

# The Source

**Southeast community college**


VOLUME 39

WEEK OF MAY 22, 2017

NO. 42

## CALENDAR OF EVENTS

When		What	Where	
Monday	5/22	12 p.m.	Body Positivity & Eating Disorder Presentation	V-103
Monday	5/22	3:30 p.m.	Student Senate Meeting	Café Commons
Monday	5/22	Midnight	Scholarship Application Deadline	On-line
Tuesday	5/23	11 a.m.	Transformative Tuesday-Take Charge of Your To Do List	Welcome Center
Tuesday	5/23	12:10-12:40 p.m.	Strength & Core Fitness Class-FREE!	Gym
Tuesday	5/23	12:20 p.m.	Psych/Soc Club Meeting	V-14
Tuesday	5/23	1-1:45 p.m.	Technology Workshop	LRC Computer Lab
Tuesday	5/23	5-6:30 p.m.	English Conversation Group	L-5
Tuesday	5/23	5:10-5:40 p.m.	Bootcamp-FREE!	Gym
Wednesday	5/24	10-11:30 a.m.	English Conversation Group	L-5
Wednesday	5/24	5:15-6 p.m.	Zumba Class-FREE!	Gym
Thursday	5/25	9 a.m.	MESO Meeting	Welcome Center
Thursday	5/25	12-1:30 p.m.	English Conversation Group	L-5
Thursday	5/25	12:10-12:40 p.m.	Strength & Core Class-FREE!	Gym
Thursday	5/25	12:40 p.m.	CRU Meeting	T-101
Thursday	5/25	1-1:45 p.m.	Technology Workshop	LRC Computer Lab
Thursday	5/25	3:15 p.m.	Ping Pong Tournament	Student Center
Thursday	5/25	5:10-5:40 p.m.	Bootcamp	Gym




**20 Million Women & 10 Million Men**  
suffer from some sort of  
**Eating Disorder in their Lifetime**

**Body Positivity  
&  
Eating Disorder  
Presentation**

Dr. Lindsay Salem

**Monday, May 22**  
**12:00 PM**  
**V-103**

Bring your student ID



### TRANSFORMATIVE TUESDAYS

11 a.m., Welcome Center. Open and free to ALL students! Each session last 10-20 minutes! Every time you attend a session, you can enter your name for a \$100 Student Scholarship. Addition information, contact Shelly Stoltenberg at [sstoltenberg@southeast.edu](mailto:ssoltenberg@southeast.edu) or 402-437-2538.

- May 23 Take Charge of Your To Do List
- May 30 Anger Management
- June 6 Mindfully Reduce Your Stress

### STUDENT SENATE MEETINGS

Senate is still looking for new members! If you want to be involved in school, come check us out! Student Senate meets every Monday at 3:30 p.m. in the Café Commons. For information, contact Rachel Mason at [mason@southeast.edu](mailto:mason@southeast.edu).

### TECHNOLOGY WORKSHOPS

Learn about The Hub, Moodle and Smarthinking. Tuesdays & Thursdays 1-1:45 p.m. L-4/LRC Computer Lab

### SCHOLARSHIP APPLICATION DEADLINE

Apply today for SCC Summer Quarter Scholarships! Deadline for applying is Monday, May 22. All students who are accepted to a degree/diploma seeking program are eligible to apply for scholarship consideration. Hundreds of scholarships available! Apply On-Line at [www.southeast.edu/scholarships](http://www.southeast.edu/scholarships)



**Ping Pong  
Tournament**

**Thursday, May 25**  
Register: 3:15 p.m. Play Begins at 3:30 p.m.  
Student Center

**PRIZES!**

**Free Entry  
Single Elimination  
Play Until Done**

Current SCC Student ID Required

### SCC CAFÉ CLOSING EARLY

The SCC Café will close at 10:30 a.m. on Friday, May 26 due to the installation of new equipment. Full breakfast menu will be served along with snack items, but no lunch service.

**CAMPUS CLOSED  
MONDAY, MAY 29**

**PSYCH/SOC CLUB**

Meetings every on Wednesdays at 12:20 p.m. in V-14.

**MESO MEETING**

The Multi-Ethnic Student Organization (MESO) will meet every Thursday at 9 a.m. in the Welcome Center.

**CRU MEETING**

Cru meets every Thursday at 12:40 p.m. in T-101. Bible Study meets every Tuesday at 9 a.m. in the Student Center. Fellowship, Community, Growth. Everybody is welcome!

