

Explore

Summer 2022



NEW! The Art of Ventriloquism

Have you watched *America's Got Talent* Ventriloquist winners? Ventriloquism certainly has changed since the days of Charlie McCarthy and his friends, Mortimer and Lamb Chop. You will explore basics of a second language with different expressions of the art form. Progressively move through the aura of Ventriloquism, learning a step-wise approach. All it takes is a clean sock and the willingness to have fun!

Keyword: Ventriloquism

July 27-Aug. 17	W	6-8 p.m.	\$59
Lincoln, CEC, 404	Fisher	LLLX-1898-CEUA	

All Things Apple

Do you have a Mac computer, iPad, iPhone, Apple Watch or even a Home Pod? From editing photos to word processing to spreadsheets to turning on and off the lights in your home, these high-tech devices can be easy to use and fun. We will touch on some of the more useful features of Apple's amazing products, as well as demonstrate some practical features and apps to help make your life a bit easier.



Keyword: Apple

Aug. 16-30	T	6:30-7:30 p.m.	\$49
LIVE Online, Zoom	Keller	LLLX-0663-TCUCA	

Passwords, Logins, IDs; OH MY!

In this age of electronic information and security concerns, password management is a must. Come discover best practices to keep your passwords and private information secure. We'll cover both mobile and home data security.



You will want to watch the Zoom on a desktop/laptop and have your mobile device fully charged.

Keyword: Passwords

July 27	W	7-9 p.m.	\$29
LIVE Online, Zoom	T. Jensen	LLLX-0673-TCUCA	

Location Key

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



Herbal Elixirs

Discover how to make refreshing and uplifting herbal elixirs. We will look at a few locally available medicinal plants along with a discussion and demonstration on how to brew up your own herbal elixirs at home. These recipes are fun, easy to make and a great way to quench your interest in herbalism.

Your instructor is a clinical and community herbalist.

Keyword: Herbal

July 14	Th	6-8 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-2033-CEUA	

NEW! Folded Flag Barn Quilt

Paint a full-size outdoor barn quilt! Choose a 2-foot by 2-foot, 3-foot by 3-foot or 4-foot by 4-foot size. You don't need to be an artist, and you don't need a barn! Great for garages, fences, outdoor buildings, or make it an interior decorator item. The design will be prepared so you will be ready to tape and paint.



Bring to class yellow Delicate FrogTape (1.41 inch middle width), hair dryer and extension cord.

Keyword: Barn

2-foot by 2-foot			
Aug. 18	Th	Noon-3 p.m.	\$89
Lincoln, CEC, 102		LLLX-1197-CEUA	
3-foot by 3-foot			
Aug. 18	Th	Noon-3 p.m.	\$109
Lincoln, CEC, 102		LLLX-1197-CEUB	
4-foot by 4-foot			
Aug. 18	Th	Noon-3 p.m.	\$129
Lincoln, CEC, 102		LLLX-1197-CEUC	



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>.

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

NEW! Flower Barn Quilt

Choose a 2-foot by 2-foot, 3-foot by 3-foot or 4-foot by 4-foot size for your fabulous barn quilt! You don't need to be an artist, and you don't need a barn! Great for garages, fences, outdoor buildings, or make it an interior decorator item. The design will be prepared so you will be ready to tape and paint.



Bring to class yellow Delicate FrogTape (1.41 inch middle width), hair dryer and extension cord. If you would like to simulate calico on your background, bring a few rubber stamps with small designs.

Keyword: Barn

2-foot by 2-foot			
Aug. 18 Lincoln, CEC, 102	Th	4-7 p.m. LLLX-1198-CEUA	\$89
3-foot by 3-foot			
Aug. 18 Lincoln, CEC, 102	Th	4-7 p.m. LLLX-1198-CEUB	\$109
4-foot by 4-foot			
Aug. 18 Lincoln, CEC, 102	Th	4-7 p.m. LLLX-1198-CEUC	\$129



NEW! Patriotic Star Barn Quilt

Hooray for the Red, White and Blue - barn quilt that is. The Patriotic Star Barn Quilt will be outstanding on your barn, out-building, fence or garage. The design will be prepared so you will be ready to tape and paint.

Bring to class yellow Delicate FrogTape (1.41 inch middle width), hair dryer and extension cord.

Keyword: Barn

2-foot by 2-foot			
Nov. 17 Lincoln, CEC, 102	Th	Noon-3 p.m. LLLX-1204-CEFA	\$89
3-foot by 3-foot			
Nov. 17 Lincoln, CEC, 102	Th	Noon-3 p.m. LLLX-1204-CEFB	\$109
4-foot by 4-foot			
Nov. 17 Lincoln, CEC, 102	Th	Noon-3 p.m. LLLX-1204-CEFC	\$129

NEW! Bee in the Hive Barn Quilt

This bee in the hive barn quilt just buzzing to land on your barn, garage, fence, or out-building. The design will be prepared so you will be ready to tape and paint.

Bring to class yellow Delicate FrogTape (1.41 inch middle width), hair dryer and extension cord.

