# Southeast Community College

# Unlock Your Inner Magician Page 25

# COMMUNITY EDUCATION Spring 2025 Schedule

» southeast.edu

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## **Questions?**

continuinged@southeast.edu 402-437-2700



## Looking for Business & Professional Development Classes?

SCC offers more than 95 courses designed to grow your skills and enhance your professional life.

# SERVING THE COUNTIES OF

Cass Fillmore Gage Jefferson Johnson Lancaster Nemaha Otoe Pawnee Richardson Saline Saunders Seward Thayer York

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# **ANIMALS & PETS**

Sales Tax is applicable on animal specialty services.



## **Backyard Bird Feeding**

It's easy and fun to get started in your bird-feeding adventure. Discover different types of feeders and what type of seed to use to attract your favorite songbirds to your yard. **Keyword: Bird** 

W	Noon-1 p.	m. \$10
, Zoom	Andrew	AREA-6882-TCSFC
Th	7-8 p.m.	\$10
, Zoom	Andrew	AREA-6882-TCSFD
	, Zoom	, Zoom Andrew Th 7-8 p.m.

## **Bird Watching for Beginners**

Looking for a fun hobby you can do anywhere, anytime and without spending much money? You can't go wrong with bird watching. Discover equipment needed, locations and tips for watching your favorite birds.

#### Keyword: Bird

May 28	W	Noon-1 p	.m. \$10
LIVE Onlir	ne, Zoom	Andrew	AREA-6886-TCUFA
June 19	Th	7-8 p.m.	\$10
LIVE Onlir	ne, Zoom	Andrew	AREA-6886-TCUFB

## **Healthy Dog Snacks**

Learn how to create healthy treats for your furry friend that will be good for them!

Bring a container to take samples home. There is a \$10 cash supply fee payable in class. **Keyword: Dog** 

April 9	W	6-7:30 p.m	. \$19
Wahoo, Wi	HLC, 102	Fisher	AREA-3926-WHSA

## REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Courses are subject to change.



## **Basic Dog Obedience**

Prerequisite: Your dog must be at least 4 months old, and you must provide proof of current vaccinations

Does your dog need to learn some manners? Help your dog be a better companion. Points covered are: basic behavior and manners, socialization, bonding games, and much more.

Bring your dog to all sessions.

#### Keyword: Dog

April 1-May 6	Т	7-8 p.m.	\$105.93
Plattsmouth, D	GPK	Carroll	AREA-4140-PLSA
(Cost \$99 + Sal	es Tax	(\$6.93)	
April 9-May 14	W	6-7 p.m.	\$105.93
NE City, NCLC, 1	00	Moore	AREA-4140-NCSA
(Cost \$99 + Sal	es Tax	(\$6.93)	

## KENL INN CLASSES

Bring a leash, treats and your dog vaccination records, including the Bordetella vaccine, to class. SCC staff tuition waiver does not apply to the Kenl Inn classes.

#### Basic Obedience & Manners for Your Dog

You will be working with your dog to walk on a leash, come when called, sit, lie down, and greet visitors properly, because everyone enjoys a well-trained dog!

(Cost \$105 + Sales Tax \$5.78)

Keyword: Obedience

April 3-24 Th	10-11 a.m.	\$110.78
Lincoln, KENL	Kenl Inn	LLLX-0727-OCSE
April 7-28 M	6-7 p.m.	\$110.78
Lincoln, KENL	Kenl Inn	LLLX-0727-OCSF
May 2-23 F	10-11 a.m.	\$110.78
Lincoln, KENL	Kenl Inn	LLLX-0727-OCSG
May 5-28 M	6-7 p.m.	\$110.78
Lincoln, KENL	Kenl Inn	LLLX-0727-OCSH
June 2-23 M	6-7 p.m.	\$110.78
Lincoln, KENL	Kenl Inn	LLLX-0727-OCUA
June 5-26 Th	10-11 a.m.	\$110.78
Lincoln, KENL	Kenl Inn	LLLX-0727-OCUB

## GREATER LINCOLN OBEDIENCE CLUB CLASSES

Go to **glocdogs.org** for complete class descriptions, welcome letter and items to bring to class. NOTE: There are stairs to get to the GLOC class location.

SCC staff tuition waiver does not apply to the Greater Lincoln Obedience Club classes.

## Good Dog Class: Obedience Level 1

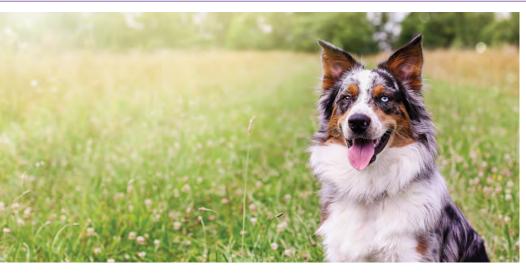
Learn basic behavior and manners, socialization, bonding games, and much more.

(Cost \$135 + \$	Sales	5 Tax \$9.79	) Keyword: Dog
March 31-May 5 Lincoln, PAWS	Μ	6:30-7:20 p.	.m. \$144.79
Registration Dea	dline:	March 27	LLLX-2105-OCSI
March 31-May 5 Lincoln, PAWS	Μ	8-8:50 p.m.	\$144.79
Registration Dea	dline:	March 27	LLLX-2105-OCSJ
April 1-May 6 Lincoln, PAWS	Т	6:30-7:20 p.	
Registration Dea	dline:	March 27	LLLX-2105-OCSK
April 2-May 7 Lincoln, PAWS	W	5-5:50 p.m.	\$144.79
Registration Dea	dline:	March 27	LLLX-2105-OCSL
May 19-June 23 Lincoln, PAWS	Μ	6:30-7:20 p.	.m. \$144.79
Registration Dea	dline:	May 15	LLLX-2105-OCUA
May 20-June 24 Lincoln, PAWS	Т	5-5:50 p.m.	\$144.79
Registration Dea	dline:	May 15	LLLX-2105-OCUB
May 21-June 25 Lincoln, PAWS	W	6:30-7:20 p.	.m. \$144.79
Registration Dea	dline:	May 15	LLLX-2105-OCSUC
May 21-June 25 Lincoln, PAWS	W	8-8:50 p.m.	\$144.79
Registration Dea	dline:	May 15	LLLX-2105-OCUD





# **PERSONAL INTEREST**



#### Good Dog Class: Obedience Level 2

Prerequisite: Good Dog Class: Obedience Level 1

Learn additional cues for behavior at a distance, longer stays, learning despite distractions, bonding games, and more.

(Cost \$135 + Sal	es Tax \$9.79	) Keyword: Dog
March 31-May 5 M Lincoln, PAWS	6:30-7:20 p.ı	m. \$144.79
Registration Deadlin	ie: March 27	LLLX-0709-OCSC
May 21-June 25 W Lincoln, PAWS	8-8:50 p.m.	\$144.79
Registration Deadlin	ie: May 15	LLLX-0709-OCUA

## **Puppy Manners**

Learn socialization, beginning obedience and general care for 8-20-week-old puppies.

1	(Cost \$135 + 5 <b>Keyword: Pupp</b>		5 Tax \$9.79	)	
	March 31-May 5 Lincoln, PAWS	Μ	8-8:50 p.m.		\$144.79
	Registration Dea	dline:	March 27	LLLX-172	5-OCSD
	May 21-June 25 Lincoln, PAWS	W	6:30-7:20 p.r	n.	\$144.79
	Registration Dea	dline:	May 15	LLLX-172	5-OCUA

## Agility 101

Prerequisite: Dog must be at least 9 months old and have completed Good Dog Class: Obedience Level 1

Foundation skills covered will make your future agility training and sequencing much more enjoyable!

(Cost \$135	+	Sales	Тах	\$9.79)
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Keyword: Agility						
April 1-May 6	Т	8-8:50 p.m.	\$144.79			
Lincoln, PAWS						
Registration Dea	adline:	March 27	LLLX-1754-OCSB			
May 20-June 24	Т	8-8:50 p.m.	\$144.79			
Lincoln, PAWS						
Registration Dea	adline:	May 15	LLLX-1754-OCSC			

## Agility 102

Prerequisite: Agility 101 Learn simple handling skills to prepare your dog to negotiate difficult skills with more confidence.

I	(Cost \$135 + Sales Tax \$9.79) <b>Keyword: Agility</b>					
	April 2-May 7 Lincoln, PAWS	W	8-8:50 p.m.	\$144.79		
	Registration Dea	dline:	March 27	LLLX-2106-OCSC		
	May 19-June 23 Lincoln, PAWS	Μ	8-8:50 p.m.	\$144.79		
	Registration Dea	dline	May 15	111X-2106-OCUA		

#### **Intro to SCENT Work**

Prerequisite: Good Dog Class: Obedience Level 1 or equivalent

Teach your dog how to find an odor and communicate the location. All breeds benefit from this fun way to increase mental stimulation. Dogs love this class as they are the star!

There is a \$10 cash supply fee payable in class. (Cost \$135 + Sales Tax \$9.79) **Keyword: Scent** 

April 1-May 6	Т	8-8:50 p.m.	\$144.79
Lincoln, PAWS			
Registration De	adlir	ne: March 27	LLLX-0070-OCSB

#### **SCENT Work Continuing Skills**

Prerequisite: Good Dog Class: Obedience Level 1 or equivalent and Intro to SCENT Work This is continuing scent work for your dog.

There is a \$10 cash supply fee payable in class. (Cost \$135 + Sales Tax \$9.79) **Keyword: Scent** 

-			
April 2-May 7	W	8-8:50 p.m.	\$144.79
Lincoln, PAWS			
Registration Dea	dline:	March 27	LLLX-0071-OCSC
May 19-June 23	М	6:30-7:20 p.r	n. \$144.79
Lincoln, PAWS			
Registration Dea	dline:	May 15	LLLX-0071-OCUA

#### **Tricks**

Prerequisite: Good Dog Class: Obedience Level 1 or other beginning obedience

This is a family-oriented class that will focus on teaching dogs to perform tricks. Points covered are shake, take a bow, high five, roll over, crawl, and much more.

The AKC test is given at end of class session. (Cost \$135 + Sales Tax \$9.79) **Keyword: Tricks** 

March 31-May 5	М	8-8:50 p.m.	\$144.79
Lincoln, PAWS			
Registration Dea	ıdlin	e: March 27	LLLX-0095-OCSB

## Tracking

Prerequisite: Good Dog Class: Obedience Level 1 or equivalent

Bond with your dog while doing what comes naturally to them. Tracking is something all breeds can do. Let us introduce you and your furry partner to this fun game while learning how to earn AKC tracking dog titles.

First class will meet at Pioneers Park sled ramp area. Bring your dog. (Cost \$135 + Sales Tax \$9.79) **Keyword: Tracking** 

April 5-May 10 S 9-9:50 a.m. \$144.79 Lincoln, PAWS Registration Deadline: March 27 LLLX-1760-OCSC

## **Canine Good Citizen**

Prerequisite: Good Dog Class: Obedience Level 2

Get ready for the AKC Canine Good Citizen test. Some items covered: remaining calm in a crowd, loose-leash walking, accepting a friendly stranger, long sits and stays, recalls, and more.

The test is given at the end of the class session. (Cost \$135 + Sales Tax \$9.79) **Keyword: Canine** 

-			
May 20-June 24	Т	8-8:50 p.m.	\$144.79
Lincoln, PAWS			
Registration De	adline	: May 15	LLLX-1728-OCUA

## **Introduction to Rally Obedience**

Prerequisite: Good Dog Class: Obedience Level 2

Prepare your dog for a Novice Rally Obedience competition. The class will cover game rules, how to read course maps and signs, and navigating your dog through a complete course in a trial-like setting. At the end of the session, learn how to enter a titling trial.

(Cost \$135	+Sales	Tax \$9.79)	) Keywo	rd: Rally
May 20-June 24		6:30-7:20 p.	m.	\$144.79
Lincoln, PAWS				
Registration D	eadline:	May 15	LLLX-071	5-OCUA

Courses are subject to change.

2

Personal Interest

#### 402-437-2700 • southeast.edu

# Arts, Crafts & Hobbies



## NEW! Buzzin' into Summer

Bring some color to your home with this cute beehive centerpiece. You will create the hive and handcrafted bees.

Bring to class: a glue gun, glue sticks, a pair of scissors, and

a \$10 cash supply fee. **Keyword: Summer** May 10 S 10 a.m.-Noon \$19 Wahoo, WHLC, 101 Haase-Thomas AREA-2261-WHSA



# NEW! Patriotic Rag Flowers

July 4th is just around the corner, let's get festive! You will construct three patriotic flowers using everyday supplies. Leave with a darling holiday display.

Bring to class: sharp scissors and glue gun with plenty of glue sticks. There is a \$14 cash supply fee payable in class. **Keyword: Flowers** 

June 4	W	5-6:30 p.m.	\$19
Lincoln, C	EC, 102	Van Winkle	LLLX-2314-CEUA

## REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Space is limited. Register today!



#### Firecrackin' Fun

Snap, crackle, pop! Enjoy a morning with friends using basic painting techniques to create a set of three wooden firecrackers. What a beautiful red, white and blue piece of décor for your home.

Bring a pair of scissors. There is a \$10 cash fee payable in class. **Keyword: Fun** 

June 21 S 10 a.m.-Noon \$19 Wahoo, WHLC, 101 Haase-Thomas AREA-2165-WHUA

## How to Vend at Craft Fairs: A Beginner's Guide

Turn your passion into profit! Learn how to choose shows, set up for them, how to successfully sell, and discussion about bookkeeping and taxes.

Your instructor is a 10-year veteran of selling and running craft/vendor fairs. **Keyword: Vend** 

 April 14-28
 M
 6:30-8:30 p.m.
 \$49

 Lincoln, CEC, 404
 Souliere
 LLLX-1224-CESA

#### Painted Sea Glass-Inspired Jars & More

Add a beachy vibe to your home décor as you transform jars and other glassware into beautiful painted sea glassinspired items.

Bring two small to medium size glass jars, vases or other glassware to restyle. All other supplies will be provided. There is a \$5 cash supply fee payable in class. **Keyword: Jars** June 10 T 6-7:30 p.m. \$19

 Falls City, FCLC, 109
 Perkins
 AREA-2226-FCUA

Payment is due at time of registration for all non-credit classes.



## Up-cycling Your Treasures: Candle Making

Not sure what to do with grandma's teacups or a sentimental container you just can't seem to part with? Transform them into candles using glittered wax. Walk away with a new treasure to keep or share.

Bring up to two containers. There is a \$5 cash supply fee per project payable in class. **Keyword: Treasures** 

May 5 M	6-8 p.m.	\$19
York, YKLC, C101	Booth	AREA-2205-YKSA

## **Upcycled Gnomes**

Create a unique gnome, while utilizing yogurt containers and K-Cups. You will create two decorative, springthemed gnomes.

Bring to class: glue sticks, glue gun and a pair of scissors. There is a \$10 cash supply fee payable in class. **Keyword: Gnomes** May 17 S 3-4:30 p.m. \$19 Wahoo, WHLC, 102 Bullock AREA-2248-WHSB

## Paper Craft CD Clock

Tick-tock, tick-tock . . . let's make a clock. Use paper crafting techniques and battery-operated clock works to repurpose a CD into a unique and personalized clock.

There is a \$20 cash supply fee payable in class. **Keyword: Clock** 

May 13	Т	6-8 p.m.	\$19
Falls City,	FCLC, 102	Perkins	AREA-3144-FCSA





## **Decorative Gourd Painting**

Create a fun and whimsical ornament for your garden, porch or walkway. An ordinary gourd will be "transformed" into an elegant owl.

There is a \$15 cash supply fee payable in class. **Keyword: Gourd** 

 May 16
 F
 5:30-8 p.m.
 \$49

 Hebron, HNLC, 102
 McMullen
 AREA-7740-HNSA

## WIPE-Out Day for Your WIPs, PIGS & UFOs

Are your WIPs (Works in Progress), PIGS (Projects In Grocery Sacks) and UFOs (Unfinished Objects) piling up? Get a move on with this fun, creative crafting day. Check out what others are creating and get inspired.

Bring your projects and necessary supplies and join the fun. Table space, excellent lighting and snacks will be provided. **Keyword: Day** 

#### Full Day

rull Day			
April 26	S	9 a.m3 p.	.m. \$29
Hebron, HNLC, 101		Friesen	AREA-2752-HNSA
May 31	S	9 a.m4 p	.m. \$29
York, YKLC, C101		Houdek	AREA-2752-YKUA
Half Day			
May 31 York, YKL	S C, C101	1-4 p.m. Houdek	\$15 AREA-2670-YKUA

## NEW! Accordion Pocket Book with Cover

Join us for a fun folding frenzy that will result in a charming yet sophisticated little book which will hold a wide range of small cards, photos, tags and ephemera. Using only folds, this little book uses neither adhesives nor sewing and is held in a coordinating cover – a wonderful class for all levels. **Keyword: Book** 

May 8	Th	5:30-8 p.m.	\$39				
Lincoln, CE	C, 102	Jones	LLLX-2319-CESA				

# NEW! Japanese Stab Binding

Learn to bind blank books for journaling or bind art books using this simple, yet beautiful ancient method. You will make two books using two different patterned bindings. Any level of book maker will be able to measure, stab, stitch, and sew your way to a one-of-a-kind bound book that you will be able to replicate or vary on your own.

Bring to class scissors and sharp pencil. Cost includes your bookbinding kit that you will be able to use in future bookbinding classes. **Keyword: Binding** 

April 8	Т	5:30-8 p.m.	\$49
Lincoln,	CEC, 102	Jones	LLLX-2318-CESA



# NEW! Coptic Stitch Book

With a hardbound cover and stitched spine, this workhorse of a binding will become your choice for sketchbooks, recipes, photo albums, and gift giving! We will create a decorative cover, compile signatures, then pierce and stitch it all together in a piece you will be proud to give as a gift or keep for yourself.

You may bring a decorative paper for your cover (two pieces measuring 6¾ inches by 8 inches each) or select from available papers in class. Bring to class: scissors, sharp pencil, book binding kit, and decorative papers if you wish. If you have your book binding kit from the Japanese Stab Binding class, bring it to class. If you need to purchase a kit for \$10 cash in class, please call 402-437-2712 and leave your name and phone number. Keyword: Book June 10 Т 5:30-8 p.m. \$39 Lincoln, CEC, 102 Jones LLLX-2320-CEUA

# NEW! Junk Journal

Let's make a fun, fast junk journal out of a file folder! These shabby little friends are a fun and green way to repurpose some of the "useless" or not-so-useless paper that accumulates in our lives.

You will receive an email with a supply list (scissors, ruler, adhesive) and suggestions/ ideas of things for you to save for your pages in your journal. There is a \$5 cash fee payable in class. **Keyword: Journal** 

June 23	Μ	6-8 p.m.	\$19
York, YKLC,	C101	Lee	AREA-3145-YKUA

## Family Fun: Geocaching

Add some adventure to your vacation or family outing as you treasure hunt using a free Geocaching app on your phone. Discover tips and tricks to find the treasures, what to do with them and how to place your own treasures for others to find. We will download the app in class and hunt for several "caches" using clues to find small hidden treasures, many of which are in plain sight.

Bring your fully charged phone and transportation to travel between geocache sites. Only one adult per family needs to register. **Keyword: Geocaching** 

April 12	S	9 a.mN	oon	\$29
York, YKLC	, D101	Mertz	AREA-50	85-YKSA

## Rip, Cut, Glue: Collage Art

Do you like to rip up paper, work with your hands, and create fantastical scenes? Learn how to layer and combine different materials to create an awe-inspiring original work of art.

There is a \$5 cash supply fee payable in class. **Keyword: Collage** 

Wahoo, WHLC, 101 Hansen AREA-3211-WHSA	April 26-May 3 S	12:30-2 p.n	n. \$39
	Wahoo, WHLC, 101	Hansen	AREA-3211-WHSA

## **Handmade Paper**

Making handmade paper has enjoyed a resurgence both as a traditional craft and art form. You will experiment with paper making and colored pulp painting using mould and deckle frame and paper pulp.

