermediate/Advanced
- 7 Tuesdays
- Jan. 30-Mar. 13
- Course #9254

Silver Jewelry from Precious Metal Clay (PMC)

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

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

Hadar Jacobson is a jewelry artist and teacher who specializes in Precious Metal Clay. You can find more information about the class and photos of Hadar’s work on our website. She may be contacted at hadar@pacbell.net.
- 4 Saturdays, 12noon-4:30pm
- Feb. 3-Mar. 3 (No class Feb. 17)
- Kentfield Campus, Fine Arts 15
- Fee $177 (Includes $96 materials fee)
- Course #9255

Art On the Go

Explore the stimulating and ever changing contemporary art scene. Discover “book art” and meet the artists. Visit an exhibition of studio glass and learn about its Bay Area legacy. See and discuss painting, sculpture, photography and prints in galleries and museums. We will meet in front of Il Fornaio restaurant in the Corte Madera Shopping Center and carpool to our destination. There will be a lunch break.

Rhoda Becker
- 3 Tours: Thursdays, 10am-3pm
- Feb. 22, Mar. 1, Mar. 15
- Corte Madera Center
- In front of Il Fornaio
- Fee $50
- Course #9257 EC

Winslow Homer, Art Students and Copyists in the Louvre Gallery (for Harper’s Weekly), 1868, wood engraving, National Gallery of Art, Washington, D.C.
Saturday Morning with Vincent Van Gogh

During his lifetime, Van Gogh painted 899 works, yet sold only one. Join us to learn more about the life and works of Vincent, from the influence of Claude Monet on the young man from Amsterdam to his prolific career in the south of France.

Maureen Ritzel Doak will connect excerpts of Vincent’s own writing with slides of his work in this dynamic three-hour presentation. Maureen earned her degree in art history from Rutgers University and was previously assistant curator at the Brownlee O. Currey Jr. gallery in Nashville, Tennessee.

- Saturday, 9am-12noon
- Mar. 3
- Kentfield Campus, Fine Arts 120
- Fee $25
- Course #9258 EC

Let’s Gogh! Art and Garden Tour of Golden Gate Park

Check out the view of the park from the heights of the deYoung tower and admire the tulip garden in full bloom in front of the Dutch Windmill. If you’re interested in art, gardens, Vincent Van Gogh or Don Quixote you’ll find something to do on this tour! Feel free to bring your lunch along with a camera, sketchbook or walking shoes to explore these San Francisco landmarks. Dress warmly in layers as weather conditions may vary.

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

Maureen Ritzel Doak is a charter member of the San Francisco Fine Arts museums and an avid explorer of the Bay Area.

- Tuesday, 11:30am-3:30pm
- Mar. 6
- Kentfield Campus, Physical Education Building
- Fee $39
- Course #9259
MARKETING

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. 3
- Kentfield Campus, Physical Education Center 22
- Fee $70 (Includes $15 materials fee)
- Course #9260

ONLINE MARKETING CLASSES

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

Mystery Shopping

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

- Rick Sheridan
  - Fee $79
  - Jan. 17/Course #9261
  - Feb. 21/Course #9262
  - Mar. 21/Course #9263

Patents, Prototypes and Profits

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

- Claudia M. Doege
  - Fee $59
  - Jan. 17/Course #9264
  - Feb. 21/Course #9265
  - Mar. 21/Course #9266

A registration form is at the center fold of this schedule.
Rights, Royalties and Revenue Streams

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

- Claudia M. Doege
- Fee $59
- Jan. 17/Course #9267
- Feb. 21/Course #9268
- Mar. 21/Course #9269

A License to Print Money

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

- Claudia M. Doege
- Fee $59
- Jan. 17/Course #9270
- Feb. 21/Course #9271
- Mar. 21/Course #9272

PROFESSIONAL DEVELOPMENT

Notary Public Workshop and Exam

Notaries Public are a respected profession and properly notarized documents are required for many legal processes with California. Laypersons are not aware of the highly critical legal nature of notary work. Learn proper notary legal processes and procedures from state law, in plain English. This State-mandated course is a must for all finance, real, law and insurance professionals. At the end of class, you will receive your State-required Proof of Completion certificate along with a Completion Certificate to hang on the wall.

This class meets for three nights. On the third night of class, an optional exam is given by state proctors which costs an additional $40.

The text will be distributed in class and is covered by the materials fee. Please bring a Driver's license or other photo I.D. to the first class.

Please note: Students arriving at classes after 6:30pm will not be admitted, and no refunds will be given for late arrival.

John Christ is a state-accredited notary instructor with over 25 years in adult education and is the author of the text.

- Monday & Tuesday, 6:10-10pm
- Feb. 12 & 13
- Test: Thursday, 6:10-8pm
- Feb. 20
- Kentfield Campus, Physical Education 23
- Fee $112 (Includes $35 text)
- Course #9274

Chaos Control: Simplify Your Life

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

Christine Palen, an Organizing Consultant and Coach, inspires and guides clients in a lifestyle of choice. Since 1991 her companies, Chaos Control® and Life Artistry®, have supported individuals and groups with life and work priorities, schedule planning and effective time management through hands-on consulting and motivational workshops.

- Thursday, 6:40-9:30pm
- Mar. 8
- Kentfield Campus, Physical Education Center 22
- Fee $43 (Includes $3 materials fee)
- Course #9275
How to Start Your Business—Fast

When starting a business, the details can overwhelm you and keep you from focusing on the critical path. 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!

Come if you want input and ideas (or if you need partners to carry out the work). You will leave with a checklist of how to move forward in your business—right now! We will cover:

- How to pick which business to do
- How to test your idea and yourself
- Three ways to move forward if you don’t have the money you need
- Finding customers
- Online businesses
- Three types of test retail space
- Three sources of free consulting
- Manufacturing tricks and resources

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

- Saturday, 1-5pm
- Mar. 3
- Kentfield Campus, Physical Education Center 23
- Fee $55 (Includes $10 materials fee)
- Course #9276

Another course of interest . . .

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

Importing as a Small Business

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

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 is self-employed trading internationally.

- Saturday, 9am-5pm
- Feb. 24
- Kentfield Campus, Physical Education 23
- Fee $59 (Includes $4 materials fee)
- Course #9277
Small Business Workshops Co-sponsored with Redwood Empire Small Business Development Center

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

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

How to Mind Your Own Business

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

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

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

- Wednesday, 6:10-9pm
- Feb. 7
- Kentfield Campus, Learning Resources Center 53
- Fee $40 (in advance)/Course #9278
- Fee $50 (at the door)/Course #9279

Strategize or Eulogize

Only one out of five small business owners practices any type of business planning regularly—despite mounting evidence of the link between strategic or business planning and business success and between lack of planning and business failure. These findings may provide an explanation for the grim statistics on small business failure in the U.S. According to the Small Business Administration there were 589,837 small business terminations in 2003. This figure includes 35,037 bankruptcies and 554,800 small business failures.

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

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

- Tuesday, 6:10-9pm
- Feb. 27
- Kentfield Campus, Learning Resources Center 53
- Fee $40 (in advance)/Course #9280
- Fee $50 (at the door)/Course #9281

Another course of interest . . .

Crafts for Sale: Giving Up Your Day Job

is listed in the Art section
ONLINE SMALL BUSINESS CLASS

For registration information, please refer to “Register for Online Classes” on page 62, or go to www.marincommunityed.org.

Import Export Now!

Do you want to import and/or export goods or services and could benefit from a step-by-step course? This nine-week seminar course is appropriate for people with zero business background as well as established businesses looking for new trade.

Learn how to develop your product or service, find the best suppliers and customers and work with banks, insurance companies, government agencies and other trade agencies. You will be taken through licensing and permits, setting yourself up for properly conducting trade worldwide at the small business level.

- **John Spiers**
- Fee $59
- 9 Wednesdays, 6-8am
- Feb. 7-Apr. 4
- Course #9282

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

COMPUTERS

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

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

COMPUTER CENTER

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

IMPORTANT INFORMATION

Please register at least one week before the first class meeting. Waitlisted people will be admitted 30 minutes after a course starts if space is available. Please arrive on time to assure your place. Be sure to review “Registration Information” on pages 61-62 before registering.

You are expected to have:

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

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

- Access, Intro ............................................. 20
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- Computer Fundamentals I & II ......................... 16
- Excel: Series, Intro, Interm & Adv .................... 18
- Final Cut, Intro ............................................ 25
- GarageBand, Intro ......................................... 25
- GoLive, Intro & Interm ................................... 21
- How to Buy & Sell on eBay .............................. 21
- Illustrator: Series, Intro, Interm & Adv .............. 22
- InDesign: Series, Intro, Interm & Adv ............... 22
- Internet, Intro ............................................. 17
- Logic Audio, Intro ........................................ 25
- Macintosh, Intro .......................................... 17
- Office Integration ......................................... 20
- Office Series: Intro & Interm ............................ 19
- Outlook, Intro ............................................. 20
- Photoshop: Series I, II, III & IV ....................... 24-25
- Podcasting, Intro ......................................... 25
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- QuickBooks, Intro & Interm ............................. 20
- QuickBooks for Contractors ............................. 21
- Quick Office Series: Intro ............................... 19
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- Windows XP, Intro ....................................... 16
- Word: Series, Intro, Interm & Adv .................. 17
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Computer Fundamentals I

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

For each of the following courses:

- **Indian Valley Campus**, Ohlone 216
- Fee $45

**Tom Millard**
- 2 Mondays, 1:30-4:30pm
- Jan. 29
- Course #9283

**Levi Allen**
- 2 Wednesdays, 9am-12noon
- Feb. 7 & 14
- Course #9286

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. 5 & 12
- Course #9285

**Levi Allen**
- 3 Mondays, 1:30-4:30pm
- Feb. 26-Mar. 12
- Course #9287

**Intro. to Windows XP**

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

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

For each of the following courses:

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

**Tom Millard**
- 3 Mondays, 1:30-4:30pm
- Feb. 26-Mar. 12
- Course #9287

**Levi Allen**
- 3 Wednesdays, 9am-12noon
- Feb. 21-Mar. 7
- Course #9288
Intro. to the Internet
The skills and knowledge provided in this course will help you feel comfortable using the Internet and email. We will cover how to check and use email, search the Internet and refine your search, download programs and documents, shop on-line and access the Internet's most popular and useful sites.

