Our Urban Agriculture Program Keeps Growing!

**NEW CLASS: BACKYARD BEEKEEPING**

Have you ever considered keeping bees, but you weren't sure how to get started?

Want to harvest honey and beeswax from your own backyard?

Would you like to help facilitate environmental healing and understand the natural cycles of honeybees?

Learn the fundamentals of home beekeeping from local bee expert, Kalle Cook, through lectures, hands-on demonstration, and a field trip to a live hive. Class includes a delicious honey tasting.

**FIND OUT MORE ON PAGE 44**
## Current Students

If you have registered in a Community Education course within the last two years, your application is on file and you do not need to submit an application. If you have never done so, you will need to complete the one time, **Set-Up** process. Please call 415.485.9318 or email community.ed@marin.edu if you need your **Username** and temporary **Password** emailed to you. To register and pay online, follow instructions under **To Register for Classes** and **To Pay for Classes**.

## New Students

If you have not registered in a Community Education course within the last two years, please complete the **Online Application** as outlined under **To Apply Online**. Once you receive your **Username** and temporary **Password**, complete the one time, **Set-Up** process. To register and pay online, follow instructions under **To Register for Classes** and **To Pay for Classes**.

## To Apply Online

Go to [www.marin.edu/CommunityEducation](http://www.marin.edu/CommunityEducation). Click on **Apply and Register**. Then click on **Online Application**. Complete and submit the form online. Please allow up to 5 working days for your application to be processed. An email with your **Username** and temporary **Password** will be emailed to you. Then, go to **To Register Online** below.

## To Register Online

Once you have completed the application process with the college, you may register online. To register online, go to MyCOM.marin.edu.

**Set-Up**

The first time that you register online, you will be asked for the **Username** and temporary **Password** that were sent to you when your application was processed. Enter your **Username** and temporary **Password**, then click the **Submit** button. Once you hit the **Submit** button, you will be alerted that your temporary **Password** has expired. Be prepared to enter a permanent **Password** from 8 to 20 characters and including at least 1 number. Example: Giselle16. The next step is to answer the security questions. Once you do that, your **Set-Up** is complete.

### To Register for Classes

On the main screen that says: Welcome to MyCOM Portal (your MyCOM Portal home), there are 3 tabs: Home, Student and Tutorials. Click the **Student** tab. On the left hand side of the screen, it gives you several options. Click: **Register, Add or Drop Classes**. Select a term. Example: Winter 2011 Community Ed. (Term must include words “Community Ed.”) The next screen will say Add or Drop and will give you 10 boxes to add classes. Enter the **Course Registration Number** (CRN) for each class selected. Once you have entered your classes, click on **Submit Changes** to register.

### To Pay for Classes

After you select **Submit Changes** as described above, click **CHECKOUT** (in blue), at the bottom of the page. This takes you to **Registration Fee Assessment** and shows total fees owed. Payment is due at the time of registration. Click on **Payment Options**. Click on the E-Cashier logo, and then on **Proceed**. Complete all the E-Cashier payment steps. Once you have paid for your classes, go back to MYCOM Portal home and find the center box that says: My Courses. Click on My Courses **Click here to view the classes in which you are now registered**.

### Other Ways to Register

You may also register in person, by mail, or by fax. Turn to page 49 for directions.

### Need Help?

Contact our Community Education Office at 415.485.9305. We are happy to help you!
### New for Spring 2011

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>An Introduction to Carl Jung: The Process of Individuation</td>
<td>23</td>
</tr>
<tr>
<td>Backyard Beekeeping</td>
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</tr>
<tr>
<td>Cheese Chemistry</td>
<td>23</td>
</tr>
<tr>
<td>Construction Law for Contractors: The Basics</td>
<td>23</td>
</tr>
<tr>
<td>Create Your Own Amazing Events</td>
<td>8</td>
</tr>
<tr>
<td>Digital Photography for Travelers</td>
<td>35</td>
</tr>
<tr>
<td>Discovering Ayurveda: The Wisdom of Life</td>
<td>24</td>
</tr>
<tr>
<td>Draw Your Dog — Paint Your Pooch</td>
<td>5</td>
</tr>
<tr>
<td>Fluid Acrylic for Self-Expression</td>
<td>6</td>
</tr>
<tr>
<td>Get Published!</td>
<td>45</td>
</tr>
<tr>
<td>Global Plate Tectonics</td>
<td>18</td>
</tr>
<tr>
<td>Jewish Humor and Philosophy</td>
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</tr>
<tr>
<td>Joywriting</td>
<td>45</td>
</tr>
<tr>
<td>Milk Types and Quality</td>
<td>23</td>
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<tr>
<td>Principles and Practices of Cheesemaking</td>
<td>23</td>
</tr>
<tr>
<td>Short Story Masterpieces</td>
<td>29</td>
</tr>
<tr>
<td>Sportscasting: Behind the Scenes and on the Air</td>
<td>9</td>
</tr>
<tr>
<td>The Life and Times of Leonardo da Vinci</td>
<td>26</td>
</tr>
<tr>
<td>The Sweet and Savory Venetian World of Crepes</td>
<td>22</td>
</tr>
<tr>
<td>The Trials of Home Ownership: How to Get Out from Under</td>
<td>43</td>
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<tr>
<td>The World's Greatest Epic: The Mahabharata</td>
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<tr>
<td>Venice, Queen of the Adriatic: Art, Commerce, and Politics</td>
<td>8</td>
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<tr>
<td>Watercolor for Self Expression</td>
<td>6</td>
</tr>
<tr>
<td>Wine and Chocolate</td>
<td>22</td>
</tr>
</tbody>
</table>

### Weekend Workshops

Invest in yourself and do something just for you on the weekend!

Community Education offers many educational and entertaining Saturday workshops for which you can register in class with the instructor. The date shown below is the start date for the class. See page listed for more information.

**April 2**

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Computing for Older Adults</td>
<td>11</td>
</tr>
<tr>
<td>Beginning Hiking</td>
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</tr>
<tr>
<td>Expressive Landscape Oil Painting</td>
<td>4</td>
</tr>
<tr>
<td>Figure Painting</td>
<td>4</td>
</tr>
<tr>
<td>Introduction to iPhone/iPod Touch Apps</td>
<td>15</td>
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<tr>
<td>Joywriting</td>
<td>45</td>
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<tr>
<td>Microsoft Word Basics for Older Adults</td>
<td>12</td>
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<tr>
<td>Qigong and Women's Health</td>
<td>40</td>
</tr>
<tr>
<td>So You Want to Start a Specialty Food Business</td>
<td>8</td>
</tr>
<tr>
<td>Victory Gardens: Introduction to Spring Home Vegetable Gardening</td>
<td>44</td>
</tr>
<tr>
<td>Watercolor Basics and Beyond</td>
<td>6</td>
</tr>
</tbody>
</table>

Watercolor for Self Expression                                      | 6    |
Yoga for Every Body, Yoga for Every Mind                             | 38   |

**April 3**

<table>
<thead>
<tr>
<th>Course</th>
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</thead>
<tbody>
<tr>
<td>Introduction to Taiko</td>
<td>41</td>
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</table>

**April 9**

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
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</thead>
<tbody>
<tr>
<td>Create Your Own Amazing Events</td>
<td>8</td>
</tr>
<tr>
<td>Finding Healing Within</td>
<td>24</td>
</tr>
<tr>
<td>How to Make Profit Finding Hidden Gold, Silver, and Platinum</td>
<td>9</td>
</tr>
<tr>
<td>Surfing 101</td>
<td>32</td>
</tr>
<tr>
<td>The Sweet and Savory World of Crepes</td>
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</tbody>
</table>

**April 23**

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Google Apps: Gmail, Calendar, Docs, and Sites</td>
<td>14</td>
</tr>
</tbody>
</table>

**April 30**

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backyard Beekeeping</td>
<td>44</td>
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<tr>
<td>Great Soil = Great Gardens: Home Composting Made Easy</td>
<td>44</td>
</tr>
<tr>
<td>Squarespace.com: Fast, Easy Website Creation</td>
<td>15</td>
</tr>
<tr>
<td>The Trials of Home Ownership: How to Get Out from Under</td>
<td>43</td>
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</tbody>
</table>

**May 7**

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Backyard Chickens</td>
<td>45</td>
</tr>
<tr>
<td>Creative Seasonal Cooking: The Promise of Spring</td>
<td>21</td>
</tr>
<tr>
<td>Fluid Acrylic for Self-Expression</td>
<td>6</td>
</tr>
<tr>
<td>Voice Overs: The Big Picture</td>
<td>21</td>
</tr>
</tbody>
</table>

**May 14**

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>iTunes: Apple Computer's Multimedia Application</td>
<td>15</td>
</tr>
<tr>
<td>Introduction to iPhone/iPod Touch Apps</td>
<td>15</td>
</tr>
<tr>
<td>Joywriting</td>
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Watercolor for Self Expression                                      | 6    |
Yoga for Every Body, Yoga for Every Mind                             | 38   |

### Courses Offered at Indian Valley Campus

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Aikido                                                                | 38   |
Aqua Exercise for Older Adults                                        | 43   |
Artisan Cheesemaking Certificate Program                              | 22   |
Basic Photography                                                     | 35   |
Basic Starter Cultures for Cheese and Fermented Milks               | 23   |
Cheese Chemistry                                                      | 23   |
Computer Classes                                                      | 10   |
Energy Warm Ups for the Active Adult                                 | 37   |
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Introduction to Pilates                                               | 39   |
Kneeling and Qi Gong                                                 | 23   |
Rigging and Qi Gong                                                   | 35   |
So You Want to Start a Specialty Food Business                       | 8    |
Victory Gardens: Introduction to Spring Home Vegetable Gardening      | 44   |
Watercolor Basics and Beyond                                         | 6    |

Watercolor for Self Expression                                      | 6    |
Yoga for Every Body, Yoga for Every Mind                             | 38   |

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So You Want to Start a Specialty Food Business                       | 8    |
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Watercolor Basics and Beyond                                         | 6    |

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The Community Education & Services Schedule is published four times a year by the College of Marin (a nonprofit organization), 815 College Ave, Kentfield, CA 94904-2590, February 2011, Volume 12, Issue 4.
Note regarding class supplies: Supplies will be discussed in class. Please bring whatever related materials you may already have to the first class meeting. Students are expected to provide their own materials unless otherwise noted below.

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

See Note regarding materials under Art heading above. Bring your choice of materials to work with to the first class. Expect to spend at least $30. Visual presentations, books, discussion.

June Yokell, MFA, is an award-winning artist who has studied, taught, and exhibited since 1978.
- 6 Wednesdays, 6:40-10pm
- Mar. 30-May 11 (No class Apr. 13)
- Kentfield Campus, Fine Arts 301
- Fee $186 (Includes $21 models fee)
- CRN# 35001

Abstract Painting
“In a successful painting everything is integral…all the parts belong to the whole. If you remove an aspect or element you are removing its wholeness.” Richard Diebenkorn

This course is designed for students of all experience levels who wish to strengthen their skills in abstract painting in any medium. Through lectures, demonstrations, discussions, critiques, and in class painting, we will deconstruct modern and contemporary themes as students work to develop a unique voice in their paintings. Topics include: materials, color theory, composition, depth, form, movement, and paint application.

See Note regarding materials under Art heading above. Bring a notebook and pencil to the first class. New students welcome.

Michael Azgour, MFA, is an exhibiting artist and art instructor.
- 6 Mondays, 6:10-10pm
- Mar. 28-May 9 (No class Apr. 11)
- Kentfield Campus, Fine Arts 301
- Fee $153
- CRN# 35002

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

See Note regarding materials under Art heading above. Course includes critique.

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

- 7 Saturdays, 9am-1pm
- Apr. 2-May 21 (No class Apr. 16)
- Kentfield Campus, Fine Arts 301
- Fee $231 (Includes $53 models fee)
- CRN# 35003

The new Fine Arts building is open! Please note that Fine Arts designates the new building and that the existing building has been renamed Performing Arts.

The California Landscape in Acrylic
Learn to paint and find your own style while capturing the natural beauty of California landscapes. Using a “paint along” technique where you are shown step by step how to paint with the instructor, you will learn a variety of brush work and paint applications with on-going demonstration and supportive critiques. Projects are developed from landscape photographs, and composition, color theory, and perspective will be explored, along with how to paint still and moving water, trees, grasses, and other natural features, and how to convey mood.

See Note regarding materials under Art heading above. Bring any acrylic paints and brushes that you may have to the first class — and a table top easel if you have one.

Bernard Healey’s paintings of his beloved Marin County are viewable in a collection called Land, Water, Sky: The Art of Bernard Healey.

- 6 Mondays, 2:10-5pm
- Mar. 28-May 9 (No class Apr. 11)
- Kentfield Campus, Fine Arts 301
- Fee $114
- CRN# 35113

Expressive Landscape Oil Painting
This class offers clear instruction about how to achieve clean, fresh color. We block in a painting, create dynamic composition and strong tonal values. You will learn to mix a warm and cool palette starting with vibrant color and big shapes, leading into beautiful atmospheric perspective. The work prepares you to paint outdoors and to see the landscape with confidence.

See Note regarding materials under Art heading above. Bring an assortment of photographs preferably that you have taken or that you wish to paint. We discuss materials in the first class, beginning with a demonstration.

Kay Carlson is a plein air and studio painter and specializing in Northern California scenes. She is an exhibiting artist and a teacher who loves working with beginning and intermediate students offering demonstrations and personal attention.

- 3 Saturdays, 1:10-6pm
- April 2-23 (No class Apr. 16)
- Kentfield Campus, Fine Arts 301
- Fee $99
- CRN# 35004
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 to consult with the instructor for direction. We will work from studio still life and landscape. All subject matter welcome, including abstraction.

See Note regarding materials under Art heading above. Bring whatever watercolor supplies you may have to the first class.

Marty Meade
- 7 Fridays, 10:10am-1pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Performing Arts 151
- Fee $89
- CRN# 35068 EC

Nancy Johnson
- 7 Saturdays, 10:10am-1pm
- Apr. 2-May 21 (No class Apr. 16)
- Kentfield Campus, Performing Arts 151
- Fee $89
- CRN# 35069 EC

The Flow of Watercolor: A Personal Approach to the Still Life

We all have a treasury of memories reminding us of the life journey we have taken. These memories take shape in the form of symbols, objects, photos and feelings. Through use of these memories and basic design structures for painters, create paintings that enhance your memories, turning them into new, fresh experiences! All levels are welcome.

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

Julie Cohn has been an exhibiting painter and teacher for over 25 years.
- 7 Wednesdays, 2:10-5pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Performing Arts 151
- Fee $97 (Includes $8 materials fee)
- CRN# 35006 EC

Watercolor for Self Expression

Renew your art spirit with wet-into-wet watercolor painting techniques that offer beginning and practicing artists the broadest expressive range. Innovative teaching methods will quickly build self-confidence and skill. Course covers painting on pre-soaked, hand-wet, and area moistened papers of various weights; the properties of color; edge tinting for clarifying shape; composition; layering; light to dark; textural and atmospheric effects. The transparent magic of watercolor will be fully explored. The use of watercolor crayon as a drawing, texture, and accent tool will be introduced.

Continuing students will deepen their art practice and receive one-on-one feedback for works in progress.

After you register, please email the instructor at carol@arttreks.com for information about class materials. All levels of skill welcome.

Carol Duchamp, MA, encourages experimentation in a supportive environment that nourishes the intuitive power of self-expression. An exhibiting artist, her training includes healing and transformative arts.
- Saturday, 1:30-5:30pm
- Apr. 2 & 9
- Kentfield Campus, Performing Arts 151
- Fee $59
- CRN# 35070

Fluid Acrylic for Self-Expression

This class covers tips and techniques for use with fluid acrylic paints, acrylic inks, and mediums. You will have the opportunity to paint on paper and/or primed and/or unprimed canvas, and test the results to discover a preferred direction for your work in acrylic. Demonstration and discussion will include color charting, composition, edge tinting, special effects, over painting, and an exploration of the expressive potential for this medium.

Continuing students will deepen their art practice and receive one-on-one feedback for works in progress.

After you register, please email the instructor at carol@arttreks.com for information about class materials. All levels of skill welcome.

Carol Duchamp, MA
- Saturday, 1:30-5:30pm
- May 7 & 14
- Kentfield Campus, Performing Arts 151
- Fee $59
- CRN# 35071
Expressive Mixed Media: Watercolor, Fluid Acrylic, Image Transfer, and Collage Techniques

This expressive arts class is ideal for beginners and artists seeking fresh insight into their work. Renew your art spirit with wet-into-wet water media techniques that offer the amateur and professional painter the broadest expressive range. Demonstrations and discussion will include wetting the paper or canvas, color, brushwork, compositional energy, atmospheric effects, edge tinting, textual elegance, and the use of watercolor crayon, acrylic ink, and mediums. Whether your work moves in realistic or abstract directions, innovative teaching methods will build self-confidence and skill. Course includes visual presentations and emphasis on developing your unique voice as an artist.