Projects will be ready two weeks after workshop. **Keyword: Paper** 

May 16	F	6-8 p.m.	\$40
Lincoln, L	UXC		LLLX-2322-OCSA

## Quilling 101: For the Quill of It

Learn the basics of quilling using narrow strips of paper that are rolled and shaped to create beautiful and unique designs. We will create a design with various techniques that can apply to any quilled project.

All supplies furnished. Bring to class: a small pair of scissors and a small plastic lid similar to a butter tub lid or Cool Whip lid. **Keyword: Quilling** 

April 3	Th	5:30-7:30	p.m.	\$29
Lincoln, C	EC, 403	McVey	LLLX-00	43-CESA

## The Art of Origami

Intrigued by the intricacies of origami? Here's your opportunity to delve into the ancient art of paper folding. Create three different items as you learn the basic folds and techniques that you can use to create other origami forms.

There is a \$6 cash supply fee payable in class. **Keyword: Origami** 

April 5	5	10 a.mN	oon	\$19
Hebron,	HNLC, 102	Friesen	AREA-31	36-HNSA

## Getting Started in Metal Detecting

See page 25 for more information.

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Personal Interest

## ABCs & 123s of Calligraphy

Come learn the ABCs and 123s of calligraphy and brush lettering in a comprehensive class for beginners. You will get to experience brush markers, calligraphy markers and dip pens with a variety of nibs and colors of inks, as well as receive practice sheets and several styles of alphabets to study and use for future projects. We will work through a few small projects together, but you're welcome to get creative and write your own. **Keyword: Calligraphy** 

J	une 27	F	9 a.mNoon	\$59
	Lincoln, ULA	S	Strilkivsky	LLLX-1210-OCUA
_				

## Zig Zag Mini Photo Album

A unique and fun way to create this mini album that is 4.5 inches square when closed and expands to more than 20 inches when opened up.

Bring to class: white glue such as Tacky (in the gold bottle), ruler and scissors. If you have a paper trimmer, bring along but is optional. There is a \$6 cash supply fee payable in class. **Keyword: Photo** April 14 M 5:30-7:30 p.m. \$19

April 14	M	5:30-7:30	p.m.	Ş19
Lincoln,	CEC, 102	Holman	LLLX-2304-0	CESB

## **Creating with Cricut®**

If you just got a Cricut® or tried to use it and were frustrated, this class is for you! We will go over machine basics as well as navigating the Design Space software. You will make several small projects using paper and vinyl.

Bring your machine, a computer or mobile device, cords, a cutting mat, any tools and pens that you might already have, and an extension cord to class. All paper is supplied. The machines welcome in this class include any of the Cricut® Explore machines and the Cricut® Maker machines. **Keyword: Cricut** 

May 3	S	10 a.mNo	on \$39
Wahoo,	WHLC, 102	Bomberger	AREA-2159-WHSB
June 28	S	10 a.mNo	on \$39
Plattsm	outh, PLLC, 101	Rosman	AREA-2159-PLUA

## Cricut<sup>®</sup> 102

Prerequisite: You must have a working knowledge of Cricut® Design Space® Decorate a canvas wall panel using your Cricut and Iron-on Vinyl. Also learn how to bring in outside files into Cricut® Design Space®. These same skills can be used to make T-shirts and other apparel.

Bring your machine, cords, new green mat, computer or mobile device with updated Design Space® installed. Canvas and vinyl will be supplied. There is a \$10 cash supply fee payable in class. **Keyword: Cricut** 

April 12 S	2-4 p.m.	\$39
Plattsmouth, PLLC, 10 <sup>°</sup>	1 Rosman	AREA-3142-PLSA

# NEW! Cricut<sup>®</sup> Maker 3 Creates

Come learn how to use the Cricut® Maker 3's unique features: cutting fabric, felt, leather, chipboard, and engraving acrylic/metal. The rotary blade, the knife blade and the engraving tool will be covered in class. Please bring these tools if possible.

You can bring your Cricut® Maker 3 as well as a fabric mat, a strong grip mat and a computer or mobile device to run Cricut® Design Space. If you don't have a Cricut® Maker 3 of your own, the college has one that can be rented for class use. **Keyword: Cricut** 

June 28	S	2-4 p.m.	\$39
Plattsmouth	, PLLC, 101	Rosman	AREA-2255-PLUA

## NEW! Cricut Maker 3 for Personal Use

Did you know that the SCC Learning Center at Plattsmouth now has a Cricut® Maker 3 machine that you can rent and use onsite to create projects, including engraving, cutting fabric and more?

Create your free Design Space account ahead of time to design and save your project. When you are ready to create on the Cricut Maker 3, bring the materials you want to use to the Learning Center. We have mats, tools and the machine. Call 402-437-2298 with questions and to reserve a time. **Keyword: Cricut** 

Plattsmouth Area \$15 AREA-2264-PLSA

# NEW! Cricut<sup>®</sup> Stencil Creation

Join us as we will focus on creating and designing vinyl stencils with Cricut<sup>®</sup> Design Space<sup>®</sup>. Once your stencil is created, you will use it to etch your design onto a glass vase.

You will need to have the most current version of Design Space<sup>®</sup> installed on a laptop or tablet and an active Cricut<sup>®</sup> Design Space<sup>®</sup> Access subscription is required for the class. Some Design Space<sup>®</sup> experience is necessary. Bring your laptop or tablet, Cricut<sup>®</sup> machine and the \$15 cash supply fee to class. **Keyword: Cricut** 

June 14	S	10 a.mNo	oon	\$39
Wahoo,	WHLC, 101	Bomberger	AREA-2260-	WHUA

Payment is due at time of registration for all non-credit classes.

Space is limited. Register today!

Courses are subject to change.

# NEW! Cricut<sup>®</sup> 3D Greeting Cards

Is it time to add some pizzazz to your card making? Want to make your cards "awe" the recipient? We will focus on a make and take 3D card with detailed information using cut and scoring to create the card, design elements and envelope.

You will need to have the most current version of Design Space<sup>®</sup> installed on a laptop or tablet and an active Cricut<sup>®</sup> Design Space<sup>®</sup> Access subscription is required for the class. Some Design Space<sup>®</sup> experience is necessary. Bring your laptop or tablet, Cricut<sup>®</sup> machine and the \$10 cash supply fee to class. **Keyword: Cricut** 

June 14	S	1-3 p.m.	\$39
Wahoo,	WHLC, 101	Bomberger	AREA-2258-WHUA

# NEW! Cricut<sup>®</sup> Craft Day

This is your chance to start or finish your Cricut® crafty projects as well as get your questions and quandaries answered. Cricut® instructor Veronica will offer several demonstrations, including how to make cards, work with vinyl and more.

Bring your machine, laptop or mobile device, cords, mats, and all the crafty supplies you want. If you have any questions, email Veronica at havecricutwilltravel@gmail.com. Keyword: Cricut

April 12	S	10 a.m8 µ	o.m.	\$19
Plattsmou	th, PLLC, 101	Rosman	AREA-3134	-PLSB
June 7	S	10 a.m8 µ	o.m.	\$19
Plattsmou	th, PLLC, 101	Rosman	AREA-3134	-PLUA

## Handmade Greeting Cards

Get inspired as we create six cards with techniques that will spice up your favorite supplies. These are all new cards different from previous classes.

Suggested supplies include: glue dots, tape runners or double-sided tape, pop dots, scissors, a glue pen, and a piercing tool. There is a \$14 exact cash supply fee payable in class. **Keyword: Cards** 

April 11 Lincoln, CE	F	5:30-7:30 p. Van Winkle	
Registratio	,		LLLX-0029-CESD
May 7	W	6-8 p.m.	\$20
Lincoln, CE	C, 405	Van Winkle	
Registratio	n Deadli	ine: May 5	LLLX-0029-CESE
June 11	W	6-8 p.m.	\$20
Lincoln, CE	C, 405	Van Winkle	
Registratio	n Deadli	ine: June 4	LLLX-0029-CEUA



## Pictures Galore, Organizing & More!



We will offer you strategies for tackling the overwhelming task of creating a system to safely store and organize your precious memories. **Keyword: Pictures** 

June 18 W 5-6:30 p.m. \$19 LIVE Online, Zoom Van Winkle Registration Deadline: June 16 LLLX-0289-TCUCA

## Gratitude, Gimmicks & Going the Extra Mile

See page 26 for more information.

## NEW! Vantastic - Paper Lovers Road Trip

Oh, paper crafters – this is your trip! Hop in the van as we head east to Ankeny, Iowa, for a fun-filled day of everything paper. Our destinations include Taylored Expressions, where you will most certainly find your next inspiration for your handmade cards, and Memory Bound, a huge paper crafting/scrapbooking/DIY home décor one-stop shop.

Lunch and dinner are on your own. We have places in mind to stop, but we can always change our minds if something else sounds better. We will depart via van from the Jack J. Huck Continuing Education Center at 7 a.m. and return at approximately 8:30 p.m. There will be walking and climbing in and out of the van. Jen Van Winkle will be leading this "Vantastic" adventure. Space is limited. **Keyword: Vantastic** 

	-		
March 21	F	7 a.m8:30 p.m.	\$69
Lincoln, CEG	2	Van Winkle TRIP-	1099-CESA

## Scrapbooking Fun, York Retreat

Scrapbooking will be more fun when you gather up your photos, scrapbooking supplies and fellow scrappers for 21 hours of uninterrupted scrapbooking fun.

Registration includes access to your own table, computers for journaling, snacks, and chances to win door prizes. Contact Sharon Davis via Facebook® if you have questions or wish to scrap by your buddies. Please Note: All meals are on your own. **Keyword: Scrapbooking** 

		_	
June 20	F	4-11 p.m.	\$49
& June 21	S	9 a.m11	p.m.
York, YKLC, D	101	Davis	AREA-3371-YKUA

## REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Courses are subject to change.



## Adult/Child Scrapbook Workshop

Start a family creative and fun tradition. One adult and one child (aged 6 and up) will work together to create a four-page woodland creature layout.

Snacks will be provided. Adult must register and will need to contact the Learning Center with the name of the child. **Keyword: Scrapbook** 

May 31	S	9 a.mNo	on \$29
York, YKLC	, C101	Davis	AREA-3215-YKUA

## Scrapbook Workshop

Enjoy the evening scrapbooking with others. Invite a friend and bring your project with you or ask the instructor for supplies.

New-student instruction will be available from 5-6 p.m. (digital or traditional) before each workshop. **Keyword: Scrapbook** 

April 10	Th	5-10 p.m.	\$15
Plattsmouth	1, PLLC, 102	Warga	AREA-3268-PLSC
May 8	Th	5-10 p.m.	\$15
Plattsmouth	1, PLLC, 102	Warga	AREA-3268-PLSD

## **Scrapbook Retreat**

Grab your friends and photos and let's preserve those memories! Bring the project you would like to work on and learn traditional layouts or digital scrapbooking.

Vendors will be available. **Keyword: Scrapbook** 

#### Full Retreat

Full Retreat		
& June 29 U 9	9 a.m11 p.m. \$6 9 a.m4 p.m. Warga AREA-3373-PLU,	
7-Hour Session Option	15	
	9 a.m4 p.m. \$1 Warga AREA-3308-PLU	
	4-11 p.m. \$1 Warga AREA-3308-PLUI	
	9 a.m4 p.m. \$1 Warga AREA-3308-PLU	
	4-11 p.m. \$1 Warga AREA-3308-PLUI	
	9 a.m4 p.m. \$1 Warga AREA-3308-PLU	

## NEW! Felted Soap -Scrub a Dub Dub

Felted soap is a wonderful addition to your bath or shower. Felted soap creates fantastic lather (like a shower puff) making your soap last longer, exfoliates and won't slip out of your hand. It looks great, adds color and fun to a gift or for your own personal use.

Bring to class: four bars of oval-shaped soap (no glycerin-based soap) and two small hand towels. There is a \$10 cash supply fee payable in class. **Keyword: Soap** 

-		-	-	
April 5	S	9-11 a.m.	\$19	
Lincoln, C	EC, 102	Coatney	LLLX-2285-CESA	



## **Old Fashioned Soap Making**

Discover how to make healthy handmade soap safely at home. We will cover the chemistry, supplies and the basic soapmaking process.

Bring to class: safety goggles. There is a \$10 cash supply fee payable in class. **Keyword: Soap** 

1	,,				
	May 10	S	10 a.m1	p.m. \$55	
	Louisville,	SHSH	Wolcott	AREA-5725-PLSB	

## **Linocut Printing**

The process of carving images in wood for printmaking is more than 1,000 years old. In the 1890s, this technique was applied to a new material, linoleum, and Linocut Arts was born. Learn about this fascinating art form and create your linocut to print with. **Keyword: Linocut** 

-			
April 22	Т	6-9 p.m.	\$59
Hebron,	HNLC, 101	Strilkivsky	AREA-3683-HNSA

Payment is due at time of registration for all non-credit classes.

6

**Personal Interest** 

#### 402-437-2700 • southeast.edu

## Printmaking

Explore the world of floral garden relief print making. Using a rubber carving block, tools and ink, you will discover the process to create hand-carved stamps and to print your design on notecards or as a small work of art.

There is a \$5 cash supply fee payable in class. Bring to class: pencil, paint shirt or apron and reference photos of something you would like to print (birds, leaves, trees, dancers, flower, etc.). **Keyword: Printmaking** May 7 W 1-3 p.m. \$39 Lincoln, CEC, 102 Olberding LLLX-0174-CESA



## NEW! Advanced Printing Techniques

Take your linocut skills to the next level! This advanced course delves into multicolor printing, gradient inking and the use of specialty materials such as metallic inks and glitter.

Bring to class: your linocut stamp from previous classes or purchased stamps of your choice. **Keyword: Printing** 

June 21	S	9 a.mNoon	\$59
York, YKLC	, C101	Strilkivsky	AREA-3127-YKUA

## Wood Burning AKA Pyrography

This is an introductory class for the exciting art of pyrography. Complete a small project focusing on gifts for the foodie while you learn about the possibilities of this beautiful art medium.

Materials	will be	provided.	Keyword:	Wood
April 16	W	9 a.mNoon		\$59
Lincoln, ULAS	5	Strilkivsky	LLLX-2296-0	DCSA

#### Space is limited. Register today!



## NEW! Pyrography: Hat Burning Edition

Discover the "hot" new trend of pyrography as you burn elegant designs into the surface of a hat of your choice.

Instructor will provide burning tools to use during the class. Supply fee payable in cash in class: trucker cap (\$26) or round hat + hat band (\$35). **Keyword: Pyrography** April 11 E 5:30-8:30 p.m. \$29

Hebron, HNLC, 101 McMullen AREA-2257-HNSA



## NEW! Patriotic Door Hanger

Design your own rustic, round wooden American flag door sign.

Approximately 12 inch to 15 inch in diameter. You will have step-by-step instructions as you create this patriotic gem. There is a \$15 cash supply fee payable in class. **Keyword: Door** 

 May 23
 F
 5:30-8:30 p.m.
 \$39

 Hebron, HNLC, 101
 McMullen
 AREA-7744-HNUA



## Third Thursday Door Hanger

Join us the third Thursday of the month to create a whimsical 14-inch round door hanger. Each session guides you through designing and crafting a seasonal decoration, perfect for adding a personalized touch to your home. **Keyword: Door** 

April 17	Th	6-8 p.m.	\$39
York, YKL	C, C101	Booth	AREA-7722-YKSD
May 15	Th	6-8 p.m.	\$39
York, YKL	C, C101	Booth	AREA-7722-YKSE
June 19	Th	6-8 p.m.	\$39
York, YKL	C, C101	Booth	AREA-7722-YKUA

# NEW! Wood Block Creations

Add a personal touch to your home with unique, handmade seasonal tabletop décor! You will craft decorative pieces using wood blocks, paint and embellishments to match any season or holiday. You'll have a beautiful, customized décor piece to display or gift.

There is a \$13 cash supply fee payable in class. **Keyword: Wood** 

April 7	Μ	6-8 p.m.	\$19
Falls City,	FCLC, 109	Perkins	AREA-3584-FCSA

# NEW! Welcome Door Hanger

Create this medium-sized, handmade flower hanging welcome door sign. Using a variety of materials, you will craft this décor for the spring season.

Bring to class: a glue gun, glue sticks, a pair of scissors, and a \$10 cash supply fee. **Keyword: Door** 

April 12	S	10 a.mNoc	on \$19
Wahoo, W	'HLC, 101	Haase-Thomas	AREA-7729-WHSA





#### **Barn Quilt**

Functional, fun and fantastic! Paint an outdoor (or indoor) barn quilt.

Choose a 2 foot by 2 foot or 1 foot by 3 foot quilt with a one-foot door hanger. You can mix and match designs from pattern options chosen in class.

You will discover how to dissect a pattern and transfer it to the barn quilt blank.

*For all classes*: Bring yellow Delicate Frog tape (1.41 width from a hardware store), hair dryer and extension cord. **Keyword: Barn** 

#### 2 foot by 2 foot

9 a.mNoon Mapel	1
3-6 p.m. Mapel	\$89 AREA-2611-PLUA
Noon-3 p.m. Mapel	. \$89 AREA-2611-YKUA
9 a.mNoon Mapel	\$89 LLLX-2190-CEUB
3-6 p.m. Mapel	\$89 AREA-2611-PLUB
Noon-3 p.m.	. \$89 AREA-2611-YKUB
	Mapel 3-6 p.m. Mapel Noon-3 p.m. Mapel 9 a.mNoon Mapel 3-6 p.m. Mapel Noon-3 p.m.

## NEW! Handbuilt Clay Planter Workshop

Make your own decorated planter out of clay for your spring flowers! You will learn handmaking methods to create your planter while gaining the fundamentals of clayworking.

You will get to keep one project from the evening. Planters will be clear-glazed by the instructor and will be ready to pick up two weeks after class. **Keyword: Clay** 

April 18	F	6-8 p.m.	\$40
Lincoln, Ll	JXC		LLLX-2284-OCSA

## REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

## Payment is due at time of registration for all non-credit classes.



#### **Show Your Door Some Love**

Be the talk of the neighborhood! Grab your friends and join this great "make-and-take" class. Come and get inspired to paint your own fun and unique door sign.

Visit **https://bit.ly/sccdoorsignclass** for the sign options available under the **Notes** tab. Please include which door sign you would like to paint on your registration form.

All materials will be provided as well as guidance and inspiration for the day. You will be using paint, so dress appropriately. **Keyword: Door** 

	,			-					
April 10	Th	3-5:30	p.m.	\$45	April 10	Th	6-8:3	0 p.m.	\$45
Lincoln, CE	C, 102	Bonne	au		Lincoln, CE	EC, 102	Bonr	ieau	
Registratio	on Deadline: N	larch 26	LLLX-11	43-CESE	Registratio	on Deadline: M	larch 26	LLLX-114	3-CESF

# NEW! Wheel Night Out!

Join a friend, family member or date for a night of fun on the pottery wheel. You will be guided through the basics of working on the pottery wheel in this fun and messy workshop.

Projects will be clear glazed by the instructor and will be ready for pick up two week after class. Wear old clothes and shoes as they may get messy or stained. **Keyword: Wheel** 

F	6-8 p.m.	\$40
JXC		LLLX-2283-OCSA
F	6-8 p.m.	\$40
JXC	-	LLLX-2283-OCSB
	JXC F JXC	JXC F 6-8 p.m.

## **Pottery Wheel**

This is an introduction to the fundamentals of the pottery wheel for students who have never experienced it. You will use earthenware clay and low fire glazes.

# All materials and firing provided. For students age 16 or older. **Keyword: Pottery**

April 3-24	Th	9 a.mNoon	\$170
Lincoln, LUXC			LLLX-0269-OCSC
May 1-22	Th	6-9 p.m.	\$170
Lincoln, LUXC			LLLX-0269-OCSD



#### Sketching & Sculpting Pottery Faces or Owls

Discover the world of terracotta clay as you sculpt a whimsical face or owl to create a face vase or pot.

Arrangements will be made with instructor to pick up your finished item. There is a \$10 cash supply fee payable in class. **Keyword: Pottery** 

May 4	U	2-4 p.m.	\$45
Louisville,	SHSH	Wolcott	AREA-3463-PLSA

## **Creating Pottery: Mugs**

This is an introduction to handbuilding pottery. We will be making drinking mugs out of clay.

