Get Golf Ready
Are you ready to learn the lifetime sport of golf? You will be learning beside Beatrice Country Club Golf Pro Seth Ray. You’ll learn everything from driving to putting, scoring, rules and etiquette, and finding your swing. Seth will walk you through all the steps you need to put your clubs in action.

Bring your clubs to class. If you do not have a set of clubs, call Seth at 402-223-2710 after you register for the class.

Keyword: Golf
June 11-July 9
Th 6-7 p.m.
$59
Beatrice, BCC
Ray
BBBX-1506-BEUA

Nutrient Dense Foods: Grass-Fed Meat, Pastured Poultry, Eggs, & Bone Broth
Learn the difference between grass-fed and grain-fed meat as well as 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.

Keyword: Nutrient
March 31
T 6-8 p.m.
$19
Beatrice, KEN, 334
Weichel
BBBX-1251-BESC

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. Learn about their importance as well as how to recognize counterfeits.

Keyword: Nutrient
April 14
T 6-8 p.m.
$19
Beatrice, KEN, 334
Weichel
BBBX-1251-BESC

Food Protection Manager Online Class
This class is accepted by the Lincoln Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

Students receive their assignments online through SCC’s online learning platform. Upon completion of each reading assignment, students will complete an online quiz. A minimum grade of 80 percent is required on each quiz to qualify the student to take the final ServSafe exam.

The ServSafe exam is taken online in the SCC Testing Center in Beatrice or Lincoln or at the Learning Center at Hebron or Nebraska City.

Students need: computer with high-speed Internet connection, working knowledge of computer and Internet experience. Please note: You cannot access the course using an iPad or Android tablet. There is a six-hour waiting period between online registration for the class and class access.

You may register at any time for this class. After you register online, purchase the book “ServSafe Manager” at the SCC Campus Store, 8800 O St., Lincoln, or at www.sccbookstore.com. For registration and log-in information, go to http://bit.ly/SOFCFoodProtectionManagerClass.

To register and pay, go to http://bit.ly/RegisterCE.

Keyword: Protection
Online
FSDT-3000-WBSA
$65

Quilling & Paper Filigree
This art form involves strips of paper that are rolled, shaped and glued together in decorative designs. It isn’t a new craft, in fact, it has been around for hundreds of years. It was originally developed as a means of imitating gold and silver filigree work. Our first class will cover how to create a variety of quilling shapes, drawing or choosing a design and preparing for a final project. The second session will explore embellishing your design and putting your work together for home decoration or gift giving.

Cost includes materials and use of tools for the first class. Additional supplies for the finished project will be available for purchase from the instructor. Supply fee will depend on size and in-depth finished project you want.

Keyword: Quilling
April 16
Th 6-9 p.m.
$29
Beatrice, KEN, 334
Sisco
BBBX-1363-BESA

The Power You Have, The Power You Give
If you have power of attorney for someone, or if you have given someone your power of attorney, do you fully understand what that means? Join us as we discuss the advantages/disadvantages of a financial power of attorney, health care power of attorney, living wills, advanced medical directives, guardianship, and conservatorship. This is important information to understand regardless of your age or life situation.

NOTE: Class is live-streamed from York.

Keyword: Power
April 28
T 6:30-8:30 p.m.
$25
Beatrice, KEN, 506
BBBX-2023-BESA

Explore
Spring 2020

For more information, contact us at 800-828-0072 or continuinged@southeast.edu
Decoupage Eggs

Learn a new and creative way to use eggs this spring. Students will decoupage colorful papers and napkins to blown out eggs and embellish them with fine glitters. Once you learn the art of decoupage, there is no limit to the things you can do. Register early for this fun and inspiring class.

There is a $10 fee associated with this course payable to the instructor in class. Cash or check only for supplies.

Intro to Energy Medicine

What is your energy body? Discover the principles of how energy moves in the body to create harmony and balance. Learn easy de-stressing and energizing tips in this hands-on class. Discover how you can affect your own energy with simple techniques you can use daily for optimum health and vitality. Find out how to energize yourself in less than a minute with personalized self-care applications. Participate in demonstrations of how these systems affect our whole being: body, mind, and emotions.

Location Key
Beatrice, KEN ............................ SCC Beatrice Campus, Kennedy Center, 4771 W. Scott Road
Beatrice, TRU ............................ SCC Beatrice Campus, Truman Center, 4771 W. Scott Road
**Register Online**

You must have an email account to register online.


2. 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**

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**.

   * 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.

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**OR Register by Mail, Fax or In Person**

**Registration Form - Non-Credit Course**

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

The College requires, 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.

<table>
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<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
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<th>County #</th>
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**COURSE NUMBER**

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**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.

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**Total Due**

Would you like a receipt mailed to you?

- [ ] Yes
- [ ] No

SCC Staff Tuition Waiver ( )

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FOR OFFICE USE ONLY

Name ____________________________

Today's Date __/__/____

Submit your form with payment information and mail to:

Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510

For assistance, call 402-437-2700 or 800-828-0072.

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You must have an email account to register online. If you have a question about your Social Security number, please call 402-437-2700. 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.

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[More information about non-credit courses can be found on the Southeast Community College website at [www.southeast.edu/continuing](http://www.southeast.edu/continuing).]