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- **Susan Henning**
- Tuesday, 9am-4pm
- Mar. 20
- **Indian Valley Campus**, Ohlone 216
- Fee $90
- **Course #9289**

Intro. to the Macintosh
Become productive with the Mac in the shortest time possible! This course is designed for the beginning computer user. We will cover how RAM chips and hard disks work together; opening, closing and resizing windows; Finder/desk-top navigation; creating a navigational alias; printing documents; accessing on-line help; file organization and backup; using the find utility; exploring Control Panels and installing fonts.
- **Steve Salzman**
- 4 Tuesdays, 7-10pm
- Jan. 30-Feb. 20
- **Indian Valley Campus**, Pomo 192
- Fee $210 (Includes $30 materials fee)
- **Course #9290**

**WORD SERIES**

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

To register for the series at a reduced fee:
- Fee $280 (Includes $20 materials fee)
- **Course #9291**

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- **Tom Millard**
- 3 Wednesdays, 1:30-4:30pm
- Jan. 31-Feb.14
- Fee $155 (Includes $20 materials fee)
- **Course #9292**

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

This course builds upon skills that are learned in Intro. to Word.
- **Tom Millard**
- 2 Wednesdays, 1:30-4:30pm
- Feb. 21 & 28
- Fee $90
- **Course #9293**

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

This course builds upon skills that are learned in Interm. Word.
- **Susan Henning**
- 2 Wednesdays, 9am-12noon
- Mar. 14 & 21
- Fee $90
- **Course #9294**
Word Tips and Tricks

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

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

Susan Henning
Tuesday, 1-4pm
Feb. 27
Indian Valley Campus, Ohlone 216
Fee $45
Course #9295

Word Graphics
Learn how to use Word’s graphic elements to jazz up your documents. You will learn the basics of inserting, sizing, moving, cropping and deleting while working with a collection of ready-made clip art images.

We will customize our documents by embellishing with graphics, adding text, borders or background with different fill effects; using color; adding basic geometric shapes, lines and arrows; using drop caps; and downloading clip art images off the Internet.

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

Susan Henning
Tuesday, 1-4pm
Feb. 27
Indian Valley Campus, Ohlone 216
Fee $45
Course #9295

EXCEL SERIES

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

To register for the series at a reduced fee:
Fee $280 (Includes $20 materials fee)
Course #9297

Intro. to Excel

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

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

Levi Allen
3 Mondays, 9am-12noon
Jan. 29-Feb. 12
Fee $155 (Includes $20 materials fee)
Course #9298

Interm. Excel

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

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

Susan Henning
2 Mondays, 9am-12noon
Feb. 26 & Mar. 5
Fee $90
Course #9299

Adv. Excel

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

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

Susan Henning
2 Mondays, 9am-12noon
Mar. 12 & 19
Fee $90
Course #9300
**INTRO. TO POWERPOINT**

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

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

- **Susan Henning**
- 2 Tuesdays, 1-4pm
- Feb. 6 & 13
- **Indian Valley Campus, Ohlone 216**
- Fee $110 (Includes $20 materials fee)
- Course #9301

**INTERM. POWERPOINT**

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

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

- **Susan Henning**
- Tuesday, 1-4pm
- Feb. 20
- **Indian Valley Campus, Ohlone 216**
- Fee $45
- Course #9302

**OFFICE SERIES**

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

**INTRODUCTORY OFFICE SERIES**

Intro to: Word (#9292), Excel (#9298) & PowerPoint (#9301)

To register for the series at a reduced fee:
- Fee $370 (Includes $60 materials fee)
- Course #9303

**INTERMEDIATE OFFICE SERIES**

Interm: Word (#9293),Excel (#9299) & PowerPoint (#9302)

To register for the series at a reduced fee:
- Fee $200
- Course #9304

**QUICK OFFICE SERIES**

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

**QUICK INTRODUCTORY OFFICE SERIES**

To register for the series at a reduced fee:
- Fee $370 (Includes $60 materials fee)
- Course #9305

**QUICK INTRO. TO WORD**

- **Susan Henning**
- Mon, Wed & Thur, 7-10pm
- Feb. 5, 7 & 8
- Fee $155 (Includes $20 materials fee)
- Course #9306

**QUICK INTRO. TO EXCEL**

- **Levi Allen**
- Mon, Wed & Thur, 7-10pm
- Feb. 12, 14, & 15
- Fee $155 (Includes $20 materials fee)
- Course #9307

**QUICK INTRO. TO POWERPOINT**

- **Susan Henning**
- Wed & Thur, 7-10pm
- Feb. 21 & 22
- Fee $110 (Includes $20 materials fee)
- Course #9308
Office Integration

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

This course builds upon skills that are learned in Adv. Word, Adv. Excel and Intern. PowerPoint.

Susan Henning
- Friday, 9am-12noon
- Mar. 23
- Indian Valley Campus, Ohlone 216
- Fee $45
- Course #9309

Intro. to Access

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

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

Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Mar. 7-21
- Indian Valley Campus, Ohlone 216
- Fee $155 (Includes $20 materials fee)
- Course #9310

Intro. to Outlook

Learn about email and the other powerful parts of Outlook to help better manage your time and business. We will teach you email features such as how to manage folders, search for that lost email, mark emails for follow up, creating signatures and setting email preferences. We will also cover: contacts and how to manage them and build a distribution list, the calendar and how to schedule repeating events, set reminders and export it to other programs or your PDA, as well as tasks, notes and journals.

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

Pamela Lyons
- 3 Fridays, 1-4pm
- Mar. 9-23
- Indian Valley Campus, Ohlone 216
- Fee $155 (Includes $20 materials fee)
- Course #9311

Intro. to QuickBooks Pro

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

You will receive an overview of inventory and payroll options.

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

For each of the following courses:

Pamela Lyons
- Indian Valley Campus, Ohlone 216
- Fee $220 (Includes $40 materials fee)
- 4 Tuesdays, 7-10pm
- Jan. 30-Feb. 20
- Course #9312
- 2 Saturdays, 9am-4pm
- Feb. 3 & 10
- Course #9313

Interm. QuickBooks Pro

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

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

Pamela Lyons
- 2 Tuesdays, 7-10pm
- Mar. 13 & 20
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #9314
QuickBooks for Contractors and All Job Costing Companies

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

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

- Pamela Lyons
- 3 Thursdays, 7-10pm
- Mar. 8-22
- Indian Valley Campus, Ohlone 216
- Fee $190 (Includes $55 materials fee)
- Course #9315

How to Buy and Sell on eBay

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

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

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

- Carolynn Crandall
- 2 Tuesdays, 9am-12noon
- Feb. 6 & 13
- Indian Valley Campus, Ohlone 216
- Fee $100
- Course #9316

Another course of interest . . .

How to be an eBay Power Seller

is listed under Business.

Intro. to Adobe Acrobat

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

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

- Vidias Valaitis
- 3 Mondays, 7-10pm
- Mar. 5-19
- Indian Valley Campus, Ohlone 216
- Fee $155 (Includes $20 materials fee)
- Course #9317

Intro. to GoLive

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

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

- Steve Salzman
- 4 Wednesdays, 3-6pm
- Jan. 31- Feb. 21
- Kentfield Campus, Fine Arts 225
- Fee $200 (Includes $20 materials fee)
- Course #9318

Interm. GoLive

Take GoLive to the next level by covering cascading style sheets, designing with layers using a CSS-based layout grid, smart objects, Java Script using a graphic interface, Co-Author (making specific areas available to edit by inexperienced users) and go more in-depth with site management and uploading/maintaining your website via a built-in FTP client.

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

- Steve Salzman
- 3 Wednesdays, 3-6pm
- Feb. 28-Mar. 14
- Kentfield Campus, Fine Arts 225
- Fee $140
- Course #9319
ILLUSTRATOR SERIES

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

To register for the series at a reduced fee:
- Fee $385 (Includes $25 materials fee)
- Course #9320

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

We want you to succeed in this class and suggest you be proficient with the computer before enrolling.
- 2 Tuesdays, Jan. 30 & Feb. 6
- Jan. 30, 8:30am-3pm
- Feb. 6, 8:30-11:30am
- Fee $165 (Includes $25 materials fee)
- Course #9321

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

This course builds upon skills that are learned in Intro. to Illustrator.
- 2 Tuesdays, Feb. 6 & 13
- Feb. 6, 12-3pm
- Feb. 13, 8:30am-3pm
- Fee $140
- Course #9322

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

This course builds upon skills that are learned in Interm. Illustrator.
- 2 Tuesdays, Feb. 20 & 27
- Feb. 20, 8:30am-3pm
- Feb. 27, 8:30-11:30am
- Fee $140
- Course #9323

INDESIGN SERIES

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

To register for the series at a reduced fee:
- Fee $385 (Includes $25 materials fee)
- Course #9324

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

We want you to succeed in this course and suggest you be proficient with the computer before enrolling.
- 2 Fridays, Feb. 2 & 9
- Feb. 2, 9am-4pm
- Feb. 9, 9am-12noon
- Fee $165 (Includes $25 materials fee)
- Course #9325

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

This course builds upon skills that are learned in Intro. to InDesign.
- 2 Fridays, Feb. 9 & 23; No class Feb. 16
- Feb. 9, 1-4pm
- Feb. 23, 9am-4pm
- Fee $140
- Course #9326

**Adv. InDesign**

We will cover how to create more interesting, complex and sophisticated documents utilizing greater depth of the tools, styles and techniques. You will learn to manage color calibration and document prep, use advanced typography, prepare documents for the Internet, learn to use text tags and to automate some processes. You will also learn how to take advantage of InDesign’s integration with other Adobe programs. This course builds upon skills that are learned in Interm. InDesign.
- 2 Fridays, Mar. 2 & 9
- Mar. 2, 9am-4pm
- Mar. 9, 9am-12noon
- Fee $140
- Course #9327

Another course of interest . . .

**Photoshop Elements:**
The Digital Darkroom

is listed under Photography.