Please bring watercolor supplies to first class or email the instructor at carol@arttreks.com for information.

- Carol Duchamp, MA
- 6 Wednesdays, 6:10-9:30pm
- Mar. 30-May 11 (No class Apr. 13)
- Kentfield Campus, Performing Arts 151
- Fee $160
- CRN# 35005

The new Fine Arts building is open! Please note that Fine Arts designates the new building and that the existing building has been renamed Performing Arts.

Chalk Pastels and Mixed Media

This class continues the study of using chalk pastels for painting and drawing with the addition of other media—watercolor, gouache, acrylic, ink, charcoal, whatever you choose—with pastels. Those joining the course for the first time will have a full introduction to the chalks, surfaces and techniques. Slides, demonstrations, critiques and discussions about color and composition augment the sessions. Individual exploration for expressive potential is emphasized.

Bring paper and a drawing board to the first class. Materials may cost from $30 to $100 and will be discussed in class. Enrollment limited.

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

- 7 Fridays, 1:10-4pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Fine Arts 214
- Fee $134
- CRN# 35072

Jewelry and Metalsmithing

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

Class size is limited to 20; early enrollment advised. See Note regarding materials under Art heading above.

A nationally recognized artist, Lisa D’Agostino has been designing, making, and selling her work in her one-person studio for 31 years.

For each course listed below:

- Kentfield Campus, Fine Arts 123
- Fee $138 (Includes $25 materials fee)
- Beginners/Beginners Plus
- 7 Tuesdays, 7:10-10pm
- Mar. 29-May 17 (No class Apr. 12)
- CRN# 35007

Intermediate/Advanced

- 7 Wednesdays, 7:10-10pm
- Mar. 30-May 18 (No class Apr. 13)
- CRN# 35008

Glass Fusing

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

Marty Meade began teaching stained glass in 1978 and won the College of Marin’s Academic Senate award for Community Education Teacher of the Year in 2006.

- 6 Fridays, 2:10-5pm
- Apr. 1-May 13 (No class Apr. 15)
- Kentfield Campus, Performing Arts 151
- Fee $234 (Includes $63 materials/special fee)
- CRN# 35073
Classes start Monday, March 28. Register early.

**Business/Small Business/Career Development**

**Business/Small Business/Career Development**

**Venice, Queen of the Adriatic: Art, Commerce, and Politics**

Join Art Historian Kerrin Meis for a brilliant slide journey covering six centuries of art, architecture, and history in Venice and her environs. Highlights include the 12th Century Christian mosaics of Torcello and those of the Byzantine Basilica of San Marco, the Renaissance paintings of Bellini, Titian, Tintoretto, and Veronese, and the Villas of Andrea Palladio. Special attention will be given to the 18th Century vedute paintings of Guardi, Canaletto, and Bellotto, as well as the breathtaking pastel portraits of Rosalba Carriera. The heavenly frescoes of Tiepolo gracing churches, palaces, and country retreats will be a major focus. Finally, what did La Serenissima look like to the French Impressionists and Expatriate Americans? Venezia, esta perpetua!

A confirmed Italophile, Professor Meis taught Art History at San Francisco State University for many years.

- **7 Fridays**, 10:40am-12:30pm
- **Apr. 1-May 20** (No class Apr. 15)
- **Kentfield Campus**, Performing Arts 120
- **Fee $69** (Includes $1 materials fee)
- **CRN# 35045 EC**

**Art on the Go Bus Trip: Oakland Museum**

The Oakland Museum will be showing 2 extraordinary exhibitions that are not to be missed.

**Michael C. McMillen: Train of Thought**

Spanning the 40-year career of the Santa Monica-based mixed-media artist, this exhibit features walk-through installations, sculptures, paintings, and films throughout the Gallery of California Art. This will be an unique and unforgettable experience.

**Splendors of Faith/Scars of Conquest**

Explore the Arts of the Missions of Northern New Spain, 1600-1821

The Arts of the Missions of Northern New Spain in this stunning exhibition exploring the rich artistic legacy of the Franciscan and Jesuit mission churches in northern Mexico and the American Southwest. Many of the missions were exuberantly decorated with lavish paintings, sculpture, furniture, and liturgical objects and vestments. For the first time ever, this exhibition brings together these sacred and ceremonial artworks from collections throughout Mexico, the U.S., and Europe.

Bring a lunch or buy one at the Museum. Limited to 20. The Museum entry fee is included in the class fees.

- Rhoda Becker
- **Friday**, 10am-3pm
- **Apr. 29**
- **Corte Madera Town Center**
- **Meet on Madera Blvd.**
- **Across from Best Western Corte Madera Inn**
- **Fee $63** (Includes $39 special fee)
- **CRN# 35114 EC**

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

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

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

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

- **Saturday**, 9am-1pm
- **Apr. 2**
- **Kentfield Campus**, Harlan Center 169
- **Fee $56** (Includes $5 materials fee)
- **CRN# 35115**

**Create Your Own Amazing Events**

Learn how to create amazing events with energy, creativity, and a great sense of fun! Take your event ideas, goals, and visions, and bring them to life. Whether you’re planning winery events, your own
wedding/anniversary or corporate event, a charitable event, or you’re considering a career change, this class will cover the secrets of awesome wine country events. Come with your own ideas or plan new ones in the class.

An informational package of materials, which is covered by the materials fee, will be distributed in class. Bring a bag lunch.

Cathy Balach is a Professor of Small Business and Marketing, who consults for new business startups with strategic marketing, promotional, online, and PR initiatives. With experience in the wine and chocolate industries, she’s created and managed amazing parties and events — from bridal to food and wine spectacles.

- Saturday, 11am-3:30pm
- Apr. 9
- Kentfield Campus, Harlan Center 172
- Fee $54 (Includes $1 materials fee)
- CRN# 35164

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

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

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

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

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

- Saturday, 9am-1pm
- Apr. 9
- Kentfield Campus, Harlan Center 169
- Fee $78 (Includes $30 materials fee)
- CRN# 35074

CAREER DEVELOPMENT

Sportscasting: Behind the Scenes and on the Air

While sports fanatics will obviously find this course satisfying, anyone with an interest in improving their public-speaking skills will also find it rewarding. Learn the key fundamentals of doing a live play-by-play sporting event for broadcast on both radio and television. We will also concentrate on interviewing techniques and will cover Talk Shows, Podcasts, and Television Statistics.

A digital recorder is highly recommended for this class. If you have one, please bring it to the first class. We will discuss them at the first class.

Class includes a live radio workshop at a bay area ballpark. Class meets on site, and students are responsible for their own transportation. There will be a $20 parking fee.


Joe Castellano is a former commentator for CBS Radio Sports/Westwood One.

- 7 Wednesdays, 7:10-9pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Olney Hall 103
- Fee $89
- CRN# 35159

Construction Law for Contractors: The Basics

This course will explain construction law issues that contractors on public or private work projects should know and understand. These include licensing law, mechanic liens, stop notices, and bonds among other things. The course will explain how a contractor can protect its rights and what to expect if disputes arise and litigation occurs. The course is intended for general contractors, subcontractors, and suppliers. It is not intended for attorneys and will not make the student an attorney, but it will explain the law and how it applies in the construction industry.

Handouts will be distributed in class.

John McGill, JD, specializes in construction litigation.

- 7 Thursdays, 7:10-9pm
- Mar. 31-May 19 (No class Apr. 14)
- Kentfield Campus, Portable Village 3
- Fee $89 (Includes $1 materials fee)
- CRN# 35160

Also of interest ...

Get Published!

See page 45.
COMMUTERS

Community Education’s computer courses are designed to offer exposure to a specific program or application. 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 at the Ohlone Cluster on the Indian Valley Campus (located at the west end of Ignacio Blvd., Novato). See map at the back of this schedule. Note: College parking is $3 per day and free on Saturdays. All parking permit machines accept any combination of dollar bills and quarters.

REGISTRATION INFORMATION

Please register and pay for your classes following procedures as described on page 49 of this schedule or go directly to www.marin.edu/CommunityEducation. We have a new Waitlist Option which will allow wait-listed students to register in the class when a space opens. Please see page 50 for information.

TEXTBOOKS FOR COMPUTER CLASSES

Students are expected to purchase their own textbook prior to the first class meeting. The same textbook will be used for all classes within the same subject area, i.e., all classes on Excel will use the same textbook. Some classes do not require texts. This will be clearly stated in the course description below when applicable.

A Computer Textbook Source List of local bookstores and online sources for textbooks is available upon request. Please call 415.485.9318 and leave a request for it to be mailed to you. Remember to leave your mailing address.

Occasionally a class is cancelled. When this happens, please look for the class in the next quarter when the same textbook will be used.

IMPORTANT INFORMATION

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.

A USB port plug-in storage device, i.e., flash drive or thumb drive, is recommended if you would like to save your work.

On the Indian Valley Campus, the Internet Café is located in building #27 and offers complimentary coffee and tea, as well as edibles for purchase, Monday through Thursday, 8:30am-7:00pm, and Fridays, 8:30 am-12noon. It is two miles to the nearest eatery, so if you are coming during off hours, we recommend that you bring something to eat or drink.

Hands-On Computer Courses

Beginning Computing for Older Adults………………………..11
Build a Quick and Easy Website with
Go Daddy™’s Web Tools……………………………………15
Computer Fundamentals I & II…………………10-11
Dreamweaver, Intro & Interm.………………16
Excel 2007, Intro & Interm.………………12
Flash, Intro & Interm.…………………………17
Gmail for Older Adults…………………..………………14
Google Apps: Gmail, Calendar,
Docs, and Sites………………….………………14
Illustrator, Intro & Interm.………………16
InDesign, Intro & Interm…………………..16-17
iPhone/iPod Touch Apps, Intro………………14
iTunes: Apple Computer’s
Multimedia Application…………………..15
Macintosh, Intro & Interm.………………11
Microsoft Word Basics for Older Adults……12
Outlook 2007, Intro to…………………14
Photoshop I & II…………………………………..17
PowerPoint 2007, Intro & Interm.………………13
QuickBooks Pro 2010,
Intro & Interm.……………………………………13
Squarespace.com: Fast,
Easy Website Creation…………………..15
Windows 7, Intro to…………………………14
Word 2007, Intro & Interm.………………12

Computer Fundamentals I

This is an introduction to the PC for the first-time computer users and is designed to reduce feelings of intimidation. We will teach you how to turn on the computer and the first steps to Touch Typing: how to hold, move, and click the mouse, computer hardware identifica-
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 secrets of computer terminology, and using application programs to create, edit, save, retrieve, and print documents. Along the way you will learn to navigate Windows by using menus, toolbars, and dialogue boxes.

Instruction in this course is not textbook-based. This course builds upon skills that are learned in Computer Fundamentals I.

Tom Millard
2 Mondays, 1-4pm
Mar. 29 & Apr. 19 (No class Apr. 12)
Indian Valley Campus, Pomo 192
Fee $119
CRN# 35166

Intermediate Macintosh

This course will take you to the next level of Mac usage. We will cover advanced Finder options, Smart Folders, System Preferences and Spotlight searches, installing and switching among Applications, an overview of Apple Mail, iTunes and iPhoto, backup options, and where to get help.

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


Steve Salzman
3 Tuesdays, 7:10-10pm
Apr. 26-May 10
Indian Valley Campus, Pomo 192
Fee $119
CRN# 35166
Enroll in Beginning Computing or Computer Fundamentals first if you are unfamiliar with the mouse and keyboard and opening and saving files. See pages 10-11.

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

- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Mar. 30-Apr. 20 (No class Apr. 13)
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 35143

Intermediate Word 2007
This course will help you become more productive with the program. We will review and then we will turn our attention to templates, envelopes and labels, styles, headers and footers, toolbars, creating and formatting tables, working with columns, and inserting graphics into your word documents.

- Tom Millard
- 3 Wednesdays, 1:30-4:30pm
- Apr. 27-May 11
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 35144

Microsoft Word Basics for Older Adults
This seven-week course is designed for Older Adult computer users. It is an introductory word processing course. The class topics include (a) setting up a letter template formatted with margins, tabs, and spacing, (b) using keyboard shortcuts, and (c) adding an image from your computer to your documents. It is recommended that students take Beginning Computing for Older Adults (listed above) before taking this class and have some basic experience with computers through using email or searching the web. NO typing proficiency is required, but students should have access to a computer to practice the exercises during the week.
Alice L. Dieli, MS Ed (Instructional Technology), is experienced teaching computer skills to older adults.
- 7 Saturdays, 1-3pm
- Apr. 2-May 21 (No class May 14)
- Kentfield Campus, Science Center 144
- Fee $84
- CRN# 35047 EC

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

- Levi Allen
- 3 Mondays, 6-9pm
- Mar. 28-Apr. 18 (No class Apr. 11)
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 35077

Intermediate Excel 2007
In this course you will learn how to become more productive using Excel’s financial and logical functions. You will learn how to create tables, apply custom and conditional format options, use protection features, and create templates for printing worksheets. You will also create links, hyperlinks, and explore quick and easy chart techniques.
This class builds upon skills that are learned in Intro. to Excel 2007.

- Susan Henning
- 3 Mondays, 7-9pm
- Apr. 25-May 9
- Indian Valley Campus, Ohlone 216
- Fee $81
- CRN# 35048
Introduction to PowerPoint 2007
This course will give you a solid foundation for creating and delivering effective and dynamic presentations through a visual, full-color approach. Learn how to create a presentation from scratch as you build, create a layout, slide theme, and master, designing each slide using text, graphics, color, animation, and sound.

Susan Henning
3 Thursdays, 6:30-9:30pm
Mar. 31-Apr. 21 (No class Apr. 14)
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 35049

Intermediate PowerPoint 2007
In this course we will take a closer look at PowerPoint with an emphasis on building content using digital media sources. Learn how to insert digital images, integrating images from a camera, scanner, and the Internet. Also covered will be different ways to use sound, create custom animations, and develop timing methods.

This course builds upon skills that are learned in Intro. to PowerPoint.
Susan Henning
3 Thursdays, 6:30-9:30pm
Mar. 31-Apr. 21 (No class Apr. 14)
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 35049

Introduction to QuickBooks Pro 2010
In this course, you will learn the major features of the program including new company set up; how to have a perfect chart of accounts; how to use the features of lists; set up bank accounts and credit cards and how to reconcile these accounts; invoice your customers, receive payments, and make deposits; enter and pay bills; overview of reports for AR, AP, and basic financials. All QuickBooks material is taught with an emphasis on best practices in accounting.

Recommended text: QuickBooks Intuit Student Guide 2010. ISBN 978-1-57338-000-3. SKU 411036. The textbook will be used for both the Intro and Intermediate classes and is available at the Kentfield Campus Bookstore.

For each course listed below:
Pamela Lyons
Indian Valley Campus, Ohlone 216
Fee $121 (Includes $2 materials fee)
3 Tuesdays, 6-9pm
Mar. 3-17
CRN# 35053
3 Thursdays, 1-4pm
May 12-26
CRN# 35054
Introduction to Windows 7
Learn about the basic features of Windows 7, Microsoft’s latest desktop operating system. This course covers customizing windows, folders, icons, and the mouse; desktop navigation, running programs, browsing the Internet, and getting online help. Learn how to manage files and folders using Windows Explorer to copy, move, delete, and restore deleted files. You will be given other basic information to help prepare you for our software application classes.


Tom Millard
3 Mondays, 1:30-4:30pm
Apr. 25-May 9
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 35145

Introduction to Outlook 2007
Learn about e-mail and the other powerful parts of Outlook to help better manage your time or business. We will teach you e-mail features such as how to manage folders, search for that lost e-mail, mark e-mails for follow up, creating signatures, and setting e-mail preference.

Enroll in *Beginning Computing or Computer Fundamentals* first if you are unfamiliar with the mouse and keyboard and opening and saving files. See pages 10-11.

Susan Henning
2 Tuesdays, 1:30-4:30pm
Apr. 19 & 26
Indian Valley Campus, Ohlone 216
Fee $54
CRN# 35055

Google Apps: Gmail, Calendar, Docs, and Sites
1.7 million businesses have switched over to Google Apps. Don’t get left behind! Add a new skill to your resume! In this hands-on class, you will learn step-by-step how to use, setup, and manage Google Apps, including Gmail, Google Calendar, Google Docs, and Google Sites. Class includes tips and tricks and plenty of Q&A with the instructor.

Instruction in this class is not textbook-based.

Gera Yeramin is a web producer and business consultant.

Saturday, 9:30am-4pm
Apr. 23
Indian Valley Campus, Pomo 192
Fee $81
CRN# 35167

Gmail for Older Adults
It’s easy to stay in touch with old friends and family using the Internet. Learn why Google is the most popular search engine and email provider. We will set up a Gmail account, which includes the free email program, Gmail. We will explore Google calendar, Google Reader, blogs and search the internet using Advanced Search. We will also explore Social Networking ... what is it? Do I need it?

