

## Explore

Oct.-Dec. 2019

### NEW! Keto Diet: Is It For You?

You have heard about it, seen the word, maybe even seen results. However, you may be wanting to learn more. Meet with a registered dietitian, Maxine Lickteig, and get your Keto questions answered! Topics include how Keto works, nutrition and related content (macro/micronutrients, supplements, etc.), effects on performance, short/long-term effects on health, and how you get the results you want.

Sample menus, meal planning guides and recipes will be available.

**Keyword: Keto**

Oct. 12	S	9-10:30 a.m.	\$19
Plattsmouth, PLLC, 102		Lickteig	AREA-4398-PLFA
Nov. 14	Th	6-7:30 p.m.	\$19
Plattsmouth, PLLC, 102		Lickteig	AREA-4398-PLFB

### NEW! Henna Body Art

Henna is a body art form (using natural dye) that makes a lasting impression (about 14 days) with its deep color and intriguing designs. Discover the world of henna as we review safety concerns, tips and techniques when applying the temporary body art.

Practice makes perfect so we will be using a plastic sheet (rather than our arms) as we practice henna designs.

**Keyword: Henna**

Oct. 13	U	Noon-1:30 p.m.	\$19
Plattsmouth, PLLC, 102		Ms. Purple Pockets	AREA-7654-PLFA

### NEW! Beginning Fiddle & Violin

Discover how you can make beautiful music with your instrument. Begin learning how to read sheet music, play by ear and jam with other musicians.

Each student will receive a free beginning book, and helpful handouts.

**Keyword: Violin**

Oct. 1	T	4-6 p.m.	\$89
Plattsmouth, PLLC, 106		Greenblatt	AREA-7431-PLFA

### NEW! Charcuterie Board for Your Table

Discover a Charcuterie Board! Charcuterie can be a starter course or a light meal for a casual gathering. Either way it is a versatile mix of meats, cheese, crackers, spreads, and more. We will discuss foods that complement each other and how to balance your charcuterie board because it's not only what you eat, it's also what people see and how the components are arranged.

There is a \$15 supply fee payable to instructor in class. Cash or check only for supplies.

**Keyword: Charcuterie**

Nov. 21	Th	6:30-8:30 p.m.	\$19
Plattsmouth, PLLC, 102		Slattery	AREA-4453-PLFA

#### Location Key

Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.

### English Smocking

Discover the beautiful world of smocking! You, too, can create beautiful smocked designs just like those on Princess Charlotte's dresses or create a beautiful holiday ornament. This is elegant but simple-to-do needlework. Cable, trellis and wave stitches will be covered as well as



professional smocking advice for future projects. This will be great fun!

Bring to class scissors or thread snips.

**Keyword: Smocking**

Dec. 3-10	T	6:30-8:45 p.m.	\$39
Plattsmouth, PLLC, 103		Patton	AREA-2660-PLFA

### NEW! History for Fun: The Worst Hard Times

This is an epic story of endurance. Timothy Egan tells the plight of homesteaders in the High Plains of Texas, Oklahoma and Colorado as they try to coax this arid prairie grassland into wheat farms during the early 20th Century. It was a dream that turned into a catastrophe resulting in the Great American Dust Bowl.

**Keyword: History**

Sept. 30	M	6:30-8:30 p.m.	\$19
Plattsmouth, PLLC, 101		Wehbrien	AREA-5581-PLFA

### NEW! History for Fun: A Vision of the Great Plains

Walter Prescott Webb was a pioneer of Great Plains studies. His classic survey is readable and still rewarding. We will examine it as a means to identify ways the Great Plains perspective helps us see local and regional history.

**Keyword: History**

Oct. 7	M	6:30-8:30 p.m.	\$19
Plattsmouth, PLLC, 101		Davis	AREA-5581-PLFB

### NEW! History for Fun: Alaska, Saga of a Bold Land

*Alaska, Saga of a Bold Land* by Walter R. Borneman takes a look at a bold idea that allowed the United States to purchase a wild empty territory from Russia! Coincidentally that same year, 1867, Nebraska became a state. Both territories were challenging frontiers in their own right—leading to stories with amazing similarities and grit. Uncover more of what makes these states strong.

**Keyword: History**

Oct. 14	M	6:30-8:30 p.m.	\$19
Plattsmouth, PLLC, 101		Wehbrein	AREA-5581-PLFC

Check out all classes offered at [www.southeast.edu/PlattsmouthLC](http://www.southeast.edu/PlattsmouthLC)  
Find us on Facebook® at [www.facebook.com/SCCLearningCenteratPlattsmouth](http://www.facebook.com/SCCLearningCenteratPlattsmouth)

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or [lbelitz@southeast.edu](mailto:lbelitz@southeast.edu)

**Cancellation/Refund Policy:** You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



# REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)  
Key Word Example: *Driver*  
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

\* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

## OR REGISTER BY MAIL, FAX OR IN PERSON



### Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

#### SIGNATURE

Check  Cash  Mastercard  AMEX  Discover  VISA V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp. Date \_\_\_\_\_ CC # \_\_\_\_\_

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?  
 Yes  No

SCC Staff Tuition Waiver ( )

**TOTAL DUE**

FOR OFFICE USE ONLY

ID# \_\_\_\_\_

DE \_\_\_\_\_

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or [jsoto@southeast.edu](mailto:jsoto@southeast.edu).