

Foods

Oct.-Dec. 2019

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

Soup is On!

There are basics, tricks and the extra touch that need to be talked about. Add soup knowledge to your handiwork.

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

Keyword: Soup

Nov. 7	Th	6-8 p.m.	\$19
Plattsmouth, PLLC, 102		Slattery	AREA-4449-PLFA

NEW! Make Ahead: Freezer Meals, Tips & Tricks

Want to simplify your daily meal routine? We will look at meal planning strategies, explore the various options of cooking ahead, how to safely freeze food and preserve quality, what freezes well and what doesn't, and how to store a month's worth of meals in your refrigerator freezer. A variety of freezer meal recipes will be provided along with additional resources.

This class is offered via distance technology from York.

Keyword: Freezer

Oct. 16	W	6-8 p.m.	\$19
Plattsmouth, PLLC, 102		Lott	AREA-4420-PLFA

Taste of the Tailgate

Get ready for tailgating season with new crowd pleasing recipes! Together, we'll whip up a variety of tasty dips and appetizers sure to please the home team and have them coming back for more. Recipes and samples will be shared for quick and easy snacks and include special diet options. Be ready for college football Saturday and NFL Sunday in just a couple hours.

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

Keyword: Tailgate

Oct. 3	Th	6:30-8:30 p.m.	\$19
Plattsmouth, PLLC, 102		Slattery	AREA-4437-PLFA

Basic Art of Cookie Decorating

We will learn all the basics: how to prepare a cookie for decorating, how to color and create different icing consistencies, how to find and use cookie decorating tools and special



techniques to give your cookies the professional look! Limited space. This class will have a festive/seasonal theme showcasing six different designs.

Everyone will leave the class with a dozen beautifully decorated cookies to take home. Bring a container to take your cookies home. Product sales will not be a part of this class.

Keyword: Cookie

Halloween Edition			
Oct. 19	S	10 a.m.-Noon	\$71
Plattsmouth, PLLC, 103		Wolcott	AREA-4423-PLFA

Holiday Edition			
Dec. 14	S	10 a.m.-Noon	\$71
Louisville, SHSH		Wolcott	AREA-4423-PLFB

FREE TRAINING

For information on financial assistance options, visit www.southeast.edu/cefnassist

Location Key

Louisville, SHSH.....Simply Home Sweet Home Studio,
8980 Raven Drive
(Class location is rural, three miles from Hwy 66)
Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.

Check out all classes offered at www.southeast.edu/PlattsmouthLC
Find us on Facebook® at www.facebook.com/SCCLearningCenteratPlattsmouth

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

Beer Brewing

Discover how you can brew beer that is as good as the big brewers. Class will cover equipment/uses, different styles of beer that can be easily made at home, the brewing process and selecting kits for the beer styles you like. Ingredient options and their purposes will be discussed.

Must be 21 and show ID at first class.

Keyword: Beer

Nov. 9	S	9 a.m.-Noon	\$39
Plattsmouth, SHAW		Robert	AREA-4595-PLFA

NEW! Instant Pot for Desserts

Enhance your culinary skills with the instant pot for desserts. This class will demonstrate a variety of rich treats and how to have them warm and ready to serve.

Supply fee of \$10 payable to instructor in class. Cash or check only for supplies.

Keyword: Instant

Oct. 17	Th	6:30-8:30 p.m.	\$19
Plattsmouth, PLLC, 103		Slattery	AREA-4454-PLFA

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

Location Key

Plattsmouth, PLLC..... Learning Center at Plattsmouth, 537 Main St.
Plattsmouth, SHAWShaw Hardware, 433 Main St.



www.ed2go.com/sccne

BROWSE COURSES IN

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College Readiness
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Design and Composition
Health Care and Medical*

*Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing*



<http://bit.ly/SCC-UGotClass>

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For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu



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 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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. 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**.
7. 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.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

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