

## Explore

Winter 2022



### NEW! Don't Get Hacked: Keeping Yourself Cyber Safe

Online security breaches are everywhere, yet most people are terrible about their personal cybersecurity. You will learn how to safely browse the internet, develop secure passwords and recognize common scams. You will discover a variety of tools, most of them free, that can be used for personal online security. Lots of valuable information.



**Keyword: Hacked**

Jan. 13-27	Th	6:30-7:30 p.m.	\$29
LIVE Online, Zoom	Cano	LLLX-1355-TCSCA	

### Put the Tech in Traveling

Interested in planning your own road trip, cross country or just using technology on-the-go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Curious about airline e-tickets, virtual wallet, Lyft, Uber, Air B&B? Join us for an informative Zoom class.



**Keyword: Traveling**

Jan. 31	M	6-8 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-1353-TCSCA	

### Herbal Support in Trying Times

An engaging exploration of several herbs and their application to support our mental health. We will be discussing complimentary remedies and practices that can provide additional support for the many ways we cope with life's stresses.



Recipes and information will be shared to support you in expanding your home apothecary.

**Keyword: Herbal**

Jan. 10	M	5:30-7:30 p.m.	\$29
LIVE Online, Zoom	Svoboda	LLLX-1673-TCSCA	

#### Location Key

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

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



### 5th Annual Jigsaw Puzzle Derby

Grab your friends, neighbors and family for a fun day of puzzling and friendly competition! The Puzzle Derby is our fifth jigsaw puzzle race. Register as a four-person team, two-person team or individual (must be 16 years or older to participate). The first team in each division to complete their puzzle will get "bragging rights."

Each team category will compete using identical puzzles provided by SCC. All details of the Puzzle Derby (rules, registration forms, deadlines, and more) are available online at <https://bit.ly/2022sccpuzzletournament>. You also can stop by the Continuing Education Office at 301 S. 68th St. Place, Lincoln, and pick up a set. Check-in begins at 12:30 p.m. Registration deadline is Jan. 24 or until the room is full (whichever comes first).

#### Four-Person Team: 1,000-Piece

Feb. 5	S	12:15-5 p.m.	\$59/team
Lincoln, CEC, 302			

#### Four-Person Team: 750-Piece

Feb. 5	S	12:15-5 p.m.	\$49/team
Lincoln, CEC, 302			

#### Two-Person Team: 500-Piece

Feb. 5	S	12:15-5 p.m.	\$29/team
Lincoln, CEC, 302			

#### Individual: 350-Piece

Feb. 5	S	12:15-5 p.m.	\$19/person
Lincoln, CEC, 302			

### Gratitude, Gimmicks & Going the Extra Mile

The real joy is in the giving. 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**

Feb. 16	W	6-7:30 p.m.	\$19
LIVE Online, Zoom	Van Winkle	LLLX-1127-TCSCA	



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>.

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

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



## Gourd Art

Create works of art using hard-shelled gourds as an art medium. Gourd surfaces may be carved, painted, sanded, burned, dyed, and polished. We will create an array of art pieces, bowls, sculpture, or wall art. Beginners to advanced students welcome.

Plan on additional supplies, which will be discussed at the first class. Gourd costs vary depending on the size. However, plan to spend between \$10 and \$45 on your gourd. Cash or check only for supplies. Bring to class: apron. Class will meet at the instructor's shop.

**Keyword: Gourd**

Jan. 19-Feb. 23 Lincoln, VWSP	W Vang	9:30-11:30 a.m. LLLX-0033-OCSEA	\$109
Jan. 19-Feb. 23 Lincoln, VWSP	W Vang	6:30-8:30 p.m. LLLX-0033-OCSEA	\$109

## Online Buying & Selling

Have you thought about selling your stuff online? Learn more about the primary places people sell items, (Craigslist, Facebook® marketplace and eBay®) and how selling on these sites really works. We will talk about “gotchas” and types of payment processing.



This class is for personal sales ONLY. Business interest is welcome but it won't be the focus of the class.