Instruction in this class is not textbook-based.

Susan Wilkins has a Masters in Library and Information Science (MLIS) and does computer tutoring for seniors in her work as a Reference Librarian.

Tuesday & Thursday, 10am-12noon
Mar. 29 & 31
Indian Valley Campus, Ohlone 216
Fee $56
CRN# 35111 EC

2 Fridays, 10am-12noon
Apr. 8 & 15
Whistlestop
930 Tamalpais Ave., San Rafael
Fee $56
CRN# 35112 EC

Introduction to iPhone/iPod Touch Apps
Transform your iPhone or iPod into the true mobile computers these devices have become and access their full internet capability and mobile connectivity. During this class, we will view applications from the Apps Store: Some of the categories are Books, Business, Education, Entertainment, Finance, Games, Healthcare, and Fitness, Lifestyle, Medical, Music, Navigation, News, Photography, Productivity, Reference, Social Networking, Sports, Travel, and Utilities. We will also look at iTunes U with the large number of free audio and video courses from the leading colleges and universities around the world. All course material can be loaded and viewed on the iPhone/iPod Touch, iPad.
There will be plenty of time for Q&A. Bring your iPhone or iPod Touch to class. You will receive a disc with links to iTunes Apps.


- **Steve Salzman**
  - 2 Saturdays, 1-4pm
  - Apr. 2 & 9
  - **Indian Valley Campus**, Pomo 192
  - Fee $81
  - CRN# 35168

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 10.

**iTunes: Apple Computer’s Multimedia Application**

Learn to download, install, and upgrade iTunes (free software for both Mac and Windows). With iTunes you can:

- Play your current music CD, or download music that you purchased from Apple
- Rent or buy current TV Shows and “first run” movies
- Download mobile applications from the App Store for iPhones, iPods, and iPads
- Sync information and media between your computer and Apple’s mobile devices
- Use Airplay to play your music wirelessly throughout your house
- Download thousands of free Podcasts (like talk radio covering many topics)
- Buy and download AudioBooks
- Download free college courses by leading lecturers from top universities worldwide with iTunes U
- Use iTunes “Genius” for intelligent music suggestions based on your musical tastes
- Participate in Ping, Apple’s new “music social network”


- **Steve Salzman**
  - 2 Saturdays, 1-4pm
  - May 14 & 21
  - **Indian Valley Campus**, Pomo 192
  - Fee $81
  - CRN# 35169

**Squarespace.com: Fast, Easy Website Creation**

Design and construct your own website using Squarespace, a fully hosted, completely managed environment for creating and maintaining a website, blog or portfolio. Squarespace allows point and click control over every design element and its flexible platform can power all kinds of sites of all sizes, perfect for personal or small business websites, Squarespace is completely web browser based and works with all popular web browsers, including Internet Explorer, Firefox, and Safari. We will cover:

- Site setup and page style template selection
- Customization of style templates
- Creating page content and links

Page modules include photo, forms, blog discussions, file transfers, and Google maps, and more. Site management and web traffic reports are extensive and included. Squarespace has a free iPhone App for posting content and managing your site.

- **Steve Salzman**
  - 2 Saturdays, 1-4pm
  - Apr. 30 & May 7
  - **Indian Valley Campus**, Pomo 192
  - Fee $81
  - CRN# 35170

**Build a Quick and Easy Website with Go Daddy™’s Web Tools**

Everyone needs a compelling website nowadays — but do you have to pay an arm and a leg to get one? If you can navigate the internet and have basic computer skills, you can easily build your own website with Go Daddy™! We will cover:

- What you want your website to do for you
- How to search for and register a domain name
- Choose a Go Daddy™ template and personalize the look
- Insert a motion element and/or widget
- Learn how to take your website live

- **Jazmine Loiselle**
  - Friday, 9am-4pm
  - Apr. 8
  - **Indian Valley Campus**, Ohlone 216
  - Fee $82 (Includes $1 materials fee)
  - Course #35056
Introduction to Dreamweaver

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


Steve Salzman
3 Wednesdays, 7-10pm
Mar. 30-Apr. 20 (No class Apr. 13)
Indian Valley Campus, Ohlone 216
Fee $119
CRN# 35171

Intermediate Dreamweaver

Take Dreamweaver to the next level by using the new CSS Layout objects, (Cascading Style Sheets). Build & script online forms for accurate collection of information. Build rollovers to control different (remote) image areas on your web page. Learn to use Dreamweaver’s new Spry Framework to create interface effects like popup menus and tabbed interfaces. Go more in-depth with site management and uploading/maintaining your website via the built in FTP client.

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


Steve Salzman
3 Wednesdays, 7-10pm
Apr. 27-May 11
Indian Valley Campus, Pomo 192
Fee $136
CRN# 35173

Introduction to InDesign

Designed by Adobe to surpass Quark XPress, InDesign is tightly integrated with their Photoshop, Illustrator, and GoLive applications. Learn to set up pages, create style sheets, import photos and 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.


Lynda Banks
4 Thursdays, 6:30-9:30pm
Mar. 31-Apr. 28 (No class Apr. 14)
Indian Valley Campus, Pomo 192
Fee $136
CRN# 35174

Introduction to Illustrator

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


Lynda Banks
2 Fridays, 9am-4pm
Apr. 1 & 8
Indian Valley Campus, Pomo 192
Fee $136
CRN# 35175

Please see information regarding purchasing textbooks under Textbooks for Computer Classes on page 10.
**Intermediate Illustrator**

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

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


- Lynda Banks
- 2 Fridays, 9am-4pm
- Apr. 22 & 29
- Indian Valley Campus, Pomo 192
- Fee $136
- CRN# 35176

**Introduction to Flash**

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


- Lynda Banks
- 4 Wednesdays, 6:30-9:30pm
- Mar. 30-Apr. 27 (No class Apr. 14)
- Indian Valley Campus, Pomo 192
- Fee $136
- CRN# 35177

**Intermediate Flash**

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

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


- Lynda Banks
- 4 Wednesdays, 6:30-9:30pm
- May 4-25
- Indian Valley Campus, Pomo 192
- Fee $136
- CRN# 35178

**Photoshop I**

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


- Jazmine Loiselle
- 2 Thursdays, Apr. 21 & 18
- Apr. 21, 9am-12noon
- Apr. 28, 9am-4pm
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 35057

Enroll in *Beginning Computing* or *Computer Fundamentals* first if you are unfamiliar with the mouse and keyboard and opening and saving files. See pages 10-11.

**Photoshop II**

Discover techniques of unlimited image editing using selections, layers, type masks, clipping layers, and clipping paths. Learn about Adjustment Layers and simple tricks that allow you to take advantage of paths as selection strategies.

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


- Jazmine Loiselle
- 2 Thursdays, May 5 & 12
- May 5, 9am-4pm
- May 12, 9am-12noon
- Indian Valley Campus, Ohlone 216
- Fee $119
- CRN# 35058

Also of interest ...

**Photoshop Elements: The Digital Darkroom**

See pages 35-36.
CONTEMPORARY SCIENCES

Global Plate Tectonics

A survey class through the geologic annals of the former world. The features of the earth’s crust, the plates on which they ride and the interior forces that drive them have their origins in deep time. Through continuous movement, collisions, breaking apart and grinding past each other, the plates from small beginnings have grown to their present configurations and each carries its past within it. Plate building or tectonics can explain most of the history of and bewildering oddities on the earth’s surface: former supercontinents, glacial tracks and whale bones in Africa, New Zealand going in opposite directions, hot spots, New Hampshire’s volcanoes, Siberia as part of the North American Plate!

Rocks, minerals, fossils, drawings, maps, and handouts support the improbable explanations of the origin of the global surface features.

Rolf Ursin-Smith, MS

7 Tuesdays, 1:10-3pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Harlan Center 165
Fee $74 (Includes $5 materials fee)
CRN# 35146 EC

CURRENT EVENTS

Current Issues before the United States Supreme Court

This is a discussion class for which we read a summary, briefs, and other materials concerning major cases on the current calendar of the U.S. Supreme Court. The instructor provides background materials on the Court, explanation of legal jargon, and how the Court’s cases are chosen. The course will cover the historical development of the Court and its place in our Constitutional government. We will discuss all arguments in the cases and vote on the outcome. No legal background or specialized knowledge is required.

Marshall W. Krause was Chief Attorney for the ACLU of Northern California, a reporter for KQED’s Newsroom, a Professor of Political Science at San Francisco State University, and practiced law in Marin County from 1974 to 2000. He handled seven cases decided by the US Supreme Court, winning six of them.

7 Thursdays, 11:10-1pm
Mar. 31-May 19 (No class Apr. 14)
Kentfield Campus, Portable Village 3
Fee $71 (Includes $2 special fee)
CRN# 35078 EC

DANCE

Introduction to West Coast Swing Dance

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

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

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

4 Tuesdays, 6:30-8:15pm
Apr. 5-26
Almonte Clubhouse
105 Wisteria, Mill Valley
Fee $55
CRN# 35009

Argentine Tango: Beginning Class and Practica

Join our sizzling Argentine Tango classes and discover a dramatic new world of music and dance! This course is designed to accommodate both novice tango dancers and those with more experience. It provides an introduction to the social form of Argentine Tango as danced in Buenos Aires and will teach you a code of movement that will get you started with this improvised dance. The Practica part of the class will be a time to practice what you have learned with individual attention from the instructors as time allows. A ‘challenge figure’ will be presented to the more experienced students each week.

Debbie Goodwin, MA (Dance Education) and John Campbell specialize in Argentine Tango, studying dance both in the US and in Buenos Aires with renowned Argentine Tango Masters since 1996.

For each course listed below:

4 Fridays, 7-10pm
Knights of Columbus Hall
167 Tunstead Ave, San Anselmo
Fee $55
CRN# 35010
May 6-27
CRN# 35011
Tango for Fun and Health

Tango your way to better health! The health benefits of doing the Tango are documented (Scientific American, June 2008). In this fun, non-threatening class, you will be surprised to realize that we are using experiential anatomy and the principles of the Alexander Technique of neuromuscular retraining to develop and enhance balance, tension release, and coordination in the context of Argentine Tango. Develop your awareness, sensitivity, vulnerability, and independence through this unique couples dance. We will emphasize the connection to ourselves, our partners, and the earth.

No partner required. Please wear leather soled shoes or thin socks. Do not wear street shoes.

Janet Lott, MFA (Dance), has been dancing Tango since 1997 in San Francisco, Buenos Aires, and Europe, is a certified teacher of the Alexander Technique, and has taught Argentine Tango at Vajrayana Buddhist retreats.

6 Mondays, 3:40-5pm
Mar. 28-May 9 (No class Apr. 11)
Kentfield Campus, Physical Education Center 22
Fee $54
CRN# 35012 EC

African Dance

African Dance is an exploration of electrifying choreography and easy-to-follow improvisational patterns from the African diaspora. This course is open to all levels and promises to engage beginners and intermediate dancers alike. Focus will be on developing an ‘ear’ for polyrhythmic percussion body conditioning exercises to support African dance movement and traditional dances from the Sene-Gambia region (Ghana), Haiti, and Cuba.


7 Tuesdays, 7:10-8:30pm
Mar. 29-May 17 (No class Apr. 14)
Kentfield Campus, Physical Education Center 22
Fee $79
CRN# 35013

Traditional Hawai‘ian Dance

Learn to dance the Hula Kahiko, the ancient style of Hawai‘ian dance which pre-dates the missionary era. In the four classic choreographies to be presented, we will explore elements of hula tradition and the history and culture of our 50th state.

Lisa “Pua” Saunders, MA (Ethnic Dance), is a kumu of a professional hula performance company. She is a national presenter of indigenous dance for the American Orff-Schulwerk Association and has studied with some of the world’s most renowned masters.

7 Thursdays, 7:10-8:30pm
Mar. 31-May 19 (No class Apr. 14)
Kentfield Campus, Physical Education Center 22
Fee $79
CRN# 35014

Belly Dance for Fun and Fitness

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

Latifa is an experienced teacher and performer of Belly Dance.

7 Fridays, 6:10-7:30pm
Apr. 1-May 20 (No class Apr. 15)
Kentfield Campus, Physical Education Center 22
Fee $79
CRN# 35079

Traditional Samba and Capoeira Workout

Enjoy an evening workout using a combination of Samba and Capoeira, two traditional Afro-Brazilian art forms which blend music, dance, and exercise to promote health and well being. The warmup will consist of the Tai Chi-like stretching exercises of Capoeira and then move into the aerobic Samba circle dance. Class will be accompanied by traditional Brazilian instruments such as the surdo, the timbau, the berimbau (a gourd with one string), and pandeiros (tambourines).

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

7 Mondays, 7:10-8:30pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Physical Education Center 22
Fee $79
CRN# 35080
Samba for Fun and Health
Samba is a traditional Afro-Brazilian art form which blends music, dance, and exercise to promote wellness. Each class includes stretching, a warm up, and a cool down. Accompanied by traditional Brazilian instruments such as the *surdo*, the *timbau*, the *berimbau* (a gourd with one string), and *pandeiros* (tambourines), you will learn and practice the basic steps of a traditional samba circle dance. This class is now offered at the Kentfield Campus.

- **Maestre Samuka**
- 7 Mondays, 8:40-10am
- Mar. 28-May 16 (No class Apr. 11)
- **Kentfield Campus**, Physical Education Center 22
- Fee $59
- CRN# 35081 EC

Other courses of interest ...

Introduction to Taiko

See page 41.

Dance for Fun and Fitness for Active Seniors
Ready to cha-cha, fox trot, and open dance? This playful course is designed for students at all levels of fitness to let the heart and soul dance for fun and fitness. Enjoy a selection of tunes from Broadway musicals as you warm up, stretch, and practice box step, side step, swing, and tango — everything from waltz to Zumba. Partners are not necessary.

Students must be able to stand comfortably for 15 minutes at a time, and chairs will be used to rest and stretch during class time.

**Dr. Megan Scott** has degrees in Exercise Physiology and has an extensive background in sports therapy. She teaches dance with passion and for fun, personal growth, and conditioning for students of all ages.

- 7 Mondays, 1:10-2pm
- Mar. 28-May 16 (No class Apr. 11)
- **Kentfield Campus**, Physical Education Center 22
- Fee $43
- CRN# 35179 EC

DISABLED STUDENTS, THEIR FAMILY AND FRIENDS

The Disabled Students Program at College of Marin provides services for students with learning, physical, communicative, and psychological disabilities. Services include academic, vocational, career, and personal counseling as well as diagnostic testing/remediation for the learning disabled. Please call 415.485.9406 for more information.

**Adapted Feldenkrais Movement**
Learn how The Feldenkrais Method™ can help you improve your functioning, balance, flexibility, coordination, posture, and sense of well-being. These lessons increase the capacity for easier and more effective movement in everyday activities. We will cover:

- Restoring functioning due to injuries, aging, or trauma
- Improving posture through learning a dynamic alignment
- How to relieve aches and pains
- Minimizing stress and tension
- Enhancing physical and emotional wellbeing

Each class will include time for discussion. Handouts will be distributed.

- **Kay Pepitone**
- 7 Thursdays, 1:10-2pm
- Mar. 31-May 19 (No class Apr. 14)
- **Kentfield Campus**, Physical Education Center 22
- Fee $59 (Includes $1 materials fee)
- CRN# 35015

**Adapted Aerobic Fitness**
This fitness course offers opportunities to enhance cardiovascular endurance, muscular strength, flexibility, balance, coordination, and over-all sense of well-being while participating in movement activities with music while sitting or standing in a safe and friendly environment. The curriculum is designed to be appropriate for adults with physical disabilities and those who prefer a gentler, yet challenging, approach to exercise. No prior experience necessary.

- **Diana Scranton**, MA (Education), Dance for PD Instructor
- 7 Mondays & 7 Wednesdays, 10:10-11am
- Mar. 28-May 18 (No class Apr. 11 & 13)
- **Kentfield Campus**, Physical Education Center 22
- Fee $89
- CRN# 35016
DRAMA/STAGE & SCREEN

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

Scripts provided! Bring a bag lunch; we will work through the lunch hour.

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

■ 2 Saturdays, 10am-5pm
■ May 7 & 14
■ Kentfield Campus, Fusselman Hall 120
■ Fee $99 (Includes $2 materials fee)
■ CRN# 35082

FILM APPRECIATION

The Third Annual In Spring Everyone’s Fancy Turns to Love Film Festival
Love. Everyone wants it. Everyone is looking for it. The manifestations of love vary as much as the beloveds: parents, children, lovers, spouses, God. Further studies in how, why, and when we express love, what happens when love disappears or is thwarted, or to people who cannot love.