The final projects will be fired and glazed and pick-up will be arranged by the instructor. There is a \$10 cash supply fee payable in class. **Keyword: Pottery** May 24 S 2-4 p.m. \$45

Louisville, SHSH Wolcott AREA-8412-PLUA



# NEW! Soft Pastels

You will delve into the enchanting world of pastels, mastering the nuances of this versatile medium. Whether you're a seasoned artist or a curious beginner, this course promises to ignite your imagination and deepen your understanding of pastels' unique possibilities. Explore various techniques in layering, blending and shading that bring vibrancy and life to your artwork.

This is not oil pastels, but soft stick pigment pastels which never lose their brilliance. Bring any pastels you may have. The instructor will provide pastels and sanded paper for the first three lessons until you can get your own. There is a \$10 cash supply fee payable in class. Do not purchase anything until after the first class. **Keyword: Pastels** 

June 11-July 2 T	1-3 p.m.	\$69
Lincoln, CEC, 102	Olberding	LLLX-2315-CEUA

## Oil Pastel Still Life

Create a beautiful work of art using oil pastels. We will work together to complete a still life art piece full of layers, color and textures.

There is a \$10 cash supply fee payable in class. **Keyword: Life** 

June 20	F	6:30-8:30 p	o.m.	\$29
Louisville	, SHSH	Wolcott	AREA-7	726-PLUA

Space is limited. Register today!

## NEW! Neurographic Art Experience

Experience neurography art! A meditative fun style of artwork that will have you relaxing and playing with your drawing materials. The benefits of this technique are many, including reducing stress, relieving anxiety, gaining a new perspective as well as making fabulous art!

All skill levels welcome. There is a \$7 cash supply fee payable in class. **Keyword: Neurographic** 

May 3	S	1-4 p.m.	\$35
Plattsmou	th, PLLC, 102	Hoemann	AREA-7746-PLSA

## **Drawing 1: You Can Draw**

Whether you doodle, are a novice or have always wanted to draw, this class is for you. Exercises are designed to help you learn to draw or draw better, grasping essential skills and techniques.

Bring a #2 pencil, pencil sharpener and a pad of 8-inch by 10-inch or 9-inch by 12-inch drawing paper to the first class. **Keyword: Drawing** 

April 5-May 17 S	10-11:30 a.m.	\$80
Lincoln, CEC, 405	Plants	
No class April 12		LLLX-0612-CESB

Draw Up a Sketch (Ages 10 & Up)

See page 29 for more information.



**Beginning Portrait Drawing** 

You will explore the basics of pencil portrait drawing. Award-winning portrait artist Lisa Strilkivsky will show you how to use the medium, practice the techniques and discuss the tools you will need to make future pencil portraits. **Keyword: Drawing** 

April 2	W	9 a.mNooi	n \$59
Lincoln, ULA	AS	Strilkivsky	LLLX-2297-OCSA
April 5	S	1-4 p.m.	\$59
Wahoo, WHI	LC, 101	Strilkivsky	AREA-7737-WHSA



## Colored Pencil Painting: Fantastic Flowers

Remember when you took a penny or a leaf, placed paper on top and rubbed your crayon over it to reveal the texture of the item below? Well, in this class you will be doing the same thing to create a painting of a bright and cheery flower or two. You will be delighted at the beautiful texture created with a colored pencil and regular household items! Caution, this can be addicting!

No previous experience necessary. Paper supplied. Bring colored pencils (recommend using quality student or professional brands like Prismacolor) including white, #2 pencil and eraser. **Keyword: Flowers** 

June 21	S	9 a.mNoon	\$45
NE City, NCL	C, 105	Holliway /	AREA-7743-NCUA



# NEW! Gelli Plate Mono Prints

Utilizing photo copies, you will create beautiful acrylic paintings using a mono print technique on Gelli plates. This unique method of painting makes everyone an artist using a Gelli plate, acrylic paints, color toner photocopies, and paint markers. Discover the artist within in this fun class! **Keyword: Gelli** 

April 30 W Lincoln, ULAS 9 a.m.-Noon \$59 Strilkivsky LLLX-2316-OCSA



#### **Ice Painting Abstract Art**

Create and play with unexpected materials, paint and ice to make beautiful abstract works of art.

There is a \$10 cash supply fee payable in class. **Keyword: Art** 

May 18	U	2-4 p.m.	\$29
Louisville	e, SHSH	Wolcott	AREA-7728-PLSB



# Painting Big Bold Blooms with Acrylics



Join this exciting creative journey of discovering how to paint intuitively. This is a fun way to express yourself and be free while creating a hidden masterpiece.

We will paint on canvas and paper. A supply list will be emailed prior to class. **Keyword: Painting** 

June 8	U	2-4 p.m.	\$45
LIVE Online	e, Zoom	Wolcott	AREA-7721-TCUPA

## **Painting Studio**

You will experience individualized instruction using oil, acrylic, watercolor, and/or colored pencil to explore concepts, techniques and skills for painting. Other painting medium may also be considered appropriate for this studio class. Beginner and advanced students will enjoy opportunities to expand and develop their ability and skill level in their chosen medium ... and to exchange information, critical discussion, and creative ideas with other students and the instructor. Come to class ready to paint.

You encouraged to bring paintings in progress and proposed sketches to the first studio session. Beginners may request a suggested basic kit for their chosen medium by contacting the Continuing Education office. **Keyword: Painting** 

-		0		
April 5-June 7	S	12:30-3:30	p.m.	\$90
Lincoln, CEC, 405		Plants		
No class April 12	& Ma	y 24	LLLX-	1335-CESB

## Impasto Floral Painting

Impasto is a technique where paint is laid on thick and in layers. The beauty is in the rich, visible brush strokes. When the painting is dry, it is full of so much texture that it appears to be coming out of the canvas.

A supply list will be emailed prior to class. **Keyword: Painting** 

May 9	F	6:30-8:30	p.m.	\$39
LIVE Onli	ne, Zoom	Wolcott	AREA-810	3-TCSPA

## **Gouache Landscape Painting**

Experience the unique and fun cousin of watercolor paint: GOUACHE. Discover lots of interesting techniques and the possibilities of this interesting medium, while completing several small paintings. **Keyword: Painting** 

May 3 S 1-4 p.m. \$55 Falls City, FCLC, 109 Strilkivsky AREA-7738-FCSA



**Finding Monet in Nebraska City** 

Find out why Monet and so many other artists left their studios to paint outdoors. Join Marcia, a local Plein Air artist, as she explores Nebraska City's local treasure, Wildwood's Victorian Garden. Listen to a few of Marcia's favorite excerpts from Monet's personal letters to family and friends. She will also tell of her favorite tools to use outdoors and share some fundamentals for drawing/sketching/ painting in Plein Air. All levels of ability and ages are welcome to join in the fun.

Bring to class: sketch book, artist pen (fine and super fine are her favorites), a folding chair, water, as well as weather related items like a jacket and or sunscreen. You are also encouraged to bring any of your favorite sketching tools or those that you want to experiment with like watercolor pencils or Conte Crayons. **Keyword: Monet** 

May 24	S	9 a.mNooi	n \$35
NE City, W	/WVG	Holliway	AREA-7765-NCUA
-			

#### Payment is due at time of registration for all non-credit classes.

Courses are subject to change.

## **Botanical Collages**

Create a floral collage painting on canvas using traditional collage techniques while adding botanical materials to add depth and interest.

There is a \$10 cash supply fee payable in class. **Keyword: Collages** 

June 14	S	10 a.mNo	oon	\$35
Louisville,	SHSH	Wolcott	AREA-7	727-PLUA

## Introduction to Watercolor

Watercolor is an exciting medium to explore as you discover techniques, mixing, supplies, and basic drawing skills.

Bring any supplies you have. You will have access to the supply list when completing your online registration. **Keyword: Watercolor** 

April 2-23	W	1-3 p.m.	\$69
Lincoln, CEO	2, 102	Olberding	LLLX-1049-CESA



# NEW! Watercolor Lake

Paint a beautiful watercolor landscape lake scene and explore the fun and unique properties of watercolor painting. Award winning artist Lisa Strilkivsky will take you take you through each part of this beautiful painting, step by step. **Keyword: Watercolor** 

May 7	W	9 a.mNoon	\$59
Lincoln,	ULAS	Strilkivsky	LLLX-2317-OCSA

#### Negative Painting: A Wonderful Introduction to Watercolor!

Use layers and washes to create depth using watercolors. It's fun and beginner friendly. Step-by-step instructions are presented in a hands-on, relaxed and fun environment.

There is a \$10 cash supply fee payable in class. You will keep brushes. **Keyword: Painting** 

April 29	Т	5:30-8:30 p	.m.	\$39
Hebron,	HNLC, 102	McMullen	AREA-7719-	-HNSA

#### Watercolor Batiks

Discover the beauty of watercolor batiks. Watercolor Batik is the process of using watercolor, rice paper, and wax to create a rich layered translucent work of art.

There is a \$10 cash supply fee

payable in class. Keyword: Watercolor

May 31 S 10 a.m.-1 p.m. \$39 Louisville, SHSH AREA-7725-PLUA Wolcott

## Watercolor & Ink Painting

The techniques of incorporating ink with watercolor brings a diversity to this exciting medium and presents an inspiration for other projects. All experience levels welcome.

Your instructor will demonstrate and guide you in creating a successful painting. Bring watercolor tube paint set, small palette (add paint before class), flat and round watercolor brushes, and a black Sharpie Ultrafine permanent marker. There is a \$3 cash supply fee payable in class. Questions about the supplies? Call the instructor at 402-489-7437. Keyword: Watercolor

April 3-10	Th	6:30-9 p.m.	\$49
Lincoln, CA	RL	Jansen	LLLX-0874-OCSB

#### Watercolor Beauty of the Seasons

Our Nebraska spring colors reflect inspiration when creating a watercolor painting. Beginners and intermediate painters will enjoy expressing our Nebraska spring colors with the guidance of a professional artist and instructor. Tips, techniques and demonstrations of this medium will expand your painting horizons.

Bring to class: watercolor tube paints, a variety of flat and round watercolor brushes, a small palette (add paint before class), and \$3 cash for paper and supplies. Questions? Call 402-489-7437. Keyword: Watercolor

April 1-8	Т	6:30-9 p.m.	\$39
Lincoln,	CARL	Jansen	LLLX-2170-OCSA

## Watercolor Greeting Cards

Learn the basics of watercolor. We will explore watercolor painting techniques, color mixing and the best watercolor supplies to use. We will create several beautifully painted greeting cards.

There is a \$10 cash supply fee payable in class. Keyword: Cards

April 5	S	10 a.mNo	on \$45
Louisville,	SHSH	Wolcott	AREA-7678-PLSA

## **BOB ROSS PAINTINGS**

Award-winning artist Lisa Strilkivsky is a certified Bob Ross Instructor and is passionate about sharing her love of acrylic art with everyone! Join her class for an enjoyable experience while creating something memorable. All supplies needed to complete your painting in class are provided.



#### **Bob Ross Painting: Joy Breaking Forth**

This 12-inch by 16-inch painting exhibits classic Bob Ross-style fun with a beautiful sky and rushing waterfall happily overspilling into the water below. **Keyword: Ross** 

April 5	S	9 a.mNoon	\$59
Wahoo,	WHLC, 101	Strilkivsky AREA-76	93-WHSB
April 12	S	9 a.mNoon	\$59
NE City,	NCLC, 105	Strilkivsky AREA-76	593-NCSB



#### **Bob Ross Painting: Meadow Lake**

Here is a 16-inch by 20-inch quintessential Bob Ross-style painting, that is beautiful and full of happy clouds, happy trees and majestic mountains. Enjoy a beautiful day painting a stunning scene that you will treasure. Keyword: Ross

April 19 S 9 a.m.-3 p.m. \$75 Plattsmouth, PLLC, 103 Strilkivsky AREA-7795-PLSA

**REGISTRATION INFORMATION** Page 40 **LOCATION KEY Page 41** 

#### **Bob Ross: Purple Haze**

This is an exquisite painting painted on a black canvas. It's your world, and you can make it as colorful and vibrant as you want, and put a happy little tree, right over there . . Bob Ross's methods make it so easy for anyone to do! **Keyword: Ross** 



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Elmwoo	od Cultura	al Arts & Learn	ing Center	r.
* There is a \$5 cash supply fee payable in class to				
Elmwood	, CALC	Strilkivsky	AREA-76	93-PLSB
April 29	Т	5:30-8:30 j		\$59

May 3	S	9 a.mNoon	\$59
Falls City,	FCLC, 109	Strilkivsky	AREA-7693-FCSB

#### **Bob Ross:** Eagle Soaring High

This is 16-inch by 20-inch painting is majestic with a beautiful mountain scene and an eagle soaring above. You'll be amazed at how simple it is to paint and be proud of your result! **Keyword: Ross** April 26

York, YKLC, C101

S



9 a.m.-3 p.m. \$75 Strilkivsky AREA-7795-YKSA





## Bob Ross Painting: Twilight Meadow

You'll love this gorgeous painting of trees and a peaceful meadow at twilight. Painted on a black canvas, this painting will impress everyone. **Keyword: Ross** May 10 S 9 a.m.-Noon \$59 NE City, NCLC, 105 Strilkivsky AREA-7693-NCSC



## **Bob Ross: Beautiful Nebraska**

This 12-inch by 16-inch painting exhibits classic Bob Ross-style fun with a beautiful Nebraska sky, an old red barn and a windmill, and the exciting twist of painting in the shape of our great state.

Registration deadline is one week prior to date of class so the instructor can prepare your canvas. **Keyword: Ross** 

May 14W6-9 p.m.\$59York, YKLC, C101StrilkivskyAREA-7693-YKSC



Personal Interest

12

Go relax at the beach—or paint it, with this fun painting. This Bob Ross painting makes wave painting fun for anyone! **Keyword: Ross** 

June 21	S	1:30-4:30 p.	m.	\$59
York, YKLC	, C101	Strilkivsky	AREA-7693	-YKUA



#### **Bob Ross: Moonlit Falls**

This majestic scene is a sight to behold. Painted on a 16-inch by 20-inch canvas. Bob's techniques are fun and easy to do. No experience required.

Lunch is on your own. **Keyword: Ross** June 28 S 9:30 a.m.-3:30 p.m. \$7

 June 28
 S
 9:30 a.m.-s:30 p.m.
 \$75

 NE City, NCLC, 105
 Strilkivsky
 AREA-7795-NCUA

## **GLASS CRAFTING**



## NEW! Fused Pocket Vases

Super easy, super fun! Create a pocket vase meant to hang on the wall for a small floral bouquet or to propagate plants.

You will use glass noodles, dots and frit to embellish your pocket. You will need to pick up your vase after it has been fired. **Keyword: Glass** 

April 11	F	10 a.mNoc	on \$25
Roca, ARCH		Scott	LLLX-2282-OCSA
April 18	F	10 a.mNoc	on \$25
Roca, ARCH		Scott	LLLX-2282-OCSB
April 22	Т	6-8 p.m.	\$25
Roca, ARCH		Scott	LLLX-2282-OCSC
April 29	Т	6-8 p.m.	\$25
Roca, ARCH		Scott	LLLX-2282-OCSD

## REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Courses are subject to change.

## NEW! Fused Glass Bowl

Tie dye baby! Create a fused glass bowl that looks like a tie dye shirt! Swirl it, make waves, color bursts, the choices are endless.



You will be using powdered glass to create your 8-inch

bowl. You will be REQUIRED to wear a mask for part of the class. Plan on picking up your bowl after it has been fired. **Keyword: Glass** 

April 18	F	10 a.mNoc	n \$50
Roca, ARCH		Scott	LLLX-2281-OCSA
April 19	S	10 a.mNoc	n \$50
Roca, ARCH		Scott	LLLX-2281-OCSB
April 25	F	10 a.mNoc	on \$50
Roca, ARCH		Scott	LLLX-2281-OCSC
April 26	S	10 a.mNoc	on \$50
Roca, ARCH		Scott	LLLX-2281-OCSD
May 2	F	10 a.mNoc	n \$50
Roca, ARCH		Scott	LLLX-2281-OCSE
May 9	F	10 a.mNoc	on \$50
Roca, ARCH		Scott	LLLX-2281-OCSF

## **Basket Weave Fused Glass Bowl**

Make a fused glass bowl that looks like it's been woven. Cut and piece a large 14-inch project that gets fired flat then slumped into a display-worthy bowl for your home.

You must be able to wear a mask for part of this class. Wear closed-toe shoes. **Keyword: Glass** 

April 5-19	S	10 a.mN	loon	\$95
Roca, ARCH		Scott	LLLX-0231-	OCSD
April 11-25	F	10 a.mN	loon	\$95
Roca, ARCH		Scott	LLLX-0231-	OCSE

## **Beginning Stained Glass**

Learn to create stained glass from professionals. Discover how to cut glass and assemble your project using copper foil (Tiffany) and leaded methods.

You will complete two projects. No glass experience necessary. Supplies and use of shop tools are included in the cost. Class is appropriate for ages 14 and up. **Keyword: Glass** 

April 1-29	т	6-8 p.m.	\$150
Roca, ARCH		Scott	LLLX-0965-OCSD
April 4-May 2	F	10 a.mNo	oon \$150
Roca, ARCH		Scott	LLLX-0965-OCSE
April 15-May 13	Т	6-8 p.m.	\$150
Roca, ARCH		Scott	LLLX-0965-OCSF

Space is limited. Register today!

## **J**EWELRY

## **Cabochon Jewelry**

Utilizing bezel trays, paintskins and Cabochons to create your own unique necklace, pendant or lapel pin.

There is a \$15 cash supply fee payable in class. Keyword: Jewelry

May 17	S	1-2:30 p.m	. \$19
Wahoo, WH	HLC, 102	Bullock	AREA-2280-WHSB



## **Recycle Paper Beads**

DIY paper beads are such fun to make! Dating back to the Victorian age, you can create unique beads out of all types of paper and finishes.

Bring to class: scissors, ruler and \$5 cash supply fee. Keyword: Beads

April 21	М	5:30-7:30 p	.m. \$19
Lincoln, CE	C, 102	Holman	LLLX-1883-CESA



## **Polymer Clay Jewelry**

Join the fun of creating with polymer clay, a versatile medium with endless possibilities. You will design and sculpt flowers, beads and shapes from colorful combinations of polymer clay, bake the creations and make your miniature sculptures into wearable jewelry.

You will create at least three finished jewelry pieces. There is a \$15 cash supply fee pavable in class. Keyword: lewelry

payable iii	class.	Reyword. Je	weny
April 14	Μ	6-8 p.m.	\$19
York, YKLC,	C101	Lee	AREA-2301-YKSA

## Wrap Your Wrist with Color

Impress your friends with an armful of chic boho bangle bracelets. These are pretty cool-wrapped with various fabrics, ribbon, wire, and cording. The results are magical and simplistic.

You will make two bracelets. Bring to class: scissors and \$8 cash supply fee. Kevword: Wrist

ĵ	,				
	April 2	W	5:30-7:30 p.	.m. \$19	
	Lincoln,	CEC, 102	Holman	LLLX-1665-CESB	

## Metalsmithing

You will be using copper, brass and sterling silver as you discover how to shape, form and fuse metal. We will cover basic fabrication methods and you will learn to saw, file, pierce texture, and finish your pieces.

You will leave with several finished wearable iewelry pieces, including a bracelet, a ring, earrings, and a pendant. Keyword: Metalsmithing

April 2-23	W	2-4:30 p.m.	\$185
Lincoln, LU	XC		LLLX-0270-OCSA

# **Needle Arts & Sewing**



# NEW! Memory Bear

Prerequisite: Basic sewing skills and a sentimental touch

Preserve the essence of loved ones by taking their clothing and crafting 20-inch teddy bears. Perfect for honoring memories or creating meaningful gifts.