### PHOTOSHOP SERIES

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

#### Introductory Photoshop Series

To register for the series at a reduced fee:

**Kentfield Campus**, Fine Arts 225
- Fee $265 (Includes $25 materials fee)
- Course #9329

**Indian Valley Campus**, Ohlone 216
- Fee $265 (Includes $25 materials fee)
- Course #9332

**Intro. to Photoshop**

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

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

**Kentfield Campus**, Fine Arts 225
- 3 Mondays, 3-6pm
- Jan. 29-Feb. 12
- Fee $165 (Includes $25 materials fee)
- Course #9330

**Indian Valley Campus**, Ohlone 216
- 2 Thursdays, Feb. 1 & 8
- Feb. 1, 9am-4pm
- Feb. 8, 9am-12noon
- Fee $165 (Includes $25 materials fee)
- Course #9333

**Photoshop II**

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

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

**Kentfield Campus**, Fine Arts 225
- 3 Mondays, 3-6pm
- Feb. 26-Mar. 12
- Fee $140
- Course #9331

**Indian Valley Campus**, Ohlone 216
- 2 Thursdays, Feb. 8 & 15
- Feb. 8, 1pm-4pm
- Feb. 15, 9am-4pm
- Fee $140
- Course #9334

More Photoshop →
Intermediate / Advanced Photoshop Series

To register for the series at a reduced fee:

Indian Valley Campus, Ohlone 216
- Fee $240
- Course #9335

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

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

Indian Valley Campus, Ohlone 216
- 2 Thursdays, Feb. 22 & Mar. 1
- Feb. 22, 9am-4pm
- Mar. 1, 9am-12noon
- Fee $140
- Course #9336

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

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

Indian Valley Campus, Ohlone 216
- 2 Thursdays, Mar. 1 & 8
- Mar. 1, 1-4pm
- Mar. 8, 9am-4pm
- Fee $140
- Course #9337

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

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

Kevin Martin
- 2 Thursdays, 7-10pm
- Feb. 1 & 8
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #9338

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

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

Kevin Martin
- 2 Thursdays, 7-10pm
- Feb. 15 & 22
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #9339

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

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

Kevin Martin
- 2 Thursdays, 7-10pm
- Mar. 1 & 8
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #9340

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

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

Kevin Martin
- 2 Thursdays, 7-10pm
- Mar. 15 & 22
- Indian Valley Campus, Pomo 192
- Fee $100
- Course #9341

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

Introduction to Islam: Islam and Its Interaction with the World

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

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

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

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

- 8 Tuesdays, 1:10-3pm
- Jan. 30-Mar. 20
- Kentfield Campus, Harlan Center 170
- Fee $70
- Course #9342 EC

CURRENT EVENTS

Current Issues

Before the Supreme Court

This is a discussion class in which you will be given a description of major cases still to be decided by the Supreme Court of the United States, the broad issues they present and arguments on all sides. Discussion will include the most desirable outcomes and the most likely outcomes. There will be some reading of actual cases and commentaries. The instructor will cover the background structure of the Court; how cases are chosen to be considered; and legal jargon. Actual briefs are available on the Internet and the instructor will provide a link.

Marshall W. Krause was Chief Attorney for the American Civil Liberties Union of Northern California from 1960 to 1968. He was also a reporter for KQED Newsroom and taught Political Science at San Francisco State University from 1968 to 1974. He is former President for the Marin County Bar Association and on the Board of the American Civil Liberties Union of Northern California.

- 7 Thursdays, 1:10-3pm
- Feb. 1-Mar. 15
- Kentfield Campus, Science Center 133
- Fee $66 (Includes $2 materials fee)
- Course #9667 EC

A registration form is at the center fold of this schedule.
DANCE

Tap Dancing

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

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

- 7 Wednesdays, 7:30-8:30pm
- Jan. 31-Mar. 14
- Belrose Theatrical School
- 1415 Fifth Ave. San Rafael
- Fee $55
- Course #9343

Introduction to West Coast Swing Dance

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

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

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

- 4 Tuesdays, 6:30-8:15pm
- Feb. 6-27
- Almonte Clubhouse
- 105 Wisteria, Mill Valley
- Fee $45
- Course #9344

Belly Dance for Fun and Fitness

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

Latifa is an experienced teacher and performer of Belly Dance.

- 7 Wednesdays, 7:10-8:30pm
- Jan. 31-Mar. 14 (No class Feb. 19)
- Kentfield Campus, Physical Education 60
- Fee $75
- Course #9345

Aerial Dance on Low Flying Trapezes

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

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

- 6 Mondays, 1:40-3:30pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Kentfield Campus, Dance/Landscape Management Center 101
- Fee $116 (Includes $10 special fee)
- Course #9346

**DISABLED STUDENTS PROGRAM**

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

**Guidance for Disabled**

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

**Interpersonal Skills for Students with Psychological Disorders**

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

- Wendy Ullman
- Tuesdays, 12:40-2pm
- Feb. 6-Mar. 27
- Kentfield Campus, Learning Resources Center 109
- No fee
- Course #9348

**Adaptive Exercise: Aerobics**

Group aerobic fitness activities geared to students with developmental disabilities.

- Carol Cokinos
- Mondays & Wednesdays, 11:10am-12:30pm
- Jan. 29-Apr. 4 (No class Feb. 19)
- Kentfield Campus, Physical Education 30
- No fee
- Course #9349

**Interpersonal Skills: Stroke Support Group**

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

- Carol Cokinos
- Kay Pepitone
- Wednesdays, 1:10am-3pm
- Feb. 7-Apr. 4
- Kentfield Campus, Dance/Landscape Management Center 12
- No fee
- Course #9350

**Interpersonal Skills for Developmentally Delayed Learners**

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

- Kentfield Campus, Dance/Landscape Management Center 12
- Sonja Anderson
- Fridays, 9:40-11:30am
- Feb. 2-Apr. 6 (No class Feb. 16)
- No fee
- Course #9351

**Indian Valley Campus, Ohlone 156**

- Cher Evans
- Mondays, 10:10-11:30am
- Jan. 29-Apr. 2 (No class Feb. 19)
- No fee
- Course #9352
Creative Writing Skills for Developmentally Delayed Learners

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

Kentfield Campus, Dance/Landscape Management Center 12
- Sonja Anderson
- Fridays, 12:10-1:30pm
- Feb. 2-Apr. 6 (No class Feb. 16)
- No fee
- Course #9353

Indian Valley Campus, Ohlone 156
- Cher Evans
- Mondays, time to be announced
- Jan. 29-Apr. 2 (No class Feb. 19)
- No fee
- Course #9354

Management of Hearing Loss

Whether you have hearing aids and still need to improve your communication skills or you are just realizing you may have a problem, this class is for you. We will discuss ways in which everyone can communicate with more ease and less stress. This is a light-hearted class in which people participate as much as they wish.

Information will be given on how to get started if you think you have a problem. Modern hearing aids will be discussed. Spouses, family members, medical professionals and caregivers are welcome to attend.

Clodagh Orton, M.A., has a private practice as an audiologist and hearing aid dispenser in Mill Valley and Novato. She has enjoyed helping people with hearing loss for 30 years. For dates and times, or more information call Clodagh at 415.383.6633.
- Schedule to be announced
- Mill Valley Community Center
- No fee
- Course #9355

DRAMA

Voice Overs: The Big Picture

Terry can cut through to the heart of how to make it with your voice. This is a chance to have time on the mic with a critique from Terry, as well as learn everything you've ever wanted to know about the business and marketing side of being a voice over actor—including how to make money at it!

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

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

Terry McGovern, the voice of Launchpad McQuack from Ducktales and Darkwing Duck fame, the voice of “These are not the droids you’re looking for” from Star Wars, the voice of Sega NFL, will share with you his knowledge of the Voice Over business and what you need to succeed.
- 2 Saturdays, 10am-5pm
- Feb. 3 & 10
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $99 (Includes $2 materials fee)
- Course #9360
INTENSIVE ENGLISH PROGRAM (ESL)

Spring Semester 2007: Jan. 23-May 18
Full-time program: $2,300
($2,500 for F-1 visa students)
• 20 HOURS / WEEK
• SMALL CLASSES • FIELD TRIPS
• LOW COST • 16 WEEKS • TOEFL
The Intensive English Program on the Indian Valley Campus offers high quality classes in academic English for residents and international students. It prepares students to enter American colleges and universities and helps them to improve their English skills for other purposes such as business, TOEFL, or general communication. Classes meet Tuesday through Friday, 20 hours a week, for 16 weeks. Testing and placement take place during the first week. There is a $50 application fee ($25 for residents).

New part-time programs available!

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

Credit ESL classes through Community Education: Open College credit ESL classes are available for higher-level noncredit ESL students through Community Education (Community Education students do not receive credit or grades). Credit classes cover intermediate to advanced level English skills. The fees are $156 for a 2-unit class, $195 for 3-unit classes, $208 for 4-unit classes and $228 for 5 unit classes. New students are required take the credit ESL placement test.

ENGLISH AS A SECOND LANGUAGE

Spring Semester 2007: Jan. 20-May 19
FREE CLASSES
On the Kentfield Campus:
Beginning to Low Intermediate
Noncredit Levels 10, 20, 25, 30, 35, 40
Pronunciation Classes
English for Gardeners
English for Childcare Workers

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

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

FILM APPRECIATION

Film Appreciation: Got Change? Part 2

Human beings hate change—but it’s the one thing they desperately need. The basis of all human stories is transformation—how the hero faces adversity and overcomes it (or not). Every time we watch a film, we seek transformation for ourselves. A look at “change and transformation” will continue in Winter, with films that will include (among others) For Roseanna (1997, Paul Weiland, Italy/US), Too Beautiful for You (1989, Bertrand Blier, France), L’Auberge Espagnole (2002, Cédric Klapisch, France/Spain) and Big Night (1996, Campbell Scott, US). All classes include a complete film, a lecture about the day’s selection, and a discussion session.

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

6 Fridays, 2:40-5:30pm
Feb. 2-Mar. 16 (No class Feb. 16)
Kentfield Campus, Science Center 101
Fee $76
Course #9431 EC

Ethical Issues in Movies

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

Carl Jech, Th.M. (Harvard University)
7 Wednesdays, 2:40-4:30pm
Jan. 31-Mar. 14
Villa Marin
100 Thorndale Ave., Terra Linda
Fee $64
Course #9432 EC

A registration form is at the center fold of this schedule.
Adventures on the Wine Road Less Traveled

Have fun and taste great wine while expanding your wine knowledge. Learn from the inside about the unique Marin, Sonoma, Napa and Mendocino viticulture areas, wine growing, winemaking, organic wines, comparison of the world’s wine regions, and buying, serving, storing and aging wine. Guest presenters include such wine notables as Walter Schug, John Hawley, Joe Battaglini, Miro Tcholakov and biodynamic grower, Michael Topolos. The finest of our presenters’ premium wines will be served at each session. Other course highlights:

- Sensory evaluation & wine judging
- Personalized maps and quizzes
- How to host a wine tasting party

Limited enrollment. Twenty-one years of age minimum.

Ron Hagen is a home winemaker who owns Wild Iris Winery in Fairfax.

- 5 Wednesdays, 7-9pm
- Jan. 31-Feb. 28
- Osher Marin Jewish Community Center
- 200 N. San Pedro Rd., San Rafael
- Plus Saturday tour, Feb. 10, 12noon-4pm
- Fee $125 (Includes $30 wine/special fee)
- Course #9433

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

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

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

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

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

Presented by senior staff from The Center for Attitudinal Healing.

- 7 Thursdays, 7:10-9:30pm
- Feb. 1-Mar. 15
- Kentfield Campus, Physical Education Center 23
- Fee $106 (Includes $10 materials fee)
- Course #9434
Start Living the Life You Want!