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

■ 7 Thursdays, 2:10-5pm
■ Mar. 31-May 19 (No class Apr. 14)
■ Kentfield Campus, Science Center 101
■ Fee $94 (Includes $1 special fee)
■ CRN# 35017 EC

FINANCIAL PLANNING

Basics in Personal Financial Planning
In this modern world of do-it-yourself financial planning, this course will help you gain mastery in cash flow, investing, and goal planning. Starting with the basics, you will learn money management strategies for a good quality of life today and in the future.

- Budgeting and taxes, cash flow, insurance basics
- Setting future goals and strategies to meet them
- Investing basics: how to choose an investment, retirement planning
- The best way to buy a house or car
- When to use credit and when not to
- The role of money in your life

Hand outs are provided.

Barbara Bacherler, CFP, is the founder and owner of a financial planning, investment management, and insurance firm.

■ 6 Mondays, 6:40-8:30pm
■ Mar. 28-May 9 (No class Apr. 11)
■ Kentfield Campus, Temporary Building 119
■ Fee $84 (Includes $1 materials fee)
■ CRN# 35018

FOODS & WINE

Creative Seasonal Cooking: The Promise of Spring
This class will demonstrate the many reasons—esthetic, nutritional, ecological, and economical—to cook seasonally. Taking a cue from the bounty at Marin Farmers’ Markets, our chef-instructor will demonstrate the preparation of a light menu of three to four seasonal dishes from scratch. In the last half-hour, everyone will sit down and enjoy the family-style meal together. Salads, soups, fruit desserts, fish, and simple meat dishes will be included.

Each student will be asked to help with clean-up once, for about one-half hour following class. Recipes will be distributed in class.


■ 3 Saturdays, 10am-12:30pm
■ May 7-21
■ Marin Youth Center (The MYC)
■ 1115 3rd Street, San Rafael
■ Fee $141 (Includes $75 materials/special fee)
■ CRN# 35019
The Sweet and Savory World of Crepes

This one-day, hands-on class will explore the scrumptious world of both sweet and savory crepes. Versatile and health conscious, crepes are a great option for breakfast, appetizers, desserts, and entrees. Crepes are kid-friendly and can be made ahead. The class will cover preparation methods and tips for consistently beautiful crepes made from a range of flours, including whole wheat, buckwheat, and corn. Recipes will include Crepes Benedict, Santa Fe Crepes with Shrimp, Feta and Thyme Triangles, Ricotta Pillows with Candied Kumquats and Honey, Caramelized Crepes with Apples and Raisins, and Chocolate Crepes with Strawberries and Mascarpone Whipped Cream.

Susan Pridmore holds a Professional Culinary Program Certificate from the Tante Marie Cooking School, San Francisco, has given cooking classes for Marin Agricultural Land Trust, and is a contributing recipe author in a Spring 2011 cookbook collection, compiled by two NY Times food editors.

- Saturday, 10am-1pm
- Apr. 9
- Marin Youth Center (The MYC)
- 1115 3rd Street, San Rafael
- Fee $91 (Includes $49 materials/special fee)
- CRN# 35083

Wine and Chocolate

It’s not just red wine with chocolate anymore. What about Port, Sherry, or perhaps, a late harvest dessert wine? Join us and open your senses to other possibilities with the decadent of all decadence, chocolate.

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

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

- Monday, 7-9pm
- May 16
- Osher Marin Jewish Community Center
- 200 N. San Pedro Rd, San Rafael
- Fee $46 (Includes $27 special fee)
- CRN# 83084

Artisan Cheesemaking Certificate Pilot Program

Certificate Requirements

The Artisan Cheesemaking Program at Indian Valley College trains beginning cheesemakers in the art and science of making artisan cheese. Through lectures and hands-on workshops with experienced cheese professionals, students will gain the knowledge and skill needed to identify, evaluate, and produce artisan cheese. This pilot program is being developed in collaboration with the California Artisan Cheese Guild.

The following courses are required to complete the Artisan Cheesemaking Certificate Program in Dairy Arts:

- A Full Introduction to Artisan Cheese and Its Traditions
- Basic Starter Cultures for Cheese and Fermented Milks
- Milk Types and Quality
- Cheese Chemistry
- Principles and Practices of Cheesemaking
- Hygiene and Food Safety in Cheesemaking

A Full Introduction to Artisan Cheese and Its Traditions

Love cheese? Join us in this workshop for a complete immersion in the world of cheese. This class will include the history of cheesemaking, the professional way to taste cheese, cheese types and classification, regional specialties and variations, the importance of terroir, cheese flavor profiles, understanding affinage, food and beverage pairings, proper care and handling of cheese, service, and presentation, and even more!

Daphne Zepos ranks among the most outspoken and dynamic cheese advocates in the United States. She is a co-founder of the Cheese of Choice Coalition, an advocacy group dedicated to the preservation of raw milk and small production cheeses. She established Artisanal’s cheese maturing Program, created and taught Artisanal’s Cheese Master Class program. She is the owner of Essex Street Cheese Company and teaches a professional cheesemonger’s training program at the San Francisco Cheese School and Zingermans.

- 4 Mondays, 6:10-9pm
- Apr. 4-May 2 (No class Apr. 11)
- Indian Valley Campus, Pomo 154
- Fee $253 (Includes $83 materials fee)
- CRN# 35138
Basic Starter Cultures for Cheese and Fermented Milks

This class will introduce the basic science of cheese and fermented milk starter cultures to novice and experienced cheesemakers. Topics cover basic starter microbiology, terminology, propagation, and application as it refers to daily cheesemaking. Learn more about what starter cultures are and the role they play in the fermentation of milk. This course will focus on the application of specific cultures for specific styles of cheese, allowing you to develop new cheese styles or perfect current cheese recipes.

Dave Potter has been involved in the food and dairy industry since 1982. He spent his first 21 years employed with a culture fermentation company which is now Danisco USA. His primary responsibilities were in the technical application of cultures and other ingredients used in the commercial manufacture of fermented milks and cheeses.

- Wednesday, 8am-4pm
- Apr. 20
- Indian Valley Campus, Pomo 154
- Fee $199 (Includes $44 special/materials fee)
- CRN# 35139

Milk Types and Quality

The types and quality of milk? How do we define it and why does it matter? Starting with a brief review of microbiology as it relates to milk quality, the class will focus on presenting parameters that identify milk quality, how to measure these parameters, and why quality is important. We will also discuss milk safety. Several case studies developed from the instructor’s extension work will be considered, and students will work on them in groups.

Bring a bag lunch. We will break for an hour.

Lisbeth Goddik, PhD, an associate professor of Food Science and Technology at Oregon State University and an extension dairy processing specialist, has helped the artisan cheese industry grow in Oregon through her cheesemaking classes. She has worked and studied in France with artisan cheesemakers at two leading cheese schools.

- Thursday, 9am-5pm
- May 19
- Indian Valley Campus, Pomo 154
- Fee $199 (Includes $46 materials fee)
- CRN# 35140

Cheese Chemistry

This course presents the basic chemistry of the cheese manufacturing process and the affects each step has in the final cheese product as it relates to flavor, texture, aroma, and functionality in the finished cheese. Through lecture, question-and-answer sessions, and demonstrations, you will develop an understanding of specific manufacturing parameters of various cheese styles and how simple changes can be made that allow for physical and chemical changes to occur in the final cheese product.

- David Potter
- Thursday, 8am-4pm
- Apr. 21
- Indian Valley Campus, Pomo 154
- Fee $199 (Includes $44 special/materials fee)
- CRN# 35141

Principles and Practices of Cheesemaking

This two-day course features lecture and discussions on the cheesemaking process. You will learn why each step is done and the vocabulary associated with it. By the end of the course, you will be able to carry out basic cheesemaking procedures including fermentation, coagulation, cutting curd, cooking curd, and forming a finished cheese.

The second day will be held at a local Creamery providing equipment and materials for hands-on practice in techniques discussed and learned during the first day discussions.

Please bring a bag lunch to the first meeting at the Indian Valley Campus. A catered lunch will be provided for the second meeting at the farm.

2011 marks the 43rd year Jennifer Bice has been milking, breeding, and loving dairy goats at Redwood Hill Farm & Creamery. A pioneer in the artisan dairy goat products movement, Bice often speaks about the tradition and practice of artisan cheesemaking and the business of goat dairying.

Marc Bates has over 40 years experience in the food industry including Creamery Operator and Manager for the Washington State University Creamery for 27 years and 11 years as a food industry consultant specializing in cheesemaking.

- Friday & Saturday, May 6 & 7
- May 6, 8am-4pm
- Indian Valley Campus, Pomo 154
- May 7, 8am-4pm
- Redwood Hill Farm and Creamery
- Highway 116 North, Sebastopol
- Fee $372 (Includes $171 special/materials fee)
- CRN# 35142

www.marin.edu/CommunityEducation
Finding Healing Within
Guided imagery is a transformative tool that can greatly enhance your ability to heal from emotional, mental, and physical wounding. In this introductory course, you will learn how to use your imagination to create an inner healing environment and access spiritual resources for the purpose of fostering stress reduction, inner peace, spiritual connection, emotional healing, and greater well-being. Topics include: The Power of the Imagination to Heal; Creating Inner Safety; and The ‘Spiritual Internet’. Class will consist of lecture, discussion, journaling, and guided imagery meditations. No prior experience with guided imagery is needed.

We will break for a lunch hour. Please bring a notebook to class for journaling.

Kathleen Denison, MA (Applied Spirituality) has provided spiritual counseling and spiritual teaching for more than thirty years.

Saturday, 9am-4pm
Apr. 9
Kentfield Campus, Harlan Center 126
Fee $41 (Includes $1 materials fee)
CRN# 35116 EC

Discovering Ayurveda: The Wisdom of Life
Ayurveda is an ancient philosophical healing system of India. With its sister science of Yoga, it is spreading worldwide, with its principles at the roots of Eastern medicine. Learn practical techniques for balanced diet, remedies, and health of mind and body in this stimulating, informative course examining the five elements in nature, food, time, season, age, etc. that impact your health on a daily basis. Last class includes an Ayurvedic potluck.

Gilda Zucolella holds an M.A. in Psychology, and has completed Ayurvedic Studies with Indian teacher Sunil Joshi, receiving Ayurvedic Certification in 2007. She is also certified in Yoga Therapy and Teacher training.

7 Thursdays, 7:10-9pm
Mar. 31-May 19 (No class Apr. 14)
Kentfield Campus, Physical Education Center 92
Fee $89 (Includes $1 materials fee)
CRN# 35085

Also of interest ...
An Introduction to Carl Jung: The Process of Individuation
See page 33.

Bones Fit: Osteoporosis Prevention and Bone Strengthening Workshop
This workshop introduces you to the key principles of bone strengthening and prevention of bone density loss. Learn the basics of spinal alignment, power posture, strength, and resistance exercises, weight-bearing as well as the role of nutrition. The goal is to provide you with tools that prevent further loss of bone density and strengthen bones.
Please bring water, a bath towel and a beach towel, yoga mat or blanket to class. Bring ankle or wrist weights, one to five pounds adjustable, to the second class. You must be able to get up and down from the floor independently. Individual attention as time allows.

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

2 Fridays, 12noon-2pm
Apr. 22 & 29
Kentfield Campus, Physical Education Center 22
Fee $58
CRN# 35147 EC

Classes start Monday, March 28. Register early.
**HEALTH SCIENCES**

**Exercise for Adults with Special Needs Instructor Certification Course Part 2**

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

The course is a two-part training. You must have completed Part 1 which was offered in the Winter Quarter 2011. Upon successful completion of both Part One and Two, students may become certified trainers for Exercise Leader for Adults with Special Needs with the Senior Fitness Association. (There is an additional $35 fee for the SFA certification, and current CPR and First Aid are needed for certification.)

Students participate in exercise activities in class. There is an hour lunch break each class.

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

- **Betsy Best-Martini**, MS (Recreational Therapy), SFA certified
- **Juanita Tyree**, CDA, RDA
- **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 or hygienist on Saturday afternoon. Please bring a lab coat or uniform, gloves, and safety glasses to all courses. Attendance is mandatory for both Friday and Saturday. All course work must be met with 75% accuracy to receive your certificate. 12 Continuing Education hours are given upon successful completion of the course.

Coronal Polish may be taken for 12 Continuing Education hours under DBC Reg #12-2495–89163 as issued through the Dental Board of California. 100% attendance is required, and no partial credit for CE hours is given. Certificates of attendance are awarded upon completion of all courses authorized for Continuing Education Hours.

- **DENTAL ASSISTING**

To register for any of the following classes, please e-mail Grace Hom at grace.hom@marin.edu, or call 415.485.9327 and request the informational flyer and registration form. Be sure to include your mailing address. Please follow the instructions on the flyer to submit your registration. Enrollment is limited; register early.

**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.

- **Juanita Tyree**, CDA, RDA
- **Dental Assisting**
- **Dental Assisting**
The Life and Times of Leonardo da Vinci

Was he an inventor of genius? An Ecologist ahead of his time? a Revolutionary? An Artist? or simply a product of the Renaissance? Join us in exploring the life and times of this fascinating man who through his extraordinary work strongly influenced contemporary Art, History, Engineering, and Science. We will look beyond the myth, analyze the legend and his real life; travel through history and learn about the Italian Dynasties of Medicis, Borgias, and Sforzas — the Powers that were — who made it all happen; and finally about the Court of King Francis I of Valois where da Vinci spent his last years. This class will be a combination of lectures with Power Point Presentation.

Erika Harkins, MA (Literature)
7 Mondays, 2:10-4pm
Mar. 28-May 16 (No class Apr. 11)
Kentfield Campus, Harlan Center 165
Fee $69 (Includes $1 materials fee)
CRN# 35184 EC

Famous Texts that Changed the Course of the World — Part V
See page 30.

The History of Fashion

In this class, we will take a look at 5,000 years of fashion from the fig leaf to the latest trends. Using slide shows, literature, and real garments, we will review global costume timelines, consider the impact of culture and geography on dress styles and look in depth at the history of western costume. Slide shows will include costumes and textiles of the Victoria and Albert Museum in London, current international designer collections, and costumes in ‘Historical’ movies. We will discuss the many ways that fashion serves more than a practical function. You will be encouraged to research a particular fashion era, and share your findings with the class.

Stephanie Jucker, MFA, is an exhibiting painter and fashion designer with a degree from FIDM and 20 years of teaching experience. Originally from Britain she now works and lives in Marin.

7 Wednesdays, 7:10-9pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Performing Arts 120
Fee $89 (Includes $1 materials fee)
CRN# 35148

Landscaping with Ornamental Grasses

The class will be a lively and detailed review of more than 150 ornamental grasses for gardeners of all skill levels. Live specimens, photographs, and a guided field trip will familiarize you with the grasses that are most appropriate for use in wet or dry landscapes, for turf alternatives, for all-native landscapes, for bringing color into the garden, and for creating “special effects” with wind and light.

For our field trip, we will view the landscaped gardens at Matanzas Creek Winery. There are no admission charges or parking fees. Students are responsible for their own transportation.


Bob Hornback owns a company specializing in consultation and design with ornamental grasses.

4 Thursdays, 7:10-9pm
Apr. 21-May 12
Kentfield Campus, Science Center 133
Plus field trip: Matanzas Creek Winery, Santa Rosa
Saturday, 10am-1pm, May 14
Fee $79
CRN# 35110

Other courses of interest ...

Victory Gardens: Introduction to Spring Home Vegetable Gardening
Great Soil=Great Gardens: Home Composting Made Easy
See page 44.
INTENSIVE ENGLISH PROGRAM (IEP) INDIAN VALLEY CAMPUS, NOVATO

College of Marin’s Intensive English Program has more than 30 years of success educating English language learners. We welcome new and returning F-1* international students, F-1 transfer students from other schools, au pairs, and local residents who wish to improve English language skills. Students who complete the advanced level are guaranteed admission into College of Marin Credit Program, without the TOEFL requirement.

- SMALL CLASSES • FIELD TRIPS • 8 or 16*-WEEK PROGRAM • TOEFL PREPARATION • FRIENDLY STAFF WHO HELP WITH VISAS AND SCHEDULING NEEDS

Spring Semester 2011
January 25-May 20 (*16-week program required for F-1 students)
$2500 (*F-1) (20 hours)
$2325 Other full-time students
$1925 (15 hours)
$1425 (10 hours)
$775 (5 hours)

Session A: January 25-March 18 (8 weeks)
$1175 for 8 weeks (20 hours)
$975 (15 hours)
$725 (10 hours)
$375 (5 hours)

Courses meet 5 hours per week:
Writing with Grammar Practice
Tuesday/Thursday 9:10-11:35
Speaking/Listening/Pronunciation
Wednesday/Friday 9:10-11:35
Grammar for Oral and Written Communication
Tuesday/Thursday 12:30-2:45
Reading and Vocabulary Development with Topics in American Culture
Wednesday/Thursday 12:30-2:45

For more information or to apply:
Call 415.883.2211, ext. 8579
Fax: 415.883.2632
E-mail: intensive.english@marin.edu
For schedule and downloadable F-1 application: www.marin.edu/iep.
New F-1 and F-1 transfer students, contact paulette.foster@marin.edu with your visa questions.
For questions about International Education at College of Marin, contact janice.austin@marin.edu.

