



## Foods

Oct.-Dec. 2019

### Fun with Fondant

Don't let fondant worry you. This class will teach you the basics of using fondant in a fun, noncompetitive environment. You will learn how to make fondant from scratch, learn how to make some basic decorations for a cupcake and finally how to fondant and decorate a cake.

Bring to class: small water spray bottle, small pizza cutter, rolling pin and container to take your cake home. There is a \$20 supply fee payable to the instructor in the first class. Cash or check only for supplies.

**Keyword: Fondant**

Sept. 21-28	S	9-11 a.m.	\$49
Beatrice, KEN, 334	York		BBBX-1190-BEFA

### **NEW! Nutrient Dense Foods: Grass-Fed Meat, Pastured Poultry, Eggs, & Bone Broth**

Grass-fed? Grain-fed? In this class we will learn about the difference between grass-fed and grain-fed meat as well as learning the benefits of pastured poultry, eggs and pork. We also will look at bone broth and why we want to re-introduce this nutrient dense food into our diet. Our ancestors enjoyed it regularly and we should too!!

**Keyword: Nutrient**

Nov. 12	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel		BBBX-1251-BEFA

### **NEW! Nutrient Dense Foods: Fats & Oils**

Learn why fats are essential to our health. Fats play a critical role in our mental wellbeing and are linked to weight loss. In this class you will learn about their importance as well as how to recognize counterfeits.

**Keyword: Nutrient**

Dec. 10	T	6:30-8 p.m.	\$19
Beatrice, KEN, 334	Weichel		BBBX-1251-BEFA

### Let Food Be Your Medicine & Medicine Your Food

The foods we eat have a direct correlation to the way we feel, the way we look, our ability to rest, and our ability to stay healthy. In this class we will discuss:

- Nutrient levels of today's modern diet compared to that of traditional diets.
- What foods may be essential to our health
- What foods may be detrimental to our health
- Tips to avoid overeating
- Should we eat organic?
- What is GMO?
- Recommended foods/48 Day Transformation

**Keyword: Food**

Oct. 15	T	7-9 p.m.	\$24
Beatrice, KEN, 334	Weichel		BBBX-1001-BEFA

### Cupcake Kids

Ages 6-12

Kids will learn the "fun"amentals of cake decorating and kitchen safety in this hands-on class. Learn how to frost and decorate cupcakes with seasonal themes.

Cost includes cupcakes, frosting and all supplies. Bring a rolling pin and an airtight container to take your finished cupcakes home.

**Keyword: Cupcakes**

<b>Spooktacular Cupcakes</b>			
Oct. 26	S	9:30-11:30 a.m.	\$24
Beatrice, KEN, 334	York		BBBX-1081-BEFA

<b>Snow Much Fun Cupcakes</b>			
Dec. 14	S	9:30-11:30 a.m.	\$24
Beatrice, KEN, 334	York		BBBX-1081-BEFA

### Location Key

Beatrice, KEN.....SCC Beatrice Campus,  
Kennedy Center, 4771 W. Scott Road



[www.ed2go.com/scnc](http://www.ed2go.com/scnc)

### BROWSE COURSES IN

**Accounting and Finance**  
**Business**  
**College Readiness**  
**Computer Applications**  
**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>

### BROWSE CERTIFICATES & COURSES IN

**Business**  
**Business Communication**  
**Health**  
**Human Resources**  
**Leadership**  
**LEED Green Workplace Management**

**New Media Marketing**  
**Personal Development**  
**Social Media for Business**  
**Technology Skills**  
**Training and Education**  
**Training for K12 Teachers**

Check out all classes offered at [www.southeast.edu/BeatriceCE](http://www.southeast.edu/BeatriceCE)

Find us on Facebook® at [www.facebook.com/scbeatrice](http://www.facebook.com/scbeatrice)

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@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).