

Explore

Summer 2020



NEW! Gratitude, Gimmicks & Going the Extra Mile

The real joy is in the giving. In this session, you will gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, we will explore many options. Attendees will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others!



Keyword: Gratitude

July 29	W	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCUA	



NEW! Treasure Hunting 101

Discovering lost and hidden treasures probably appeals to the adventurer in you, but you don't have to fly off to distant countries, in fact you don't have to leave the Midwest or even your home town. Treasure Hunter Nathan Schwenke will lead this interesting and fun class as you discover how to determine locations to hunt, types of treasures and how to care for them, types of equipment used to hunt treasure, and what to do with your found treasures. This class will fill quickly, so don't wait to sign up!

Keyword: Treasure

Sept. 26	S	9 a.m.-Noon	\$29
Lincoln, CEC, 404	Schwenke	LLLX-0855-CEFA	

Location Key

Lincoln, CEC Jack J. Huck Continuing Education Center,
301 S. 68th St. Place

The Bakeshoppe

In the bakeshoppe we will make everyone's bakery favorites. Zoom bake with us from your kitchen! Welcome to bakers of every level. Register for each class individually or register for both and save!



NEW! Shortcake

Shortcake is a summer favorite! You will make sweet shortcake with a fresh cooked fruit topping and finish with whipped cream. YUM!



Supply list sent approximately one week prior to class. Zoom bake with us from your kitchen.

Keyword: Bakeshoppe

July 14	T	6-8:30 p.m.	\$39
LIVE Online, Zoom	Harper	LLLX-2052-TCUA	



NEW! Pound Cake

Discover how to take a basic quick pound cake recipe and transform it into lemon, spice, peanut butter and chocolate pound cake.



Supply list sent approximately one week prior to class. Zoom bake with us from your kitchen.

Keyword: Bakeshoppe

Aug. 4	T	6-8:30 p.m.	\$39
LIVE Online, Zoom	Harper	LLLX-2052-TCUB	

Register for Both & Save!

The Bakeshoppe: Shortcake & Pound Cake

Keyword: Bakeshoppe

July 14 & Aug. 4	T	6-8:30 p.m.	\$60
LIVE Online, Zoom	Harper	LLLX-2050-TCUA	



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.



Show Your Door Some Love

Be the talk of the neighborhood! Grab your friends and join this great make and take class. Come and get inspired to paint your own fun and unique door sign.

There are many themes to choose from and you will need to preselect your sign two weeks prior to class then show up ready to have fun.

Some theme options are: school, camper, fall, Valentine, Winter, Husker/Nebraska, Spring (tulips, watering can etc.), initials, mason jar, flowers, fruit, etc.

You will receive an email around July 18 with theme options and sample signs. You will be using paint so dress appropriately.

Doors & More will provide all materials, guidance and inspiration for the day.

Keyword: Door

Aug. 28	F	6-8:30 p.m.	\$39
Lincoln, CEC, 102	Bonneau	LLLX-1143-CEFA	



Tobacco Basket Floral

Tobacco baskets were originally used to display tobacco when taken to market, however they are the hot decorator item right now. This 12-inch by 12-inch basket is just the right size for table or door.

Bring to class: wire cutters, hot glue gun and glue sticks

Keyword: Floral

Nov. 3	T	6-8 p.m.	\$59
Lincoln, CEC, 102	Miller	LLLX-0032-CEFA	

NEW! Truly Mexican: Mexican with Summer Garden Goodness

Enjoy the goodness of the summer garden with Lupe as you explore Calabacitas (zucchini, tomatoes, corn, and pork), Mexican corn on the cob and green patties in red sauce.

Supply list sent approximately one week prior to class. Zoom cook with us from your kitchen.

Keyword: Mexican

Aug. 22	S	9 a.m.-Noon	\$30
LIVE Online, Zoom	Hickey	LLLX-0551-TCUA	



NEW! Whether You Knead It or Not: Puff Pastry

Puff pastry can be part of a dessert or main course and is great for making appetizers. Discover a quick method of making your own pastry and turn it into sweet and savory items. While your dough is chilling we will make flaky buttermilk biscuits.