Bring to class: two adult shirts, sewing machine, basic sewing supplies, thread to match, 12 oz. of stuffing, and \$10 cash supply fee. Keyword: Bear

May 3	S	9 a.mNo	on \$29
York, YKLC	, C101	Davis	AREA-2677-YKSA

## Payment is due at time of registration for all non-credit classes.

## **Traditional Quilting Basics**

This is a hands-on class designed for beginning quilters. The best part is you will end up with a completed project. Learn how to measure, cut, and piece a 35-inch by 35-inch guilt top with several different basic quilting techniques. The last class will teach you how to finish your quilt top with backing, batting, quilting, and binding.

A supply list will be sent before class. Bring your sewing machine in good working order. Must be 18 or older. Keyword: Quilting

June 3-24	Т	6-8 p.m.	\$59
Ashland, A	BQT	Lanza	AREA-2832-WHUA
-			

## **Beginning Sewing I**

Beginning sewer, wannabe sewer or someone with a sewing machine in the back of the closet, let us help you get started in the creative world of sewing. Become comfortable with basic sewing skills in both hand and machine sewing.

Beginning projects include a festive placemat and useful emergency sewing kit. Bring to class: sewing machine, fabric scissors, pins, seam ripper, and pencil. Please have your sewing machine in working order and know how to thread it. There is a limited number of machines available to borrow in class. Call 402-437-2700 if you wish to reserve one after you have registered. There is a \$20 cash supply fee payable at the first class. Keyword: Sewing

-		-	
April 21-May 12	Μē	:30-9 p.m.	\$69
Lincoln, BRNA	Splitt	gerber	LLLX-0125-OCSB

# NEW! Patriotic Rag Flowers

See page 3 for more information.

## **Introduction to Needlepoint**

Needlepoint is one of the easiest decorative stitches you can do. Join us to learn four basic stitches and two specialeffect stitches.

Your kit will be waiting for you when you arrive. All you need to bring is a pair of sharp scissors or a thread snip and a brown bag lunch. Keyword: Needlepoint

April 9	W	9 a.m3 p	.m. \$39
Lincoln, CE	C, 405	Plants	LLLX-0923-CESB





## **3-D Needle Felting: Llama**

Needle felting is a creative craft that involves sculpting shapes and figures using wool and special felting needles.

There will be a \$15 cash fee payable in class. **Keyword: Needle** 

Aprıl 12	S	9-11 a.m.	Ş19
Lincoln, (	CEC, 403	Coatney	LLLX-2176-CESB



#### **Slow Stitching**

It's not exactly your grandmother's embroidery, however, you will see a resemblance. Experience slow stitching using embroidery and composition stitches to mindfully create a new unique piece of fabric art using needle and thread. Discover this hot new trend using new and vintage materials.

There is a \$10 cash supply fee payable in class. **Keyword: Stitching** 

April 5	S	9-11:30 a.m	n. \$39
NE City, N	CLC, 105	Holliway	AREA-2676-NCSA
June 6	F	6:30-8:30 p	o.m. \$39
Louisville	, SHSH	Wolcott	AREA-2617-PLUA

## NEW! Embroidered Wood Ornaments or Coasters

Discover the art of combining embroidery with wood. Beginners or experienced stitchers will explore the process of creating beautiful ornaments or coasters by stitching intricate designs directly onto wood creating stunning ornaments or coasters. **Keyword: Wood** 

June 12	Th	6-8 p.m.	\$15
York, YKLC	, C101	Booth	AREA-3585-YKUA

# NEW! whimsey wow

Join us for a unique fun project as we "encage" vintage items with an old book and wire.

There is a \$12 cash supply fee payable in class. Bring to class: needle nose pliers. **Keyword: Whimsey** 

	9 p.m. \$25
Lincoln, CEC, 102 O'Hai	re LLLX-1558-CESA

## Learn to Crochet

Learn how to read patterns, begin a foundation and the basic stitches to start your crochet adventure. **Keyword: Crochet** 

#### Lincoln

Bring a pair of scissors, a skein of worsted					
weight cotton yarn (such as Sugar and					
Cream) and a size I or J crochet hook.					
April 2-16	W	6-7:30 p.m.	\$39		
Lincoln, CE	C, 403	Roseberry	LLLX-1481-CESB		
Plattsmouth					

Bring a skein of acrylic yarn, a size H hookand a pair of sharp scissors to class.April 12S1-4 p.m.\$29Plattsmouth, PLLC, 102CottleAREA-2649-PLSA



## Chunky Handknit Blanket

Create this chunky knit throw blanket within a few hours! Perfect for gifts or to keep you cozy on your couch.

No tools required. Bring seven skeins of Yarn Bee Eternal Bliss Yarn to class in your color choice. Call 402-323-3634 if you have questions about where to find the yarn. **Keyword: Blanket** 

April 5	S	8:30 a.m.	-Noon	\$29
York, YKLC	, C101	Booth	AREA-26	573-YKSA

REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

## Intro to Rigid Heddle Weaving

Welcome to rigid heddle weaving. You will learn basic weaving terminology, how to plan a weaving project, how to set up a loom, and a variety of different weaving structures, all while creating a weaving sampler.

There is a \$40 cash fee payable at first class. You must be able to attend all sessions. **Keyword: Weaving** 

April 6-13 U 1:30-5 p.m. \$55 Lincoln, WEAV Hand Weavers Guild LLLX-1004-OCSA

# **BUS TRIPS & TOURS**

**Note for All Bus Trips:** Confirmation letters will be mailed to each student approximately two weeks before the trip. Letters will include exact pick-up times, locations, meal choices, and RSVP information. SCC reserves the right to cancel any pick-up stops that do not meet the minimum enrollment. SCC staff tuition waiver does not apply on bus trips. Registrations will be taken until the enrollment limit is met.

## Nothing New Trip

**Fri., March 28** TRIP-1052-CESA \$79 Join us on an excursion to Omaha for a day of thrifting and treasure hunting. We have been off the grid with this trip for a few years, but we are back and ready for some bargains. Remember, one person's trash is another person's treasure!

Trip requires a fair amount of walking and bus steps. Cost includes motor coach transportation. Lunch will be on your own or you can bring a lunch. Refunds will not be allowed after March 7. If you need to request reasonable accommodations based on a disability, you must register and contact the Continuing Education Office at 402-437-2700 or continuinged@southeast.edu by April 3. **Keyword: Trip** 

	Bus Schedule	
	Depart	
Lincoln, CEC	8 a.m.	

## NEW! Vantastic - Paper Lovers Road Trip

See page 6 for more information.

Payment is due at time of registration for all non-credit classes.

**Personal Interest** 

## CULINARY



## NEW! Truly Mexican: Steak Flautas

A new menu from Lupe! Steak flautas, flour tortillas, pico de gallo, salsa verde, and yummy agua fresca de Sandia.

Bring your apron, and a small container should there be any leftovers. **Keyword: Mexican** 

April 26	S	1-3 p.m.	\$49
Lincoln, CEC	<b>2,</b> 104	Hickey	LLLX-2286-CESA



## NEW! Truly Mexican: Sopa de Tortilla

Your taste buds will be happy with this chicken in Mexican red sauce with poblano strips, homemade tortilla chips, rice, cactus pico de gallo, and agua fresca with fruit de Jour.

Bring your apron, and a small container should there be any leftovers. **Keyword: Mexican** 

-			
May 31	S	1-4 p.m.	\$49
Lincoln,	CEC, 104	Hickey	LLLX-2287-CESA

## Cinco De Mayo

Celebrate Cinco de Mayo with Lupe! Red enchilidas, charro beans, Mexican rice, virgin mango margaritas, and specialty salsa.

Bring to class your apron, and containers	
for leftovers. Keyword: Mayo	

May 3	S	1-4 p.m.	\$49
Lincoln,	CEC, 104	Hickey/Albiin	LLLX-1959-CESA

## **Truly Mexican: Meatballs & Sides**

Join Lupe in the kitchen for albondigas con salsa de guajillo, black bean chalupas, tres leches cake and cantaloupe agua fresca.

Bring an apron and a container for leftovers, should there be any. **Keyword: Mexican** 

June 14	S	1-4 p.m.	\$49
Lincoln, C	EC, 104	Hickey	LLLX-1953-CEUA

## Sushi 101

Hands-on / Demonstration Class Learn the secret of making sushi rice and the four main styles of sushi rolls: Hosomaki (cucumber), Uramaki (California roll), Temaki (shrimp or tuna), and Kazari Yin & Yang (vegetable/seafood medley). Learn about the history of sushi and fun sushi etiquette. Come hungry!

You will be notified of the supply fee ahead of time, as it is variable depending on the market price for the fresh seafood flown in within days of your class. This cash fee will be payable in class. **Keyword: Sushi** 

May 13	Т	6:30-8:30	p.m.	\$39
NE City, V	VPBB	Stavas	AREA-456	64-NCSA



#### **Pizza on the Grill: The Basics**

Hands-on / Demonstration Class We'll make a variety of pizzas, sauces, toppings, and even a dessert pizza! This is a fun night of cooking filled with flavors. You'll take home pizza dough and you'll never call for takeout pizza again!

There is a \$30 cash supply fee payable in class. **Keyword: Pizza** 

June 10	Т	6-8:30 p.r	n. \$39
NE City, W	PBB	Stavas	AREA-4579-NCUA

## American Biscuits & English Scones

The American biscuit versus the British scone. Which is easier to make? Which tastes better? One thing for sure is both of them taste best right out of the oven. Let's uncover the mysteries of successful scone and biscuit baking.

Bring to class: two mixing bowls, wooden spoon, 10-inch chef's knife, pastry brush, small package of mild or sharp shredded cheddar cheese, and zip-top bags to take your baked goods home. **Keyword: Biscuits** 

April 12S9 a.m.-Noon\$49Lincoln, CEC, 104HarperLLLX-0494-CESA



#### Breads, Fresh from the Oven: The Basic "Boule"

Hands-on / Demonstration Class There is nothing like the smell of fresh bread baking or the taste of warm bread as you pull it apart and the steam releases. We'll introduce you to this versatile artisan bread that can be used in so many different ways.

There is a \$30 cash supply fee payable in class. **Keyword: Breads** 

April 1	Т	6:30-8:30	p.m.	\$39
NE City, WPB	В	Stavas	AREA-452	4-NCSA

## **Kolaches & Cinnamon Twists**

Learn the art of Czech baking, including kolaches and cinnamon twists. As a bonus, you will learn the basics of dumplings and sauerkraut.

Bring to class: one (3-quart) large bowl, a hand mixer, one large mixing spoon to stir dough, a paring knife, two or three large cookie sheets, and a container to transport kolaches home. Wear closed-toe shoes. **Keyword: Kolaches** 

April 5	S	9 a.mNoon	\$49
Lincoln, (	CEC, 104	Niemann	LLLX-1613-CESB



Space is limited. Register today!

#### **Summertime Fruit Tarts**

Yummy desserts featuring fresh fruit. You will make a bright and sunny lemon tart topped with fresh fruit and whipped cream. You will learn techniques that can be used year-round, with many different combinations of flavors.

Bring to class: a tart pan or shallow pie pan, a cookie sheet, a whisk, a 3-quart saucepan, and a small mixing bowl. Wear a hair restraint and closed-toe shoes.

Keyword:	Tarts
----------	-------

June 7	S	9 a.mNoor	n \$49
Lincoln,	CEC, 104	Harper	LLLX-0497-CEUA

## Cheesecake

Cheesecake is one of the most versatile desserts. You will learn about different types of crusts, filling flavors and toppings.

Bring to class: four 8-ounce packages of cream cheese, a 9-inch or 10-inch round springform pan or silicone cheesecake pan and a tray to take home your cheesecake that will still be hot. We also will have a surprise project to work on while the cheesecake is baking. Wear a hair restraint and non-slip shoes. Optional but helpful: food processor, stand or hand mixer. **Keyword: Cheesecake** 

May 17	S	9 a.mNooi	n \$49
Lincoln, C	EC, 104	Harper	LLLX-1967-CESA
May 17	S	1-4 p.m.	\$49
Lincoln, C	EC, 104	Harper	LLLX-1967-CESB



#### **Basic Art of Cookie Decorating**

Decorate like a pro including how to prepare a cookie for decorating, how to color and create different icing consistencies, how to find and use cookie decorating tools and special techniques to give your cookies that "Wow!"

#### Keyword: Cookie

 
 May 7
 W
 6:30-8:30 p.m.
 \$59

 Elwmood, CALC
 Wolcott
 AREA-4423-PLSA

 \* There is a \$5 cash supply fee payable in class to Elmwood Cultural Arts & Learning Center.

## Sugar Cookie Party

Basic, but never boring, the sugar cookie has an invitation to almost any celebration. It can be a blank canvas for festive shapes and designs. Discover how to take this blank canvas of festive shapes and designs and decorate it with smooth royal icing for beautiful creations.

Bring to class: a rolling pin, two large cookie sheets with sides, a small spatula, a 1- or 2-cup measuring cup, your favorite cookie cutters, and an apron. Wear closed-toe shoes and hair restraint. **Keyword: Cookie** 

May 10	S	9 a.mNoon	\$49
Lincoln,	CEC, 104	Harper	LLLX-2053-CESC



**Flowering Cupcakes** 

Learn the art of putting gorgeous designs on top of cupcakes. Basic borders, flowers and fondant skills will be taught. No experience necessary. **Keyword: Cupcakes** April 12 S 10 a.m.-Noon \$29 Louisville, SHSH Wolcott AREA-4588-PLSA

#### Macarons

Discover the techniques needed to make beautiful and delicious macarons. We will make and share chocolate ganache, buttercream and pastry cream fillings.

Bring to class: two heavy/sturdy cookie sheets, a spatula and 1-cup liquid measuring cup. Optional: mixer or food processor powerful enough to whip egg whites into meringue. Wear closed-toe shoes and a hair restraint. **Keyword: Macarons** 

June 21	S	9 a.mNoo	n \$49
Lincoln, (	CEC, 104	Harper	LLLX-0159-CEUA
June 21	S	1-4 p.m.	\$49
Lincoln, (	CEC, 104	Harper	LLLX-0159-CEUB

## Home Canning

Learn the basics of food preservation so you can fill your pantry with the bounty from your garden! Get up to date on the latest recommendations and how to process your food safely. Learn what equipment is needed and proper storage methods. **Keyword: Canning** 

May 3	S	9 a.mNo	on \$4	9
Hebron,	STAC, Kitchen	Wiedel	AREA-4699-HNS	A

Space is limited. Register today!

#### Air Fryer 101

Did you know the air fryer



is one of the most versatile **A second** kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices, and tasty recipes. **Keyword: Fryer** 

June 10 T 6:30-8 p.m. F LIVE Online, Zoom A Hebron, HNLC, 102 A

Fangmeier \$19 AREA-4396-TCUHA AREA-4396-HNUA



## NEW! Food Safety for the Home Kitchen



Explore the science behind / Toronomic common kitchen rules and practices. Discover the basic chemistry of proteins, carbohydrates and fats and examines how they are affected by bacteria, molds and other natural or manmade contaminants. You will gain essential insights into safe food handling, proper cooking times and temperatures, storage and refrigeration guidelines, the meaning of "use by" and "best by" dates, and how to identify safe versus risky recipe modifications.

Your instructor will share valuable insights from a 35-year career in the pharmaceutical industry. **Keyword: Food** 

April 14 M 6-7 p.m.	Perkins	\$10		
LIVE Online, Zoom	AREA-4379-1	AREA-4379-TCSFA		
Falls City, FCLC, 109	AREA-4379-I	AREA-4379-FCSA		
May 15 Th 1-2 p.m.	Perkins	\$10		
LIVE Online, Zoom	AREA-4379-1	CSFB		
Falls City, FCLC, 109	AREA-4379-I	CSB		

#### CULINARY/HOSPITALITY PROGRAM

The Great Plains Culinary Institute at SCC has a student-run restaurant, **COURSE**, which is open to the public for lunches and special-event meals.

Visit **southeast.edu/course** for hours of operation, event information and menus. If you have further questions, contact us at 402-437-2727 or course@southeast.edu.

REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

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**Personal Interest** 

Elmwood

# NEW! Deciphering Food Labeling

Have you ever wondered what those long, complicated words on the labels of your



pantry items really mean? You will learn how to identify preservatives, stabilizers, fillers, nutrients, and other additives in packaged foods. We will explore which ingredients enhance safety, appearance or shelf life and discuss their potential impact on your health.

Your instructor will share valuable insights from a 35-year career in the pharmaceutical industry. **Keyword: Food** 

April 3 Th 1-2 p.m.	Perkins \$10
LIVE Online, Zoom	AREA-4381-TCSFA
Falls City, FCLC, 109	AREA-4381-FCSA
May 5 M 6-7 p.m.	Perkins \$10
May 5 M 6-7 p.m. LIVE Online, Zoom	Perkins \$10 AREA-4381-TCSFB

## Food Protection Manager Online Class

This class is accepted by the Lincoln-Lancaster County Health Department for the sanitation training needed to obtain a Food Protection Manager permit.

This course is delivered entirely online and facilitated by SCC faculty. You will receive your assignments online through Canvas. Upon completion of each reading assignment, you will complete an online quiz. A minimum of 80% is required on each quiz for you to qualify to take the final exam (ServSafe exam). The ServSafe exam is administered online at SCC locations in Lincoln, Beatrice, Falls City, Hebron, Nebraska City, and York.

You will need a computer (PC or laptop) with high-speed internet access (smartphones and tablets do not work) as well as working knowledge of computer and internet experience. The course textbook is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. Make sure to purchase the accompanying online exam access code. Please note, that it may take up to 24 hours to gain access to the course once you're registered. **Keyword: Protection** 

#### Through May 12

Class will be active through May 12 and all coursework needs to be completed by May 12.

Online Oerman \$65 FSDT-3000-WBSCA

#### May 13 through Aug. 14

Class will be active May 13 through Aug. 14 and all coursework needs to be completed by Aug. 14.

Online Oerman \$65 FSDT-3000-WBUCA

Courses	are	subject	to	chanae
courses	urc	Jubject	10	chunge.

#### Exam Prep — CDM Credentialing Exam

This online exam prep course is designed specifically for those who are eligible to sit for the Certified Dietary Manager 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 if you have any questions. **Keyword: CDM** 

#### Through May 12

You will have until May 12 to complete your course.

Online Rethmeier \$99 FSDT-3020-WBSCA

#### May 13 through Aug. 14

Class will be active May 13 through Aug. 14 and all coursework needs to be completed by Aug. 14.

Online Rethmeier \$99 FSDT-3020-WBUCA

## DANCE

Please register each student for couples classes. Please note that any refunds for a dropped couples class will be issued to each student equally.

#### **Ballroom Dance**

Fun for you and your partner in a relaxed, informal atmosphere.

Wear hard-s	soled	shoes (no fli	ip flops or		
loose shoes). Complete a registration form					
for each partn	er. K	eyword: Danc	e		
May 8-June 19	Th	6:15-7:15 p.m.	\$109/couple		
Lincoln NEBD		11	I X-1549-0CSC		

#### **Red Hot Salsa**

Learn the dance that HEATS up the dance floor with simmering music.

Complete a registration form for each partner. **Keyword: Salsa** 

April 4-18	F	8:30-9:30 p.	.m. \$59/couple
Lincoln, CE	2, 304	Newman	LLLX-1503-CESA

Payment is due at time of registration for all non-credit classes.



#### **Latin Medley**

Discover the world of Latin dance as you learn to Cha-Cha, Rumba and Merengue. These dances can be adapted to any pop song. Learn how the beat determines which dance best suits the song.

Wear hard-soled shoes (no flips flops or loose shoes). Complete a registration form for each partner. **Keyword: Latin** 

 April 4-May 9
 F
 6:30-7:30 p.m.
 \$89/couple

 Lincoln, CEC, 302
 Newman
 LLLX-1548-CESB

#### More Intro to Swing Dance

Zydeco, East Coast Swing and Hustle... wow...impress your friends on the dance floor as you learn the foundations to club swing dances.

Complete a registration form for each partner. **Keyword: Swing** 

May 4-June 15	U	2:45-3:45 p.r	n. \$109/couple
Lincoln, NEBD		Fritz	LLLX-1541-OCSB

#### More Intro to Country Dance

More country dance fun! Learn the foundations of stationary country dances: Country Cha Cha, Night Club Two Step and Pony Swing.

