

The Source

Southeast community college

VOLUME 40

WEEK OF SEPTEMBER 18, 2017

NO. 11

CALENDAR OF EVENTS

When		What	Where	
Monday	9/18	10 a.m.-2 p.m.	Relaxation Day	Student Center
Monday	9/18	10 a.m.-2 p.m.	Therapy Dogs	Student Center
Monday	9/18	10-10:30 a.m.	Meditation Session	U-105
Monday	9/18	2-2:30 p.m.	Meditation Session	V-102
Monday	9/18	3:30 p.m.	Student Senate Meeting	Café Commons
Tuesday	9/19	9 a.m.-7:30 p.m.	Book Buy Back	Campus Store
Tuesday	9/19	9 a.m.-6 p.m.	Book Buy Back	ESQ Commons
Tuesday	9/19	10 a.m.-2 p.m.	Therapy Dogs	Student Center
Tuesday	9/19	12-1 p.m.	Yoga Session	U-106
Tuesday	9/19	12:15-12:45 p.m.	Strength & Core Class	Gym
Tuesday	9/19	12:20 p.m.	Psych/Soc Club Meeting	V-14
Tuesday	9/19	4-5 p.m.	Yoga Session	U-106
Tuesday	9/19	5:10-5:40 p.m.	Bootcamp	Gym
Wednesday	9/20	9 a.m.-7:30 p.m.	Book Buy Back	Campus Store
Wednesday	9/20	9 a.m.-6 p.m.	Book Buy Back	ESQ Commons
Wednesday	9/20	12:15-1 p.m.	Fitness Walk	Welcome Center
Wednesday	9/20	12:30-2 p.m.	English Conversation Group	Student Center
Thursday	9/21	9 a.m.-4 p.m.	Book Buy Back	Campus Store
Thursday	9/21	9 a.m.	MESO Meeting	L-5

Relaxation Week

Paraffin Wax, Massages, Essential Oil Crafts
Monday, September 18
 10 am-2 pm
 Student Center



Meditation Sessions

Monday, September 18
 10:00-10:30 am U-105
 2:00-2:30 pm V-102



Yoga Sessions

Tuesday, September 19
 12-1 pm U-106
 4-5 pm U-106



Wellness

FREE EXERCISE CLASSES

Fitness Walk Monday/Wednesday 12:15-1 p.m.
 Strength & Core Tuesday 12:15-12:45 p.m.
 Bootcamp Tuesday 5:10-5:40 p.m.
 All classes will meet in the gym.



THERAPY DOGS

Monday, September 18 10 a.m.-2 p.m.
 Tuesday, September 19 10 a.m.-2 p.m.
 The dogs will be in the Student Center.

MEMBERS NEEDED!

Want to become involved in school? Senate is a great way to stay informed and have a say in school policy, events and your school as a whole. If you want to be involved while at SCC, come check Senate out! Student Senate meets every Monday at 3:30 p.m. in the Café Commons. For information, contact Rachel Mason at rmason@southeast.edu.

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 every Wednesday from 12:30-2 p.m. If you have any questions, call 402-437-2627.

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

ALCOHOL AWARENESS

Myth or Fact: I can sober up really fast if I need to.

Myth: It takes about 2 hours for the adult body to eliminate alcohol content of a single drink, depending on your weight. Nothing else like coffee or a cold shower can eliminate alcohol from the body.

If you or someone you know has an alcohol problem reach out to **Alcoholics Anonymous at (402) 438-5214**.

PSYCH/SOC CLUB

Meetings are every Wednesday at 12:20 p.m. in V-14.

BOOK BUY BACK & RENTAL RETURNS

Lincoln Campus Store

Tuesday, September 19 9 a.m.-7:30 p.m.
 Wednesday, September 20 9 a.m.-7:30 p.m.
 Thursday, September 21 9 a.m.-4 p.m.

ESQ Commons

Tuesday, September 19 9 a.m.-6 p.m.
 Wednesday, September 20 9 a.m.-6 p.m.

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 buy back prices online at our website: www.sccbookstore.com.

GYM/WELLNESS OPEN!

The SCC Gym and Wellness Center are now open! Summer Quarter hours are Monday-Thursday, 7:30 a.m.-8:30 p.m. and Friday, 7:30 a.m.-5 p.m. SCC ID Card is required.

SPORTS

LEAGUES

5 ON 5 BASKETBALL LEAGUE * MONDAYS

Men's, Women's & Coed Teams - Games are 6 p.m. or later

6 ON 6 INDOOR SOCCER LEAGUE * TUESDAYS

Men's, Women's & Coed Teams - Games are 6 p.m. or later

6 ON 6 VOLLEYBALL LEAGUE * WEDNESDAYS

Men's, Women's & Coed Teams - Games are 6 p.m. or later

Roster, Captain Form & \$20 Forfeit Fee

due by 4 p.m., TUESDAY, OCTOBER 17

Forms available in Student Center or on The Hub

Complete a Free Agent Form if you don't

have your own team



PICK-UP BASKETBALL

WEDNESDAYS & THURSDAYS

Games start anytime after 5:30 p.m. beginning October 11
SCC Student ID Card required

For additional information visit our info table
Thursday, October 5 from 10 a.m.-1 p.m. - Student Center
or call 402-437-2630 or email rmason@southeast.edu

FREE POPCORN & POP

Tuesday, October 3

10 a.m.-2 p.m.

& 5-7 p.m.

Student Center



CURRENT
SCC STUDENT
ID CARD REQUIRED

WHILE SUPPLIES LAST

JOIN STUDENT SENATE

New Members are Needed for
Fall Quarter!

Attend a meeting and learn how easy it is to be your
program representative!

First meeting of Fall Quarter - Monday, October 9

Meetings are every Monday at

3:30 p.m. in the Cafe Commons

Free Drink & Snack at each meeting

For more information contact the
Student Activities Office, call 437-2630 or
e-mail rmason@southeast.edu

SCC PRIDE-LGBTQ+

LGBTQ+ student organization will meet in the Welcome
Center on the 2nd Thursday of each month and at ESQ-Room
111 on the 4th Thursday of each month for this quarter from 6-
7:30 p.m. Contact Dr. Tracy with questions: 402-437-2071.



GENERAL TUTORING WALK-IN SCHEDULE

	MON	TUE	WED	THU	FRI
CHEMISTRY		9 - 2		9 - 2	9 - 1
PHYSICS	11 - 3		12 - 3	3 - 7	11 - 3
COMPUTER LAB (L4):	10 - 4	12 - 6	12 - 4	10 - 4	10 - 1

FOR MORE INFO CALL 402-437-2627

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!

MESO MEETING

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

FIRST LANGUAGE STUDY GROUPS

Are you an English Language Learner that would like to study
with others that speak your native language? Students have
suggested that it is helpful to ask questions in their native
language and visit with other students who better understand
their perspective. If this is of interest to you, please contact
Shelley Stoltenberg in the Student Success Center, at
sstoltenberg@southeast.edu or 402-437-2538. She will be
glad to help coordinate times and locations for first language
study groups.

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.
Nebraska Wesleyan	W	9/20	10 a.m.-2 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>

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	CLOSED
Italian Pasta Bar Sloppy Joes	Homestyle Bar Krautburger Casserole	No Specialty Bar Select Menu-Close at 3 p.m.	7:30 a.m.-1 p.m. Hot breakfast, limited menu	CLOSED

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