Supply list sent approximately one week prior to class. Zoom bake with us from your kitchen.

Keyword: Pastry

Aug. 1	S	9 a.m.-Noon	\$39
LIVE Online, Zoom	Harper	LLLX-2051-TCUA	



NEW! Junk Journal: File Folder

Let's make a fun, fast junk journal (out of a file folder)! These shabby little friends are a fun and green way to repurpose some of the "useless" or not-so-useless paper that accumulates in our lives.

Upon registration, you will receive an email with a supply list (scissors, ruler, adhesive) and suggestions/ideas of things for you to save for your pages in your journal. There is a \$5 supply fee payable in class. Cash only for supplies.

Keyword: Journal

Sept. 28	M	6-8 p.m.	\$19
Lincoln, CEC, 406		LLLX-1346-CEFA	

Woven Paper Collage

Join this unique art experience where you will create a small woven paper collage. There are no rules, you will be using a tried and true art technique, and you will need to deconstruct before you can reconstruct. Come and join the fun!

Bring to class: scissors, ruler, and if you have them, a set of watercolors and brush. Any kind of watercolors from kids set to artist level. If you don't have any watercolors, we will provide for class use.

Keyword: Collage

Nov. 10	T	6-8 p.m.	\$25
Lincoln, CEC, 102	Miller	LLLX-0030-CEFA	

NEW! Summertime Tarts



Summer means lighter desserts featuring fresh fruit. In this class you will make a bright and sunny lemon tart topped with fresh fruit and whipped cream. You will learn techniques that can be used year round, with many different combinations of flavors.



Supply list sent approximately one week prior to class. Zoom bake with us from your kitchen.

Keyword: Tart

July 11	S	9 a.m.-Noon	\$39
LIVE Online, Zoom	Harper	LLLX-0497-TCUA	



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Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place

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

NEW! Bake a Better Cake

A beautifully decorated cake is even more memorable if it also tastes great. We will explore different types of cakes and mixing methods. You will make two different cakes and, as a class, we will review our results and discuss which cake is best used for different purposes.



Supply list sent approximately one week prior to class. Zoom bake with us from your kitchen.

Keyword: Cake

Aug. 15	S	9 a.m.-Noon	\$39
LIVE Online, Zoom	Harper	LLLX-0158-TCUA	

NEW! Air Fryer 101

Did you know that the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices and yummy recipes that you can make in your air fryer. Join the fun!



Keyword: Fryer

July 13	M	6:45-8:45 p.m.	\$25
LIVE Online, Zoom	Buethe	LLLX-0547-TCUA	

NEW! Industrial Hemp Day Camp

Since the 2019 Legislature passed into law a farm bill which would allow hemp farming in Nebraska, small-scale farmers and home gardeners are asking a lot of questions. This day camp will provide an overview of the industry that is intended to better prepare students for growing and provide a comprehensive understanding of how to start growing hemp and overview of the labor involved. Topics covered will include plant diseases, pests, growing healthy plants, viewing of seedlings and plants in different stages, grow shelters, water and fertilizer, seed choices for Nebraska, soil and health amendments, harvesting/drying and potential markets.



Upon registration you will be sent a map and driving directions to Bohemian Hills CBD, LLC. Plan on bringing a sack lunch (refrigerator will be available for your use). Dress appropriately for outdoors.

***No questions will be discussed or answered regarding the growing or using of any illegal products or plants. If you feel you must ask these types of questions, you may be asked to leave the class.

Keyword: Hemp

Aug. 29	S	10 a.m.-3 p.m.	\$99
Dwight, See Desc.	Sanders	LLLX-2006-OCFA	

Small Scale Hemp Farming

From seed to harvest to processing, acreage owners and home gardeners are asking a lot of questions.