Complete a registration form for each partner. **Keyword: Country** 

May 6-June 17	Т	7:45-8:45 p	.m. \$109/couple
Lincoln, NEBD		Fritz	LLLX-1526-OCSB

#### **Line Dance**

It's not a party until everyone is line dancing! A fun way to dance socially without a partner, too.

Wear hard-soled shoes. No flip flops or loose shoes. **Keyword: Dance** 

April 4-May 9	F	7:30-8:30 p	.m. \$49
Lincoln, CEC, 3	303	Newman	LLLX-1527-CESB



#### **Intro to Belly Dance**

You will learn basic moves and enjoy dancing to Greek, Turkish and Arabic music. While we have fun, we'll also get a workout. All bodies are welcome and that means you! Modifications are taught for all fitness levels. We'd love to work with you.

Wear comfortable clothing you can move in. **Keyword: Dance** 

····· <b>·</b> ··· <b>·</b> ························		
April 3-24 T	h 6-7 p.m.	\$39
Lincoln, CEC, 11	1 Gregg	LLLX-1545-CESA
June 5-26 T		\$39
Lincoln, CEC, 11	1 Gregg	LLLX-1545-CEUA

## **Beginning Belly Dance Continued**

Prerequisite: Beginning Belly Dance We will continue dancing and learning combos and more moves, perfect for anyone ready to keep going. Join us for a fun workout and to hang out with awesome people! **Keyword: Dance** 

April 3-24	Th	7-8 p.m.	\$39
Lincoln, CE	C, 111	Gregg	LLLX-0630-CESD
June 5-26	Th	7-8 p.m.	\$39
Lincoln, CE	C, 111	Gregg	LLLX-0630-CEUA

# FAMILY MATTERS

#### Welcome to Medicare

Medicare can be a complicated topic. Worse yet, misinformation can lead to decisions that may result in penalties and a delay of benefits. To avoid mistakes, you are invited to learn about the basics of Medicare and what you need to consider as you approach Medicare eligibility.

The Nebraska State Health Insurance Program will cover the cost of this course. **Visit doi.nebraska.gov/ship to register.** Call 402-471-2841 with questions. Registration deadline is one week before class date.

#### In-person presentations are available on:

Webinar presentations are available on:				
June 19	Th	5:30-7:30 p.m.	Falls City, FCLC, 102	
Students meet at Learning Centers. Instructor is via Zoom.				
June 17	Т	6-8 p.m.	Lincoln, CEC, Aud	
May 20	Т	5:30-7:30 p.m.	NE City, NCLC, 102	
April 16	W	6-8 p.m.	Lincoln, CEC, Aud	
April 15	Т	6-8 p.m.	York, YKLC, D101	

#### April 14 M 5:30-7:30 p.m.

May 15 Th 6-8 p.m.

## **Navigating Medicare.gov**

Medicare drug plans are confusing, and coverage often changes yearly affecting the cost. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will give you the tools to help make an informed decision.

Navigating Medicare.gov is provided by the Nebraska State Health Insurance Program, a member of the national SHIP network and a division of the Nebraska Department of Insurance. *Visit doi.nebraska.gov/ship to register.* Call 402-471-2841 with questions. Registration deadline is one week prior to class date.

In-person presentations are available on:						
April 23	pril 23 W 6-8 p.m. Lincoln, CEC,					
June 24	Т	6-8 p.m.	Lincoln, CEC, Aud			
Webinar	Webinar presentations are available on:					
May 1	М	5:30-7:30 p.m.				
May 22	Th	6-8 p.m.				

## Co-Parenting: Working Together for Your Children

We offer Level 1 and Level 2 classes that meet the requirements of the Nebraska Parenting Act.

Please contact us at continuinged@southeast.edu or 402-437-2700 for additional information, including dates and times.

# NEW! Wills vs. Trusts: Choosing the Right Estate Planning Tool

See page 22 for more information.

# GENEALOGY



# NEW! What is DNA? Introduction to Genetics for Non-Scientists

DNA, found in every living cell, has become a key topic in fields ranging from ancestry research to



criminology. We will explore the chemical structure of DNA and the fundamentals of biological inheritance. You will also discover how your DNA connects you not only to your family but also to gorillas, houseplants and more. **Keyword: DNA** 

Perkins	\$10	
AREA-5034-TCUFA		
AREA-5034-	FCUA	
Perkins	\$10	
AREA-5034-	AREA-5034-TCUFB	
AREA-5034-	FCUB	
	AREA-5034- AREA-5034- Perkins	

## **Beginning Genealogy**

Have you watched "Finding Your Roots" and wondered about your own family stories? Bring what you know about your family to the first class and learn the basics to trace your family tree. Discover how to organize, where to look for clues and how to find good information. **Keyword: Genealogy** 

April 7-21	Μ	6:30-8:30 µ	o.m.	\$49
Lincoln, CE	C, 403	Stewart	LLLX-09	39-CESB

# **Connect with Us!**

SCCNeb

SCCLearningCenteratFallsCity SCCLearningCenteratHebron SCCLearningCenteratNebraskaCity SCCLearningCenteratPlattsmouth SCCLearningCenteratWahoo SCCLearningCenteratYork

## **Intermediate Genealogy**

Did your family homestead on the plains or fight in the Revolutionary War? This class introduces sources such as land records, military papers, immigration/ naturalization documents, newspapers and courthouse resources. Find the "storytelling" clues and break through your brick walls. **Keyword: Genealogy** 

May 5-12	Μ	6:30-8:30 p	o.m.	\$39
Lincoln, CE	EC, 403	Stewart	LLLX-0938	-CESB

Space is limited. Register today!

Courses are subject to change.

#### 402-437-2700 • southeast.edu

# HOME & GARDEN

## NEW! Home Inventory: Document Your Possessions

An up-to-date home inventory will help you purchase the correct type and amount of insurance. Can you list all of the items you own? Discover the various methods of creating valuable documentation that may be helpful for a higher appraisal for your home, loan applications or determining your net worth. **Keyword: Home** 

April 3	Th	6-8 p.m.	\$29
NE City, NO	CLC, 104	Roettger	AREA-7046-NCSA
-			

## NEW! Household Chemistry: The Science Behind the Products

Discover the fundamental science behind common kitchen and home cleaning

products, and discover how to avoid potentially hazardous combinations. We will provide you with a deeper understanding of household chemistry, along with practical tips for identifying safer and more cost-effective alternatives.

Your instructor brings insights from a 35-year career in the pharmaceutical industry. **Keyword: Household** 

April 10 Th 1-2 p.m.	Perkins	\$10
LIVE Online, Zoom	Zoom AREA-4380-TCSFA	
Falls City, FCLC, 109	AREA-4380-F	CSA
May 12 M 6-7 p.m.	Perkins	\$10
LIVE Online, Zoom	AREA-4380-1	CSFB
Falls City, FCLC, 109	AREA-4380-F	CSB

## **Upholstery 101**

This is a beginning hands-on class where you will learn to reupholster a chair.

The additional cost of your project will be determined by the size of the project and type of material and supplies needed. Upholstery materials may be expensive. You will receive a list via email of the upholstery tools needed for class. You may purchase tools and fabric on your own or through the instructor. Bring your project to the first class. Call 402-613-1947 with questions. **Keyword: Upholstery** 

April 1-May 20	Т	9 a.mNoon	\$149
Lincoln, OLER		Oler	LLLX-2447-OCSF
April 1-May 20	Т	6:30-9:30 p.n	n. \$149
Lincoln, OLER		Oler	LLLX-2447-OCSG
April 3-May 22	Th	9 a.mNoon	\$149
Lincoln, OLER		Oler	LLLX-2447-OCSH
April 3-May 22	Th	6:30-9:30 p.n	n. \$149
Lincoln, OLER		Oler	LLLX-2447-OCSI
April 5-May 24	S	9 a.mNoon	\$149
Lincoln, OLER		Oler	LLLX-2447-OCSJ

#### **Upholstery 102**

You will work on a couch or loveseat in this class.

The additional cost of your project will be determined by the size of the project and the type of material and supplies needed. Upholstery materials may be expensive. You must provide your own hand tools. Bring your project to the first class. Call 402-613-1947 with questions. **Keyword: Upholstery** 

April 2-May 21	W	6:30-9:30	) p.m.	\$149
Lincoln, OLER		Oler	LLLX-2	448-OCSB

#### Practical Knowledge for the Home Landscaper

We will examine a wide range of subjects, including landscape design, choosing the right plants for your yard, mulch vs. rock, landscape border edging options (including the construction of short retaining walls), landscape bed preparation, and basic lawn care. **Keyword: Landscaper** 

2				
April 9	W	6:30-9:30 p.	m. \$39	
Lincoln, C	EC, 404	Simmons	LLLX-1974-CESA	

#### Landscaping with Trees & Shrubs for Lincoln, NE

We will look at trees and shrubs (deciduous and evergreen) appropriate for our area that provide seasonal interest through various colors, forms and visual textures. We will examine how to design these plants into the landscape and how they impact the environment around our homes.

Bring a notebook and pen to class. **Keyword: Landscaping** 

	\$39
Lincoln, CEC, 404 Simmons LLLX-14	472-CESA

#### Landscaping with Perennial Flowers, Grasses & Ground Cover

Discover how to choose and incorporate colorful perennial flowers, grasses and ground covers into your landscape. Focus also is given to their drought tolerance, maintenance and environmental needs. **Keyword: Landscaping** 

April 30	W	6:30-9:30 p.	m. \$39
Lincoln.	CEC. 403	Simmons	LLLX-1465-CESA

REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41



# Rain Barrels of Fun: Making the Most of Your Rainwater

This build-your-own workshop will teach you the basics of rainwater harvesting and how to use a rain barrel for your lawn or garden. We'll also cover downspout diverters, overflows, connecting multiple barrels, and seasonal maintenance.

Class cost includes the rain barrel (a \$110 value) to build in class and take home. **Keyword: Rain** 

April 23	W	6-8 p.m.	\$49
Lincoln, C	EC, 102		LLLX-1232-CESA
May 7	W	6-8 p.m.	\$49
Lincoln, Cl	EC, 102		LLLX-1232-CESB
May 21	W	6-8 p.m.	\$49
Lincoln, Cl	EC, 102		LLLX-1232-CEUA

# Water Features & Natural Stone in the Landscape

We will look at various options for aboveground and in-ground water features such as ponds, streams and bubblers. The pros and cons of using natural stone in your landscape also will be covered. **Keyword: Water** 

-				
May 14	W	6:30-9:30 p.	m. \$39	
Lincoln, C	EC, 403	Simmons	LLLX-1461-CESA	

Payment is due at time of registration for all non-credit classes.



#### Working in the Dark: A Guide to Landscaping in the Shade & Designing Unique Outdoor Spaces

Many of our home landscapes have matured over the years and become shady. This class examines the problems and opportunities a shady yard can present. We'll discuss the design of unique outdoor spaces and which plants will do the best in the shade garden. **Keyword: Landscaping** 

-		. 0	
May 28	W	6:30-9:30 p.	.m. \$39
Lincoln, CE	C, 405	Simmons	LLLX-1463-CEUA



# Create a Butterfly, Bee & Bird Garden

Plan, plant and take care of a garden that encourages beneficial pollinators and birds while also learning about Nebraska native plants. We will create a handmade bee bath, seed bombs and a winter suet feeder to take home to your garden.

There is a \$10 cash supply fee payable in class. **Keyword: Butterfly** 

May 3	S	2-4 p.m.	\$45
Louisville	e, SHSH	Wolcott	AREA-6094-PLSA

## **Decorative Gourd Painting**

See page 4 for more information.

#### Barn Quilt/Door Sign Classes

See pages 7-8 for more information.



## LANGUAGES

NOTE: These classes are conversational in nature. These are non-credit and will not transfer to any credit program.

#### The Role of the Interpreter & Translator

Prerequisite: Completion of secondary education (high school) AND an average score of 106 or above on the four-part ESL Accuplacer Test taken within the last three years.

Attend orientation on Monday, March 10, starting at 6 p.m. in Room 404 at the SCC Jack J. Huck Continuing Education Center, 301 S. 68th St. Place, Lincoln.

This practice-oriented course will immediately immerse you in focused discussions, lectures and problem-solving activities that highlight the everyday issues faced in interpreting. The goal of the course is to educate you about ethical behavior: what it means to be a "professional" and how these key proficiencies play an integral role in being a skilled and competent interpreter.

This course will lay the foundation for additional SCC interpreter training courses. Required materials are available in the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com and must be purchased before the first class. **Keyword: Interpreter** April 1-June 5 T, Th 7-9 p.m. \$229 Lincoln, CEC, 404 Pohirieth SPCH-4004-CESA

## Sign Language 1

This is an introductory course for adults who want to learn American Sign Language at a conversational level. The course includes information on deaf culture, an integral component of ASL. **Keyword: Sign** 

#### Hebron

Lincoln				
No class April 21	AREA	-6470-HNSA		
Hebron, HNLC, 101	Stuart			
April 7-May 5 M	6-7:30 p.m.	\$39		
Book will be discussed at the first class.				

Required book to be purchased from the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com before the first class. April 1-May 20 T 5:30-7:30 p.m. \$80

Lincoln, LNK, U-105 Howe LLLX-1806-LNSB

#### Sign Language 2

Prerequisite: Sign Language 1 or with instructor permission

Continue your sign language path to add to your knowledge of conversational American Sign Language. **Keyword: Sign** April 10-May 29 Th 1-3 p.m. \$80 Lincoln, CEC, 403 Propp LLLX-1849-CESA

#### **Beginning French Conversation I**

Begin speaking and listening in French via French culture, seasonal topics and student-defined interests. You will have an opportunity for experiential learning that may include watching a movie, cooking/ tasting French food, going to a restaurant, and shopping at a grocery store.

Books will be discussed in the first class. **Keyword: French** 

-		
April 2-June 11 W	N 6-8 p.m.	\$80
Lincoln, CEC, 401	Plants	
No class May 14		LLLX-1834-CESB

## **Beginning French Conversation II**

This is a continuation of conversations in French I, speaking and listening in French, employing French culture, and seasonal topics. Carry on conversations in French while continuing to grasp advancing grammatical concepts and vocabulary. **Keyword: French** 

April 1-June 10	Т	6-8 p.m.	\$80
Lincoln, CEC, 401	I	Plants	
No class May 13			LLLX-1845-CESB

#### Conversation Française Avancée: Conversations Continuant en Français (Advanced French Conversations)

Ce cours se déroulera principalement en français. Les élèves participeront à des conversations sur des événements, la culture, et des expériences quotidiens et des sujets dirigés par les élèves; on va explorer la culture et la langue de tous les jours en français, tout en élargissant leur maîtrise de la grammaire.

Les élèves liront et discuteront de petits contes, de nouvelles, d'actualités et de réalités culturelles. Des activités supplémentaires peuvent inclure un film, de la cuisine/dégustation de recettes françaises, diner au restaurant, faire les courses à l'épicerie, ou visiter au musée. **Keyword: French** 

-		
April 3-June 12 Th	6-8 p.m.	\$80
Lincoln, CEC, 401	Plants	
No class May 15		LLLX-0215-CESB

Space is limited. Register today!

Personal Interest

#### 402-437-2700 • southeast.edu



## **Beginning Spanish**

Hola! Welcome to Spanish class for the beginner who has little or no prior knowledge of the Spanish language.

Book will be discussed the first class. **Keyword: Spanish** 

March 31-May 19 N	5:30-7:30 p.m.	\$80
Lincoln, CEC, 405	Delgado L	LLX-1836-CESA

## **Beginning Spanish 1-A**

This class is for the beginner who has little or no prior knowledge of the Spanish language.

Required book ("Practice Makes Perfect Basic Spanish L-B" ISBN 978-07-184921-0) can be purchased at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. Keyword: Spanish

Reyword. Spanish			
March 31-May 19 M	6:30-8:30 p.n		\$80
Plattsmouth, PLLC, 101	McGee A	AREA-6500-P	LSA
April 2-May 21 W	5:30-8:30 p.m.	Parr	\$80
LIVE Online, Zoom	A	REA-6500-TC	SYA
Hebron, HNLC, 102	A	REA-6500-HI	NSA
Class is live-s	streamed from	York.	
April 7-June 2 M	6:30-8:30 p.n	۱.	\$80
NE City, NCLC, 104	Davis		
No class May 26	A	REA-6500-N	CSA

## **Beginning Spanish 1-B**

\$80

Prerequisite: Beginning Spanish 1-A This class will review Spanish 1-A and cover numbers, telling time, compliments, likes and dislikes, holiday greetings, dates, communication strategies, emergency Spanish, giving directions, ordering food and drink, and additional cultural tips. Keyword: Spanish

6:30-8:30 p.m. May 28-July 16 W \$80 LIVE Online, Zoom Parr AREA-6461-TCUYA

Payment is due at time of registration for all non-credit classes.

## **Beginning German**

Hallo und willkommen! Beginning German is an introduction to the German language, culture and people. Classes are interactive with the goal of communication. **Keyword: German** 

April 1-May 20T6-8 p.m.\$80Lincoln, CEC, 403HanleyLLLX-0530-CESBApril 3-May 1Th6-8 p.m.\$80LIVE Online, ZoomHanleyAREA-6630-TCSNB	-				
April 3-May 1 Th 6-8 p.m. \$80	April 1-May 20	Т	6-8 p.m.	\$80	
	Lincoln, CEC, 403		Hanley	LLLX-0530-CESB	
LIVE Ontine, 20011 Hantey AREA-0030-TC3ND				1	
	LIVE OIItille, 2001		паптеу	AREA-0050-TC5ND	

# MIND & BODY

# NEW! Aging Without Disease

Aging without disease is about lifestyle habits/changes that help to prevent or reverse chronic health conditions through nutrition, exercise, fasting, sleep, supplementation, and more. Come learn how to bring some or all of these into vour life.

There is a \$25 cash supply fee payable in class. Keyword: Aging

March 27-May 1 Th 6:30-8:30 p.m. Cottle \$99 Hebron, HNLC, 102 AREA-5290-HNSA Plattsmouth, PLLC, 102 AREA-5290-PLSA Class is live-streamed from Plattsmouth.



#### **Crafting Herbal Remedies**

Experience making medicinal teas. tinctures and infused vinegars for your home apothecary. You will assemble your own herbal tincture to take home

Your instructor is a clinical and community herbalist. There is a \$10 cash fee payable in class. Keyword: Herbal

June 16-17	М, Т	6-7:30 p.m.	\$49
Lincoln, CEC,	102	Svoboda	LLLX-2034-CEUA

Courses are subject to change.



#### Herbal First Aid: Working with Plants Around Us

You will create an herbal poultice to take home and add to your first aid kit to help heal cuts, scrapes, burns, and other minor injuries.

There is a \$4 cash fee pavable in class. **Keyword: Herbal** 

May 19	Μ	6-7:30 p.m.	\$19
Lincoln, CE	EC, 102	Svoboda	LLLX-2003-CEUA

#### Spring Cleaning for the Body: **Gentle Herbal Detox Strategies**

Discover safe and effective ways to work with spring tonic herbs such as Dandelion and Nettle to nourish the body and support the liver.

You will enjoy samples, recipes and informational handouts. <b>Keyword: Cleaning</b>				
Informatio	onal nai	ndouts. <b>Keyv</b>	voru: Cleaning	
April 22	Т	6-7:30 p.m.	\$19	
Lincoln, CE	C, 102	Svoboda	LLLX-1788-CESA	

## **Mindful Aging: Brain Boosting Sessions**

Join us for an enriching and invigorating journey to enhance mental, social and physical well-being! We will explore a variety of cognitive exercises, social interactions and light physical activities aimed at promoting wellness. Coffee will be provided so bring your favorite cup and join us on this path to wellness and thriving while aging. Keyword: Aging

April 1-May 20 T 10-11 a.m. \$19 Falls City, FCLC, 109 Perkins AREA-6840-FCSB



#### Intro to Sound Bath & Sound Meditation

Explore the experience of sound healing and its potential benefits with a focus on crystal bowl sound baths. Discover how sound works to support the body and mind beyond just listening to music. You will be introduced to concepts related to cymatics (the science of visualizing sound frequencies) and meditation.