**ENGLISH CONVERSATION GROUP**

Want to practice your English listening and speaking skills? Join the English Conversation Group. Group meets in Tutoring and Learning Center-L5. If you have any questions, please call 402-437-2627.

Tuesdays 5-6:30 p.m.      Wednesdays 10 a.m.-11:30 a.m.      Thursdays 1-2:30 p.m.

**FREE EXERCISE CLASSES**

Zumba ..... Monday/Wednesday.....5:15-6 p.m.  
 Strength & Core..... Tuesday/Thursday .... 12:10-12:40 p.m.  
 Bootcamp ..... Tuesday/Thursday .....5:10-5:40 p.m.

**ALCOHOL AWARENESS**

Every two minutes someone is injured in a drunk driving incident. It's not worth the risk to drink and drive. Always have a designated driver, use Uber, Lyft, or a local taxi service. For more information on drunk driving go to [www.MADD.org](http://www.MADD.org) or a victim of drunk driving and needing help call 877.MADD.HELP.

**FREE TREATS**

**Rice Krispie Treat and Bottled Water**



**CURRENT SCC STUDENT ID REQUIRED**

**Tuesday, May 30  
10 a.m.-1 p.m.  
ESQ Commons**

**Wednesday, May 31  
10 a.m.-2 p.m. & 5-7 p.m.  
Student Center**

**While supplies last**

**Visit SCC JobConnect!**

Start your job search today!

[www.collegecentral.com/southeast](http://www.collegecentral.com/southeast)

- SEARCH OUR **EXCLUSIVE** JOB LISTINGS FOR SCC STUDENTS & ALUMNI. SEARCH "MY SCHOOL'S JOBS."
- CREATE OR UPLOAD YOUR ONLINE RÉSUMÉ. IT'S EASY WITH OUR **RÉSUMÉ BUILDER!**
- READ OUR CAREER-RELATED **ANNOUNCEMENTS** INCLUDING JOB FAIRS AND EMPLOYER VISITS.
- DOWNLOAD THE **FREE** CAREER ADVICE DOCUMENTS AND PODCASTS.
- VIEW AND APPLY TO JOBS ON THE **SCC JOBCONNECT** BOARD
- THE NETWORK IS **MOBILE OPTIMIZED** AND VIEWABLE ON ALL COMPUTERS, TABLETS, AND SMARTPHONES.

**Go here. Get jobs.**

**Southeast community college** College Central Network  
A division of College Central Network Ask around.TheNetwork works!

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>

**Health Fair**



**Thursday, June 1  
10:00 AM to 1:00 PM  
In Gymnasium**

**Local Health & Wellness Services**

**DRAWING FOR PRIZES**

**SCC STUDENT WELLNESS**

**illuminations**

*Creative? Illuminate us.*

Submit your original writing, poetry, artwork, or photography to *illuminations*, SCC's artistic publication. Win prizes and be a part of a nationally recognized, award winning publication! See your work in print!

**SUBMISSION DEADLINE: JUNE 2**  
 Questions? [kvonnahme@southeast.edu](mailto:kvonnahme@southeast.edu)

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.
Doane	T	5/23	9-11 a.m.
Nebraska Wesleyan	T	5/30, 6/6	9 a.m.-1 p.m.
Bellevue University (U-101A)	T-Th	All	9 a.m.-5:30 p.m.
UNO	T	5/23	12-3 p.m.
UNMC	W	6/7	9 a.m.-12 p.m.
Wesleyan	W	5/24	10 a.m.-2 p.m.
Bryan Health Sciences	W	5/31, 6/7	12-3 p.m.
Peru State	TH	6/1	10 a.m.-12 p.m.
Bellevue University (U-101A)	F	All	9 a.m.-4 p.m.

\*\*\*TRANSFER REPS ARE LOCATED BETWEEN THE CAFÉ AND CAMPUS STORE.

**COUNSELING SERVICES**

SCC is offering 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 one of these individuals to arrange an appointment: Kevin Forch: 402.437.2678 or Vicki Fisher: 402.437.2855.

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 or Casserole
Tailgate Bar Chicken Cordon Bleu	Loaded Baked Potato Bar Grilled Italian Sandwich	Asian Bar Philly Steak Sandwiches	Nacho Bar Chicken ala King	CLOSING AT 10:30 A.M. EQUIPMENT INSTALLATION
Pizza Station, Salad Bar, Soups, Grill/Fryer, Made to Order Deli Sandwiches, Bakery Nook, Drinks!				