Since the 2019 Legislature passed into law a farm bill which would allow hemp farming in Nebraska, small-scale farmers and home gardeners are asking a lot of questions. Dave Sanders will lead this class that will cover licenses, permits, seed sources /seed sexing, soil types, growing cycle, sexing plants, identification of the parts of the plant, insects/prevention, harvest time/drying and lab tests required to comply with the law.



***Disclaimer: This class and its contents are solely intended for the purpose of preparing potential small-scale producers to become more familiar with the challenges and rewards of growing hemp with no more than 0.03% THC, as permitted by law.

***No questions will be discussed or answered regarding the growing or using of any illegal products or plants. If you feel you must ask these types of questions, you may be asked to leave the class.

Keyword: Hemp

Sept. 26	S	10 a.m.-3 p.m.	\$89
Lincoln, CEC, 214	Sanders	LLLX-2000-CEFA	

NEW! Sign Exact English: Medical Focus

Learning to use SEE (Sign Exact English) sign language to communicate with others with hearing and/or other challenges within a medical or emergency setting. Students will learn to sign basic medical terms and information that include allergic, blood, pain, ambulance, hospital, fire, 911, and more!
(0.75 CEUs)



Keyword: Sign

July 11-Aug. 8	S	10-11:30 a.m.	\$89
LIVE Online, Zoom	Clinard	SIGN-3031-TCUB	
July 11-Aug. 8	S	1-2:30 p.m.	\$89
LIVE Online, Zoom	Clinard	SIGN-3031-TCUC	

Forest Bathing

Forest Bathing, or Shinrin-yoku, is the Japanese practice of going to the forest to receive mental and physical healing. It has been shown to reduce anger, anxiety, depression and sleeplessness. Forest plants emit essential wood oils and airborne chemicals to protect themselves from insects and decay. These aromas benefit humans as well. Join us at Prairie Pines Nature Preserve to participate in gently guided activities that engage your five senses and connect you to the energy of the natural world.

This is not a hike.

Keyword: Forest

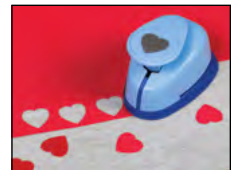
Sept. 20	U	1:30-3 p.m.	\$15
Lincoln, PPNP	Kohles	LLLX-1342-OCFA	



NEW! Quarantine Quick Bits

We are hosting some instructional 30-minute mini-Zoom sessions for you:

- Ways to Use Your Washi Tape
- Getting Punchy
- DIY Embellishments
- A Few of My Favorite Things
- Cricut Design Space Hacks



Register once for any/all of the 30-minute mini-sessions. You can pop on for one that interests you or stay on the whole morning if it works! Get ready for lots of information and useful tips! Our instructor, Jen Van Winkle, will share her ideas and information with you in a casual Zoom online classroom.

a casual Zoom online classroom.

Registration deadline July 23 at 9 a.m. **For full details, visit <https://bit.ly/july2020qqb>.**

Keyword: Quarantine

July 23	S	9 a.m.-12:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-0101-TCUA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, PPNP Prairie Pines Nature Preserve, 3100 North 112th, 112th and Adams
(When you arrive at the entrance gate, turn off 112th on paved driveway.)



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

NEW! Tired of Cable TV, Dish or Direct TV? Cut the Cord!

If you've been thinking about changing how you watch TV, or just interested in a new option, this class is for you. We'll look at all of the streaming services available to you to help you make a choice if you want to move to this new era of watching "TV" and other media content. We will cover Hulu Live, YouTubeTV, AppleTV+, Sony Vue, Netflix, and others.

July 29	W	6-8 p.m.	Keyword: Cable
LIVE Online, Zoom	T. Jensen	LLLX-1154-TCUA	\$29

Extreme Retirement Planning

Learn how to determine when you can afford to quit working and what your sources of income will be in retirement. This practical course will emphasize planning for your future with hands-on, in-class assignments using real-life examples of life-after-work situations.