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

Bill Cordingley graduated from Harvard and earned two masters degrees from Columbia. He is an author and has been teaching for nine years.

- 2 Saturdays, 9am-5pm
- Mar. 3 & 10
- Kentfield Campus, Physical Education Center 22
- Fee $89
- Course #9435

How to Forgive Even in Difficult Situations

Without forgiveness, life is governed by an endless cycle of resentments and retaliation.—Roberto Assagioli, M.D., founder of Psychosynthesis

Free yourself from this cycle and find the happiness afforded by the practice of forgiveness. Beginning with an optional day of reviewing fundamental styles of meditation, this experiential course on forgiveness will show you how to relax deeply and to effectively let go of the emotional charge of traumatic events. The practical method presented is experiential, hands on and supported by CD-based teaching-aids, included with the materials. We will cover:

- The latest findings of brain research
- Overcoming resistance to change by learning how to use the power of our Will
- Essential steps to achieving lasting forgiveness
- Realizing that forgiveness of ourselves and others is the result of a fundamental change of mind, needing daily “re-minders”

Dr. Michael Berkes creates a safe and supportive environment for the class. He is a Management Consultant and Psychologist who has worked with executives of large corporations.

- 3 Saturdays, 9am-1pm
- Feb. 10, 24 & Mar. 3
- Meditation Review/Feb. 10
- Forgiveness Work/Feb. 24 & Mar. 3
- Kentfield Campus, Science Center 133
- Fee $67 (Includes $7 materials fee)
- Course #9436

Intuitive Eating: If Diets Don't Work, What Does?

In a culture obsessed with food and weight, is it possible to make peace with food and reach your natural weight without deprivation and suffering? If you’ve gone on diets and failed, it is the diet that has failed you. DEPRIVATION DOESN’T WORK! This class will teach you what you need to know to free yourself from endless dieting, enjoy the foods you love and lose weight. We will focus on:

- Reconnecting with body cues of hunger and satiety
- Rediscovering the sensual pleasure of food
- Relearning to trust yourself with food

Please bring some of your favorite foods to class. We will eat together.

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

- Saturday, 10am-1pm
- Mar. 10
- Kentfield Campus, Harlan Center 172
- Fee $61 (Includes $1 materials fee)
- Course #9439
Breaking the Cycle of Stress: Skills for Health and Peak Performance

Incorporate powerful changes in attitude into your life, as well as simple techniques of meditation that can greatly reduce stress. This training, used at NASA, has been clinically proven to reduce blood pressure, relax deep tensions within the body and to aid the body in healing illness. This program will help you gain clarity of mind, a greater sense of inner peace and a calmer, steadier flow of energy throughout your day. Learn how to:

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

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

- Saturday, 10am-1pm
- Feb. 10
- Kentfield Campus, Learning Resources Center 38
- Fee $45 (Includes $3 materials fee)
- Course #9440

Another course of interest . . .

Chaos Control: Simplify Your Life is listed under Business.

Introduction to Chinese Medicine

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

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

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

- 6 Wednesdays, 2:10-4pm
- Jan. 31-Mar. 7
- Kentfield Campus, Harlan Center 165
- No fee
- Course #9441 EC

HEALTH SCIENCES

BLS Healthcare Provider Course

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

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

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

- Saturday, 9am-1pm
- Jan. 27
- Kentfield Campus, Learning Resources Center 38
- Fee $88 (includes $42 materials fee)
- Course #9442
Heartsaver First Aid and CPR

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

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

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

- Saturday, 9am-4pm
- Mar. 10
- Indian Valley Campus, Pomo 188
- Fee $88 (includes $42 materials fee)
- Course #9443

Emergency Medical Technician Recertification Course (24 CE Hours)

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

Requirements:

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

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

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

- Donald Florence
- 2 Saturdays & 2 Sundays, 9am-4pm
- Feb. 3 & 4, 10 & 11
- Indian Valley Campus, Pomo 188
- Fee $152
- Course #9444

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

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:
A New Way to Exercise for Pain Relief and Physical Repair

is listed under Physical Fitness.
DENTAL ASSISTING

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

Radiology Course

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

The students will produce complete dentition radiographic surveys of diagnostic quality on four patients. Attendance is mandatory for all four days. All course work must be met with 75% accuracy to receive your California Certificate.

Prerequisite: Students must have prior knowledge of mounting and developing radiographs, and be employed in a dental office. Class is limited to 12.

Fee includes syllabus and all supplies. Lab coats or uniforms and gloves are required for all classes. There are no Continuing Education Hours given for this course. To register, see Note above.

• Shirley Watt, CDA, RDA
• 2 Fridays, 5-9pm
• 2 Saturdays, 8am-5pm
• Feb. 23-Mar. 3
• Kentfield Campus, Harlan Center 156
• Fee $350 (Includes $150 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 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.

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

• Marlene Wilgis, CDA, RDA
• Friday, 5-9pm
• Saturday, 8:30am-5pm
• Feb. 9 & 10
• Kentfield Campus, Harlan Center 156
• Fee $240 (Includes $60 materials fee)

HIGH SCHOOL EQUIVALENCY PREPARATION/BASIC SKILLS

High School Equivalency Preparation (GED & CHSPE)

Do you need to . . .

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

If so, . . . FREE help is available!

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

Call 415.485.9445 for further information.

• Michael Timmel
• Mon. & Wed., 10am-3pm
• Jan. 22-May 16
• Kentfield Campus, Learning Resources Center 120
• No fee
• Course #9447
Basic Skills

This program offers FREE instruction to any adult wishing to improve pre-college skills such as reading comprehension, writing, math.

Brush-up for College of Marin’s placement tests is also available. Class structure is the same as the High School Equivalency Preparation learning lab described above. For further information call 415.485.9445.

Michael Timmel
- Mon. & Wed., 10am-3pm
- Jan. 22-May 16
- Kentfield Campus, Learning Resources Center 120
- No fee
- Course #9448

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

The Art of Living with Color

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

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

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

- 3 Mondays, 7:10-9pm
- Jan. 29-Feb. 12
- Kentfield Campus, Science Center 133
- Fee $65
- Course #9451

Enhance Your Life with Feng Shui

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

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

Bhaskar Alan Deva is a specialist in Feng Shui and the Indian form Vastu Shastra. He consults and makes presentations all over the world. He has led the opening invocation and presents regularly at the International Feng Shui Conferences.

- Saturday, 9am-5pm
- Feb. 24
- Kentfield Campus, Harlan Center 165
- Fee $54 (Includes $10 materials fee)
- Course #9450

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

**Designing for Color and Climate in Your Garden—and Leaving Chemicals Behind**

Design your home garden with assistance from professional landscapers. Learn to work with nature and choose the right plant for the right place! Incorporate California native and Mediterranean plants that will reduce the use of water and chemicals! Utilizing Feng Shui, learn the significance of plant color and shape.

All attendees should bring an outline of their garden to class. If you register by March 1, you will be mailed instructions on how to make an outline of your garden which will be used in class to develop a customized plan.

**Martha S. Berthelsen**, BS (Conservation of Natural Resources), is a naturalist and instructor with the Watershed Project.

She conducts workshops on environmentally friendly gardening and wildlife gardening.

**Terumi Leinow** is a popular instructor of Feng Shui and a certified Master Gardener.

- Saturday, 9am-1pm
- Mar. 3
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee $30
- **Course #9452 EC**

**Plant Parenthood: Propagating Plants**

How do you get free plants for your garden? It’s easy when you know how to propagate! In this workshop, you will learn about plant cuttings, plant division and how to grow new plants by seed. The emphasis will be on California native plants, and you will be taking home several new plants for your garden. Participants should bring some “baggies” and some plant clippers to class—and be prepared to propagate (plants, that is!).

**Debi Tidd** has a B.S. in Conservation of Natural Resources, and holds both single and multiple subject teaching credentials. She currently works as the Education Director at The Gardens at Heather Farm in Walnut Creek.

- Saturday, 10am-12noon
- Mar. 10
- **Kentfield Campus**, Dance/Landscape Management Center 11
- Fee $25
- **Course #9453 EC**

Another course of interest . . .

**Art and Garden Tour of Golden Gate Park**

is listed under Art.
Note: Languages courses followed by the numeral 1 are for students with no previous background in the language. Subsequent courses build upon the knowledge base developed in previous quarters. For example, courses 1 & 2 are offered in the Fall Quarters, course 3 in Winter and course 4 in Spring. Intermediate to advanced students may take courses 5 through 8 when offered. Please be advised that no refunds are given for mistaken placement in Language series.

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

Conversational French 3:
First year of a continuing series

Join other students who have completed “Conversational French 2,” and continue to learn basic conversational French while we work on pronunciation, vocabulary, idiomatic expressions and colloquialisms. Grammar will be taught in context and situation scenarios. You will also gain insight into how a language influences the ways in which we think and perceive the world. Music, native guest speakers (when possible) and film will provide illustrations of the French-speaking cultures. See Note at the beginning of the Languages section.

- Ellen Karel
- 7 Thursdays, 7:10-9pm
- Feb. 1-Mar. 15
- Kentfield Campus, Science Center 124
- Fee $84
- Course #9455

Conversational French 7:
Second year of a continuing series

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

- Ellen Karel
- 7 Tuesdays, 7:10-9pm
- Jan. 30-Mar. 13
- Kentfield Campus, Dickson Hall 111
- Fee $84
- Course #9456

Conversational Italian 3:
First year of a continuing series

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

- Lido Cantarutti
- 7 Tuesdays, 3:10-5pm
- Jan. 30-Mar. 13
- Kentfield Campus, Harlan Center 170
- Fee $64/Course #9458 EC
Online Classes are available on our website.

**Conversational Italian 7:**
**Second year of a continuing series**

These courses are designed for students who have some knowledge of Italian or at least six quarters study at the community college level.

Starting with a review, we continue to develop knowledge of vocabulary, pronunciation, idiomatic expressions and situational grammar usage.

Emphasis will be on speaking and comprehension through intensive oral drills. See Note at beginning of Languages section.

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**Conversational Spanish 3:**
**First year of a continuing series**

This continuing course is designed for first-year students who wish to learn to converse in Spanish with others at home or while traveling.

You will learn essential grammar usage, vocabulary, pronunciation, idiomatic expressions and colloquialisms. Grammar and vocabulary building are important, but the emphasis is on speaking.

See Note at beginning of the Languages section.