Enjoy a 45-minute guided meditation and sound bath by certified sound healing practitioner Shannon Kingery. You may sit in a chair or lie on the floor. Feel free to bring a blanket, eye mask or mat if you desire. There will be some available for use in class. **Keyword: Sound** 

April 8	Т	6:30-8 p.m.	\$29
Lincoln,	CEC, 303	Kingery	LLLX-1690-CESD
May 14	W	6:30-8 p.m.	\$29
Lincoln,	CEC, 303	Kingery	LLLX-1690-CESE
June 11	W	6:30-8 p.m.	\$29
Lincoln,	CEC, 303	Kingery	LLLX-1690-CEUA

## Finding Balance with Energy Center Alignment Sound Bath

Discover how sound works to align your energy centers with healing frequencies. This class will be immersive with a short lecture and a full hour of energy center alignment sound bath by certified sound healer Shannon Kingery.

Mats, eye masks and blankets are available or bring your own.

## Keyword: Energy

	pril 22	Т	6:30-8 p.m.	\$29
_	Lincoln,	CEC, 303	Kingery	LLLX-2138-CESD
	lay 28	W	6:30-8 p.m.	\$29
	Lincoln,	CEC, 303	Kingery	LLLX-2138-CEUB
Ju	une 25	W	6:30-8 p.m.	\$29
Lincoln, CEC, 303		CEC, 303	Kingery	LLLX-2138-CEUA

# NEW! Neurographic Art

See page 9 for more information.

## **Mental Health First Aid**

See page 32 for more information.

#### **Workout Classes**

See page 28 for more information.

## REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Courses are subject to change.

# MONEY MATTERS

# NEW! Wills vs. Trusts: Choosing the Right Estate Planning Tool

Explore the essential elements of wills and trusts. We will look at the legal.

financial and practical implications of both wills and trusts which can help you make informed decisions based on your own unique situations. Topics include probate avoidance, tax considerations, asset distribution, guardianship provisions, revocable vs. irrevocable trusts, and scenarios where combining both may be beneficial. **Keyword: Wills** 

April 10 Th 6-8 p.m. LIVE Online, Zoom York, YKLC, D101 Rauert \$29 AREA-5063-TCSYA AREA-5063-YKSA

## NEW! Crypto Fundamentals I: Your Gateway to Digital Investing

Dive into the world of cryptocurrency with this mini course designed for

absolute beginners. Learn the basics of blockchain technology, understand different cryptocurrencies and gain practical knowledge on how to start your investment journey safely and confidently, including how to make your first purchase. **Keyword: Crypto** 

-				
April 3	Th	6-8:30 p.m	ı. \$39	
LIVE Onl	ine, Zoom	Freeman	AREA-7060-TCSFA	
May 6	Т	6-8:30 p.m	ı. \$39	
LIVE Onl	ine, Zoom	Freeman	AREA-7060-TCSFB	

## NEW! Crypto Fundamentals II: Mastering Crypto Wallets, From Basics to Best Practices

Recommended Prerequisite: Crypto Fundamentals I: Your Gateway to Digital Investing

Build on your crypto knowledge and unravel the complexities of blockchain wallets in this enhanced course. Gain practical knowledge on wallet interfaces, transaction processes and key management. Explore real-world scenarios to understand how to use wallets safely for various cryptocurrencies while maintaining optimal security. **Keyword: Crypto** 

April 24	Th	6-8:30 p.m.	\$39
LIVE Online	, Zoom	Freeman	AREA-7061-TCSFA
June 17 LIVE Online	T	6-8:30 p.m. Freeman	\$39 AREA-7061-TCUFA
LIVE Online	, 200111	Freeman	AREA-7061-TCUFA

Space is limited. Register today!

## Understanding Credit Scores & Reports

Your credit score is important and can be confusing. Let's unravel the mystery and discover how your credit score is calculated, how to improve your score and why you should review your credit report on a regular basis. **Keyword: Credit** 

April 2	W	Noon-1 p.	m. \$10
LIVE Onlin	e, Zoom	Andrew	AREA-6887-TCSFC
June 12	Th	7-8 p.m.	\$10
LIVE Online, Zoom		Andrew	AREA-6887-TCUFA

## I Don't Need a Will, I'm Only 30

Why would I have one of those? That is something that only old people do. Life is



crazy, and time goes so fast. Understand the importance of having a will, and yes, starting early. The class will cover topics including financial power of attorney, health care power of attorney and living wills. When it comes to guarding your assets and ensuring that your loved ones are taken care of, it is never too early. **Keyword: Will** 

April 17	Th	6:30-8:30 p.m.	Rauert	\$25
LIVE Online, Zoom			AREA-5044-	TCSYB
York, YKLC, D101			AREA-5044-	YKSB

## **Understanding Investing**

It's never too early (or late) to learn how to make your money work for you. Topics will include stocks, bonds, mutual funds, and the various types of accounts in which you can invest. If you want to learn more about investing and how you can use investments as a tool to reach your goals, this is your class. **Keyword: Investing** April 16-23 W 6-8 p.m. \$49 Lincoln, CEC, 405 Muff LLLX-0801-CESB

## **Online Buying & Selling**

Learn more about the primary places people sell items online, (Craigslist, Facebook® Marketplace and eBay®) and how it 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** 

April 7	Μ	6-8 p.m.	\$29
LIVE Online	e, Zoom	Jensen	LLLX-0531-TCSCA

## **Medicare Classes**

See page 18 for more information.



ourses are subject t

#### Social Security 101: Understanding This Retirement Benefit



Understanding Social Security is critical to your long-term financial well-being and retirement. This is an overview of Social Security and how it works, including eligibility and Primary Insurance Amount, filing options, the importance of timing (delayed retirement credits), and spousal benefits. Discover the implications of working after a person begins collecting benefits, and how that affects your decision-making. **Keyword: Security** 

April 22 T 6-9 p.m.	Rauert	\$29
LIVE Online, Zoom	AREA-7035-TCSYB	
York, YKLC, D101	AREA-7035-YKSB	

## Power of the Purse: Smart Women, Smart Money

Although a recent Bank of America study showed that 94% of all women think



they will be solely responsible for their finances at some point, most don't feel ready. YOU can be financially independent. Explore the unique challenges and how to prepare for them.

Although this course is intended for women, any person can register and attend. **Keyword: Power** 

June	10	Т	6:30-8 p.m.	Rauert	\$19	
LIVE Online, Zoom Hebron, HNLC, 102 York, YKLC, D101			, Zoom	AREA-7025-T0	CUYA	
			LC, 102	AREA-7025-HNUA		
			D101	AREA-7025-YKUA		
		Cla	iss is live-stream	ned from York.		

#### Taming the Paper Jungle: Handling Your Important Life Documents

Are your important papers and documents that you need to keep stored where you can easily find them? If you are like most of us, probably not. Join us as we create a personal file box system that will solve this for you.



At the end of the session, you will have a complete recordkeeping storage system set up to begin organizing your valuable documents such as insurance, banking, maintenance, your career, and so much more. **Keyword: Taming** 

		-	
April 16	W	6-9 p.m.	\$65
York, YKLC	, C101	Burns	AREA-7123-YKSA

# Music



## Intro to Rock Guitar

This is a beginning class focusing on techniques used in rock music over the past 70 years. Power chords, lead guitar and a wide assortment of classic rock songs will be learned.

0	0	acoustic guitar to class. d. <b>Keyword: Guitar</b>	
April 17-June 5	8-9 p.m.	\$79	
Lincoln, CEC, 214	Boye	LLLX-2101-CESA	

# NEW! Intermediate Guitar

Intermediate guitar is a follow up to Guitar 2 class. Techniques in several guitar styles will be introduced. **Keyword: Guitar** April 17-June 5 Th 7-8 p.m. \$79 Lincoln, CEC, 214 Boye LLLX-2321-CESA

## Intro to the Ukulele

For beginning students, you will learn proper tuning methods and techniques for playing the instrument. You will also learn chords and strums associated with using the ukulele as an accompaniment instrument.

If you don't have a ukulele, they're available at all music shops. An electronic tuner is recommended but will be discussed in the first class. **Keyword: Ukulele** 

April 3-May 8 Th	6-7 p.m.	\$59
York, YKLC, C101	Phillips	AREA-7528-YKSA
April 17-June 5 Th	5-6 p.m.	\$79
Lincoln, CEC, 214	Boye	LLLX-1400-CESB

## Ukulele 2

This is a continuation of the Intro to the Ukulele class. You will learn additional rhythms, patterns and chords for using the ukulele as an accompaniment instrument. **Keyword: Ukulele** 

Lincoln, CEC, 214 Boye LLLX-1397-CES	April 17-June 5 Th	\$79
	Lincoln, CEC, 214	LLX-1397-CESC

# Keep on Strumming with the Dulcimer

In this informal educational setting, everyone will be able to learn to play the Mountain Dulcimer without regard for their abilities or disabilities to read music or play by ear. Learn the history of the Dulcimer, how to play the melody and play several songs.

Absolutely no music experience is necessary to succeed in this class. A dulcimer will be provided for each student to use during class. **Keyword: Dulcimer** 

April 2-16	W	6:30-8:30 p.m.	\$59
Cortland, C	LOH	AREA-7	525-NCSA

## **Piano Performance Practice**

Join us for this unique opportunity for you to play/perform for other music enthusiasts in a friendly environment. Our goal is to help you gain confidence, have fun and make friends. In addition to enjoying and encouraging classmates, each class will feature a brief presentation covering strategies to help you gain performance skills.

A piano will be available, however, if you have other portable instruments you would like to use (guitar, voice, flute, etc.), they are welcome, too. All music levels are welcome. Class will be held in the Course Ground Coffee Shop. **Keyword: Piano** 

March 31-May 19	M 6	5-7 p.m.	\$19
Lincoln, LNK, Cof	fee Lat	b Illich	LLLX-0058-LNSB

## **Introduction to Accordion**

Discover the instrument, its music and its people in this beginning accordion class. You will learn the basics of accordion playing (button or piano style), the ability to read basic tablature and explore the rich musical heritage of the instrument.

Bring your accordion to class. If you do not have an accordion, a limited supply is available for use in class. As you register, you will need to indicate whether you will be bringing your own accordion or borrowing one for use during class. **Keyword: Accordion** April 2-May 7 W 6-7 p.m. \$59 Lincoln, CEC, 302 Meyer LLLX-0626-CESA





# **PERFORMING ARTS**

#### **Improv Level 2**

Improv Level 2 builds on the foundation learned in Level 1, and propels you into the heart of Improv—the scene. Through a variety of games and formats, you'll focus on relationships, developing characters, and building your performance skills as you develop the playful improviser within. **Keyword: Improv** 

April 1-22 T	7-8:30 p.m.	\$59
Lincoln, CEC, Au	ıd Mittan	LLLX-1668-CESA

## **P**HOTOGRAPHY

#### **Photography I**

Discover the craft and creativity of photography in this beginning class. Learn to use your digital camera with basic principles such as exposure, metering modes, shutter speeds, aperture and depth of field, focal length, and more.

Bring a camer	a with exposu	re controls to
class. Keyword: I	Photography	
April 5-June 7 S	10 a.mNoon	\$99
Lincoln, LNK, U-103	Hagen	LLLX-1101-LNSB

## **Photography II**

Continue your exploration of photography with this intermediate class. More complex techniques and concepts will be addressed and weekly assignments given.

Your work will be critiqued in a fun and positive manner. Bring your camera to class. **Keyword: Photography** 

April 1-May 27 T	6:30-9:30 p.	m. \$109
Lincoln, LNK, U-103	Hagen	LLLX-1100-LNSB

## **Photography III**

This is a continuation of Photography II with an emphasis on photographing people and the use of electronic flash. Flash techniques such as direct, slow-sync and fill-in and other lighting concepts will be taught. **Keyword: Photography** 

April 2-May 28 W 6:30-9:30 p.m. \$109 Lincoln, LNK, U-103 Hagen LLLX-1135-LNSB

## **Photography IV**

Photography IV focuses on a project of the student's choice. This advanced photography class will continue the weekly critiques, and a presentation and exhibition of student's work also will be addressed. **Keyword: Photography** 

April 3-May 29 Th 6:30-9:30 p.m. \$109 Lincoln, LNK, U-103 Hagen LLLX-1137-LNSB



#### **Garden Photography**

Sometimes the coolest subjects are right in our backyards. Great images are mere steps away, or they're close enough to make the photo opportunity irresistible that nearby arboretum, park or botanical garden, or your backyard. Gather some tips for garden photography from our photo pro John Keller.

The first class will meet at the Jack J. Huck Continuing Education Center and the second class will meet at the Sunken Gardens. **Keyword: Photography** 

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May 14-21	W		9:30-11 a.m.	\$49
Lincoln, CE	C, 213		Keller	LLLX-1229-CES

## **Digital Photography**

Designed to provide you with the fundamentals of digital photography as you practice with your camera. Basic review of photography principles and then onto more sophisticated digital camera operations: control functions and purpose, lighting, hardware options and software will be discussed.

Equipment recommended: digital SLR camera with or without interchangeable lenses, however, it must have adjustable shutter speeds, apertures and ISO. **Keyword: Photography** 

-	-			
April 9-May 7	W	6:30-8:30	p.m.	\$99
Lincoln, CEC, 21	13	Keller	LLLX-052	8-CESA

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## **Digitizing Memories**

Discover how to preserve photos, negatives and slides in a more organized form by scanning them. We will look at scanning techniques and some of the devices to make scanning easy. Discussion will involve the software necessary to scan negatives, slides and photos and a look at the software "VueScan." **Keyword: Memories** 

April 14	Μ	6:30-8:30	p.m.	\$39
Lincoln, (	CEC, 213	Keller	LLLX-0	113-CESB

## Scrapbooking Classes & Retreat / Pictures Galore, Organizing & More!

See page 6 for more information.

#### Canva Classes

See pages 35-36 for more information.

# Small-Business Development

## **Starting a Small Business**



ups and tricks. <b>Reyword. Busiliess</b>					
April 23	W	Noon-1 p.	m. \$10		
LIVE Onlin	ie, Zoom	Andrew	AREA-6883-TCSFC		
June 5	Th	7-8 p.m.	\$10		
LIVE Onlin	ie, Zoom	Andrew	AREA-6883-TCUFA		

## **Accounting for Business Owners**

This course is taught by a CPA and is intended for business owners, managers and others looking to gain a basic understanding of accounting used in small businesses or organizations. We will explore the various types of business entities, basic business registration and compliance requirements, general bookkeeping and accounting concepts, components of financial statements, budgeting, and basic income tax accounting. **Keyword: Accounting** 

April 17	Th	8:30 a.m1	2:30 p.m.	\$79
Lincoln, C	EC, 402	Johnson	ACCT-7293	-LNSB



Welcome to the Focus Suites, where your business is our business.

We strive to enhance businesses and our community by fostering the spirit of entrepreneurship. We challenge entrepreneurs of all ages to pursue individual development and lifelong learning. Here, you are safe to take that risk in our dynamic environment designed to celebrate collaboration and teamwork.

Our signature services include:

- Focus Suites Memberships (with and without office rental space)
- Focus Coaching

Networking and learning opportunities
 Contact Brooke (blenhoff@southeast.edu)

for a free consultation!

# **SPECIAL INTERESTS**



# NEW! The Art of Magic

Discover magic tricks to amaze family and friends. Magician Evan Card will guide you in our hands-on course where you will learn tricks and illusions. Starting with simple card tricks and moving onto master sleight of hand techniques, misdirection and so much more. Do not miss this class!

You will need to provide your own props which will be discussed during class.

April 2-23 W	6-7:30 p.m.	\$69	
Lincoln, CEC, 214	Card	LLLX-2313-CESA	_

## NEW! Cut the Cord: Mastering Live TV Streaming Services

Tired of cable bills? Streaming live TV is transforming the way we watch television, making it easier and more affordable to access news, sports and entertainment. We will explore popular streaming services, learn to compare features and costs and discover how to make the most of your viewing experience. From setting up accounts to navigating channels, you'll be ready to make the switch with confidence. **Keyword: Cord** 

April 10	Th	6-8 p.m.	\$29
LIVE Online,	Zoom	Jensen	LLLX-2309-TCSCA

## Getting Started in Metal Detecting

Get the inside scoop on this surprisingly addictive hobby! Metal detecting is a fun activity for all ages. Whether you are a history buff, looking for some exercise, or a great family activity, join our class to become acquainted with the tools and accessories needed, where to search and have all of your questions answered. This is a perfect class to take if you are considering purchasing a metal detector for yourself or to give as a gift. **Keyword: Metal** 

-			
May 10	S	9 a.mNoor	ı \$29
Lincoln,	CEC, 404	Schwenke	LLLX-0855-CESA

## Family Fun: Geocaching

See page 4 for more information.

## **Vacation Home Rental**

Turn your extra space into cash. This course shares

strategies used to run a successful vacation rental business and earn extra money every month. You'll learn the difference between Vrbo, Airbnb and bed and breakfast options. In addition, you'll find tips to wow your guests and get 5-Star ratings. **Keyword: Vacation** 

April 8 T 6:30-8 p.m. \$19 LIVE Online, Zoom AREA-7027-TCSYA Hebron, HNLC, 102 AREA-7027-HNSA York, YKLC, C101 AREA-7027-YKSA Class is live-streamed from York.

Payment is due at time of registration for all non-credit classes.

Courses are subject to change.



## NEW! Travel with Friends: Planning, Organizing & Enjoying Large-Group Adventures

Traveling with friends in large groups can be one of the most rewarding ways



the most rewarding ways to explore the world. Whether you're a frequent traveler or planning your first group adventure, this course prepares you to plan, budget and coordinate logistics. You will gain insights into balancing personalities, choosing destinations, booking accommodations, and handling the inevitable bumps along the way to help you create memorable experiences that strengthen friendships rather than test them. **Keyword: Travel** 

May 6	Т	6:30-8 p.m.	Rauert	\$19
LIVE O	nline	, Zoom	AREA-5062-TC	SYA
York, Y	KLC,	D101	AREA-5062-YK	SA

## **Understanding Shadow People**

Explore the theories behind the paranormal entities called shadow people.

The class does not endorse a particular religion, cult, faith, political ideology, or belief. Students may not bring Ouija Boards, seance objects, crosses, or other paranormal paraphernalia into the classroom.

#### Keyword: People

-	-		
April 29	Т	6-8 p.m.	\$29
NE City, N	CLC, 104	McManus	AREA-6675-NCSD
May 27	Т	6-8 p.m.	\$29
NE City, N	CLC, 104	McManus	AREA-6675-NCUA
June 5	Th	6-8 p.m.	\$29
NE City, N	CLC, 104	McManus	AREA-6675-NCUB





# Scientific Theories of the Paranormal (STOP)

Discover how paranormal services are provided and facts regarding the profession. Study the paranormal with a scientific mindset. Discuss facts like why ghosts are white and what makes their image fade.

The class does not endorse a particular religion, cult, faith, political ideology, or belief. Students may not bring Ouija Boards, seance objects, crosses, or other paranormal paraphernalia into the classroom.

#### Keyword: Paranormal

April 30-May 1 W, Th	6-8:30 p.m. \$39
NE City, NCLC, 104	McManus AREA-6813-NCSA
May 28-29 W, Th	6-8:30 p.m. \$39
NE City, NCLC, 104	McManus AREA-6813-NCUA
June 3-4 T, W	6-8:30 p.m. \$39
NE City, NCLC, 104	McManus AREA-6813-NCUB

# NEW! Coffee Chat

Come share your story, poem, recitation, joke, or review. Each presenter will have up to 10 minutes on the stage to take your turn at the mic.