Retirement planning workbooks will be provided for each person/ couple enrolling in this series. If enrolling in the Couples course, please complete a registration form for both participants.

Keyword: Retire			
Individual			
Sept. 14 & 21	M	6-8 p.m.	\$49/person
Lincoln, CEC, 302	Waite	LLLX-0802-CEFA	

Couples			
Sept. 14 & 21	M	6-8 p.m.	\$89/couple
Lincoln, CEC, 302	Waite	LLLX-0802-CEFB	

Beginning Handbells

This is a hands-on class for the beginning bell ringer. Discover how to read music and ring a variety of basic ringing techniques. We will put it all together to polish a song to performance quality. No prior experience with hand bells or music is necessary. Ringing level 1 and 2 music.

Keyword: Handbells			
Sept. 14-28	M	6:30-8 p.m.	\$49
Lincoln, PIED		Hawkins	LLLX-1398-OCFA

Beginner Self-Publishing



Do you love to write but don't know where to start when it comes to getting your work published? Learn some simple steps to getting your written works out for the world to see. This can be done for free by



publishing online. If you want to see and hold your book, some basic information will be provided on how to accomplish this at a reasonable cost. Gain the confidence you need to start or finish your book and get it self-published.

This class is offered LIVE Online and connection information will be emailed five days prior to class.

Keyword: Publishing			
Aug. 13	Th	12:30-2 p.m.	\$49
LIVE Online, Zoom	Mapel	LLLX-1830-TCUA	

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
 Lincoln, MGCMahoney Golf Course, 7900 Adams St.
 Lincoln, PIEDPiedmont Church, 4801 A St.

Awakening to Your Dreams

Curious about your dreams and what they mean? In this class you'll explore the language of your own dreams to understand their messages for you and how they can help guide you in your daily waking life.

Bring at least one dream that you would be willing to share, no matter how long or short, to the first class.

Keyword: Dream			
Aug. 26-Sept. 9	M	6-7:30 p.m.	\$69
Lincoln, CEC, 404	Monroe	LLLX-2024-CEFA	

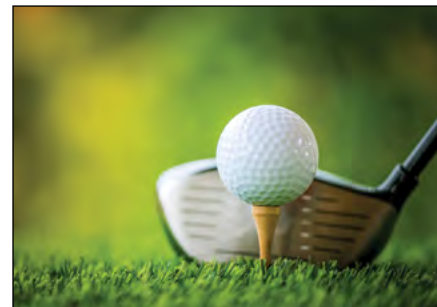
What Do Quarterbacks Say at the Scrimmage Line?

Nebraska means football. Whether you are cheering on your favorite high school team or the Cornhuskers, be in the know! Gain insight from Coach Darlington as you discover the fundamentals of football and everything that surrounds it. Be ready when your favorite team hits the field this year. You will be able to cheer them on with new appreciation and knowledge.



Class series will end with a "graduation" dinner on Oct. 29.

Keyword: Quarterbacks			
Sept. 17-Oct. 29	Th	6:30-8:30 p.m.	\$99
Lincoln, CEC, 302	Darlington	LLLX-0185-CEFA	



Golf for You!

Golfers of all skill levels welcome. If you need a little tune-up on your game or are brand new to the game, this is a great class for you. We will cover everything from putting and chipping all the way to full swing.

Personal golf clubs are not needed to participate.

However, if you have your own set, please bring it. If weather is questionable, call the pro shop at 402-441-8969.

Keyword: Golf			
Sept. 1-22	T	6-7:15 p.m.	\$89
Lincoln, MGC		Benson	LLLX-1702-OCFA
Sept. 2-23	W	6-7:15 p.m.	\$89
Lincoln, MGC		Benson	LLLX-1702-OCFB

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**Check out all classes offered at www.southeast.edu/continuing
 Find us on Facebook® at www.facebook.com/SCCNebCE**

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 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.

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

