

**YORK COUNTY SENIOR COLLEGE
ON-LINE CLASSES VIA ZOOM
OCTOBER, 2020 START DATES**

Great Decisions 2020

Instructor: Steven Podsiadlo

Great Decisions is designed to provide an understanding of foreign policy and world affairs. The class consists of a video and discussion of topics including human trafficking, climate change, the Philippines, immigration, and Chinese influence in Latin America.

Location: On-line via ZOOM

First Class: 10/21/2020

Time: Wednesday, 11:00 am-12:30 pm

Class Size: Min 5, Max 25

Materials Required: None

Number of Sessions: 8

Introduction to Addiction

Instructor: Jeff Goldsmith

The course has five 90-minute sessions introducing the student to 1) cultural ideas about normal use of alcohol and drugs and where to draw the line between healthy use and unhealthy use; 2) the scientific discoveries of addiction research that highlight the Disease of Addiction and the new motivations and feelings caused by changes in the brain resulting from excessive use of alcohol and addictive drugs; 3) the adaptations of society and the family to the Disease of Addiction; and 4) the risks for the elderly that can happen if they use alcohol and drugs. Sixty minutes of each class will be for discussion.

Jeff is Board Certified in Addiction Medicine; a retired Professor of Clinical Psychiatry, College of Medicine, University of Cincinnati; and the American Society of Addiction Medicine President 2015-2017.

Location: On-line via ZOOM

First Class: 10/21/2020

Time: Wednesday, 1:00 pm-2:30 pm

Class Size: Min 8, Max 25

Materials, Optional: HHS gov, Office of the Surgeon General, Facing Addiction in America, free download from the internet website.

Number of Sessions: 5

Exploring Sacred Paths

Instructor: Rev. Jan Hryniewicz

This course will explore the fascinating variety of paths that human beings take to discover a common goal of Enlightenment.... to experience a divine/human connection that guides daily living and inspires positive energy. Following a career path of Christian ministry and education, I have been challenged to find common ground with other spiritual seekers, to discover a variety of spiritual and religious traditions that enhance my Christian understandings. Several guest presenters will share their walks to deeper awareness of the divine/human connection.

Location: On-line via ZOOM

First Class: 10/20/2020

Time: Tuesday, 10:00 am-11:30 am

Class Size: Min 5, Max 25

Materials Required: None

Number of Sessions: 8

The three class titles and descriptions are as follows:

1. **Maine's Fight for Woman Suffrage, 1914-1920**

Battling apathy, World War I, a global pandemic, and a backlash against radical suffrage pickets, Florence Brooks Whitehouse leads Maine's efforts to secure voting rights for women.

2. **We Demand: A Cross-Country Road Trip for Suffrage**

In 1915, four suffrage activists left San Francisco bound for Washington, D.C. on a desperate mission to bring a petition to Congress and President Wilson demanding an amendment to the U.S. Constitution enfranchising women.

3. **The Equal Rights Amendment: Why Don't We Have It, and Why We Still Need It**

Women's rights are not recognized in our country's foundational document, our Constitution (or in Maine's); learn how that happened, and how- and why- advocates are determined to win the ratification fight once and for all.

Anne B. Gass is the author of *Voting Down the Rose: Florence Brooks Whitehouse and Maine's Fight for Woman Suffrage*, published in 2014. Gass, who is Whitehouse's great-granddaughter, speaks regularly on Florence Brooks Whitehouse and women's rights history at conferences, historical societies, libraries, high schools, and other groups. As a professional, Gass has continued her great-grandmother's activist tradition. She is the founder and principal of ABG Consulting, LLC, a small business supporting nonprofits, local and state governments, and foundations in their efforts to help people in need build stable, productive lives.

Location: On-line via ZOOM

Time: Monday, 1:00 pm-3:00 pm

Materials Required: None

First Class: 10/19/2020

Class Size: Min 4, Max 20

Number of Sessions: 3

REGISTRATION FORM FOR ZOOM CLASSES

Mail-in registrations will be accepted in the order they are received and no walk-in registrations will be accepted. Please indicate if you have a credit from the spring. The credits will expire after registration for the fall classes. Each course is \$25.00, payable by check only to York County Senior College. If you're not currently a member of YCSC, a \$25.00 membership fee is required. If you can't print the registration, please hand write the following details and send it with your check to:

UMA Saco Center
York County Senior College
4 Scammon St., Suite 18
Saco, ME 04072

NOTE: If you have registered for a class, assume you are in. The instructor will be in touch with you a few days prior to the first class. If a class is full upon receipt of your registration, you will be notified and given the option of another class or a refund.

If you have any questions, please call our phone line at (207) 282-4030 or send us an email at info@yorkcountyseniorcollege.org.

Name _____
Address _____
City/State/ZIP _____
Email _____ Phone _____

Apply Credit Yes _____ No _____ Donate Credits to YCSC _____

Course(s) Requested:

Great Decisions 2020 _____
Introduction to Addiction _____
Exploring Sacred Paths _____
Women's Rights in Maine – Then & Now _____

New Membership _____