Note: The following classes were developed to teach conversation skills in modern foreign languages. The emphasis will be on developing the ability to engage in everyday conversation and to handle typical situations. Unless otherwise noted, classes are organized in a two-year series with a potential of four quarters offered each year if warranted by enrollment. Classes designated “First Year, First Quarter” are for those with no previous background in the language. Each successive quarter continues to develop your ability to converse in the language. Those with equivalent knowledge are welcome to enroll mid-year; however, please be advised that no refunds are given for mistaken placement in the Language series. If in doubt, call the Community Ed office at 415.485.9305, press #4 to reach a staff person and ask to have the instructor call you. When the purchase of a textbook is recommended, that text will be used for the entire series. Cost of textbooks vary and are available at the College Bookstore, 415.485.9394.

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

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

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

- 7 Mondays, 6:40-8:30pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Olney Hall 109
- Fee $89
- CRN# 35118
Conversational French: Second Year, Fourth Quarter
These second year refresher courses are for those who would like to review what they learned in high school or college French classes, or for those students who have taken the beginning French conversation courses. The goal is to boost confidence and fluency in speaking. See Note at the beginning of the Languages section. Venez apprendre dans une ambiance sympathique!

Anne-Marie Lebas
7 Wednesdays, 6:40-8:30pm
Mar. 30-May 18 (No class Apr. 13)
Kentfield Campus, Harlan Center 129
Fee $89
CRN# 35119

Say It in French!
For those who have completed at least two years of Conversational French, this class will help you develop your ability to read, understand, and express yourself in French. We will utilize short stories, dialogues, short novels, recipes, and nonfiction written in French as the basis for discussion in class. Learn to read and speak the French language with confidence and participate in casual conversation.
New reading materials will be presented each quarter and will be distributed in class.
Anne-Marie Lebas
7 Thursdays, 6:40-8:30pm
Mar. 31-May 19 (No class Apr. 14)
Kentfield Campus, Science Center 104
Fee $91 (Includes $2 materials fee)
CRN# 35120

Conversational German
This fun course is for beginners, as well as serving as a refresher course for those who have previously had some exposure to German. In each class lesson words, phrases, sentences and lively interactive dialogues are introduced, with correct grammar and pronunciation. Students will also learn about German culture and be able to recite the short, famous poem, Gefunden, by Johann Wolfgang von Goethe, by the conclusion of the course.
Hamid Emami is a native German speaker with a Master’s degree from Universität Hamburg and has taught German in the Bay area for over 10 years. Dedicated and passionate about teaching the German language, Emami creates a truly enjoyable, friendly setting in which to learn the language. Auf bald! Come and join us!
7 Thursdays, 6:40-8:00pm
Mar. 31-May 19 (No class Apr. 14)
Kentfield Campus, Olney Hall 109
Fee $79 (Includes $1 materials fee)
CRN# 35121

Italian for Travelers
It’s time to apply what you’ve learned of la bella lingua to gli italiani! This intermediate course will present the FOCUSER® (Focused Communication/Structured Response) system, which will focus on concretely applying your Italian to a wide range of specific “tourism” situations. You will also receive cultural training in really communicating well with the Italians, in ways that you both will understand, a tall order, but possible.
Additional focus will highlight Italy’s riches, and how to access them for your fullest enjoyment. That means practical ‘how-to’ information on connecting with regional art and history, festivals, transportation, lodgings, latest useful cultural developments, local foods and wines — and more, of course.
Students receive a Course Reader, as well as a copy of Barrons TravelWise Italian phrasebook. Full information will be sent upon enrollment in course.
Dave Henderson holds an MA and PhD in Italian from UC Berkeley and has taught Italian language and culture in the Bay area for more than 20 years.
6 Mondays, 7:10-9pm
Apr. 4-May 23 (No class Apr. 11 & May 2)
Kentfield Campus, Temporary Building 101
Fee $89 (Includes $7 materials fee)
CRN# 35122

Conversational Italian: First Year, Fourth Quarter
Continue learning basic Conversational Italian, including pronunciation, vocabulary and command of idiomatic expressions and colloquialisms. See Note at beginning of Languages section.
Lido Cantarutti
7 Tuesdays, 7:10-9pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Science Center 104
Fee $89
CRN# 35123
Ilia Salomone-Smith
7 Tuesdays, 1:10-3pm
Mar. 29-May 17 (No class Apr. 12)
Kentfield Campus, Olney Hall 103
Fee $69
CRN# 35124 EC

[Classes start Monday, March 28. Register early.]

LANGUAGES

Classes start Monday, March 28. Register early.
Conversational Italian: Second Year, Fourth Quarter

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

- Ilia Salomone-Smith
- 7 Tuesdays, 3:10-5pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Olney Hall 103
- Fee $69
- CRN# 35125 EC

Conversational Spanish: First Year, Fourth Quarter

This continuing course is designed for first-year students who wish to learn to converse in Spanish with others at home or while traveling. You will learn and practice vocabulary, pronunciation, idiomatic expressions and colloquialisms. The emphasis will be on developing the ability to converse. See Note at beginning of the Languages section. Instructor Milt Hain will be using the 8th edition of Como Se Dice.

- Nancy McInnes
- 7 Thursdays, 7:10-9pm
- Mar. 31-May 19 (No class Apr. 14)
- Kentfield Campus, Science Center 102
- Fee $89
- CRN# 35126

Milt Hain

- 7 Tuesdays, 2:10-4pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Temporary Building 119
- Fee $69 (Includes $1 materials fee)
- CRN# 35127 EC

Conversational Spanish: Second Year, Fourth Quarter

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

- Milt Hain
- 7 Fridays, 2:10-4pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Temporary Building 101
- Fee $69 (Includes $1 materials fee)
- CRN# 35128 EC

LITERATURE/HUMANITIES

Short Story Masterpieces

The short story is a compressed psychological event. The writer drops us into a situation and carries us swiftly toward a pivotal moment that will change all that follows. Authors such as Chekhov, Poe, Hemingway, James Baldwin, and Alice Munro have reached their highest achievements in this form. In our reading, discussion, and film viewings, we’ll consider why the short story is regarded as the most artistic of all narrative forms and why stories that are so brief have such a strong emotional impact.


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

- 7 Fridays, 10:10am-12pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Physical Education Center 91
- Fee $69
- Course #35183 EC

Introduction to Gilbert and Sullivan - Part II

In this continuing introductory course, we will examine the work of one of the greatest comic opera-writing teams of all time, Gilbert and Sullivan. Relish their madcap world, discuss the famous songs, plot lines, and dialogue, and explore the innovations these two artists brought to musical comedy. We will view four of their biggest hits on DVD: The Mikado, Iolanthe, The Yeomen of the Guard, and The Gondoliers.

The instructor will describe the background of each of these works, clarify the allusions in the texts that time has made obscure, and describe aspects of the productive, albeit sometimes fractious, partnership of these two artists.

Recommended text: Edward Glinert and Mike Leigh, eds., The Savoy Operas: The Complete Gilbert and Sullivan, Penguin, 2008 will be available at the Kentfield Campus Bookstore.

- William Wallace, EdD, MA (English)
- 7 Tuesdays, 1:10-3pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Learning Resources Center 38
- Fee $69 (Includes $1 materials fee)
- CRN# 35129 EC
Famous Texts that Changed the Course of the World — Part V

Can a text change the evolution of the world? Yes, it can, and it will again!

Join us for our last course regarding this fascinating subject. We will discuss the written ideas of Emmanuel Kant; Charles Darwin; Karl Marx and Frederick Engels; and Sigmund Freud. We will read what Albert Einstein meant by ‘time’, as well as the impact of Werner Heisenberg’s Quantum Mechanics, and parts of the Treaty of Versailles after World War 1. We will examine paragraphs of Adolph Hitler’s Mein Kampf in which he elaborates on “his ideas about racial regeneration.” We will end this class on a very positive note by reading parts of the Schuman Plan that constitutes in reality the founding act of the European Union. New students welcome!

- Erika Harkins, MA (French Literature)
- 7 Fridays, 10:10am-12noon
- Apr. 1-May 20 (No class Apr. 15)
- Tiburon Town Hall
- Community Room
- 1505 Tiburon Blvd., Tiburon
- Fee $79 (Includes $9 special/materials fee)
- CRN# 35062 EC

Poetry: From Delight to Wisdom

It may be true, as Robert Frost tells us, that “poetry is what gets lost in translation.” Nevertheless, some of the greatest and best-loved poets of the 20th Century have come to us, by necessity, through translation — a testament both to poetry and to the difficult art of rendering the many nuances of one language in another. This quarter we will focus our study on three such poets: the German visionary, Rainer Maria Rilke; the Russian voice of witness, Anna Akhmatova, and Chilean Pablo Neruda, whose poetry of enormous scope and passion earned him a Nobel Prize in 1971. Poetry will be distributed and read in class.

Longtime writing instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer. Jacqueline was the first recipient of the Annual Calliope Award for Lifetime Achievement in Poetry given by the Marin Poetry Center in 2010.

- 7 Thursdays, 1:10-3pm
- Mar. 31-May 19 (No class Apr. 14)
- Kentfield Campus, Portable Village 4
- Fee $69 (Includes $1 materials fee)
- CRN# 35149 EC

Other courses of interest ...

The Life and Times of Leonardo da Vinci

See page 26.

The World’s Greatest Epic: The Mahabharata

See page 34.

Culture and Beauty in the Court of Louis XIV

Louis XIV was foremost patron of Artistic Decorations, Music, and Literature throughout French history. In this class, we will closely examine the recent Versailles Exhibition (Fall 2009) in the light of the legacy and enriching cultural accomplishment of King Louis XIV. This is the first exhibit of its kind since the death of Sun King in 1715. In addition to the life of King Louis XIV, we will discuss the highlights of the exhibition, the amazing architecture of Versailles, and other famous palaces, their interior decoration, furniture, goblins, porcelain, music, dance, literature, and theatre. We will discover the King’s important role in French, Baroque, and Classical Literature and how he sponsored the writers Molière, Racine, and Corneille, as well as the musician/chooreographer Lulli.
Swenson, Taylor Swift, Mona Van Duyn, Ellen Voigt, and James Wright.

David Robertson (Stanford, A.B., Yale Law School, J.D.), has taught political philosophy and literature at Yale College and College of Marin.

- 7 Fridays, 10:30am-12:30pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Harlan Center 173
- Fee $81
- CRN# 35150 EC

 MARIN ADVENTURES

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

Itineraries: If you register at least eight working days prior to the first class meeting, the Class Itinerary, which includes directions to sites, will be mailed to you. Otherwise, call 415.485.9305 and press 4 when you hear the automated voice. Please leave a detailed request, including the class title for which you are registered for and your name and mailing address. The itinerary for Bird-Watching in Marin will be distributed at the first class meeting.

Bird-Watching in Marin:
A Field Exploration

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

An itinerary and directions to field sites will be distributed at the first class meeting. Students are responsible for their own transportation. Please see Note above.

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

- Orientation: Tuesday, 9:10am-1pm
- Mar. 29
- Kentfield Campus, Learning Resources Center 53
- Plus 4 field trips
- Tuesdays, 8:30am-12:30pm
- Apr. 5-26
- Fee $97
- CRN# 35086 EC

Meandering in Marin

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

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

For each course listed below:
- Locations: See Itineraries Note above
- Fee $120
- 7 Mondays, 9:45am-1:45pm
  Mar. 28-May 16 (No class Apr. 11)
  CRN# 35020 EC
- 7 Tuesdays, 9:45am-1:45pm
  Mar. 29-May 17 (No class Apr. 12)
  CRN# 35021 EC

Beginning Hiking

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

Please see Note under Marin Adventures heading above. Please, dogs are not invited to this class. Please bring a bag lunch.

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

- 6 Saturdays, 10am-2pm
- Apr. 2-May 21 (No class Apr. 16 & 30)
- Last class, 10am-4pm
- Locations: See Itineraries Note above
- Fee $109
- CRN# 35087 EC

More Marin Adventures

www.marin.edu/CommunityEducation
Surfing 101
During this introduction to surfing, you will learn basic water safety and surfing fundamentals, including an understanding of wave formation, tides and wind, surfing etiquette, and basic maneuvers, as well as surfing history and ecological and philosophical principles. Catch a wave at an ocean beach (to be determined in class).

Our first meeting will be in the classroom and will include a swim test in the pool. You are expected to be able to swim for at least 75 yards. The last four sessions will meet at Stinson Beach. Students provide their own transportation.

Bring your own wet suit and board, or rent them ($30-$45). Rental information will be provided in class. Bring your lunch, drinking water, and sunscreen. Be prepared for sun.

Jon Gudmundsson has been surfing for over 20 years and is a certified Lifeguard.

- 5 Saturdays, 9-12noon
- Apr. 9-May 14 (No class May 7)
- Apr. 9: Kentfield Campus, Physical Education Center 92
- Plus field trips: Stinson Beach
- Apr. 16, 23, 30 & May 14, 9am-12pm
- Fee $158
- CRN# 35157

Chorus Emeritus
If you like to sing or think you would like to sing in a mixed chorus, join us! During the fall we rehearse holiday and various musical selections in preparation for performances at the end of the second semester when we perform at retirement or convalescent facilities. There are no auditions. We ask for $25 to buy new music and to pay our talented accompanist.

- Phil Hildreth
  - 7 Thursdays, 3:10-5pm
  - Mar. 31-May 19 (No class Apr. 14)
  - Kentfield Campus, Performing Arts 72
  - Fee $49
  - CRN# 35088 EC

Marin Men's Chorus
"The camaraderie and brotherhood is an important part of this group, and keeps me coming back year after year." Michael

Open to all men who want to sing, regardless of residence. Repertoire is primarily popular standards. Performances are included and will be scheduled. The instructor will collect an additional $53 at the first class meeting for materials/accompanist fees.

Shawn Aluk, MA (Music Education), is an experienced choral director and music educator who strives to inspire his students to appreciate and enjoy music.

- 7 Tuesdays, 7:30-9:30pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Performing Arts 72
- Fee $44
- CRN# 35089 EC

Russian Music: Rarely Performed Masterpieces
We continue our survey of rarely performed masterpieces in Russian music. We will enjoy and learn about Tchaikovsky, Capriccio Italien and music for piano; Rachmaninov, preludes; a Rimsky-Korsakov opera, Sadko; and Russian Sacred Concertos – Part 2. New and returning students are always welcome.

Alexander Vereshagin, one of the Soviet Union’s premier musicians, is currently Music Director of the Russian Chamber Orchestra.

- 7 Fridays, 12:10-2pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Performing Arts 72
- Fee $69
- CRN# 35022 EC

The new Fine Arts building is open! Please note that Fine Arts designates the new building and that the existing building has been renamed Performing Arts.
attend the section that matches their ability. If you are unsure of your placement, e-mail the instructor at marcia-bau@aol.com. Early registration strongly recommended.

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

For each section listed above:
- Times as above
- 7 Tuesdays & 7 Thursdays
- Mar. 29-May 19 (No class Apr. 12 & 14)
- Kentfield Campus, Performing Arts 188
- Fee $93
- CRN# 35090

PARENTING

FOSTER AND KINSHIP CARE EDUCATION PROGRAM

Patty Cala, Program Director

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

Introduction to Foster and Adoptive Parenting

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

PERSONAL DEVELOPMENT

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

Are you, or a loved one, restless and easily distracted, or do you have difficulties with time management, organization, and planning? You may have Attention Deficit/Hyperactivity Disorder (ADHD).

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

Join us to gain a better understanding of ADHD and:
- Identify how ADHD manifests in different areas of one’s life
- Learn to work with ADHD instead of against it
- Develop an 8-step management plan for ADHD
- Embrace a new perspective that creates a more joyous life.

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

- 7 Tuesdays, 7:10-9pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Science Center 133
- Fee $89 (Includes $1 materials fee)
- CRN# 35091

An Introduction to Carl Jung: The Process of Individuation

Carl Jung, considered one of the greatest thinkers of the 20th Century, introduced radically new psychological concepts of our unique human potential, called “individuation.” This includes components of the unconscious, through Persona, Shadow, Anima and Animus. This class reviews C. G. Jung’s philosophy and theories of Archetypes and Personality Types, using discussion, group activities, and play. This fascinating class is geared for anyone interested in Jung’s philosophy and his place in the history of Psychology.

Recommended text: Memories, Dreams and Reflections, C. G. Jung, is available at the college bookstore.