**Nancy McInnes**
- 6 Mondays, 7:10-9pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Kentfield Campus, Dance/Landscape Management Center 12
- Fee $78/Course #9460

**John Petrovsky**
- 7 Tuesdays, 7:10-9pm
- Jan. 30-Mar. 13
- Kentfield Campus, Fine Arts 120
- Fee $84/Course #9461

**Nancy McInnes**
- 7 Wednesdays, 7:10-9pm
- Jan. 31-Mar. 14
- Kentfield Campus, Physical Education Center 23
- Fee $84/Course #9462

**Milt Hain**
- 7 Tuesdays, 3:10-5pm
- Jan. 30-Mar. 13
- Kentfield Campus, Temporary Building 119
- Fee $64/Course #9463 EC

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**Literary Life of France in the 20th Century, 1900-1950**

At the beginning of the 20th C., French Literature was influenced by the *Belle Époque*: a period of equilibrium, technological progress and the triumph of illusions and optimism. Later the upheaval of WWI gave way to fascinating spiritual literature, a new type of self-analytical novel scrutinizing society and “war literature,” maintaining memories of combat. During the period between the two wars, the threat of fascism and WWII mobilized the intellectuals, who created “Surrealism,” discussed the absurdity...
of the human condition and expressed admiration for humans and the world. These novelists created a new type of “humanism” based on a sense of responsibility.

Join us in learning about the lives and works of Guillaume Appollinaire, Paul Claudel, Paul Valery, Andre Gide, Marcel Proust, Colette, Francois Mauriac, Jean Giono, Celine, Jean Giraudoux, Andre Breton. Lectures, discussion and readings are in English.

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

7 Wednesdays, 2:10-4pm
Jan. 31-Mar. 14
Kentfield Campus, Harlan Center 170
Fee $66 (Includes $2 materials fee)
Course #9465 EC

Dante’s Divine Comedy: Purgatorio

An ongoing study of Dante and his works as well as a presentation of the history and literature of late thirteenth and early fourteenth century Florence. This quarter we will cover the major cantos and personalities in Purgatorio. Spring quarter will be devoted to the Paradiso. New students are welcome.

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

7 Wednesdays, 3:10-5pm
Jan. 31-Mar. 14
Kentfield Campus, Dickson Hall 30
Fee $64
Course #9466 EC

Anthropology through Literature: Greater Greece

“Sail Greece’s Wine-dark Sea” from prehistory into Roman times, guided by the instructor, who enjoyed her own odyssey last spring.

Students read Thomas Cahill’s excellent nonfiction overview and sample the fictional interpretations of Barry Unsworth’s The Songs of Kings and of Steven Pressfield’s Gates of Fire. A map, time table, bibliography and book loan box are provided.

- Maggi Nicholson
- 6 Mondays, 10:30am-12:30pm
- Jan. 29-Mar. 19 (No class Feb. 19 & 26)
- Tiburon Town Hall
- Community Room
- 1505 Tiburon Blvd., Tiburon
- Fee $58
- Course #9467 EC

Anthropology through Literature: Northern Neighbors

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

- Maggi Nicholson
- 7 Thursdays, 10am-12noon
- Feb. 1-Mar. 22 (No class Feb. 22)
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $64
- Course #9468 EC

www.marincommunityed.org
**MARIN ADVENTURES**

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

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**Nature at Night: Muir Woods**

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

Wear a jacket and hiking boots and be prepared to slowly walk 1-2 miles. Park at Muir Woods and proceed to the front of the visitor center to meet Cathleen. Blacklight rental included. Please see Note above.

- Cathleen Cannon, B.S. (Biology/Chemistry)
- Saturday, 6:30-10:30pm
- Mar. 17
- Meet at Muir Woods Visitor Center
- Fee $48 (Includes $10 materials fee)
- **Course #9469 EC**

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

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

Please bring binoculars, layered clothes, water, a bag lunch and comfortable shoes to each class. Students provide their own transportation. There may be incidental entrance fees to parks.

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

- Orientation: 8:30am-12:30pm
- Tuesday, Jan. 30
- Kentfield Campus, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- Feb. 6-27
- Fee $82
- **Course #9470 EC**

Itineraries for the following classes will be mailed automatically to those who register at least a week in advance of the first class meeting of each course below. To request the itinerary during the week prior to the first class meeting, call 415.485.9318 and leave your name and mailing address, and the course number. Itineraries are also available on our website.

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**Meandering in Marin**

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

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

**For each course listed below:**

- **First class meets:** [Indian Tree Open Space, Novato](#)

  - 6 Mondays, 9:45am-1:45pm
  - Jan. 29-Mar. 12 (No class Feb. 19)
  - Fee $98/Course #9471 EC

- **7 Tuesdays, 9:45am-1:45pm**
  - Jan. 30-Mar. 13
  - Fee $115/Course #9472 EC

**Beginning Hiking**

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

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

- **6 Saturdays, 10am-1pm**
  - Feb. 3-Mar. 17 (No class Feb. 17)
  - 1st class meeting: [Deer Island Open Space](#)
  - Fee Last class 6 hours
  - Fee $89
  - Course #9473 EC

**Adventure Hiking**

We’ll explore many of Marin’s wonderful wet, wild and obscure areas, using old roads, small trails and deer and cattle paths with particular attention to rushing creeks and waterfalls. These hikes are unique and not to be found in any book. Half-day hikes will cover 6-8 miles on varied terrain and up to 1,500 feet elevation. Participants should be able to climb fairly steep grades without over-exertion and cover 2 to 2 ½ miles per hour. Please see Note under Marin Adventures heading.

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

- **7 Sundays, 9:30am-1:30pm**
  - Feb. 4-Mar. 25 (No class Feb. 18)
  - Pine Mountain Road Trailhead
  - First class meeting: 9:15am
  - Fee $145
  - Course #9474 EC
Music Appreciation: George and Ira Gershwin

Join us to enjoy the life and music of George (and Ira) Gershwin.

- **Carl Jech**, Th.M. (Harvard University)
- **Kentfield Campus**, Fine Arts 177
- 6 Mondays, 1:10-3pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Fee $58
- **Course #9476 EC**

Chorus Emeritus

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

- **Philip Hildreth**
- 7 Thursdays, 3:10-5pm
- Feb. 1-Mar. 15
- **Kentfield Campus**, Fine Arts 75
- Fee $49
- **Course #9479 EC**

Performance Traditions of Russian Opera and Ballet

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

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

- 7 Tuesdays, 1:10-3pm
- Jan. 30-Mar. 13
- **Kentfield Campus**, Fine Arts 72
- Fee $64
- **Course #9478 EC**

Marin Men’s Chorus

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $34 at the first class meeting for materials/accompanist fees.

Don Miller, PhD, has forty years of choral singing experience under the batons of masters such as Seiji Ozawa and Robert Shaw. He brings a broad knowl-
edge of choral music from classical to jazz.
- 7 Tuesdays, 7:30-9:30pm
- Jan. 30-Mar. 13
- St. Stephen’s Church
- 3 Bayview Ave., Belvedere
- Fee $37
- Course #9480 EC

**Very Beginning Blues Harmonica**

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

No previous music experience or harmonica training is required; only a love of the blues and a desire to play the harmonica! You will need a C major diatonic harmonica. Harmonicas will be available in class for $10. CD and handouts are included in the materials fee.

Questions? Call the instructor at 707.987.0165.

Dave Broida is a teacher and performer with 20 years of experience who loves to share music, especially with those who don’t consider themselves musical.
- Monday, 6:10-9:30pm
- Mar. 12
- Kentfield Campus, Physical Education 23
- Fee $54 (Includes $14 materials fee)
- Course #9481

**Piano Classes for Beginners to Advanced**

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

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

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

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

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

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

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

Marcia Bauman, PhD (Eastman) is an award winning composer and pianist, and has taught at Stanford University and the Eastman School of Music.
- Times as listed above
- 7 Tuesdays & 7 Thursdays
- Jan. 30-Mar. 15
- Kentfield Campus, Fine Arts 188
- Fee $80
- Course #9482

*A registration form is at the center fold of this schedule.*
**Instant Piano for Hopelessly Busy People**

Music teachers may not want you to know this, but you don’t need years of weekly lessons to learn piano. **Robert Laughlin** created the one-day piano workshop in 1982, and it is now used by more than 300 teachers nationwide. This workshop has been taken by more than 100,000 students, and the PBS program, “Piano In A Flash,” is largely based on this method. In just half a day you can learn enough secrets of the trade to give you years of musical enjoyment. The difference is traditional piano teachers teach note reading, and piano-playing professionals use chords. In this class, you will learn all the chords needed to play any song. Then perfect your technique at home using an exclusive CD designed by the instructor.

If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. If not, go to the course information at www.marincommunity.org, or call 415.485.9318 and ask for a free piano preparation pamphlet.

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

- **Robert Laughlin**
- Saturday, 9am-12:30pm
- Feb. 24
- **Kentfield Campus**, Fine Arts 177
- Fee $60 (Includes $25 materials fee)
- **Course #9483**

**Piano By Ear: What Pro Musicians Won’t Tell You**

Contrary to popular belief, anyone can learn to play by ear. This workshop shows you the inside secrets professional piano players use (but never reveal). You’ll learn how to pick tunes right out of your head.

In addition, you will learn how to get songs off the radio (think of the money you’ll save on sheet music). You’ll even learn how to transpose.

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

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

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

- **Robert Laughlin**
- Saturday, 2-5:30pm
- Feb. 24
- **Kentfield Campus**, Fine Arts 177
- Fee $60 (Includes $25 materials fee)
- **Course #9484**
How to Succeed in the Independent High School Admissions Process

This seminar is for parents of eighth graders who have already applied to independent high schools and are awaiting the high schools’ decisions in March. The seminar will address:

• What to do if the student is accepted at a school that is not his/her first choice

• Advisability of revisiting schools in March

• How to move from a wait list to an acceptance

• What to do if a student has not been accepted to any school

• What to do if a student has two acceptances and does not agree with parents as to the choice

This will be a practical, step-by-step approach to handling the one week of decision-making in a relatively stress-free manner. It is a difficult week both for high schools and for students who have applied to these schools.

Marjorie Donalds is an educational consultant with 20 years experience in independent high school admissions.

- Saturday, 10-11:30am
- Mar. 3
- Kentfield Campus, Physical Education Center 23
- Fee $30
- Course #9485

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Patty Calla, Program Director

This program deals with all aspects of becoming a foster or adoptive parent. Special programs are designed for grandparents and other relatives caring for children. On-going seminars and support groups are offered to help in the day-to-day caring for these children.

Professionals, foster parents and guest speakers address topics identified by the Foster and Kinship Care Education Advisory Board.

Call Patty Calla at 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 Calla at 415.457.8811, ext. 8239.
PHILOSOPHY

Introduction to the Philosophical Traditions of Yoga

This course provides an introductory overview of the 5,000 year evolution of Yoga. With lecture and guided discussion, we will trace the lineage of key philosophical concepts from the Vedas through the Bhagavad-Gita and Patanjali’s Yoga Sutras to some of today’s practices.

