

The Source

SE Southeast community college

VOLUME 40

WEEK OF MARCH 12, 2018

NO. 33

CALENDAR OF EVENTS

When		What	Where	
Monday	3/12	7:30 a.m.	Book Accounts Open	Campus Store
Monday	3/12	10 a.m.-2 p.m.	Relax Week-Make a Stress Ball	Student Center
Monday	3/12	10 a.m.-2 p.m.	Therapy Dogs	Student Center
Monday	3/12	11 a.m.-1 p.m.	Health & Wellness Week-Nutrition 101	Student Center Hall
Monday	3/12	12:30-1 p.m.	HIIT Cardio Class	Gym
Monday	3/12	3:30 p.m.	Student Senate Meeting	Café Commons
Monday	3/12	5:15-5:45 p.m.	Bootcamp Class	Gym
Tuesday	3/13	10 a.m.-2 p.m.	Relax Week-Coffee & Tea Bar	Student Center
Tuesday	3/13	10 a.m.-2 p.m.	Health & Wellness Week-Coffee with a Counselor	Student Center
Tuesday	3/13	10 a.m.-2 p.m.	Therapy Dogs	Student Center
Tuesday	3/13	11 a.m.-1 p.m.	Resource Fair	Campus Store Hallway
Tuesday	3/13	12:30-1 p.m.	Strength & Core Class	Gym
Tuesday	3/13	4-6 p.m.	Therapy Dogs	Student Center
Tuesday	3/13	5:15-5:45 p.m.	Bootcamp Class	Gym
Wednesday	3/14	9 a.m.-7:30 p.m.	Book Buy Back	Campus Store
Wednesday	3/14	10 a.m.-2 p.m.	Relax Week-Comedy Videos	Student Center
Wednesday	3/14	10 a.m.-12 p.m.	Therapy Dogs	Student Center
Wednesday	3/14	10:30 a.m., 12 p.m., 2 p.m.	Health & Wellness Week-Walk and Clear Your Mind	Gym
Wednesday	3/14	12:30-1 p.m.	HIIT Cardio Class	Gym
Wednesday	3/14	4 p.m.	NCAA Bracket Challenge Deadline-Men's	Activities Office
Wednesday	3/14	5:15-5:45 p.m.	Bootcamp Class	Gym
Thursday	3/15	9 a.m.-7:30 p.m.	Book Buy Back	Campus Store
Thursday	3/15	9 a.m.-6 p.m.	Book Buy Back	ESQ Commons
Thursday	3/15	10 a.m.-12 p.m.	Health & Wellness Week-The Bridge	Student Center Hall
Thursday	3/15	12:30-1 p.m.	Strength & Core Class	Gym
Thursday	3/15	4 p.m.	NCAA Bracket Challenge Deadline-Women's	Activities Office
Thursday	3/15	5:15-5:45 p.m.	Bootcamp Class	Gym
Friday	3/16	9 a.m.-4 p.m.	Book Buy Back	Campus Store
Friday	3/16	9 a.m.-12 p.m.	Book Buy Back	ESQ Commons

RELAXATION WEEK MARCH 12 - 15

Monday	Make a Stress Ball 10 a.m. to 2 p.m. Student Center	
Tuesday	Coffee & Tea Bar 10 a.m. to 2 p.m. Student Center	
Wednesday	Comedy 10 a.m. to 2 p.m. Student Center	

All Week Long:

- Earn Double Points in Wellness Center for Working Out
- Therapy Dogs in Student Center
- Therapeutic Sand, Coloring Pages, Bubble Wrap, and Chair Massages in the Student Center.

Bring Current Student ID to Participate

 Wellness

THERAPY DOGS IN STUDENT CENTER

Monday, March 12 10 a.m.-2 p.m.
Tuesday, March 13 10 a.m.-2 p.m. & 4-6 p.m.
Wednesday, March 14 10 a.m.-12 p.m.



**CAMPUS
COMMUNITY
CONNECTIONS**

LEARN ABOUT RESOURCES IN THE
COMMUNITY THAT ARE AVAILABLE TO
FAMILIES IN NEED.

TUESDAY MAR. 13
11 AM - 1 PM
AREA NEXT TO CAMPUS STORE

Family Resource Fair

MARCH

NCAA BRACKET CHALLENGE

Pick up MEN'S BRACKET beginning Monday, March 12 and submit to Activities Office by 4 p.m., Wednesday, March 14.

Pick up WOMEN'S BRACKET beginning Tuesday, March 13 and submit to Activities Office by 4 p.m., Thursday, March 15.

**MEN'S & WOMEN'S
BRACKETS**



First Place = \$30 DICK'S Sporting Goods Gift Card
Second Place = \$20 DICK'S Sporting Goods Gift Card

Student Accounts

Open

March 12th



NATIONAL COLLEGIATE HEALTH & WELLNESS WEEK MARCH 12-15

Nutrition 101

Monday, March 12
11 a.m.-1 p.m.

Coffee with a Counselor

Tuesday, March 13
10 a.m.-2 p.m.
Student Center

Walk and Clear Your Mind

Wednesday, March 14
10:30 a.m., 12 p.m. & 2 p.m.
Meet in the gym

The Bridge-Alcohol & Drug Awareness

Thursday, March 15
10 a.m.-12 p.m.
Student Center Hallway

COUNSELING SERVICES

SCC offers free counseling services. If you are a current SCC student struggling with adjustment to college or other personal concerns that are interfering with your success in college, contact Kevin Forch: 402.437.2678 or Vicki Fisher: 402.437.2855 to arrange an appointment.