Gilda Zucolella holds a Master of Arts degree in Psychology from Sonoma State University and has taught The Mythic Life Series, integrating Jungian psychology with mythology and yoga in Italy.

- 7 Tuesdays, 7:10-9pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Performing Arts 120
- Fee $89 (Includes $1 materials fee)
- CRN# 35132
Jewish Humor and Philosophy

This class is a cross-cultural, religious, hermeneutical, and philosophical celebration of Jewish humor. Topics will include ancient and intellectual issues, such as “Why is a donut a donut?,” shlemiels, shlemazls, and nebischs, as well as commentaries from the wise men of Chelm and the Jewish view of God and Man. Using the joke and story as a jumping off place to voice a world view, we will consider Jewish culture and belief, along with other religions and philosophies of the world, as each has a story to tell. Opportunities to share jokes and stories will be presented. Make room and let the curtain go up on the stage of life in which we all appear.

Peter Malakoff has pursued a lifetime of religious and philosophical studies, along with his work as a documentary film maker and widely published author on a variety of topics. He continues to write, publish and teach, bringing the fruits of the ancient traditions to the modern world for the betterment of peoples’ lives.

- 7 Wednesdays, 12:10-2pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Portable Village 3
- Fee $69 (Includes $1 materials fee)
- CRN# 35130 EC

The World’s Greatest Epic: The Mahabharata

Considered one of the world’s greatest epics, The Mahabharata presents a dazzling abundance of stories that make up the vibrant cultural fabric of Indian society. This text illustrates the challenging and subtle paradoxes of Dharma (‘right’ action). Filled with love, hate, victory, defeat, deceit and forgiveness, like the Bible or the Koran, it contains the Hindu teachings of the Divine and The Bhagavad-Gita, Mahatma Gandhi’s moral inspiration. Lectures, lively discussions, personal interpretations through character studies.

Recommended text: Mahabharata: The Greatest Spiritual Epic of All Time, Krishna Dharma, will be available at the college bookstore.

Peter Malakoff holds a B.A. in Religious Studies from UC Santa Barbara and received a Degree in Ayurveda from Kalidas Sanskrit University, Nagpur, Maharashtra, India — the first such university program offered to Westerners. He writes, publishes, and teaches the philosophical and religious traditions of the world.

- 7 Mondays, 12:10-2pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Portable Village 3
- Fee $69 (Includes $1 materials fee)
- CRN# 35185 EC

What is Islam?

We will study the Quran to learn about important subjects such as who is God in the Quran? Who are the messengers? Unity of all faiths, Science and the Quran, and contemporary misinterpretations used in political rhetoric. The purpose of this course is to familiarize you with the foundations of Islam, being Muslim, and sources of many misconceptions about Islam.

We will also explore the notion of the Quran as a guide for attaining happiness and as a map for growth and development.

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

- 7 Thursdays, 11:10-1pm
- Mar. 31-May 19 (No class Apr. 14)
- Kentfield Campus, Physical Education 92
- Fee $71 (Includes $2 materials fee)
- CRN# 35151 EC

Also of interest ...

Discovering Ayurveda: The Wisdom of Life

See page 24.

PHOTOGRAPHY

Basic Photography

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

Two Saturdays we will combine classroom and field sessions. On April 9, a morning in the field will be followed by an afternoon class. On April 23, an afternoon class will be followed by an evening field trip where you will learn and practice techniques for long exposures and night photography. Students meet on site and are responsible for their own transportation.

Bring an adjustable camera to class each week. This class is beyond simple point and shoot cameras. Darkroom work will NOT be discussed.

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

- **4 Wednesdays, 7:10-10pm**
- Mar. 30-Apr. 27 (No class Apr. 13)
- Plus 2 Saturdays, 1-4pm
- Apr. 9 & 23
- **Indian Valley Campus**, Ohlone 211
- Plus field trip: Sat., Apr. 9, 8-11am
- Plus field trip: Sat., Apr. 23, 6-9pm
- Fee $124 (Includes $2 materials fee)
- CRN# 35182

### Digital Photography for Travelers

The course is for those who want to take better pictures while traveling. It is strongly recommended that you have a solid understanding of your camera’s basic features and functions. We will cover:

- Buying the right camera for the right trip
- Utilizing more advanced camera settings
- Composing better images
- Using natural and artificial light
- Capturing people in candid situations
- Avoiding the pitfalls of traveling with camera gear
- Why you need Medical and Personal articles insurance

Please bring your digital camera and its manual, a notepad, and a pen to class.

The second meeting is a field trip/camera walk to practice what we have learned in class. Students are responsible for their own transportation.

**Recommended text:** Hank Miller. *Digital Photography for Travelers Notebook*, will be available at the college bookstore.

**Hank Miller** is a professional photographer and freelance writer.

- **2 Saturdays, 10am-1pm**
- May 21 & 28
- **May 21, Kentfield Campus**, Harlan Center 169
- Field trip: May 28
- **A Taste of Rome Cafe**
- 1001 Bridgeway, Sausalito
- Fee $59 (Includes $2 materials fee)
- CRN# 35092

### Night Photography

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

The class is limited to 10 students and is not for beginning photographers. You must know how to use your specific (preferably manual) camera and have a firm grasp of the basic concepts of photography. DSLR cameras (with full manual override) are acceptable for most of the fieldwork.


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

- **6 Fridays, 7:10-10pm**
- Apr. 1-May 20 (No class Apr. 15 & May 13)
- **Kentfield Campus**, Harlan Center 169
- Plus Full Moon field trip
- Monday, Apr. 18, 7-10pm
- Fee $228 (Includes $10 materials fee)
- CRN# 35063

### Introduction to Photoshop Elements: The Digital Darkroom

The focus of this course is to learn basic photo editing to improve your digital photos. An introduction to image resolution, file formats, and file compression issues will be covered. We will also perform simple image clean up and photo enhancements, provide step-by-step exercises to crop and resize images for e-mail and print, repair damaged or scratched old photos, correct lighting, brightness/contrast and color, and remove blemishes, red-eye, and other irregularities. Time permitting, we will also create contact sheets of your digital camera folder.

Enroll in *Beginning Computing or Computer Fundamentals* first if you are unfamiliar with the mouse and keyboard and opening and saving files. See pages 10-11. A USB port plug in storage device, i.e. flash drive or thumb drive, is recommended if you would like to save your work.


- **Jazmine Loiselle**
- **Friday, 9am-4pm**
- Apr. 22
- **Indian Valley Campus**, Ohlone 216
- Fee $90
- CRN# 35064
Intermediate Photoshop Elements: The Digital Darkroom
This course will continue to focus on photo editing techniques. We will review the basics, introduce basic selections and layers, and cover how to control separate areas of a photo in order to execute customized lighting and color adjustments. If there is enough time, we will cover step-by-step instructions to create a slide show with viewing capabilities on a CD or the Internet.

This class builds upon skills learned in Intro. to Photoshop Elements. Please see course description above for additional information.

- Jazmine Loiselle
  - Friday, 9am-4pm
  - Apr. 29
  - Indian Valley Campus, Ohlone 216
  - Fee $90
  - CRN# 35065

The Feldenkrais Method™: Injury Prevention, Recovery, and Comfort In Movement
Awareness through Movement™ classes provide tools for recognizing and releasing habitual patterns of movement 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.

Phyllis G. Friedman is a Certified Feldenkrais Practitioner who brings over 25 years of study and experience in many forms of somatic education, movement and awareness to her teaching.

- 7 Tuesdays, 6:10-7pm
- Mar. 29-May 17 (No class Apr. 12)
- Kentfield Campus, Physical Education Center 22
- Fee $59
- CRN# 35023

The Feldenkrais Method for the Active Older Adult
The Feldenkrais Method uses gentle, pleasurable movement to produce powerful changes that help people look and feel better, moving with more confidence, coordination, and balance. It is effective in relieving tension and is particularly useful for those wanting to improve or regain movement affected by injury, surgery, arthritis, and other conditions, as well as from a lack of physical activity. To participate in this class it is necessary to be able to raise and lower yourself from the floor. Please bring a mat and two bath towels for comfort.

- Teresa Hanson, GCFP
  - 7 Wednesdays, 3:40-5pm
  - Mar. 30-May 18 (No class Apr. 13)
  - Kentfield Campus, Physical Education Center 60
  - FREE
  - CRN# 35024 EC

A New Way to Exercise for Pain Relief and Physical Repair
Come to a friendly exercise class that welcomes your pace and problems. The original exercises learned in class give pain relief and push limits for new strength and flexibility without irritating existing problems. The floor exercises use a fully supported pain relieving position of comfort. You will learn to set up your exercise position using the wedges and pillows in class. The exercise position gives even long-standing, complicated, and chronic problems the movements of pain relief and physical repair. We make sounds, jiggle, shake, and yaw. Leg exercises build protective flexibility up and down the spine while hamstrings lengthen and hips and thighs tone. Breathing muscle exercises flatten the belly, improve posture, change scoliosis, and give your lymph nodes and vessels the expanding, contracting, and relaxing motions of immune enhancement.

- Meg Margolis
  - Ruth Corwin, PhD
    - 7 Mondays & 7 Wednesdays, 3:40-4:30pm
    - 7 Fridays, 4:10-5pm
    - Mar. 28-May 20 (No class Apr. 11, 13 & 15)
    - Kentfield Campus, Fusselman Hall 120
    - Fee $114
    - CRN# 35093
Movement and Music for the Older Adult: A Universal Language

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

- Diane Hain
  - 7 Mondays, 11:10am-12noon
  - Mar. 28-May 16 (No class Apr. 11)
  - Whistlestop
  - 930 Tamalpais Ave., San Rafael
  - FREE
  - CRN# 35025 EC

Energy Warm-ups for the Active Older Adult

A gentle, yet effective stretching and strengthening class for active adults which uses non-strenuous movement to increase flexibility, mobility, range of motion, and improve balance. Class will include a few minutes of light weight training to increase upper body strength, as well as breath and relaxation techniques to reduce stress and increase positive feelings of well being. Please bring a yoga mat to the class held at Indian Valley Campus.

- Erik Riswold
  - 6 Tuesdays & 6 Fridays, 9:10-10am
  - Mar. 29-May 13 (No classes Apr. 12 & 15)
  - Kentfield Campus, Physical Education Center 22
  - Fee $59
  - CRN# 35094 EC
  - 6 Wednesdays, 10:10-11am
  - Mar. 30-May 11 (No class Apr. 13)
  - Indian Valley Campus, Miwok 170
  - Fee $39
  - CRN# 35095 EC

Exercise for Fitness and Pleasure for the Active Older Adult

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

- Erik Riswold
  - 6 Tuesdays & 6 Thursdays, 3:40-4:30pm
  - Mar. 29-May 12 (No class Apr. 12 & 14)
  - Kentfield Campus, Physical Education Center 22
  - Fee $63
  - CRN# 35096 EC

Gentle Yoga

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

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

- Solana Tara
  - 6 Tuesdays, 11:10am-12pm
  - Mar. 29-May 10 (No class Apr. 12)
  - Indian Valley Campus, Ohlone 106
  - Fee $15
  - CRN# 35026 EC

Yoga for Stress Release

In these changing times we are prone to developing stress, which affects us in profound ways. This yoga class will restore the whole body towards dynamic stillness and increased stamina. You will experience:

- Deeper, more refreshing sleep
- Healthier joints to better strengthen and support the connective tissue
- Healthier cardiovascular function increasing the amount of oxygen in the blood
- Balanced mind/brain
- Feeling refreshed, replenished, and rejuvenated

Bring a yoga mat and blanket. Blocks and straps provided.

- Ananda Ma, RYT, CMT has been teaching yoga in the San Francisco Bay Area for 16 years. She uses her classes to focus on the capacity for yoga to help you access your own inner resources for healing.
  - 7 Thursdays, 5:10-6:30pm
  - Mar. 31-May 19 (No class Apr. 14)
  - Kentfield Campus, Physical Education Center 60
  - Fee $79
  - CRN# 35027
Yoga for Every Body, Yoga for Every Mind

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

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

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

For each course listed below:

■ 7 Saturdays
■ Apr. 2-May 21 (No class Apr. 16)
■ Kentfield Campus, Physical Education Center 60

Beginner
■ 10-11:30am
■ Fee $79
■ CRN# 35097

Intermediate
■ 8-9:45am
■ Fee $86
■ CRN# 35098

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

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

Paul Landrum, PhD, has been teaching yoga at the College of Marin since 1988.
■ 7 Tuesdays & 7 Thursdays, 5:40-7pm
■ Mar. 29-May 19 (No class Apr. 12 & 14)
■ Indian Valley Campus, Ohlone 106
■ Fee $113
■ CRN# 35152

Intermediate Yoga: The Art and Science of Integrating the Body/Mind
Are you ready to progress in your yoga practice? This class for intermediate yoga students explores yoga postures and breathing exercises with an emphasis on building physical intelligence and enhancing the body-mind relationship. Rooted in the Iyengar tradition but not strict in any one style, the practice includes multiple pose variations and the use of props to accommodate the uniqueness of each body and experience level.

If you have questions about your level, please email the instructor at dario@wholeathlete.com.

Dario Fredrick has studied yoga for 17 years, with a variety of teachers including the Iyengars in India. An exercise physiologist, he successfully integrates science and biomechanics with the many aspects of yoga. Dario understands the particular needs of active people and those new to yoga, teaching with sensitivity to limitations and injuries.
■ 7 Tuesdays & 7 Thursdays, 9:40-11am
■ Mar. 29-May 19 (No class Apr. 12 & 14)
■ Kentfield Campus, Physical Fitness Center 60
■ Fee $113
■ CRN# 35099

Aikido
Aikido is a modern, noncompetitive, self-defense martial art, also known as the non-fighting martial art. Aikido emphasizes the development of body, mind, and spirit and incorporates elements of philosophy, psychology, physics, and dynamics. It is a way of being in harmony with one’s environment and centered within oneself at the same time. Aikido, when properly used, is an effective way to neutralize swiftly and cleanly a violent aggressor without inflicting injury. It will help you to build confidence and awareness. Beginners are welcome.

If you have questions, please contact the instructor at drplandrum@comcast.net.

Recommendation: Do not eat within two hours prior to class. Wear comfortable non-binding workout apparel to class.
■ Paul Landrum, PhD
■ 7 Tuesdays & 7 Thursdays, 7:10-8:30pm
■ Mar. 29-May 19 (No class Apr. 12 & 14)
■ Indian Valley Campus, Ohlone 106
■ Fee $113
■ CRN# 35153
Introduction to Pilates
This popular mind/body exercise conditioning program was developed by Joseph Pilates. We will focus on deep breathing while strengthening the core muscles of the trunk of the body, allowing the limbs to move more freely and in proper alignment. Pilates tones muscles, creates self-body awareness, promotes focused movement, increases flexibility and control, and improves posture. Learning to move through Pilates training allows for better function and control of muscles for sports and is now practiced by many athletes, dancers, and office workers, not only to increase performance, but also to rehabilitate the body after injury.

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

For each course listed below:

- MinJae Laws
- Fee $68

Kentfield Campus, Physical Education Center 22
- 7 Tuesdays, 10:10-11am
- Mar. 29-May 17 (No class Apr. 12)
- CRN# 35133

Indian Valley Campus, Miwok 170
- 7 Mondays, 6:10-7pm
- Mar. 28-May 16 (No class Apr. 11)
- CRN# 35134

Synergy+ Physical Therapy and Pilates Studio
25 Tamalpais Ave. Suite A&B
San Anselmo
- 7 Tuesdays, 6:30-7:30pm
- Mar. 29-May 17 (No class Apr. 12)
- CRN# 35135

Cardio Pilates
A fun, fat-burning workout that develops cardio endurance, deep core strength, and flexibility. The class starts with a full body cardio workout using various equipment and props such as stretch bands, stability balls, and more. The second half of the class will focus on alignment, flexibility, and deep core strengthening with Pilates mat work.

Be sure to arrive on time for warm ups to prevent injury.

- MinJae Laws
- 7 Wednesdays, 5:40-6:45pm
- Mar. 30-May 18 (No class Apr. 13)

Kentfield Campus, Physical Education Center 22
- Fee $83
- CRN# 35136

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 clean shoes to protect the floor.

Dove Harris Govrin, MS, BC-DTR, is a Certified Qigong Instructor.

Kentfield Campus, Physical Education Center 60
- 7 Fridays, 10:40-12noon
- Apr. 1-May 20 (No class Apr. 15)
- Fee $66
- CRN# 35028 EC

Indian Valley Campus, Miwok 170
- 7 Tuesdays, 1:10-2:30pm
- Mar. 29-May 17 (No class Apr. 12)
- Fee $66
- CRN# 35029 EC

Advanced Wild Goose Qigong
Please see course description above. In this Advanced class, we will learn the second set of 64 movements of the Wild Goose series.

Please dress appropriately in loose, comfortable clothing, and bring clean shoes to protect the floor.