We will also look at how Yoga interconnects with other philosophical traditions from the Indian sub-continent. Previous experience with Yoga is not necessary.

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

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

- 4 Thursdays, 6:40-8:30pm
- Feb. 1-22
- Kentfield Campus, Learning Resources Center 38
- Fee $79 (Includes $3 materials fee)
- Course #9486

PHOTOGRAPHY

Basic Photography

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

Two field trips include a Sunday morning in Muir Woods and a Thursday evening starting in Sausalito. You are responsible for your own transportation.

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

Jed Manwaring specializes in travel and location photography. His photographs have appeared in a variety of magazines including Alaska Airlines, American Forests, International Wildlife Conservation, Navigator, Outdoor Photographer, Outside, PC Photo, Sierra, Sunset, Via and Wilderness Society magazines.

- 7 Thursdays, 7:10-10pm
- Feb. 1-Mar. 15
- Kentfield Campus, Science Center 133
- Field trip: Thurs., Mar. 1
- Plus Sunday, 8-11am, Feb. 18
- Fee $127 (Includes $10 materials fee)
- Course #9487

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

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

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

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

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

- 6 Fridays, 7:10-10pm
- Feb. 2-Mar. 16 (No class Feb. 16)
- Kentfield Campus, Harlan Center 171
- Plus field trip Sunday, Mar. 4, 7-10pm
- Fee $164 (Includes $5 materials fee)
- Course #9488

Intro. to the Digital Camera

This course is designed to educate you about the different types of digital cameras and the features that are available. You will learn what you need to know before making your purchase, so that you can choose the best camera for your needs.

We will also discuss basic terminology, explanations of the different camera settings, formats used by digital cameras and computers, transferring images to the computer, making basic image adjustments using Adobe Elements, preparing images to email as attachments and options for printing digital camera images.

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

For each of the following courses:

- Ed Woods
- Indian Valley Campus, Ohlone 216
- Fee $100
- Friday, 10am-5pm
  Feb. 2
  Course #9489
- Tuesday, 10am-5pm
  Mar. 6
  Course #9490
**Intermediate Digital Camera**

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

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

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

**For each of the following courses:**
- Ed Woods
- Indian Valley Campus, Ohlone 216
- Fee $100
- Friday, 10am-5pm
  Feb. 9
  Course #9491
- Tuesday, 10am-5pm
  Mar. 13
  Course #9492

**Intro. to Photoshop Elements: The Digital Darkroom**

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

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

**For each of the following courses:**
- Jazmine Loiselle
- Indian Valley Campus, Ohlone 216
- Fee $122 (Includes $22 materials fee)
- Friday, 9am-4pm
  Feb. 23
  Course #9493
- Thursday, 9am-4pm
  Mar. 15
  Course #9494

**Interm. Photoshop Elements: The Digital Darkroom**

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

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

**For each of the following courses:**
- Jazmine Loiselle
- Indian Valley Campus, Ohlone 216
- Fee $100
- Friday, 9am-4pm
  Mar. 2
  Course #9495
- Thursday, 9am-4pm
  Mar. 20
  Course #9496
PHYSICAL FITNESS

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

The Feldenkrais Method: Injury Prevention, Recovery and Comfort In Movement

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

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

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

- 7 Tuesdays, 7:10-8pm
- Jan. 30-Mar. 13
- Kentfield Campus, Physical Education Center 60
- Fee $68
- Course #9497

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

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

The course is designed to also benefit Health Care professionals. The skills taught in class provide a practical self-help method of pain relief positioning and a new way to exercise for recovery of lost function and pain relief using ordinary home and hospital items. It may be taken for Continuing Education hours under our “Continuing Education Program for Nurses,” BRN Provider #00724. CE Hours awarded are equal to the number of class hours. See Note regarding Continuing Education for Health Professionals on page 33.

- Meg Margolis
- 6 Mon., 7 Wed. & 6 Fri.
- Mon. & Wed., 3:40-5pm
- Fridays, 12:40-2pm
- Jan. 29-Mar. 16 (No class Feb. 16 & 19)
- Kentfield Campus, Fusselman Hall 120
- No fee
- Course #9498 EC

Energy Warm-Ups

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

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

- 8 Tuesdays & 7 Fridays
- Jan. 30-Mar. 23 (No class Feb. 16)
- Tuesdays, 8:10-9am
- Kentfield Campus, Physical Education 40
- Fridays, 9:10-10am
- Kentfield Campus, Physical Education 60
- No fee
- Course #9499 EC
Movement and Music: A Universal Language

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

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

- 6 Mondays, 11:10am-12noon
- Jan. 29-Mar. 12 (No class Feb. 19)
- Whistlestop
- 930 Tamalpais Ave., San Rafael
- No fee
- Course #9500 EC

Exercise for Fitness and Pleasure for the Active Adult

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

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

Kentfield Campus, Physical Education 60
- 7 Tuesdays &
- 7 Thursdays, 3:40-4:30pm
- Jan. 30-Mar. 15
- No fee
- Course #9501 EC

Indian Valley Campus, Miwok 170
- 6 Mondays & 7 Wednesdays
- Mondays, 10:40-11:30am
- Wednesdays, 9:10-10am
- Jan. 29-Mar. 14 (No class Feb. 19)
- No fee
- Course #9666 EC

A Journey towards Vitality: Walking the Lighter Path

Walk and talk your way to a healthier life! Walking is an excellent cardiovascular exercise. Walking regularly with a group will help you lose weight, tone your muscles and prevent osteoporosis as well as reduce your stress level. Proper technique will help you get more out of your exercise time. Our focus is on having fun while limbering the mind and body, increasing balance, flexibility and energy. Music and guided imagery will assist our relaxation practice. Students will receive individual attention.

Jack Bray, MA
- 6 Mondays, 9:10-10:30am
- Jan. 29-Mar. 12 (No class Feb. 19)
- Indian Valley Campus, Miwok 170
- No fee
- Course #9502 EC

Race Walking for Health

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

Please wear shorts or tights to class.

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

- 4 Saturdays, 11:40am-1pm
- Feb. 24-Mar. 17
- Kentfield Campus, Physical Education Center 60
- Fee $51
- Course #9503

Moving with Chi

This course is based on principles of Tai Chi and Qigong. Using breath energy to cultivate soft dance-like Tai Chi movements, we will improve posture, breath, balance, memory, strength and flexibility. You will be taught acupuncture points for self-healing and short Tai Chi/ Qigong forms. This winter, we will learn and practice The Dragon’s Exercise.

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

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

- 7 Thursdays, 1:10-3pm
- Feb. 1-Mar. 15
- Indian Valley Campus, Miwok 170
- No fee
- Course #9504 EC
Wild Goose Qigong

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

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

**Kentfield Campus**, Physical Education Center 60
- 6 Fridays, 10:10-12noon
- Feb. 2-Mar. 16 (No class Feb. 16)
- No fee/Course #9505 EC

**Indian Valley Campus**, Miwok 170
- 7 Tuesdays, 1:10-3pm
- Jan. 30-Mar. 13
- No fee/Course #9506 EC

**Wild Goose Qi Functions**

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

- Dove Harris Govrin, MS, A.D.TR.
- 6 Fridays, 12:10-1:30pm
- Feb. 2-Mar. 16 (No class Feb. 16)
- Kentfield Campus, Physical Education Center 60
- Fee $51
- Course #9507 EC

**The Joy of Tai Chi for Mature Adults**

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

Carolyn Talmadge has taught for the U.C. Arthritis Center and at the College of Marin for 20 years. Carolyn will be on her winter break until the last class of each series.

Sondra Dakota has taught Tai Chi for the College of Marin and will teach all but the last class in each of the following series.

**Beginning/Intermediate**
- 6 Mondays, 3:40-5pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Kentfield Campus, Physical Education Center 60
- No fee/Course #9508 EC

**Beginning/Intermediate**
- 7 Tuesdays, 10:45am-12:15pm
- Jan. 30-Mar. 13
- The Redwoods
- 40 Camino Alto, Mill Valley
- No fee/Course #9509 EC
Advanced Tai Chi for Mature Adults

An advanced class is being offered to practice in a group the natural flowing movements of this ancient exercise. Continue to fine tune your movements as well as emphasize the meditative aspects and strengthen your “chi.”

This is an opportunity to relax and enjoy the benefits of previous Tai Chi discipline while you enhance your physical vitality, confidence and well being. Some Qigong exercises are included. Strongly recommended: Beginning and Intermediate Tai Chi.

Please see information about instructors under course listing above.

- Carolyn Talmadge
- Sondra Dakota

- 6 Fridays, 2:10-3:30pm
- Feb. 2-Mar. 16 (No class Feb. 16)
- Kentfield Campus, Physical Education Center 60
- No fee
- Course #9510 EC

Introduction to Pilates

This popular mind/body exercise-conditioning program was developed by Joseph Pilates.

We will focus on deep breathing while strengthening the core muscles of the trunk of the body, allowing the limbs to move more freely and in proper alignment.

Pilates tones muscles, creates self-body awareness, promotes focused movement, increases flexibility and control and improves posture. Learning to move through Pilates training allows for better function and control of muscles for sports and is now practiced by many athletes, dancers and office workers not only to increase performance but also to rehabilitate the body after injury.

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

Dawn Theilen is a certified Pilates Mat and Spinning instructor and a personal trainer. She has 10 years of experience in the fitness industry and a background in dance and gymnastics.

For each course listed below:

- Form Body Studio
- 1000 Fifth Ave., Suite B, San Rafael
- Fee $79

- 7 Thursdays, 9-10am
  Feb. 1-Mar. 15
  Course #9511

- 7 Tuesdays, 9-10am
  Jan. 30-Mar. 13
  Course #9512

Other courses of interest . . .

Aerial Dance on Low Flying Trapezes

Belly Dance for Fun and Fitness

Tap Dancing

are listed under Dance.

Wado Ki Kai Karate

Wado Ki Kai means “to learn from all things.” Originating in Japan, this school of karate includes Tai Kwan Do kicking and Shotokan hand techniques.

The class is open to everyone from those with no prior experience to martial arts enthusiasts. Being in great shape is not a requirement to join—get in shape while gaining an appreciation for the Martial Arts in class.

Warm-up exercises will incorporate Tai Chi, Qigong, yoga and Rosen Method movement. Build your self-confidence, integrity and humility while developing physical strength, coordination, agility and a powerful sense of awareness. Karate attire is optional and will be discussed in class.

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

- 7 Mondays & 7 Thursdays, 6:40-8pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Kentfield Campus, Physical Education Center 60
- Fee $109
- Course #9513
Yoga and Meditation

Designed to gently and gradually improve overall flexibility, strength, breathing, concentration and meditation practice with classic Hatha and Raja Yoga, the goal of this class is to change your mind through your body, change your body through your mind and enliven your spirit.