There will be some guidelines for appropriateness. Bring your favorite coffee cup. We will HAVE decaf coffee and tea options or bring your own joe. **Keyword: Chat** 

April 29-May 20 T 6-7 p.m. \$19 Plattsmouth, PLLC, Comm Nielsen AREA-9033-PLSA

# NEW! Liar, Liar, Pants on Fire!

Not lying is the rule, but there may be exceptions to that as well as consequences. Topics covered will be what is a lie, how to avoid lying if you don't want to answer the question and how to prevent being lied to. We will look at the question "What's it like to be in a place where no one lies?" **Keyword: Liar** 

		-		
April 10	Th	Noon-1:30 p	).m. \$1	9
Plattsmouth,	PLLC, 102	Nielsen	AREA-6674-PLS	A
April 17	Th	6:30-8 p.m.	\$1	9
Plattsmouth,	PLLC, 102	Nielsen	AREA-6674-PLS	В

## **Creative Writing**

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and group discussions. **Keyword: Writing** May 7-21 W 6-7:30 p.m. \$45

AREA-9050-TCSWB

May 7-21 W 6-7:3 LIVE Online, Zoom Ord



## NEW! Inspiration in Creative Writing

Continue and expand your creative writing journey as you discover inspiration as a writer from the world around you. Our focus for this class will be on finding inspiration to help you express your creativity in the written word. **Keyword: Writing** 

LIVE Online, Zoom Ord AREA-6729-TCSWA	April 16	W	6-8 p.m.	\$29
	LIVE Online,	Zoom	Ord	AREA-6729-TCSWA

## How to Write Your Book

Join veteran book editor and author Sandra Wendel for a session on how to write your book. Sandra will explain how the publishing world has changed and why writing and publishing a book today is easier (and more fun) than ever. You will determine your own writing style, discover what methods work best for you and learn tips to write like a pro. **Keyword: Book** 

April 12 S 9 a.m.-Noon \$69 Lincoln, CEC, 404 Wendel LLLX-0606-CESA

## The Art of Communication

Communication is an important set of skills which impacts our personal and professional life. With texts, emails and Facebook® taking over our social lives, some might find it difficult to engage in normal conversation because of lack of face-to-face interactions. You will discover different communication styles, techniques, non-verbal signals, and responses to build and strengthen your communication skills. **Keyword: Communication** 

LIVE Online, Zoom Ord AREA-6835-TC	\$59
	JWA

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## Gratitude, Gimmicks & Going the Extra Mile



The real joy is in the giving. Gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, you will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others. **Keyword: Gratitude** 

May 28	W	5	:30-7 p.m.	\$19
LIVE Online,	Zoom	V	an Winkle	LLLX-1127-TCUCA

## NEW! Cybersecurity Basics: Protect Yourself Online Without the Jargon / Everyday AI: Practical Uses for Artificial Intelligence

See page 35 for more information.

## NEW! Unlocking iPhone Potential: Tips & Tricks for Power Users

See page 36 for more information.

# Sports, Recreation & Fitness

## NEW! Bike Maintenance & Repair

Continuing Education and the Lincoln Bike Kitchen have teamed up for this hands-on maintenance and repair class. Whether you are looking to fix a flat, deal with a daunting derailleur, fine tune your brakes, or just get general tune-up information, discovering how to fix a bicycle can leave you feeling confident and may save some money.

Bring your bike or work on one of ours we have everything you need to dive in! Keyword: Bike

April 2-May 7	W 7-8:30 p.m.	\$59
Lincoln, LBKT	Lincoln Bike Kitchen	LLLX-2198-OCSA

# NEW! The Art of Magic

See page 25 for more information.

Payment is due at time of registration for all non-credit classes.

**Personal Interest** 



## NEW! Card Games Galore: 4 Player

Playing cards is one of the most popular pastimes for friends and family all over the world. A simple deck of cards can provide nearly an infinite number of games that can be played almost anywhere. The class will choose from a variety of 4 player games from Hearts to 13 Point Pitch. Partner games like Cribbage and Spades provide lots of options. Even learn a trick or two and maybe some fancy shuffling. Let the fun begin! Keyword: Card June 3-17 5:30-8:30 p.m. Т \$59 Plattsmouth, PLLC, Comm Meyer AREA-8602-PLUA

## **Rock Solid Bridge**

This is an ideal class for those beginning bridge players who have limited playing experience or for those who wish to feel more secure at the bridge table. This class will provide you with guidelines for opening the bidding, responding to opening bids, tips on playing the hand, making an opening lead, and overcalling. **Keyword: Bridge** 

 May 13-29
 T, Th
 9:30-11:30 a.m.
 \$89

 Lincoln, CEC, 414
 Kepler
 LLLX-1713-CESA

## Competitive Bidding: How to Drive Your Opponents Crazy

Bridge players know that bridge is a bidder's game. Nothing makes the game easier than opponents who do not bid. So the question remains ... how can I make my opponents miserable by interfering with their bidding? The good news is there are many everyday strategies for you to use. Class is designed for bridge players who want to "up their game" with some wonderful bidding techniques. Topics include: opening bids, overcalls, balancing, responding with support, responding without support, takeout doubles, negative doubles, pre-emptive openings, responding and overcalling, and support doubles. These strategies will keep you in the game! Keyword: Bidding

April 22-May 1 T, Th	9:30-11:30 a.r	n. \$89
Lincoln, CEC, 414	Kepler	LLLX-0427-CESA



## Tips on Bidding Slams, Card Combinations & Pointers on Finessing

Do you find sometimes you bid game, but make a slam? This happens to all of us, but this class will provide guidelines on how to re-evaluate your point count which may get you into bidding a very good slam. We will also discuss The Ten Commandments of making more good bids and avoiding bad ones. An additional part of this class will focus on tips and strategies on running finesses and looking at frequent card combinations and how to play them. These strategies will be very helpful whether you are playing a hand at a bid of one or a bid of seven.

 This class is designed for a more

 experienced bridge player.
 Keyword: Bidding

 June 3-19
 T, Th
 9:30-11:30 a.m.
 \$89

 Lincoln, CEC, 414
 Kepler
 LLLX-2365-CEUA



**Beginning National Mah-Jongg** 

Mah-Jongg is an ancient game that is once again sweeping the country. This class will teach the basic foundations of Mah-Jongg and by the end of the sessions you will be ready to play in casual games with friends. **Keyword: Mah-Jongg** 

April 22-May 1 T, Th 6-8 p.m. \$59 Lincoln, CEC, 414 Kepler LLLX-0431-CESA

Space is limited. Register today!

## **Introduction to Sailing**

Sailing is both a fun recreation and a serious sport. All sailboats work the same way to harness the wind for propulsion. Discover how sailboats work, common types of boats and where people go sailing.

Class is taught by an experienced skipper who answers your questions and lets you experience sailing at your own pace. Life jackets required. If you have your own personal floatation device, bring it. PFDs will be furnished for students who do not have their own. Wear soft-soled shoes. A day-entry park permit will be required. If weather is questionable, call 402-314-8026 for class status. Minimum age is 12 with adult enrolled. **Keyword: Sailing** 

June 7	S	9:30 a.m1	2:30 p.m.	\$59
Lincoln, BO	LK	Brown	LLLX-0390-(	OCUA
June 21	S	9:30 a.m1	2:30 p.m.	\$59
Lincoln, BO	LK	Brown	LLLX-0390-0	DCUB
July 12	S	9:30 a.m1	2:30 p.m.	\$59
Lincoln, BO	LK	Brown	LLLX-0390-0	OCUC
July 26	S	9:30 a.m1	2:30 p.m.	\$59
Lincoln, BO	LK	Brown	LLLX-0390-0	CCUD
Aug. 2	S	9:30 a.m1	2:30 p.m.	\$59
Lincoln, BO	LK	Brown	LLLX-0390-(	OCUE
Aug. 9	S	9:30 a.m1	2:30 p.m.	\$59
Lincoln, BO	LK	Brown	LLLX-0390-	OCUF



## **Kayak Fishing**

Enjoy the up-close and extreme experience of kayak fishing. Receive professional instruction for the complete novice as well as the more advanced kayak anglers. Catch largemouth bass, panfish and catfish in some of the most scenic waters in southeast Nebraska at Duck Creek Lake (6 miles north of Auburn).

Fishing equipment, paddles, and personal floating devices will be provided. Park permits will be necessary to enter the recreation area. **Keyword: Fishing** 

May 5-19         M         5:30 p.mSunset         \$85           Peru, DCL         Hughes         AREA-8699-NCSA			-		
Peru, DCL Hughes AREA-8699-NCSA	May 5-19	Μ	5:30 p.m	Sunset	\$85
	Peru, DCL		Hughes	AREA-869	9-NCSA





## **Golf for You!**

Golfers of all skill levels welcome. If you are new to the game or need a little tuneup, 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** 

April 14-May 5 Lincoln, MGC	Μ	6-7:15 p.m.	\$89 LLLX-1702-OCSA
April 15-May 6 Lincoln, MGC	Т	6-7:15 p.m.	\$89 LLLX-1702-OCSB
June 2-23 Lincoln, MGC	М	6-7:15 p.m.	\$89 LLLX-1702-OCUA
June 3-24 Lincoln, MGC	Т	6-7:15 p.m.	\$89 LLLX-1702-OCUB

## 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 have a positive effect on muscle strength, flexibility and balance.

Wear comfortab	ole clothes. <b>Keyw</b>	ord: Chi
April 7-June 2 M	5:30-6:30 p.m.	\$69
Lincoln, CEC, 111	Rybij	
No class May 26	LLLX-	1712-CESB

## Yoga

It's time to roll out your yoga mat and discover this combination of physical and mental exercises. Regardless of your age, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a yoga mat to class. **Keyword: Yoga** 

		-		
April 7-May 12	Μ	5:30-6:30 p	.m.	\$59
Lincoln, CEC, 303	3	Pleskac	LLLX-0	621-CESC

## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key.

Bring a towel and tennis shoes.

#### Keyword: Fit

March 31-June 23 M, W, F 9:30-10:30 a.m. \$65 Plattsmouth, PLLC Scanlan AREA-8810-PLSB

#### Mindful Aging: Brain Boosting Session

See page 21 for more information.

## **Sound Bath Classes**

See page 22 for more information.



## **Beginning Pickleball 101**

Learn about the trending sport of pickleball! Pickleball is enjoyed by all ages, is easy to learn and no experience is necessary. It is a combination of badminton, ping pong and tennis. There will be instruction, basic strategy and skills taught in addition to playing time.

Tennis shoes are required. Wear comfortable clothes. **Keyword: Pickleball** 

		-	
April 7-28	M	6-7:30 p.m.	\$49
Lincoln, CLYH,	Gym	Eckelkamp	LLLX-1679-OCSD
May 5-26	M	6-7:30 p.m.	\$49
Lincoln, CLYH,	Gym	Eckelkamp	LLLX-1679-OCSE
	Tennis		\$49 AREA-8587-HNUA welcome to bring
June 2-23	M	6-7:30 p.m.	\$49
Lincoln, CLYH,	Gym	Eckelkamp	LLLX-1679-OCUA
June 4-25	W	5-7 p.m.	\$69
Plattsmouth, I	PCC	Meyer	AREA-8587-PLUA

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## **Archery Introduction**

Have fun and build self-confidence by learning archery in a self-paced class. This is a great course for those who want to try archery as a sport or recreationally.

Classes meet indoors, and equipment is provided to use for the class. You are welcome to use your equipment, pending club approval. Instructors are certified with USA Archery. Minimum age to enroll is 8. For additional information, email swoit@allophone.com. **Keyword: Archery** 

T 6-7 p.m. Prairie Bowman	\$70 LLLX-0584-OCSC
T 7:30-8:30 p Prairie Bowman	

## **Intro to Archery**

Learn the fundamentals of one of the world's oldest sports. Limited class size means more direct time with the instructor to shoot consistently and accurately. We will cover proper techniques and form good shooting habits.

Equipment for class is provided by the Thayer County 4-H Archery Club. You may use your own equipment pending instructor approval. Instructor is certified with 4-H Shooting Sports Program. Minimum age to participate is 10 years old. Under 16 years of age must be accompanied by an adult. Everyone who wants to shoot must be registered. **Keyword: Archery** 

May 7-28	W	6:30-7:30	p.m.	\$39
Hebron, H	NAR	Lukert	AREA-84	97-HNSA

## Swordplay

Learn to swing a sword like a 14th-century knight! In this introduction to Medieval Longsword class, you will learn about the history, use, and enjoyment of the art of the Italian longsword. The class covers basic guards, strikes and tactical concepts straight from the pages of a 607-year-old fighting manual written by one of the highestregarded professional soldiers of his time.

Loaner equipment is available, and you only need an open mind, smooth-soled shoes, comfortable athletic clothing, and some water. NOTE: You will be using synthetic longsword trainers and fencing mask. You must be at least 18 years of age to participate in this class. **Keyword: Swordplay** May 29-Aug. 7 Th 6:30-8 p.m. \$79 Lincoln, EDRC Loder LLLX-0585-OCUA

#### Family Fun: Geocaching

See page 4 for more information.

## Dance Classes

See pages 17-18 for more information.

#### 402-437-2700 • southeast.edu

## TRADES



#### **Basic Welding**

This is an opportunity for welders of all skill levels to enhance their skills. Classes include safe operation of MIG, TIG, Stick, and Oxyacetylene and related shop equipment through hands-on practical welding experiences.

(2.4 CEUs) Students must purchase safety glasses, leather gloves, arc welding helmet, and pliers. Wear closed-toed leather shoes, cotton pants/jeans (no shorts) and a long-sleeve cotton shirt. Eligible for Gap Assistance (financial) is available for those who qualify. For more information, visit southeast.edu/gap. *Eligible for American Job* Center assistance. Visit ajc.lincoln.ne.gov or call 402-441-1640 for more information. For additional welding classes, visit https://bit.ly/4aIWy5r. Keyword: Welding

March 17-27	M, T, W, Th	6-9 p.m.	\$399
Lincoln, LNK, K-3		WELD-618	85-LNSB
March 22-May 10	S 9 a.m.	-Noon	\$399
Lincoln, LNK, K-3		WELD-618	35-LNSC
April 28-May 8	M, T, W, Th	6-9 p.m.	\$399
Lincoln, LNK, K-3		WELD-618	5-LNSD
May 31-July 26	S 9 a.m.	-Noon	\$399
Lincoln, LNK, K-3		WELD-618	5-LNUA
June 2-12	M, T, W, Th	6-9 p.m.	\$399
Lincoln, LNK, K-3		WELD-618	5-LNUB



We offer a wide range of highly interactive non-credit courses that you can take entirely over the internet. All of our courses include expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you.

## ed2go.com/sccne

Space is limited. Register today!



#### **Certified Forklift Operator**

Designed for all operators, this course includes safety inspections; design restriction; lifting, moving and placing loads; driving speeds; directions; and ramps. You will perform a pre-start safety inspection and operate a forklift.

(0.5 CEUs) Textbook is included in course cost. NSC Certificate of Completion will be given following the examination and successful completion of the course. Eligible for American Job Center assistance. Visit ajc.lincoln.ne.gov or call 402-441-1640 for more information. Keyword: Forklift March 29 8:30 a.m.-1:30 p.m. \$139 S Lincoln, LNK, M-4 Breidenstine TRAN-4010-LNSC April 26 S 8:30 a.m.-1:30 p.m. \$139 Breidenstine TRAN-4010-LNSD Lincoln, LNK, M-4 May 31 S 8:30 a.m.-1:30 p.m. \$139 Breidenstine TRAN-4010-LNUA Lincoln, LNK, M-4 June 28 S 8:30 a.m.-1:30 p.m. \$139 Lincoln, LNK, M-4 Breidenstine TRAN-4010-LNUB

## Υουτμ

## NEW! DIY Spa Creations: Lip Balms & Bath Bombs

#### Ages 7+

Unleash your creativity and indulge in the art of self-care. Discover how to craft luxurious bath bombs and nourishing lip balms using natural ingredients, essential oils and custom scents. Leave with your handmade creations, the knowledge to recreate them and a touch of inspiration for gift-giving or personal pampering.

Bring one essential oil EXCEPT peppermint. Keyword: Spa 6:30-8 p.m. May 5 Μ York, YKLC, C101 AREA-2262-YKSA Lee

\$29

Payment is due at time of registration for all non-credit classes.



#### **Babysitting 101**

Ages 10-14

This interactive class will help you become a great babysitter. You will learn about the business of babysitting, child development, safety, and fun ways to keep children entertained. **Keyword: Babysitting** 

May 28	W	9 a.m	Noon	Segner	- \$29
Hebron	, HNI	.C, 101		AREA-6	5399-HNUA
NE City,	NCL	C, 103		AREA-6	399-NCUA
York, Ył	<lc, d<="" td=""><td>0101</td><td></td><td>AREA-6</td><td>399-YKUA</td></lc,>	0101		AREA-6	399-YKUA
Class is live-streamed from York.					
May 29		Th	9 a.m	Noon	\$29
Falls Cit	ty, FC	LC, 102	Vollme	er AREA-	6399-FCUA

#### Draw Up a Sketch

Ages 10 & Up

Take a look around. Breathe. Enjoy. Be thankful for the little things. Spending time doodling, gently making marks or leisurely drawing what is before you will slow things down and help you appreciate living. We will explore a variety of techniques that you can use for years to come. Keyword: Draw

April 26-May 3 S 10-11:30 a.m. \$39 Wahoo, WHLC, 101 Hansen AREA-6416-WHSA

## **Beginning Stained Glass**

(Ages 14 & Up) See page 12 for more information.

#### **Family Fun: Geocaching**

See page 4 for more information.

#### Archery Introduction (Ages 8 & Up)

See page 28 for more information.

#### Introduction to Sailing (Ages 12 & Up)

See page 27 for more information.





29

# TRAFFIC SAFETY & LICENSING

# **DRIVER EDUCATION & SAFETY**



#### **Driver Education**

#### Registration for this course begins Feb. 10.

Prerequisites: Student must have a school or learner permit before registering for any upcoming Driver Education course. Students must complete both the lecture and drive labs to be eligible for documentation for the provisional operator's permit (POP) and/or insurance requirements. Our program serves students under 18 years of age.

Instruction consists of face-to-face or online lecture and behind-the-wheel training (lab) that meets separately.

Participation in an orientation is required before each class. A Zoom link will be sent to the student's email one week before the orientation.

#### **Required Orientations via Zoom:**

₩ Thursday, March 27 ன Thursday, May 22 ► Thursday, May 29 \*\* Thursday, June 12

🌪 (2.6 CEUs) Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com.

Lincoln North Star High School

NOTE: Attendance is critical to the student's success. Each class and lab must be attended as scheduled. Driver Education course requires a minimum of one-week advance notice prior to the start date to receive a full refund or to transfer. Keyword: Driver

#### Lincoln SCC

Registration f	or this course begins	Feb. 10.
(All lectures have a	n online option.)	
April 7-May 17 M,	W 6:30-8:30 p.m.	\$389
Lincoln, LNK, S-1	TRAN-3398-LN	SO X
June 2-7	Online Lecture Only	\$389
Lincoln, LNK	TRAN-3398-LN	UA <b>(33</b>
June 9-21	Online Lecture Only	\$389
Lincoln, LNK	TRAN-3398-LN	UF 🕨
June 23-28	Online Lecture Only	\$389
Lincoln, LNK	TRAN-3398-LN	UJ 🍫
Lincoln Fast High	School	

Registration	for this course begin	s Feb. 10
April 7-May 17	Online Lecture Only	\$389
Lincoln, EHS	TRAN-3398-C	DCSQ X
June 9-21	Online Lecture Only	\$389
Lincoln, EHS	TRAN-3398-0	OCUH 🕨

#### **Lincoln High School**

Registration for this course begins Feb. 10.			
June 2-7	Online Lecture Only	\$389	
Lincoln, LHS	TRAN-3398-0	DCUC 🕼	
June 23-28	Online Lecture Only	\$389	
Lincoln, LHS	TRAN-3398-0	OCUL 💠	

Registratio	on for thi	s course begin	s Feb. 10.
April 7-May 17 Lincoln, LNS, A	,	3:30-5:30 p.m TRAN-3398-C	
June 9-21 Lincoln, LNS	Onlin	e Lecture Only TRAN-3398-C	\$389 ICUI 🕨
Lincoln North	east High	School	
Registratio	on for thi	s course begin	s Feb. 10.
June 2-7 Lincoln, LNE	Onlin	e Lecture Only TRAN-3398-C	\$389 ICUE <b>(%</b>
June 23-28 Lincoln, LNE	Onlin	e Lecture Only TRAN-3398-C	\$389 CUN �
Lincoln South	east Hiah	School	

Registration	for this course begins	s Feb. 10.
June 2-7	Online Lecture Only	\$389
Lincoln, LSE	TRAN-3398-0	CUD 🕼
June 23-28	Online Lecture Only	\$389
Lincoln, LSE	TRAN-3398-0	CUM 🛠

#### **Lincoln Southwest High School**

<b>Registration</b> f	or this course begins Fe	eb. 10.
April 7-May 17	Online Lecture Only	\$389
Lincoln, LSW	TRAN-3398-OCSF	> Ж
June 2-7	Online Lecture Only	\$389
Lincoln, LSW	TRAN-3398-OCUI	B <b>C/S</b>
June 9-21	Online Lecture Only	\$389
Lincoln, LSW	TRAN-3398-OCU	G 🕨
June 23-28	Online Lecture Only	\$389
Lincoln, LSW	TRAN-3398-OCUI	< <b>*</b>

**Drive Lab Schedule** 

Not all days and drive times are available at every location.