If you are registering for the first time for the Advanced class, please email the instructor at dovezvi@comcast.net.

Dove Harris Govrin, MS, BC-DTR, Certified Qigong Instructor
- 7 Fridays, 12:40-2pm
- Apr. 1-May 20 (No class Apr. 15)
- Kentfield Campus, Physical Education Center 60
- Fee $66
- CRN# 35030 EC
Wisdom Healing Qigong

Through movement, visualization, sound, breathing, and conscious intention to cultivate energy for health, well-being, and self healing, the ancient practice of Wisdom Healing (Zhening) Qigong strengthens the body, reduces stress, heals dis-ease, activates more life energy, enhances mental clarity and emotional stability. It is especially beneficial for people with high blood pressure, Parkinson’s, arthritis, cancers, chronic fatigue, and other imbalances.

Based on the teachings of Dr. Pang Ming, founder of the largest Medicineless Hospital in China, students will participate in a collective healing chi field and learn the basic Wisdom Healing Practices including Lift Chi Up and Pour Chi Down (LCUPCD), Wallsquats, 3 Centers Merging, and LaChi.

This practice is for everyone, all ages and abilities. Please dress appropriately in loose, comfortable clothing. Please have clean shoes to protect the floor.

■ Dove Harris Govrin, MS, BC-DTR, Certified Qigong Instructor
  ■ 7 Thursdays, 1:10-2:30pm
  ■ Mar. 31-May 19 (No class Apr. 14)
  ■ Indian Valley Campus, Miwok 170
  ■ Fee $66
  ■ CRN# 35031 EC

The Joy of Tai Chi

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

■ Katherine Rolston
  ■ 7 Mondays, 3:40-5pm
  ■ Mar. 28-May 16 (No class Apr. 11)
  ■ Kentfield Campus, Physical Education Center 22
  ■ Fee $55
  ■ CRN# 35032 EC

Beginning/Intermediate

■ 7 Tuesdays, 10:45am-12:15pm
■ Mar. 29-May 17 (No class Apr. 12)
■ The Redwoods
■ 40 Camino Alto, Mill Valley
■ Fee $15
■ CRN# 35033 EC

Advanced Tai Chi

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.

■ Katherine Rolston
  ■ 7 Fridays, 2:10-3:30pm
  ■ Apr. 1-May 20 (No class Apr. 15)
  ■ Kentfield Campus, Physical Education Center 60
  ■ Fee $55
  ■ CRN# 35034 EC

Qigong and Women’s Health

Join Denise Aubin, Certified Medical Qigong Therapist, to obtain powerful tools for self healing. Qigong is a healing art form that strengthens your immune system and reduces stress, anxiety, and depression. Designed for women of any age, we will focus on breast and reproductive organ health, balancing female hormones, detoxification, and the cultivation of energy for the promotion of health and well being. These simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. These classes will also include self massage, acupressure points, and meditation.

Qigong can help you feel relaxed, happy, and invigorated. Handouts will be provided. Please wear clothing for ease of movement.

■ Denise Aubin
  ■ 7 Saturdays, 9:10-10am
  ■ Apr. 2-May 21 (No class Apr. 16)
  ■ Kentfield Campus, Physical Education Center 22
  ■ Fee $61 (Includes $1 materials fee)
  ■ CRN# 35100
Soul Chi

Soul Chi teaches both self defense and music appreciation as participants practice aerobics-style “Boogie” Self Defense techniques done to the music of the 60’s, 70’s, and 80’s. This dynamic and interactive class will focus on creative expression through movement, including mastery of basic martial art style blocks and strikes, in a variety of set series of 10-14 Soul Chi movements. Building self-confidence and overall long-term health and wellness, Soul Chi strengthens the body and heals the spirit.

Note: This class is for healthy, active people and those looking to become healthy, active people.

Melvin “Maalak” Atkins has been studying and teaching martial arts and African dance in the Bay area for more than 40 years and has developed Soul Chi as a unique form of what he calls ‘Healther-cize’ to help bring fitness to those of all levels. He holds a Black Belt in Kyokushinkai Karate and has studied Kung Fu, Tai Chi, Congolese, and Haitian Dance.

- 7 Wednesdays, 7:10-8pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Physical Education Center 20
- Fee $59
- CRN# 35066

Zumba

Join professional dancer and certified Zumba® instructor Tom Mayock as he leads you through the hypnotic Latin rhythms of salsa, calypso, reggae, merengue, and pop in easy-to-follow moves in an aerobic fitness program that will blow you away. Routines feature interval-training sessions in combination with fast/slow rhythms to tone and sculpt your body while burning fat.

Bring exercise clothes, athletic shoes/dance sneakers, towel, and water to class.

Tom Mayock has performed with ballet, jazz, and modern companies and has taught professionally throughout the West and in Washington, DC. He has worked as a choreographer and is founding director of the Kid Dance Brigade. He holds Zumba® certification and is currently pursuing studies in Child and Adolescent Development.

- 7 Wednesdays, 7:10-8:30pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Physical Education Center 22
- Fee $79 (Includes $1 materials fee)
- CRN# 35035

Also of interest …

Traditional Samba and Capoeira Workout
See page 19.

Introduction to Taiko

Taiko is the art of Japanese drumming and develops self-expression and musical creativity at the same time that it provides an energetic workout. This course is a basic introduction to the world of taiko, including Japanese expressions, the kinds and use of taiko drums, and the sounds of various taiko beats. In each class, everyone will participate by playing on actual drums provided by the instructor. Note: This class is for healthy, active people.

- Kensuke Sumii
- 7 Sundays, 10am-11:30am
- Apr. 3-May 22 (No class Apr. 24)
- Fee $163
- Kentfield Campus, Physical Education Center 60
- CRN# 35101

Wado Ki Kai Karate

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

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

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

- 7 Mondays & 7 Wednesdays, 6:40-8pm
- Mar. 28-May 18 (No class Apr. 11 & 13)
- Kentfield Campus, Physical Education Center 60
- Fee $124
- CRN# 35102
Boxing for Fitness

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

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

- 7 Tuesdays & 7 Thursdays, 6:40-8pm
- Mar. 29-May 19 (No class Apr. 12 & 14)
- Kentfield Campus, Physical Education Center 60
- Fee $124
- CRN# 35103

Effortless Tennis

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

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

Brent Zeller has been playing tennis for 42 years, teaching the game for 36 years, and has an extensive background in psychology, philosophy, and learning theory.

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

Beginning

- 8 Tuesdays, 9:40-11am
- Mar. 29-May 24 (No class Apr. 12)
- Fee $159 (Includes $6 materials fee)
- CRN# 35104

Intermediate 1

- 8 Wednesdays, 9:40-11am
- Mar. 30-May 25 (No class Apr. 13)
- Fee $159 (Includes $6 materials fee)
- CRN# 35105

Intermediate 2

- 8 Thursdays, 9:10-11am
- Mar. 31-May 26 (No class Apr. 14)
- Fee $179 (Includes $6 materials fee)
- CRN# 35106

Have Fun and Be Fit Over 50

Have fun getting fit! Increase your strength and endurance and improve your balance and flexibility with a variety of exercises using hand weights, resistance bands, and your own body weight. This class is designed to provide a comprehensive and safe strength-training program for older adults who want to begin a strength program or continue in their current conditioning program. We will focus on exercises that apply to daily functional activities.

Participants must be able to get down to and up from the floor independently. Weights, mats, and resistance bands are provided. Please bring a towel and exercise mat, if you have one.

- Ellen Goldman, MA (Education), NCSF-CPT
- Kathy Catalano
- 7 Mondays & 7 Thursdays, 11:40am-12:45pm
- Mar. 31-May 26 (No class Apr. 13 & 14)
- Indian Valley Campus, Ohlone 106
- Fee $79
- CRN# 35107 EC

Strength and Fitness Training

Improve your quality of life, prevent — or even reverse — typical trends of aging, and have fun along the way. For adults of all ages. These classes provide sensible and safe exercises for improving your strength, cardiovascular endurance, flexibility, body composition, posture, and balance. The instructors, co-authors of an internationally acclaimed fitness textbook, will help you personalize the workout to meet your individual needs and goals. You will also be kept up to date on the latest research for enhancing your health and wellness.

In the Beginner/Intermediate class you will learn a comprehensive routine to keep you in fit condition. In the Advanced class the instructor facilitates more individualized and independent fitness programs, taking you from physically fit to physically elite. Before signing up for the Advanced class please contact the instructor at kjones@mycom.marin.edu.
Beginner/Intermediate
- **Betsy Best-Martini**, MS (Recreational Therapy), SFA certified
- 7 Wednesdays & 7 Fridays, 7:40-9am
- Mar. 30-May 20 (No class Apr. 13 & 15)
- **Kentfield Campus**, Physical Education Center 22
- Fee $94
- CRN# 35036 EC

Advanced
- **Kim Jones**, MS (PE-Exercise Physiology), ACSM, SFA certified
- 7 Tuesdays & 7 Thursdays, 7-8:45 a.m.
- Mar. 29-May 19 (No class Apr. 12 & 14)
- **Kentfield Campus**, Physical Education Center 20
- Fee $99
- CRN# 35037 EC

**Aqua Exercise for Older Adults**
The purpose of this tranquil class is to experience gentle, health-providing exercises in a relaxing medium: the water. Active 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 others in a playful environment. You must be able to get in and out of the pool on your own. No assistance is available.
- **Kentfield Campus**, Pool
- **Jillian Ruppenstein**
- Fee $15
- 7 Mondays & 7 Wednesdays, 9:40-11am
  - Mar. 28-May 18 (No class Apr. 11 & 13)
  - CRN# 35038 EC
- 7 Tuesdays & 7 Thursdays, 9:40-11am
  - Mar. 29-May 19 (No class Apr. 12 & 14)
  - CRN# 35039 EC

**Indian Valley Campus**, Pool
- **Russell Robles**
- Fee $15
- 7 Mondays & 7 Wednesdays, 9:10-10:30am
  - Mar. 28-May 18 (No class Apr. 11 & 13)
  - CRN# 35108 EC
- 7 Tuesdays & 7 Thursdays, 9:10-10:30am
  - Mar. 29-May 19 (No class Apr. 12 & 14)
  - CRN# 35109 EC

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

For each course listed below:
- Instructor to be announced
- 7 Tuesdays & 7 Thursdays
- Mar. 29-May 19 (No class Apr. 12 & 14)
- **Kentfield Campus**, Pool
- Fee $113
- 6:40-7:45am
  - CRN# 35040
- 7:10-8:15pm
  - CRN# 35041

**REAL ESTATE**

**The Trials of Home Ownership:**
**How to Get Out from Under**
If your house is now worth less than you owe on it, you are not alone! Don’t make decisions based on fear or lack of knowledge! This class will educate you about your options. Recent federal housing policies are more consumer-friendly than before. Come hear from the experts on how to take advantage of government housing programs including loan modification, short sale, deed-in-lieu, forbearance, credit repair, and more. Bring to class your existing loan documents and personal budget. We will show you why you need to understand your loan and show you how you can analyze your finances to get the best loan modification. Handouts will be provided in class.

**Margaret Kapranos** is a Certified Distressed Property Expert and Realtor assisting distressed homeowners for over four years.
- Saturday, 10am-1pm
- Apr. 30
- **Kentfield Campus**, Harlan Center 165
- Fee $12
- CRN# 35180
TEXTILES & NEEDLEWORK

Basic Knitting Made Easy
Designed for beginning to novice knitters, and those wishing to improve their basic knitting skills, this course will help students learn the 6 essential techniques to complete any basic knitted garment. This teacher can teach anyone, having more than 30 years of teaching experience in the Bay area, and can explain the how-to’s of knitting in a variety of learning styles. This fun, hands-on class will help build your confidence and give you a sense of accomplishment in the process. Minimum age 10 years old.

Deborah McFarland has taught hundreds to knit in the Bay area and has been called one of the best beginning knitting instructors in Marin.

- 7 Wednesdays, 1:10-3pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Temporary Building 119
- Fee $79 (Includes $10 materials fee)
- CRN# 35042 EC

Also of interest ...

The History of Fashion
See page 26.

URBAN AGRICULTURE

Victory Gardens: Introduction to Spring Home Vegetable Gardening
Learn some history about Victory Gardens and how best gardening practices have evolved. We’ll discuss current cost-effective, eco-friendly, organic gardening principles. Get your soil ready for planting. Select the proper organic amendments from local resources. Plan and plot out your garden for best sun exposure and other environmental factors. Select the plants and seeds best suited to Marin’s eco-climates. Include flowers, pollinators, and birds in your garden plan. The last meeting is off-campus. You’ll leave the last class with your garden all planned out, lots of knowledge, and seeds.

Plant starts may be available at field trip destination. Students meet on site and are responsible for their own transportation.

Linda Novy is a former landscape contractor, Bay Friendly Gardener, sustainable landscape professional, and former co-owner of Mellinor Farms.

Norma Novy is a Master Gardener and former co-owner of Mellinor Farms, an organic plant nursery that sold at the Marin County Farmer’s Market.

- 3 Saturdays, 10am-12noon
- Apr. 2, 9 & 23
- Kentfield Campus, Temporary Building 101
- Plus field trip, May 7, 10am-1pm
- Cow Track Ranch, Nicasio
- Fee $77 (Includes $3 materials fee)
- CRN# 35161

Great Soil = Great Gardens: Home Composting Made Easy
Learn about soil structure and how to improve the fertility of any soil type with various organic and sustainable methods. Discussions will include the environmental impact of gardening and recycling of natural resources. A power point presentation will reveal the basic science behind the decomposition process; and how to harness this process to recycle yard trimmings and kitchen waste. During the first class we will go into details on how to set up and manage a worm bin. The second class will meet at a private garden to view various types of compost bins and for hands-on instruction in sheet mulching and building a hot compost pile.

Each student is eligible to purchase a Smith and Hawken’s Biostack compost bin for the subsidized price of $25. Subsidy provided by the Marin County Hazardous and Solid Waste Management Joint Powers Authority. Checks only, please, made out to the Dept of Public Works. Limit one bin per Marin County household. Biostacks will be distributed at the end of the second class.

- Charlotte Torgovitsky
- 2 Saturdays, 10am-12noon
- Apr. 30 & May 7
- Apr. 30, Kentfield Campus, Temporary Building 101
- May 7, Private Garden to be announced
- Fee $38
- Course #35156

Backyard Beekeeping
Learn the basic fundamentals of beekeeping — including a holistic understanding of honeybees, their cycles, human-bee interaction, nutrient and housing needs, and ways of supporting color-
ny health through natural methods. Class will include visual presentation, hands-on demonstration, and techniques to approach a hive in a calm, centered manner. You will learn how to begin keeping bees in your own back yard and to harvest honey and wax. The first two weeks of indoor classes do not involve live bees. For the last class, we meet at the MAGC parking lot where we can observe a hive and enjoy a honey tasting!

Students are responsible for their own transportation. Handouts will be distributed in class.

Kalle Cook has operated a small beekeeping business since 2007, removing unwanted feral colonies, relocating them to more appropriate sites, and educating people about bees.

- 3 Saturdays, 10am-12noon
- Apr. 30-May 14
- Kentfield Campus, Harlan Center 170
- Field trip on May 14
- Marin Art & Garden Center (MAGC)
- Fee $59 (Includes $3 materials fee)
- CRN# 35181

Backyard Chickens

This course is designed for beginners who are interested in raising laying hens on a small scale. An overview will be given of the current state of urban and suburban chicken-raising as well as a discussion of local ordinances. We will cover the basics, including feeding, shelter, health concerns, flock management, and egg production. In addition, appropriate building materials and composting techniques will be addressed.

Live chickens of many different breeds and their eggs will be used for class demonstrations. Emphasis will be given to flock selection.

This three session class includes two days in the classroom and one field trip to observe local backyard chicken environments. Students meet on site and are responsible for their own transportation.

Recommended text: Raising Chickens. Gail Damerow. Story. 2010, will be available in the college bookstore.

- Robert Kennedy
- Jane Kennedy Angulo
- 3 Saturdays, May 7-21
- May 7 & 14, 9:10am-12noon
- Kentfield Campus, Portable Village 3
- Field trip: Split Rail Family Farm
- May 21, 9am-1pm
- Fee $79 (Includes $2 materials fee)
- CRN# 35137

Joywriting

Consider the textures of happiness and where joy may be found, especially in the aftermath of grief. Discuss a selection of readings by poets and philosophers that locate sources of pleasure in tangible and intangible places. Readings and writing assignments ponder balance, nuance, desire, satisfaction, expansion, and renewal. Write in response to prompts, to establish your own clear definitions of joy.

Handouts of readings will be provided. Bring notebooks and pens and be prepared to write during sessions.