Regular practice of yoga and meditation leads to physical health, psychological well being and spiritual balance that can be integrated into one’s daily life.

Beginners are welcome; the level of difficulty is mild to moderate. 60-70% Hatha Yoga, 30-40% deep relaxation and meditation.

Bring a yoga mat, wear comfortable clothing. It is recommended not to eat two hours before class.

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

- 7 Tuesdays & 7 Thursdays, 5:40-7pm
- Jan. 30-Mar. 20 (No class Feb. 13)
- Indian Valley Campus, Ohlone 106
- Fee $108
- Course #9515

Deep physical and mental tensions are released and energy greatly increased, bringing a natural sense of well being. Relaxation and stress reduction training are integrated into the class.

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

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

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

- 6 Saturdays
- Feb. 3-Mar. 17 (No class Feb. 17)
- Kentfield Campus, Physical Education Center 60 Beginner
- 10-11:30am
- Fee $51/Course #9516

Intermediate
- 8-9:45am
- Fee $62/Course #9517

Another course of interest . . .

Introduction to the Philosophical Traditions of Yoga

is listed under Philosophy.

Weight Training and Yoga

Join with others in safe, effective and enjoyable practice of weight training and yoga.

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

- Jamie Lamka
- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Jan. 30-Mar. 15
- Kentfield Campus, Physical Education Center 20
- Fee $108
- Course #9518
Strength and Fitness Training for Older Adults

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

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

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

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

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

Beginning

Kentfield Campus, Physical Education Center 40
- Betsy Best-Martini
  - 7 Wednesdays 7:30-9am
  - 6 Fridays, 8-9:30am
  - Jan. 31-Mar. 16 (No class Feb. 16)
  - No fee/Course #9519 EC

Indian Valley Campus, Ohlone 106
- Vicki Jackson
  - 6 Mondays & 7 Thursdays, 1:40-3pm
  - Jan. 29-Mar. 15 (No class Feb. 19)
  - No fee/Course #9520 EC

For each course listed below:
- Kim Jones (formerly Botenhagen)
  - 6 Mondays & 7 Wednesdays
  - Jan. 29-Mar. 14 (No class Feb. 19)
  - Kentfield Campus, Physical Education Center 20
  - No fee

Intermediate/Advanced
- 5:15-7am
- Course #9521 EC

Advanced
- 7-8:45am
- Course #9522 EC

Effortless Tennis

This evolutionary approach to the game eliminates the biggest impediment to peak performance—competition.

Playing competitively before mastering the basic skills lowers performance, limits potential, undermines self-esteem and diminishes enjoyment.

Undo past limitations around learning and performance while having fun developing the skills necessary to playing well: joy, relaxation, concentration, hand/eye coordination, strokes, footwork, breathing and confidence. The nurturing, supportive learning environment will inspire you to be your best, on and off the court.

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

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

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

Beginning
- 7 Tuesdays, 9:40-11am
- Feb. 6-Mar. 20
- Fee $112 (Includes $6 materials fee)
- Course #9524

Intermediate 1
- 7 Wednesdays, 9:40-11am
- Feb. 7-Mar. 21
- Fee $112 (Includes $6 materials fee)
- Course #9525

Intermediate 2
- 7 Thursdays, 9:10-11am
- Feb. 8-Mar. 22
- Fee $141 (Includes $6 materials fee)
- Course #9526
Aqua Exercise for the Mature Adult

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

For each course listed below:
- Russell Robles
- 9:40-11am
- Kentfield Campus, Pool
- 6 Mondays & 7 Wednesdays
  Jan. 29-Mar. 14 (No class Feb. 19)
  Fee $35/Course #9527 EC
- 7 Tuesdays & 7 Thursdays
  Jan. 30-Mar. 15
  Fee $37/Course #9528 EC

Fitness Swim

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

- Betsy Babson
- 6 Mondays & 6 Wednesdays,
  7:10-8:15pm
- Jan. 29-Mar. 14 (No class Feb. 19 & 21)
- Kentfield Campus, Pool
- Fee $96
- Course #9529

REAL ESTATE

Taking the Mystery Out of Real Estate Investments

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

Please bring a calculator if you have one.

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

- 2 Thursdays, 7:10-9:45pm
- Feb. 22 & Mar. 1
- Kentfield Campus, Fine Arts 120
- Fee $60 (Includes $5 materials fee)
- Course #9530

A registration form is at the center fold of this schedule.
TRAFFIC SCHOOL

Traffic Violator School

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

- Monday & Tuesday, 6-10pm
- Jan. 29 & 30; Feb. 26 & 27
- Kentfield Campus, Physical Education 23
- Fee $25

TRAVEL

Travel Secrets to Enjoying France by Car

Considering your first driving vacation in France? You no longer have to be intimidated by all those unknowns! Master the most critical French travel skills in a fun-filled class. This class will help you gain the knowledge that will let you travel through France confidently on your own. We will cover many valuable secrets and practical tips that guidebooks never mention which can make your trip much more enjoyable, safer and perhaps a little less expensive. Learn how to select the right car for your needs and budget, plan a route that really suits your interests and safely navigate the idiosyncrasies of the French road systems. Class includes hands-on practice using the Michelin Tourist and Motoring Atlas of France, Red and Green travel guides and extensive class handouts. The Motoring Atlas must be purchased in class at the cost to the instructors—about $25 (only one Atlas per couple is necessary).

Bring a bag lunch for a French inspired picnic.

Cecilia and Larry Bridges are true Francophiles, having visited France eight times since 1989.

- Saturday, 10am-4pm
- Mar. 3
- Kentfield Campus, Harlan Center 165
- Fee $47 (Includes $2 materials fee)
- Course #9535

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

- Fee $20
- Course #9536

WRITING

How to Write Any Book the Easy Way

Your book can be a great credential or a life’s dream. Publishing a book involves two parts: writing and getting published. This course will cover both. It will show you three ways to write a book, five ways to get paid in advance, and why writer’s block can’t stop you. It will cover self-publishing vs. existing publishers, agents, and what to expect from the business of publishing. Come with a specific topic and we will brainstorm your outline. There are many handouts that will “put you to work.”

Roderick Crandall, PhD, has written two books, ghost-written one and edited 20 others. Past president of the Bay Area Independent Publishers Association, he has consulted on all aspects of publishing, including starting five publishing companies.
Elements of Creative Writing

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

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

The Redwoods
40 Camino Alto, Mill Valley
- 6 Mondays, 6-9pm
- Jan. 29-Mar. 12 (No class Feb. 19)
- Fee $76/Course #9538 EC

Kentfield Campus, Dickson Hall 111
- 7 Wednesdays, 1:10-4pm
- Jan. 31-Mar. 14
- Fee $159/Course #9539 EC

Creative Writing Workshop

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

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

Guy Biederman, M.A. has published a literary magazine and six books by local

Emeritus Writing and Performance Group

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

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

- 6 Saturdays, 10am-1pm
- Feb. 3-Mar. 17 (No class Feb. 17)
- Kentfield Campus, Fine Arts 136
- Fee $76
- Course #9541 EC

Online Writing courses are available! Go to www.marincommunityed.org
SPRING 2007 COLLEGE OF MARIN FACULTY RECITAL SERIES

Five Benefit Concerts presented by College of Marin Music Faculty
Admission $10, 18 years and under $5; Lefort Recital Hall, Fine Arts 72., Kentfield Campus

Friday, February 2 at 7:30 PM—Sonatas for violin & piano and viola & piano
George Thomson, violin & viola / Paul Smith, piano
COM faculty member Paul Smith is joined by George Thomson in a concert of works for violin and piano and viola and piano by Beethoven, Brahms, Milhaud and Debussy.
Additional performance: San Domenico School, Saturday, February 3 at 3:00 PM

Friday, February 23 at 7:30 PM—Celebrity Chef Bake Sale
Faculty members Linda Noble Brown, soprano, Boyd Jarrell, baritone, Paul Smith, piano, are joined by special guest Shelley Lynn Johnson in songs about food and drink. Between selections, a noted Marin County chef will create a dessert. At the conclusion of the concert the audience is invited to sample the results!

Friday, March 9 at 7:30 PM—Rarities of the Romantic Era
Piano Duo Valeria Szervanszky/Ronald Cavaye and Paul Smith, piano
The London based piano duo of Ronald Cavaye and Valeria Szervanszky perform the great sonata for two pianos by Johannes Brahms. This is preceded by Ronald Cavaye performing rarely heard declamations by Schubert, Schumann, Wagner and Liszt and Paul Smith performing solo piano transcriptions by Franz Liszt of songs by Schubert, Schumann and Wagner.
Additional performance will be given in a private home Saturday, March 10 at 7:00 PM. Appetizers before, light dinner afterwards, admission $30. Call 415.485.9460 for details and reservations.

Friday, March 16 at 7:30 PM—Masterpieces for Strings & Piano
Tara Flandreau, violin/ Jessica Ivry, violoncello/ Paul Smith, piano
Faculty members Tara Flandreau, Jessica Ivry and Paul Smith perform piano trios as well as sonatas for violin and piano and cello and piano.
Additional performance will be given in a private home Saturday, March 17 at 7:00. Appetizers before, light dinner afterwards, admission $30. Call 415.485.9460 for details and reservations.

Friday, March 30 at 7:30 PM—American premiere: HK Gruber’s Gomorra (1976 version)
This concert staging of HK Gruber’s opera Gomorra, will be the first performance since its premiere in Vienna thirty years ago. This hour long work, scored for five voices and eight instrumentalists, contains some of the most achingly beautiful music written in the late 20th century. Performers include Linda Noble Brown, Shelley Lynn Johnson, and Boyd Jarrell, and will be conducted by Paul Smith.
Additional performance will be given in a private home Saturday, March 31 at 7:00. Appetizers before, light dinner afterwards, admission $30. Call 415.485.9460 for details and reservations.

MARCH/APRIL 2007 COLLEGE OF MARIN PERFORMING ARTS EVENTS

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

DANCE— Spring Dance Concert, Mar. 30 & 31, Apr. 6 & 7 at 8 p.m., Fine Arts Theatre $15 general / $10 students / seniors
Where applicable, tickets can be purchased from the Box Office at 415.485.9385.
A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS

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

EMERITUS CENTER

Kentfield Campus: 415.485.9652
Indian Valley Campus: 415.457.8811, ext. 8322
Emeritus.College@marin.cc.ca.us

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

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

CULTURAL ACTIVITIES

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

FINANCIAL AID GRANTS

The ASEC Council awards financial aid grants to eligible older adult students for any College of Marin course, whether Community Ed or credit. An application may be obtained in person at the Emeritus Center. To have one mailed, call 415.485.9652 and leave your request along with your mailing address. Applications must both be received in the Emeritus Center no later than the end of the business day, Tuesday, Jan. 16.