Keyword: Barn



2-foot by 2-foot			
Nov. 17 Lincoln, CEC, 102	Th	4-7 p.m. LLLX-1205-CEFA	\$89
3-foot by 3-foot			
Nov. 17 Lincoln, CEC, 102	Th	4-7 p.m. LLLX-1205-CEFB	\$109
4-foot by 4-foot			
Nov. 17 Lincoln, CEC, 102	Th	4-7 p.m. LLLX-1205-CEFC	\$129



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

July 13-Aug. 17 Lincoln, VWSP	W Vang	9:30-11:30 a.m. LLLX-0033-OCUA	\$109
July 13-Aug. 17 Lincoln, VWSP	W Vang	6:30-8:30 p.m. LLLX-0033-OCUB	\$109

NEW! Truly Mexican: Colorado Red Chile Sauce

Mouth-watering Mexican goodness from Lupe's kitchen! Colorado red chile sauce, three cheese enchiladas, fiesta refried beans, rice with poblanos and corn, and refreshing lime agua fresca.

Bring your apron, wear shoes not sandals and containers for leftovers.

Keyword: Mexican

July 30 Lincoln, CEC, 102	S Hickey	10 a.m.-1 p.m. LLLX-1636-CEUA	\$39
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NEW! Truly Mexican: Pork Loin in Peanut Sauce

Lupe's in the kitchen, and you know what that means? Yummy goodness all around! Pork loin in peanut sauce, zucchini-poblano and cheese torte, coconut rice pudding, and lovely mango agua fresca.

Bring your apron, wear shoes not sandals and containers for leftovers.

Keyword: Mexican

Aug. 20 Lincoln, CEC, 104	S Hickey	10 a.m.-1 p.m. LLLX-1949-CEUA	\$39
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Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, VWSP.....Vang Wood Shop, 6700 Francis St.

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

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

NEW! Truly Mexican: Flautas

Flautas get their name from the Spanish word flute because of their rolled shape. Chicken flautas, potato and cheese, guacamole, spicy black beans and raspberry pineapple agua fresca. Oh my!

Bring your apron, wear shoes not sandals and containers for leftovers.

Keyword: Mexican

Sept. 10	S	10 a.m.-1 p.m.	\$39
Lincoln, CEC, 104	Hickey	LLLX-1950-CEFA	



NEW! Exam Prep — CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the CDM Credentialing Exam. Each course module begins with a pretest to help you identify your understanding of the content area. You will move through the course at your own pace, utilizing the interactive review materials, example calculations with tutorial videos, flashcards and reading materials to focus your study. Practice questions include rationale for answers and explanations for calculations. The course culminates with a simulated practice CDM exam.

Contact Vicki Rethmeier at 402-437-2528 or vrethmeier@southeast.edu for registration details. Cost \$99 per person.

Beginning Astrology

Discover how to use astrology to understand yourself and others. Join us for this fun and interactive class as we unravel the mysteries of the planets, zodiac signs, astrological houses and more.

Keyword: Astrology

Aug. 2-23	T	6:30-8 p.m.	\$69
Lincoln, CEC, 404	Moorehead	LLLX-2018-CEUA	

Organize Your Home (Keep it or Toss it)

Discover a proven organizing method and the questions to ask yourself for every organizing project in your home. Plus, learn tons of organizing tips and tricks for every room. Come and get motivated to get organized!

Keyword: Organize

July 12	T	6-8 p.m.	\$26
Lincoln, CEC, 403	Watkins	LLLX-0358-CEUA	

Location Key

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

Beginning Genealogy

Have you watched “Finding Your Roots” and wondered about your own family stories? This is the best time to trace your family tree. Bring what you know about your family to the first class and learn the basics. Discover how to organize, where to look for clues and how to find good information.

Keyword: Genealogy

Sept. 8-22	Th	6:30-8:30 p.m.	\$49
Lincoln, CEC, 404	Stewart	LLLX-0939-CEFA	



Golf for You!

Golfers of all skill levels welcome. If you are new to the game or need a little tune-up, this is your class. Putting, chipping, and full swing will be covered.

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

July 12-Aug. 2	T	6-7:15 p.m.	\$89
Lincoln, MGC	Miller	LLLX-1702-OCUC	
July 13-Aug. 3	W	6-7:15 p.m.	\$89
Lincoln, MGC	Miller	LLLX-1702-OCUD	

T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes.

Keyword: Chi

July 12-Aug. 30	T	7-8 p.m.	\$69
Lincoln, CEC, 111	Hug-Novak	LLLX-1712-CEUA	

Qigong

Qigong is an ancient practice that helps to improve strength, balance and flexibility. Step on the path of self-healing with Qigong. Gentle and slow movements using both chair and standing positions. All ability levels welcome.

Wear comfortable clothing.

Keyword: Qigong

July 13-Aug. 21	W	6-7 p.m.	\$69
Lincoln, CEC, 111	Foreman	LLLX-1720-CEUA	

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

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.

1. Go to <http://bit.ly/RegisterCE>
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**.

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**. **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 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"/> 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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. www.southeast.edu/diversity * The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.