**Keyword: Selling**

Jan. 6 LIVE Online, Zoom	Th T. Jensen	6-8 p.m. LLLX-0531-TCSCA	\$29
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## Beginning Handweaving

Weave a “sampler” on a four-harness table loom. Learn the terminology, how to measure warp and weft, thread a loom and WEAVE!

All supplies will be provided. You must be able to attend all three sessions. Bring a sack lunch. There is a \$40 supply fee payable at the first class to the Handweavers Guild. Check or cash only for supplies.

**Keyword: Weaving**

Jan. 15-29 Lincoln, WEAV	S Hand Weavers Guild	9 a.m.-2:30 p.m. LLLX-1005-OCSEA	\$45
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## Strength Training FUNDamentals: Tone & Eat Right

Help boost your strength training moves with nutrition principles that help affect your metabolism and weight loss. Don't have any strength training moves? We do! See how some new moves and knowledge of what you eat is key to strength training benefits.



**Keyword: Strength**

Jan. 8-15 LIVE Online, Zoom	S Stutzman	9-10 a.m. LLLX-2261-TCSCA	\$29
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For more information, contact us at  
800-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

## Homeschool Art Class (Ages 6-16)

This visual art class introduces students to drawing, painting, pottery, printmaking, and sculpture. Students will build their skills and understanding of a wide range of age-appropriate art concepts. LUX Center for the Arts is a unique location for students to see original works of art, make their own art and visit the on-site studios of their instructors who are all professional artists.

Students will be placed into groups by age and grade level so please be sure to note that when registering. The instructor for these classes will change every three weeks to give students the opportunity to work with a variety of art mediums.

**Keyword: Homeschool**

Jan. 11-March 8 Lincoln, LUXC	T	12:30-2 p.m. LLLX-0025-OCSEA	\$135
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## NEW! Valentine Flambé

Friday night flambé—sounds fun! This is a hands-on demonstration class where you will learn the basics of preparing two different special desserts and flambé as a class. We will all sit down and enjoy what we have made. You don't need to bring a thing, just be ready to have fun.

**Keyword: Valentine**

Feb. 11 Lincoln, CEC, 104	F Harper	6-8:30 p.m. LLLX-0164-CESA	\$39
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## NEW! Hand Pies

Sweet, fruity, flaky, and compact—a hand pie is basically a miniature pie that fits in your hand and are the perfect on-the-go snack. You will explore different methods of making the crust and a variety of fillings.

Bring to class: two cookie sheets, rolling pin, whisk, medium sized microwave-proof bowl, and a container to transport your pies home.

**Keyword: Pies**

Feb. 19 Lincoln, CEC, 104	S Harper	9 a.m.-Noon LLLX-0165-CESA	\$39
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## NEW! Landscape Design for Your Home

Join us for an introductory home landscape design class. You will discover how to use basic design principles, processes and design tools to create a landscape design specific to your front or back yard. Our professional landscape designer will help you create the yard you have always wanted.

You will need access to a camera and the ability to print photographs. Your design tool kit is included in the cost. You will be provided with a small easel to find supply list prior to class. Due to the amount of individual student instruction specific to each student project, space is limited to 10 students.

**Keyword: Landscape**

Jan. 20-Feb. 17 Lincoln, CEC, 403 Registration Deadline: Jan. 10	Th Simmons	6:30-9:30 p.m. LLLX-1474-CESA	\$159
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## Location Key

Lincoln, CEC .....Jack J. Huck Continuing Education Center,  
301 S. 68th St. Place  
Lincoln, VWSP.....Vang Wood Shop, 6700 Francis St.  
Lincoln, WEAV..... The Weavers Studio, 3843 S. 48th St., Lower Level  
(West of 48th on Cooper Avenue) Follow the sidewalk to the lower level entrance at the back of the building. On street parking ONLY.



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>.

# 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**. **Print** this page 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"/> X (Gender variant/Non-binary)		<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	( )
<b>TOTAL DUE</b>	

<b>FOR OFFICE USE ONLY</b>
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).

301 S. 68th St. Place, Lincoln, NE 68510  
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[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