COMPUTER AVAILABLE TO MEMBERS

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

CLUBS

Participation in ASEC clubs requires an ASEC Student Activities Card.

Adventurers Club: R. King, 415.898.5845
Ancient & Contemporary Wisdom: E. Curtis, 415.453.1433
Architectural Models:
    Barbu Hanciulesco, 415.927.2183
Bocce Ball Club: J. Kouns, 415.332.5929
Bridge Club: C. Falk, 415.472.0882
    T. Metzger, 415.479.8290
Classic Cinema: R. Mead, 415.388.8919
Classical Music Club: E. Harkins, 415.461.6322
Communicators:
    P. Economon, 415.924.6047
    J. Thomas, 415.924.6507
Current Events & Issues Club: E. McGuire, 415.461.0173
History Club: E. Harkins, 415.461.6322
Italian Club: M. Weed, 415.453.6054
IVC Book Forum: L. Kerr, 415.883.2823
IVC Great Books Discussion Group:
    E. Walsh, 415.256.9964
    A. Douglas, 707.939.3897
IVC Philosophy Club: L. Witter, 415.883.6889
IVC Video Club:
    J. Spillman, 415.898.8075
    J. Ramirez, 415.491.0522
Jazz Club: R. King, 415.898.5845
Opera Club: Gil Deane, 415.456.2853
Photography Club Digital
    Earl Brown, 415.464.9229
Rumi Poetry Club: E. Curtis, 415.453.1433
Spanish Club: J. Hopper, 415.454.9256
    C. Costa, 415.456.4165
Writers Workshop:
    R. Ritchie, 415.331.9316
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Registration Begins Tuesday, January 2, at 9 a.m.

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

Touch Tone Registration
415.883.3217
If you have taken a Community Education class within the past year, you may register for classes by Touch Tone phone 24 hours a day, seven days a week through February 9 until 3 p.m. the day prior to the first class meeting for any class. Fees are payable by MasterCard or Visa. Be sure to stay on the line until you hear “You will receive a confirmation postcard within 10 working days.”

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

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

Register by U.S. Mail
Please mail your registration at least five working days prior to the first class meeting to ensure that your name appears on the instructor’s roster. You will find a registration form at the center of this schedule. Additional forms may be downloaded from the website or Xeroxed from this schedule and are also available at the Office of Admissions and Records on either campus. The College’s mailing address is at the top of the registration form.

Register by Fax
415.460.8773
To fax your registration, use the registration form inside this schedule or download one from the Community Education website at www.marincommunityed.org.
**Register for Online Classes**

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

To register:

1) Register with the college by any method listed above.

2) Email your email address to: michael.lewis@marin.edu and include your name and course name(s) and number(s).

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

**Payment of Fees**

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

**For All Methods of Registration**

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

**Open College**

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

**GENERAL INFORMATION**

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

**Enrollment Confirmation**

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

**Waiting List Procedures**

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

**Time Conflicts**

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

**Faculty Evaluation Questionnaire**

Evaluating faculty is an essential element in maintaining our high standards. You may be asked to spend a few minutes of your class time completing a faculty evaluation questionnaire. We appreciate your honest and thoughtful assessment of your instructor and of your experience with us.
Students Under 18

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

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

Attendance at First Class Meeting

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

Refund Policy

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

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

To Request a Refund

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

DIRECTORY

Community Education Office
415.485.9305

Emeritus College
415.485.9368

English as A Second Language
415.485.9642

Intensive English Program
415.457.8811, ext. 8579

Admissions & Records Office
415.457.8811, ext. 8822

Counseling
415.485.9432

Bookstore
415.485.9394

Library Services
415.485.9656

Media Center/Language Lab
415.485.9645

Reentry Services
415.485.9641

Disabled Students Program
415.485.9406
PARKING

Kentfield Campus/Indian Valley Campus

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

From Highway 101, take Ignacio Blvd. exit in southern Novato. Continue on Ignacio Blvd. 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.
EQUAL OPPORTUNITY

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

Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights. The Marin Community College District makes every attempt to stay in compliance with the requirements of Title IX of the 1972 Education Amendments, the Equal Employment Opportunity Act of 1972 (Title VII of the Civil Rights Act of 1964 as amended), the Civil Rights Act of 1991, and Section 504 of the Rehabilitation Act of 1974, the Americans with Disabilities Act, the California Fair Employment and Housing Act of 1980, the California Fair Employment and Housing Commission Rules and Regulations, and the Vietnam Veteran’s 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 the District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Equal Opportunity Employment/A.D.A. Compliance Officer Linda Beam Executive Dean, Human Resources (or Designee) Administrative Center, Kentfield Campus 415.485.9400

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

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

OPEN ENROLLMENT POLICY

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

SHORT TERM WORKSHOPS

Many short term workshops & classes (one to four meetings) will be offered through the COM Community Education program this quarter. The date listed below is the start date for the class. For the complete description of a class, refer to the section noted in parentheses following the title.

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

January 27
BLS Healthcare Provider Course (Health Sciences)

January 29
The Art of Living with Color (Home Arts)

February 1
Crafts for Sale: Giving Up Your Day Job (Art)
Intro. to Philosophical Traditions of Yoga (Philosophy)

February 2
Intro. to Digital Camera (Photography)

February 3
Spontaneous Watercolor (Art)
Silver Jewelry from Precious Metal Clay (Art)
How to Become a Successful Consultant (Business)
Voice Overs: The Big Picture (Drama)
Start Living the Life You Want! (Health)
Emergency Medical Technician Recertification (Health Sciences)

February 6
Intro. to West Coast Swing Dance (Dance)

February 7
How to Mind Your Own Business (Business)

February 9
Dental Assisting: Coronal Polish (Health Sciences)
Intermediate Digital Camera (Photography)

February 10
How to Forgive Even in Difficult Situations (Health)
Breaking the Cycle of Stress (Health)
How to Write Any Book the Easy Way (Writing)

February 12
Notary Public Workshop & Exam (Business)

February 22
Art on the Go (Art)
Taking the Mystery Out of Mortgages (Real Estate)

February 23
Dental Assisting: Radiology (Health Sciences)
Photoshop Elements: The Digital Darkroom (Photography)
Art on the Go (Art)
<table>
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| February 24 | What Color Is the Shadow? Working with Acrylics (Art)  
|           | Matting & Framing Workshop (Art)  
|           | Importing as a Small Business (Business)  
|           | Enhance Your Life with Feng Shui (Home Arts)  
|           | Instant Piano for Hopelessly Busy People (Music)  
|           | Piano by Ear (Music)  
|           | Race Walking for Health (Physical Fitness)  |
| February 27 | Strategize or Eulogize (Business)  |
| March 2   | Intermediate Photoshop Elements: The Digital Darkroom (Photography)  |
| March 3   | Saturday Morning with Vincent Van Gogh (Art)  
|           | Heartsaver First Aid & CPR (Health Sciences)  
|           | Designing for Color & Climate in Your Garden (Home Arts)  
|           | How to Succeed in the Independent High School Admissions Process (Parenting)  
|           | Travel Secrets to Enjoying France by Car (Travel)  |
| March 6   | Intro. to Digital Camera (Photography)  
|           | Art & Garden Tour of Golden Gate Park (Art)  |
| March 8   | Chaos Control: Simplify Your Life (Business)  
|           | How to Start a Small Business—Fast (Business)  |
| March 10  | Intuitive Eating: If Diets Don't Work, What Does? (Health)  
|           | Plant Parenthood: Propagating Plants (Home Arts)  |
| March 12  | Very Beginning Blues Harmonica (Music)  |
| March 13  | Intermediate Digital Camera (Photography)  |
| March 15  | Photoshop Elements: The Digital Darkroom (Photography)  |
| March 17  | Nature at Night (Marin Adventures)  |
| March 20  | Intermediate Photoshop Elements: The Digital Darkroom (Photography)  |

**Coming in Fall 2007**

The Center for Regenerative Design of College of Marin and PACE at Dominican University of California announce the premier joint class that will empower participants with tools and action plans to create changes in their lives and communities.

Provocative topics such as food systems, water, ecodesign, and green economy will offer insightful discussions and strategies in a peer environment.

For details visit: www.greenmarin.net and www.dominican.edu/pace.
College of Marin’s Center for Regenerative Design presents Profiles on Green, a COMmunity roundtable series

Join us for this inspiring series where you will meet the foremost experts in their fields and learn how green principles can improve the quality of your life and create a better world. The series is FREE of charge and each event includes a question and answer period.

All roundtables are from 7 p.m. to 9 p.m., at College of Marin’s Olney Hall Auditorium, 835 College Avenue, Kentfield. For more information, go to www.greenmarin.net.

Healing People and the Planet, featuring Charlotte Brody — Friday, January 26
Live a healthier life by applying green principles. Charlotte Brody, Executive Director of Commonweal and a founder of Health Care Without Harm, works to make health care more environmentally responsible and sustainable.

Regenerating Community, featuring Sim Van der Ryn — Friday, February 9
Our future may very well depend on building green and Sim Van der Ryn is acknowledged as a leader in “sustainable architecture.” He is the former State Architect of California, a researcher and an educator with over thirty-five years of design, planning, teaching and public leadership in sustainable architecture.

Visioning a Green Community for Marin, featuring Charles McGlashan — Friday, March 16
County Supervisor Charles McGlashan believes that we can work together to improve our quality of life through cutting-edge solutions promoting “green” business practices. Together we can ease traffic congestion, provide transit-oriented housing for Marin workers and foster a vital economy, all while protecting and restoring Marin’s majestic environment.

Democracy, Education for the New Economy, featuring Robert B. Reich — Friday, April 13
Renowned author, former Secretary of Labor under President Bill Clinton and University Professor at UCB Berkeley, Robert B. Reich is one of the nation’s leading thinkers about work and the economy. His columns appear regularly in The Atlantic Monthly, The New York Times, The Wall Street Journal and other major national newspapers.

New Cities for the 21st Century, featuring Peter Calthorpe — Friday, May 25
Co-author of The Regional City: Planning for the End of Sprawl, Peter Calthorpe was named one of 25 “innovators on the cutting edge” by Newsweek for his work redefining the models of urban and suburban growth in America. He has formulated a comprehensive design and planning philosophy that includes creating ecologically sound communities.

WINTER 2007
Registration Begins January 2

ON THE COVER:
Photography Instructor
Jed Manwaring’s photo of Muir Woods, see page 46

UPCOMING
Performing Arts Events
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MORE FREE CLASSES
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