STUDENT SENATE

Senate meets every Monday at 3:30 p.m. in the Café Commons. For additional information, contact Rachel Mason at 402-437-2630 or rmason@southeast.edu.

TRIO IS TRIO 4 U?

The TRiO/Student Support Services Program (TRiO) is a program designed to help students who are First Generation, or Low Income, or have a documented disability succeed in college. TRiO offers a variety of services designed to help you graduate. Stop by the Student Success Center to meet the TRiO staff and learn more.

LOST AND FOUND

Did you lose something while you were at SCC? If so, check with the Information Desk to see if it has been turned in.

SPRING TERM CAFÉ HOURS

Monday-Thursday 7:30 a.m.-5 p.m.

- Breakfast 7:30 a.m.-10 a.m.
- Specialty Bar 10:45 a.m.-1 p.m.
- Hot Entrée Station 10:45 a.m.-1:30 p.m.
- Grill and Fry Station 10:45 a.m.-1:30 p.m., no evening service
- Valentino's Pizza 10:30 a.m. through lunch, quantity limited, 3:30 p.m.-5 p.m., quantity limited
- Salad Bar 10:45 a.m.-3 p.m.
- Build a Deli Sandwich 10:45 a.m.-3 p.m.
- Grab N Go Cold Case Items available

Friday 7:30 a.m.-1 p.m.

- Breakfast 7:30 a.m.-10 a.m.
- Salad Bar 10:45 a.m.-1 p.m.
- Valentino's Pizza 10:30 a.m.-1 p.m., quantity limited
- Featured Items on the Food Chute 10:45 a.m.-1 p.m.
- Grab N Go Cold Case Items available

FIGHT OF THE CENTURY!
FOOD DRIVE FOR HEROES INTO HOMES

DONATIONS WILL BE DELIVERED TO THE HOMELESS VETERAN FOOD PANTRY AT THE LINCOLN VA HOSPITAL AND THE HEROES INTO HOMES NON-PROFIT ORGANIZATION.
HOSTED BY SVO (STUDENT VETERAN'S ORGANIZATION)

ITEMS NEEDED:

GRANOLA BARS	PANCAKE MIX / SYRUP
CANNED FRUIT	CANNED SOUPS
PEANUT BUTTER	CANNED VEGGIES
JELLY/JAM	CANNED MEATS
DRIED FRUIT	OATMEAL

MARCH 1-29TH

DROP OFF ITEMS AT SCC (SOUTHEAST COMMUNITY COLLEGE) 8800 O ST. ROOM U3

WINNING SCHOOL WILL RECEIVE A TRAVELING TROPHY MADE BY THE SCC SVO.
PRESENTED BY THE STUDENT VETERAN GROUPS ON THE SCC AND NWU CAMPUSES.

STRESS

Everyone experiences some sort of stress in their life. With finals this week your stress levels might be higher than normal. Handle stress in healthy ways.

- Give your body some physical activity such as walking or yoga.
- Try some relaxing activities such as reading, listening to music, or coloring.
- Stay connected with others.
- Get at least 8 hours of sleep a day.
- Set goals and priorities to avoid last minute stress.
- Learn to meditate.
- Remember to breathe.

Need more help handling stress? As a student you have access to **CAPS (Counseling and Assistance Program for Students)**. CAPS: (402) 427-2678.

TRANSFER REPS ON CAMPUS

COLLEGE	DAY	DATES	TIMES
UNL	M	All	10 a.m.-1 p.m.
Bellevue University	M	All	2-5 p.m.
Bellevue University (U-101A)	T/TH	All	9 a.m.-5:30 p.m.
Bryan Health Services	W	3/14	12-3 p.m.
Upper Iowa University	W	3/28	1-3 p.m.
Doane University	TH	All	12-3 p.m.
Doane University (U-4)	TH	All	3-6 p.m.
Bellevue University (U-101A)	F	All	9 a.m.-4 p.m.

*** REPS ARE LOCATED BETWEEN CAFÉ & CAMPUS STORE

THE SOURCE IS A WEEKLY PUBLICATION FOR SCC STUDENTS. ITEMS MUST BE SUBMITTED TO THE ACTIVITIES OFFICE BY 12 NOON EACH THURSDAY. THE SOURCE IS ALSO AVAILABLE ONLINE AT <http://thehub.southeast.edu/studentsrvs/stuactivity/Pages/default.aspx>

CASH
for your
BOOKS!

STOP BY & RAKE IT IN!

LINCOLN CAMPUS STORE
BUYBACK AND RENTAL RETURNS
www.sccbookstore.com

8800 "O" STREET LOCATION
MARCH 14 & 15 - 9:00AM - 7:30PM
MARCH 16 - 9:00AM - 4:00PM
1111 "O" STREET - ESQ LOCATION
MARCH 15 - 9:00AM - 6:00PM
MARCH 16 - 9:00AM - NOON

STUDENT ID REQUIRED. We pay up to 50%, no matter where you bought your books! We buy your books, even if you purchased them online. Bring all CD's DVD's and supplemental materials purchased with your textbooks. Check buyback prices online at our website.

CAFETERIA LUNCH MENU

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Burrito or Pancake on Stick or Breakfast Tornado		Breakfast Sandwich	Biscuits and Gravy	Breakfast Pizza Breakfast Casserole
Taco/Burrito Bar Country Fried Steak	Seafood Sampler Bar Au gratin Potatoes & Ham	Breakfast All Day bar Popcorn Chicken	Baked Italian Bar Fiestada	\$5 one Trip Salad Bar \$1 Soup Bowl Special

Pizza Station, Salad Bar, Soups, Grill/Fryer, Made to Order Deli Sandwiches, Bakery Nook, Drinks!