Marianne Rogoff is the author of the memoir Silvie’s Life and numerous award-winning stories and essays. She also teaches a Griefwriting course that has been presented at national and international healthcare ethics and bereavement conferences. Marianne is a professor of Writing and Literature at California College of the Arts and leads weeklong joy-filled Writers Studios in San Miguel de Allende during January and August.

- 7 Saturdays, 10:30am-12noon
- Apr. 2-May 21 (No class Apr. 16)
- Kentfield Campus, Olney Hall 106
- Fee $59 (Includes $1 materials fee)
- CRN# 35155 EC

Get Published!

Learn what works and doesn’t work on the road to publication. Whether you want to write a book or an article for a newspaper or magazine or have one started or finished, and whether you want to self-publish a print or e-book or use a publisher or literary agent, you will learn how to clean up, format, and submit or design your work for publication. You will hone your skills in class with this workshop/lecture class. Feel free to bring 1- to 3-page examples or synopses of your work for group discussion and analysis of how to market your work.

Chris Johnson, a successful independent writer, editor, and book publisher, has taught writing at the college level for 15 years.

- 3 Mondays, 6:40-9:30pm
- May 2-16
- Kentfield Campus, Learning Resources Center 39
- Fee $74 (Includes $1 materials fee)
- CRN# 35067

The CRN# is the Course Registration Number.
Elements of Creative Writing

“There are three rules for writing well. Unfortunately, no one knows what they are.” Somerset Maugham

Somerset Maugham might have been right, but that’s no reason to be discouraged. For 25 years, this course has offered excellent, encouraging critiques for writers of all ages and at every level. All genres are included. 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; new students are welcome.

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.

- 7 Mondays, 5:30-8:30pm
- Mar. 28-May 16 (No class Apr. 11)
- The Redwoods
- 40 Camino Alto, Mill Valley
- Fee $94
- CRN# 35043 EC

How to Write Flash Fiction — And Why You Want to

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

Please bring a notebook and pen to class.

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

- 7 Wednesdays, 1:10-3pm
- Mar. 30-May 18 (No class Apr. 13)
- Kentfield Campus, Harlan Center 169
- Fee $79 (Includes $1 materials fee)
- CRN# 35044 EC

Tales Told from Memory

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

Longtime writing instructor, Jacqueline Kudler, MA (English Literature), is a published poet and feature writer. Jacqueline was the first recipient of the Annual Calliope Award for Lifetime Achievement in Poetry given by the Marin Poetry Center in 2010.

- 7 Mondays, 1:10-3pm
- Mar. 28-May 16 (No class Apr. 11)
- Kentfield Campus, Harlan Center 169
- Fee $69
- CRN# 35162 EC

The Poetic Pilgrimage: Writing Poetry as Spiritual Practice

As we rush through our days, the urge to center ourselves in something deep and sustaining intensifies. We long to “turn wandering into pilgrimage,” to live life’s journey with heart and meaning. Writing poetry not only serves this urge but shares many similarities to traditional spiritual paths: focus on presence, deep listening, sincere truth-telling, and the surrender to something beyond ourselves.

This spring, each class session will focus on a different poet. Each week, we will immerse ourselves in a poet’s poems and life and, in this way, we and our poetry will come away changed by the experience. The poets to be considered in these six sessions include Anne Carson, Mark Strand, Denis Johnson, William Stafford, Naomi Shihab Nye, and Mary Oliver.

Prartho Sereno, who is back from Syracuse for the summer, and Catlyn Fendler will co-teach the class.

- 6 Tuesdays, 2:10-4pm
- Apr. 19-May 24
- Kentfield Campus, Harlan Center 173
- Fee $64 (Includes $2 materials fee)
- CRN# 35154 EC
EMERITUS COLLEGE

Emeritus College is a unique program designed to meet the needs of the County’s lifelong learners who already have their degrees and/or are retired or considering retirement. Emeritus College classes and the Emeritus Students College of Marin (ESCOM) actively support the principles of quality of life, lifelong learning, and creative retirement. See information about ESCOM on page 48.

EMERITUS COLLEGE INDEX OF CLASSES

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EMERITUS STUDENTS COLLEGE OF MARIN

A STUDENT ORGANIZATION FOR MARIN’S MATURE ADULTS

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

EMERITUS CENTER

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

Please visit the Emeritus Center on the Kentfield Campus and Emeritus North on the Indian Valley Campus. Both centers offer a lounge for ESCOM members and a place for ESCOM committees and clubs to meet. ESCOM volunteers welcome you at both locations. The Emeritus Center, Kentfield Campus, Student Services Building, room 146, is open Monday through Friday, 9:30am-3:30pm, staffed by volunteers 9:30am-12:30pm. 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

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

ESCOM TUITION GRANTS

The ESCOM Council awards tuition grants, funded by the COM Foundation, to eligible students for any College of Marin course. Funds are limited, and only partial grants will be awarded. You must a minimum of 55 years of age, or better, and submit a statement of financial need. Grant funds may be applied to registration fees only; students must pay materials fees at the time of registration. An application may be obtained in person at the Kentfield Emeritus Center, or by phoning 415.485.9652 and making your request along with your mailing address. Completed applications must be received in the Emeritus Center on the Kentfield Campus no later than the end of the business day, Tuesday, March 15.

Join the Fun!

Emeritus Students Activities Card Application

Name: ____________________________________________

LAST        FIRST        MIDDLE INITIAL

Address: _________________________________________

NUMBER       STREET

CITY         STATE         ZIP

Phone Number ____________________________

E-mail______________________________

FEMALE        MALE          55 OR OVER          UNDER 55

Signed______________________________

New_________ Renew________

Please check appropriate squares:

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

Participation in ESCOM clubs requires an ESCOM Student Activities Card.

Adventurers: R. King, 415.898.5845
Bocce Ball: J. Kouns, 415.332.5929
Book Banter: Len Pullan 415.381.6952; Karen Hemmeter 415.883.9120
Bridge: L. Mason, 415.456.2508
T. Metzger, 415.479.8290
Current Events: J. Weisman, 415.383.1831
J. Kennedy, 415.388.3939
French: D. McMurtry, 415.472.4738
Italian: M. Weed, 415.453.6054
IVC Great Books: D. Polhemus, 415.883.3567
IVC Humanities: R. Ramirez, 415.491.0522
IVC Philosophy: L. Witter, 415.883.6889
Moral, Ethical, Legal Issues: C. Posard, 415.491.4118
Opera and Beyond: G. Deane, 415.456.2853
Scrabble: M. Knox, 415.459.1427
Shakespeare: V. Carter, 415.388.6335
Sing Along: M. Knox, 415.459.1427
Spanish: D. Robinson, 415.388.6167
Writers Workshop: M. Knox, 415.459.1427

REGISTRATION INFORMATION

Registration Begins Monday, February 28, at 8 a.m.

Apply Online: NEW Students
If you have NOT enrolled in a Community Education, Noncredit or Credit class at College of Marin subsequent to Summer 2008, go to www.marin.edu/CommunityEducation and click on Apply and Register. Click on the link for the Online Application form. Once your application is processed by Admissions, you will receive an email with your Username and Password for the MyCOM portal where you can view the Community Education course listings and register and pay for classes. Applications received through the website may take up to five (5) business days to be processed. Once your application has been processed, you do not need to re-apply each Community Education term. Simply access your MyCOM Portal account to register and pay your fees.

Register Online: CONTINUING Students
If you have enrolled in a Community Education, Noncredit or Credit class at the College of Marin subsequent to Summer 2008, you may access your MyCOM Portal account at www.mycom.marin.edu to register and pay for your Community Education class(es).

MyCOM Portal
Please see MyCOM Student Portal Worksheet inside the front cover on page 2.

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

Register by U.S. Mail
Please mail your registration at least eight (8) business days prior to the first class meeting to ensure that your name appears on the instructor’s roster. The mailing address is College of Marin, Community Education Registration, 835 College Ave., Kentfield, CA 94904.

Register by Fax: 415.460.0773
Fax registrations will be processed within five (5) business days.

Confirmation of Enrollment
A confirmation of enrollment may be obtained through the MyCOM Portal at https://MyCOM.marin.edu.

Payment of Fees
For all registration methods, you may pay for classes with a MasterCard or Visa number; please include the expiration date. If you prefer to pay by check, please enroll by in person or by U.S. Mail. Be advised that the college charges $15 for all returned checks. Fees are not transferable between quarters. Vouchers
Please be advised that we no longer accept or issue Vouchers.

Registration Forms
A registration form is at the center of this schedule. Additional forms may be Xeroxed or downloaded from www.marin.edu/CommunityEducation. Click on Apply and Register. Registration forms are also available at the Office of Admissions and Records on either campus.

■ The CRN# is the Course Registration Number. ■ 49
REGISTRATION INFORMATION

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

Early Registration Recommended
Early registration promotes successfully enrolled classes and avoids unnecessary cancellations. Register early to ensure your place in class. For classes that begin the first week of the quarter, be sure that your registration is received by the COM Admissions Office no later than Tuesday, March 22.

Waitlist Procedures
If you attempt to register for a full class, your name will be placed on a waiting list and you will NOT BE charged. If you mailed a check, it will be returned to you. Unless specified otherwise in the course description, you may attend the first class and check with the instructor for possible admittance. If the instructor has room for you in class, please follow directions under “To Register after Class Begins” below.

Waitlist Option
If you are on the waitlist for a class and a space opens, you will be notified by e-mail that is sent to your MyCOM.marin.edu e-mail account. New Waitlist features:
• You have 72 hours to respond to e-mail with registration opportunity.
• Failure to act by the 72-hour deadline will result in your name being removed from the waitlist.

To Register after Class Begins
If you would like to register for a class which has already begun, please go to the class and ask the instructor for an authorization code and reference the code when you register for the class, whether online, in person, or through the mail. Your admission into the class is at the instructor’s discretion.

Verification of Enrollment/Registration Policy
For verification of your enrollment/registration in classes, please go to: http://mycom.marin.edu and put in your log-in information. The courses will be listed under the heading “My Courses,” and show what courses in which you are currently enrolled. Print this and attach your fee payment information.

GENERAL INFORMATION

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

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

Students Under 18
Minors 13 years of age and under must obtain the verbal consent of the instructor prior to registration. To contact an instructor or if you have questions, please call 415.485.9318.

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

Classes canceled by College of Marin will be refunded in full. All refunds are disbursed in the form of a check mailed to the address you have on file with the college. Refunds take approximately six (6) weeks to process.

To Request a Refund

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

To request a refund, please submit a letter containing all pertinent information (name, address, daytime phone, student identification number, course title, course number, and your signature). Requests may be e-mailed to community.ed@marin.edu or faxed to 415.456.5086.

Requests may also be mailed to: College of Marin, Refunds/Community Education, 835 College Ave., Kentfield, CA 94904. Requests sent by U.S. mail must be postmarked at least three (3) days prior to the start date of the class. Refunds take approximately four weeks to process.

DIRECTORY

Community Education Office 415.485.9305

Emeritus College Office 415.485.9368

Intensive English Program 415.457.8811, ext. 8579

Admissions & Records Office 415.457.8811, ext. 8822

Counseling 415.485.9432

Bookstore 415.485.9394

Library Services 415.485.9656

Media Center/Language Lab 415.485.9645

Disabled Students Program 415.485.9406

EQUAL OPPORTUNITY STATEMENT

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

Students who believe that this policy has been violated have the right to file an internal complaint or a complaint with the Office of Civil Rights. The Marin Community College District makes every attempt to stay in compliance with the requirements of Title IX of the 1972 Education Amendments, the Equal Employment Opportunity Act of 1972 (Title VII of the Civil Rights Act of 1964 as amended), the Civil Rights Act of 1991, and Section 504 of the Rehabilitation Act of 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 complete report is available in the Admissions and Records Office, the Library, and the Athletic Department for public review.

College of Marin policy 5.004 prohibits verbal, physical, visual, and sexual harassment of any applicant, employee, or student by any District employee on the basis of any category or combination of discriminatory categories prohibited by state or federal law. Nonemployees while on District property are also expected to follow these guidelines. It is further the policy of this District to ensure equal opportunity in all of its programs and in all aspects of employment. The lack of English skills will not be a barrier to admission to and participation in vocational education programs.

Contacts

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

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

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

OPEN ENROLLMENT POLICY

It is the policy of College of Marin that every course be 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.

College of Marin Superintendent/President
David Wain Coon, Ed.D.

Community Education Program Staff
Janice Austin, Acting Director, Community Education, Lifelong Learning, and International Education
Cheryl Carlson, Karen van Kriedt, Program Specialists
Jesse Klein, Administrative Assistant
Heather Peitz, Office Technician

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

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

PARKING

Kentfield Campus/Indian Valley Campus
Parking permits are required for parking Mon.-Fri., all day; they are not required Sat. or Sun., or holidays. The semester parking permit may be purchased for $50 (subject to change), $25 for summer semester, in the College Bookstore or at Indian Valley Campus. As an alternative, you may pay a $3 (subject to change) daily parking fee through parking permit dispensers located near the entrance to each lot. Dispensers accept both $1 bills and quarters and are designated by stars on campus maps. Semester permits must be attached inside the vehicle on the lower left of the front windshield; daily permits must be visible on the dashboard on the driver’s side. Permits are valid at either campus. Be sure to read parking rules posted at entrances to parking lots. All vehicles improperly parked will be ticketed. No parking permits are required for disabled students provided they display a State of California Department of Motor Vehicles-issued disabled placard or license plate. Students receiving Financial Aid are permitted to purchase parking stickers at half price. Student police cadets when available may be requested to escort staff and students to and from their cars at night. Cadets also assist regular patrol officers with traffic and parking enforcement. For further information, contact the Campus Police at 415.485.9455 (Kentfield Campus) or 415.883.3179 (Indian Valley Campus).
Kentfield Campus Map and Directory

College of Marin
Kentfield Campus
835 College Avenue
Kentfield, CA 94904

Emergency:
Dial 911
Urgent: 415.485.9696
Kentfield Police Business: 415.485.9455

Spring 2011 Parking Notice

While our campus is under construction, parking lots 4 and 9 are partially closed. Lots 12 and 15 typically have spaces available, and lot 13 remains a “free” lot. We appreciate your patience during our construction.

Parking

Vehicles on campus are subject to parking and traffic regulations by the Board of Trustees, Marin Community College District. All cars must have a parking sticker, or display a daily parking permit which may be purchased from the parking ticket dispensers located in parking lots. Motorcycle and handicap parking are available with no fee.

Parking permits are required at all times, except Saturdays, Sundays and school holidays, and in Lot 13.

Parking permits are required at all times, except Saturdays, Sundays and school holidays, and in Lot 13.

Please note: the old Fine Arts building is now the Performing Arts building, and is designated as “PA” in the schedule (examples: PA 120, PA 150). The new Fine Arts building is designated as “FA” (examples: FA 200, FA 300).

AC
Administrative Center
Children's Center

BC*
Business and Management Center

FA*
Fine Arts (new building)

FH*
Fusselman Hall

HC*
Harlan Center

ESL Program/College Skills Office

Humanities

Health Sciences

HS
Health Services

LC*
Learning Resources Center

Library

Bookstore

Disabled Students

CY
Maintenance Offices

MS3*
Dance Center

OH*
Olney Hall and Auditorium

PE*
Physical Education Center

Gymnasium

Pools

PA*
Performing Arts (formerly Fine Arts)

Box Office

Theatres

Art Gallery

Portable Village (PV)*

Modernization Office/Classrooms

SC*
Science Center

SS
Student Services Center

Registration

Cafeteria

Emeritus/Community Services

TB–1 (TB)*

Temporary Building

Campus Police

Marin County Sheriff Substation

*Building contains classrooms

*Building contains classrooms
Do you have a skill or talent to share?
Are you an expert on some fascinating subject?

Consider joining our dedicated, quality faculty. Our instructors are experts who meet and often surpass the needs of Marin’s lifelong learners.

E-mail community.ed@marin.edu and request a course proposal form.
This Spring Bloom with the Beauty of Hula

Traditional Hawai‘ian Dance

Have you ever wanted to learn the ancient and beautiful Hula Kahiko? Lisa “Pua” Saunders has a Master’s degree in Ethnic Dance and is a kumu of a professional hula performance company.

As a national presenter of indigenous dance for the American Orff-Schulwerk Association, she will teach the four classic choreographies of Hula Kahiko and help you celebrate this traditional dance of the islands as you also learn the history and culture of our 50th state.
Our Urban Agriculture Program Keeps Growing!

NEW CLASS: BACKYARD BEEKEEPING

Have you ever considered keeping bees, but you weren’t sure how to get started?
Want to harvest honey and beeswax from your own backyard?
Would you like to help facilitate environmental healing and understand the natural cycles of honeybees?

Learn the fundamentals of home beekeeping from local bee expert Kalle Cook, through lectures, hands-on demonstration, and a field trip to a live hive. Class includes a delicious honey tasting.

Find out more on page 44

Photos: Lora A. Cheung, loraphotography.com