Sections beginning April 7: Lecture will meet twice each week or online for five weeks. The two-hour drive lab meets once a week for six weeks. Drive labs are offered Monday through Friday, with a starting time of 3:30 or 5:45 p.m. (SCC drive time of 4 p.m. or 6:15 p.m.), or on Saturday starting at 8 a.m., 10:15 a.m., 1 p.m., or 3:15 p.m. The student could possibly attend the first drive lab before the first lecture meets. The drive lab continues one week past the completion of the face-toface lecture.

Sections beginning June 9: Lecture is two weeks long online only. Drive lab meets for two hours every day Monday through Saturday for the one of the two weeks. Starting times offered are: 7:15 a.m., 9:30 a.m., 12 p.m., 2:15 p.m., 4:30 p.m., or 6:45 p.m.

Sections beginning June 2 and June 23: Lecture is one week long online only. Drive lab meets for two hours every day Monday through Saturday for the same week. Starting times offered are: 7:15 a.m., 9:30 a.m., 12 p.m., 2:15 p.m., 4:30 p.m., or 6:45 p.m.

## Driver Education Instructor Training

**Prerequisites:** Must be at least 21 years of age, have a high school diploma or equivalent, valid operator's license held in the state of residence for two consecutive years and clean driving record (for the prior five years, the instructor candidate must have no violation on record for which five or more points might be assessed, including probation or other situations in which no points were actually assessed for the violation. The instructor candidate must have no suspensions or revocations on record within the last five years, including no convictions for DWI or any alcohol- or drug-related offense in connection with motor vehicle use. DMV Title 247.)

This is a Department of Motor Vehiclesapproved course for the certification of instructors to teach driver education in a non-credit format. The focus is on fundamental driver education, curriculum development and presentation skills. The class is geared toward those individuals who want to teach outside the K-12 system.

(6.0 CEUs) Required book is available at AAA at https://drivertraining.aaa.biz/ products/how-to-drive-instructor-kit.

#### **Keyword: Instructor**

April 7-May 17	Online	\$529
Lincoln, LNK	Leedom	TRAN-3393-HBSCB

#### **Smart Drivers!**

This is a state-approved four-hour comprehensive course applying fundamental traffic laws and increasing driver awareness.

(0.4 CEUs) This class is approved by the Nebraska Department of Motor Vehicles and can be applied toward: under-age 21, six-point accumulation, reinstatement of point revocation, and two-point credit to driving record.

For information about this course, visit **southeast.edu/cesmartdrivers**.

## Four-Hour Online STOP Class

Diversion for minor traffic violations in Seward, Thayer and York counties.

For information on how to register, contact us at STOP@southeast.edu.

# **MOTORCYCLE SAFETY**



## **Motorcycle Safety: Beginning Riders Course**

Prerequisites: You must be at least 16 and able to balance and ride a bicycle. If you are ages 16 or 17, a waiver must be signed by a parent or guardian. Failure to provide will disqualify participation in class, and a refund will not be available.

This 18-hour course is intended for beginning riders 16 years and older and is designed to teach safe motorcycle operation.

(1.8 CEUs) Approximately three weeks before the start date of the course, an email will be sent with instructions on how to access the eCourse. The eCourse is to be successfully completed one week prior to the start of the Friday evening classroom session. You must successfully complete the online eCourse and the written and driving exams to receive documentation for the motorcycle endorsement. You will provide your own protective riding apparel, including Nebraska Department of Transportation-approved helmet and eye protection, over-the-ankle footwear, long-sleeve shirt or jacket, long non-flare denim pants or equivalent, and full-fingered gloves, preferably leather. *Motorcycle Safety course requires a minimum of one-week advance notice to receive a full refund or to transfer.* 

✓ Class is held on Friday from 6-8:30 p.m., Saturday from 8 a.m.-4:30 p.m. and Sunday from 8 a.m.-1 p.m. **Keyword: Motorcycle** 

April 11-13	See Desc.	\$299
Lincoln, LN	TRAN-337	8-HBSLA ≠
April 25-27	See Desc.	\$299
Lincoln, LN	TRAN-337	8-HBSLB ≠
May 2-4	See Desc.	\$299
Lincoln, LN	TRAN-337	8-HBSLC ₩
May 16-18	See Desc.	\$299
Lincoln, LN	TRAN-337	8-HBSLD ₩

May 30-June	, ,	See Desc.	\$299
Lincoln, LN		TRAN-3378	-HBULA ⋪
June 6-8		See Desc.	\$299
Lincoln, LN		TRAN-3378	-HBULB ⋪
June 20-22	, . , .	See Desc.	\$299
Lincoln, LN		TRAN-3378	-HBULC ⋪
June 27-29	F, S, U	See Desc.	\$299
Lincoln, LN	K, S-1	TRAN-3378	-HBULD ⋪

Space is limited. Register today!

Payment is due at time of registration for all non-credit classes.

REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Courses are subject to change.



# HEALTH

# MENTAL HEALTH



## **Mental Health First Aid**

This is a skills-based 📕 training

Mental Health FIRST AID

that teaches people how to safely and responsibly identify, understand and respond to signs and symptoms of a mental health or substance use challenge in adults. This course builds mental health literacy and teaches strategies to help someone in crisis and non-crisis situations, and knowledge of where to turn for help.

(0.75 CEUs) Participant manual and processing guide included with the course. Mental Health First Aid, sometimes called Adult Mental Health First Aid, is designed for adult learners. The course may not be delivered to anyone under the age of 18. Keyword: Health

March 19-26 W	5-9 p.m.	\$89
Lincoln, CEC, 403	Schluter HLTH-3	033-CESC
March 22 S	8 a.m4:30 p.m.	\$89
Hebron, HNLC, 101	Schluter HLTH-30	)33-HNSA

Space is limited. Register today!

**REGISTRATION INFORMATION Page 40 LOCATION KEY** Page 41

# CPR & FIRST AID

#### The American Heart

Association



strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an education course does not represent course sponsorship by the AHA. Any fees charged for such a course, except a portion of the fees needed for AHA course material, do not represent income to the AHA

Association

Our CPR courses are offered in Faceto-Face (F2F) and Hybrid (HB) formats for learning flexibility.

For Hybrid courses

- When registering, include your email address.
- Approximately one week before your skills session class, you will receive an email with the AHA access key to complete the online learning.
- Once you've completed the online portion, print the Online Course Completion Certificate. You must have this certificate with you for admission into the face-to-face skills session.

NOTE: You are required to attend the entire class you have enrolled in to receive a card. If you miss or do not successfully complete any part of your class, you must register and pay for another class. We require 24 hours' notice before the first day of class to drop or change any CPR or First Aid class.

#### F2F | Heartsaver<sup>®</sup> CPR AED (Community)

Have you always wanted to know how to perform CPR and use an AED if needed in an emergency situation? Take this training and walk away with CPR and AED skills needed to assist adults, children and infants.

This class meets the CPR AED requirement for day cares. Keyword: CPR

April 9	W	6-9 p.m.	\$59
Lincoln, C	EC, 109B		HLTH-3500-CESB
April 9	W	6-9 p.m.	\$59
NE City, N	CLC, 102		HLTH-3500-NCSA
June 11	W	6-9 p.m.	\$59
Lincoln, C	EC, 109B		HLTH-3500-CEUA
June 11	W	6-9 p.m.	\$59
Falls City,	FCLC, 109		HLTH-3500-FCUA

Courses are subject to change.

## HB | Heartsaver<sup>®</sup> CPR AED Online + Skills Session (Community)

This class meets the CPR AED requirements for day cares. Keyword: CPR March 12 W 6-6:45 p.m. \$59 Lincoln, CEC, 109B Registration Deadline: March 10 HLTH-3501-HBSCB March 18 т 5:30-6:15 p.m. \$59 Plattsmouth, PLLC, 104 Buchholz Registration Deadline: March 16 HLTH-3501-HBSPA May 7 W 6-6:45 p.m. \$59 Lincoln, CEC, 109B HLTH 3501-HBSCC Registration Deadline: May 5

#### HB | CPR - HeartCode<sup>®</sup> Basic Life Support Online + Skills Session (for Health Care Professionals)

This course is for health care providers such as nurses, EMTs, or doctors, as well as lifeguards. Keyword: CPR

March 5 Lincoln, CEC		1-2:30 p.m		\$65.50
Registration		March 3	HLTH-3253-	HBSCG
March 18 Lincoln, CEC, Registration	109B			\$65.50
April 5 Lincoln, CEC,	109B			\$65.50
Registration	Deadline:	April 3	HLTH-3253-	HBSCI
April 29 Lincoln, CEC,		6-7:30 p.m		\$65.50
Registration	Deadline:	April 27	HLTH-3253-	HBSCJ
May 10 Lincoln, CEC		9-10:30 a.r	n.	\$65.50
Registration	Deadline:	May 8	HLTH-3253-	HBSCK
May 13 Lincoln, CEC		1-2:30 p.m		\$65.50
Registration		May 11	HLTH-3253-	HBSCL
June 5 Lincoln, CEC		1-2:30 p.m		\$65.50
Registration	Deadline:	June 3	HLTH-3253-1	HBUCA
June 26 Lincoln, CEC		6-7:30 p.m		\$65.50
Registration		June 3	HLTH-3253-H	HBUCB
Plattsmouth				
March 18 Plattsmouth,	T PLLC, 104	5:30-7 p.m Buchholz		\$65.50

r taccomouri,	1 220, 10 1	Duciniotz	
Registration	Deadline:	March 16	HLTH-3253-HBSPA



Health 32

## F2F | CPR HeartCode<sup>®</sup> Basic Life Support (for Health Care Professionals)

Sign up for this CPR BLS training and learn all that you need to know in performing CPR and using an AED and responding to foreign-body airway obstruction.

Course cost does not include BLS Provider Manual. You may purchase the manual through the AHA website or the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. The book is NOT required.

(0.45 CEUs) This course is for health care providers such as nurses, EMTs, or doctors, as well as lifeguards. Keyword: CPR

J	
March 22 S	9 a.m1:30 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESP
March 25 T	5:30-10 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESQ
March 29 S	9 a.m1:30 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESR
April 2 W	8:30 a.m1 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESS
April 8 T	5:30-10 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CEST
April 12 S	9 a.m1:30 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESU
April 15 T	5:30-10 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESV
April 22 T	5:30-10 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESW
April 26 S	9 a.m1:30 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESX
May 3 S	9 a.m1:30 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESY
May 15 Th	5:30-10 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESZ
May 17 S	0 a m 1:20 a m 602
Lincoln, CEC, 109B	9 a.m1:30 p.m. \$63 HLTH-3251-CESAA
,	
Lincoln, CEC, 109B	HLTH-3251-CESAA
May 20 T	5:30-10 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CESAA
May 20 T	5:30-10 p.m. \$63
Lincoln, CEC, 109B	HLTH-3251-CEUA
May 22 Th	5:30-10 p.m. \$63
Lincoln, CEC, 109B May 20 T Lincoln, CEC, 109B May 22 Th Lincoln, CEC, 109B May 27 T	HLTH-3251-CESAA           5:30-10 p.m.         \$63           HLTH-3251-CEUA           5:30-10 p.m.         \$63           HLTH-3251-CEUB           8:30 a.m1 p.m.         \$63
Lincoln, CEC, 109B May 20 T Lincoln, CEC, 109B May 22 Th Lincoln, CEC, 109B May 27 T Lincoln, CEC, 109B May 31 S	HLTH-3251-CESAA           5:30-10 p.m.         \$63 HLTH-3251-CEUA           5:30-10 p.m.         \$63 HLTH-3251-CEUB           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUC           9 a.m1:30 p.m.         \$63
Lincoln, CEC, 109B May 20 T Lincoln, CEC, 109B May 22 Th Lincoln, CEC, 109B May 27 T Lincoln, CEC, 109B May 31 S Lincoln, CEC, 109B June 3 T	HLTH-3251-CESAA           5:30-10 p.m.         \$63 HLTH-3251-CEUA           5:30-10 p.m.         \$63 HLTH-3251-CEUB           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUC           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUD           5:30-10 p.m.         \$63 Sign and the state stat
Lincoln, CEC, 109B May 20 T Lincoln, CEC, 109B May 22 Th Lincoln, CEC, 109B May 27 T Lincoln, CEC, 109B May 31 S Lincoln, CEC, 109B June 3 T Lincoln, CEC, 109B June 7 S Lincoln, CEC, 109B June 7 S	HLTH-3251-CESAA           5:30-10 p.m.         \$63 HLTH-3251-CEUA           5:30-10 p.m.         \$63 HLTH-3251-CEUB           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUC           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUD           5:30-10 p.m.         \$63 HLTH-3251-CEUD           5:30-10 p.m.         \$63 HLTH-3251-CEUD           5:30-10 p.m.         \$63 HLTH-3251-CEUE           9 a.m1:30 p.m.         \$63
Lincoln, CEC, 109B May 20 T Lincoln, CEC, 109B May 22 Th Lincoln, CEC, 109B May 27 T Lincoln, CEC, 109B May 31 S Lincoln, CEC, 109B June 3 T Lincoln, CEC, 109B June 7 S Lincoln, CEC, 109B	HLTH-3251-CESAA           5:30-10 p.m.         \$63 HLTH-3251-CEUA           5:30-10 p.m.         \$63 HLTH-3251-CEUB           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUC           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUD           5:30-10 p.m.         \$63 HLTH-3251-CEUD           5:30-10 p.m.         \$63 HLTH-3251-CEUE           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUE           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUF           8:30 a.m1 p.m.         \$63
Lincoln, CEC, 109B May 20 T Lincoln, CEC, 109B May 22 Th Lincoln, CEC, 109B May 27 T Lincoln, CEC, 109B May 31 S Lincoln, CEC, 109B June 3 T Lincoln, CEC, 109B June 7 S Lincoln, CEC, 109B June 10 T Lincoln, CEC, 109B June 21 S	HLTH-3251-CESAA           5:30-10 p.m.         \$63 HLTH-3251-CEUA           5:30-10 p.m.         \$63 HLTH-3251-CEUB           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUC           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUB           5:30-10 p.m.         \$63 HLTH-3251-CEUE           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUE           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUB           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUF           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUF           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUF           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUF
Lincoln, CEC, 109B May 20 T Lincoln, CEC, 109B May 22 Th Lincoln, CEC, 109B May 27 T Lincoln, CEC, 109B May 31 S Lincoln, CEC, 109B June 3 T Lincoln, CEC, 109B June 7 S Lincoln, CEC, 109B June 10 T Lincoln, CEC, 109B June 21 S Lincoln, CEC, 109B June 21 S	HLTH-3251-CESAA           5:30-10 p.m.         \$63 HLTH-3251-CEUA           5:30-10 p.m.         \$63 HLTH-3251-CEUB           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUC           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUE           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUE           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUF           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUF           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUF           8:30 a.m1 p.m.         \$63 HLTH-3251-CEUF           9 a.m1:30 p.m.         \$63 HLTH-3251-CEUF           5:30-10 p.m.         \$63 HLTH-3251-CEUF



## F2F | Online Skills Only

Once you have purchased and completed your AHA online course (CPR BLS for Healthcare Provider, AED or First Aid), schedule a skills session within 30 days to complete and receive your card.

The certificate must be current as of six months since the written portion was completed. Keyword: CPR

March 5	W	1-2:30 p.m.	\$25
Lincoln, CEC, 1	09B		HLTH-3499-CESC
April 29	T	6-7:30 p.m.	\$25
Lincoln, CEC, 1	09B		HLTH-3499-CESD
May 10 Sincoln, CEC, 1	S 09B	9-10:30 a.m.	\$25 HLTH-3499-CESE
June 5	Th	1-2:30 p.m.	\$25
Lincoln, CEC, 1	09B		HLTH-3499-CEUA

## ACLS Online + Skills

AHA's ACLS course. HeartCode blended learning delivers quality resuscitation education regardless of where providers are located and gives them more control to complete the course at their own pace.

For more information, contact us at continuinged@southeast.edu or 402-437-2700.

## F2F | Heartsaver® First Aid

If you respond to first aid emergencies in the workplace, this class is perfect for you. Learn how to manage illness and injuries in the first few minutes until medical professionals arrive.

This class meets the First Aid requirements for day cares. Keyword: Aid April 16 W 6-9 p.m. \$59 Lincoln, CEC, 109B HLTH-3505-CESB June 18 W 6-9 p.m. \$59

Lincoln, CEC, 109B

## HB | Heartsaver<sup>®</sup> First Aid Online + Skills Session

r	This class equiremen	,		Aid <b>Keyword: Aic</b>	I
	March 12 Lincoln, CEC,	109B	7-7:45 p.m		59
	Registration	Deadline:	March 10	HLTH-3506-HBS	CB
			6:15-7 p.m.		59
	Plattsmouth,	PLLC, 104	Buchholz		
	Registration	Deadline:	March 16	HLTH-3506-HBS	PA
	May 7	W	7-7:45 p.m	. ç	59
	Lincoln, CEC,	109B			
	Registration	Deadline:	May 5	HLTH-3506-HBS	CC



## **Medical Billing and Coding**

Designed by experts, our online Medical Coding and Billing Professional Program is aligned with the career-focused skills that can help you become a successful medical billing and coding professional. Your program also prepares you to sit for the American Academy for Professional Coder's (AAPC) Certified Professional Coder (CPC) exam, which can help you stand out to employers!



## Medical Scribe

This program provides a comprehensive overview of the skills you need

HLTH-3505-CEUA

to be a successful medical scribe. We'll discuss basic medical procedures and walk you through standard administrative duties and documentation processes.



Payment is due at time of registration for all non-credit classes.

For full details and to register



For full details and to register



# TECHNOLOGY

# INTRODUCTORY COMPUTER CLASSES

## **One-on-One Computer Training**

Receive three hours of personalized instruction on the computer topic that meets your need! Training is scheduled at an SCC facility at a time convenient for you and the instructor. Instructors are available for, but not limited to, the following topics: Windows, MS Office, Word, Excel, Access, Outlook, QuickBooks, social media, basic computer assistance, etc. **Keyword: Computer** 

Falls City Area	\$99	AREA-0927-FCSA
Nebraska City Area	\$99	AREA-0927-NCSA
Plattsmouth Area	\$99	AREA-0927-PLSA
Wahoo Area	\$99	AREA-0927-WHSA
York Area	\$99	AREA-0927-YKSA

## **Get Started with Computers**

This hands-on class is for the person who has little to no knowledge about computers but wants to learn. Find out about using Windows, creating and saving documents, getting started with email, and much more. **Keyword: Computer** 

April 5	S	9-11:30 a.m	ı. \$39
NE City, NCLO	, 104	McKinney	AREA-0928-NCSB

## Windows Operating System Intermediate Skills

This course is designed to help you with basic computer skills to make your computer more efficient. You will learn how to maximize storage, identify the version of Windows, and locate the tools in the Settings and Control Panel. Extra attention will be given to removing unwanted files and software and streamlining antivirus and anti-malware.

March 10	Μ	Noon-5 p.	m. \$50	
Lincoln, S	GTC, 103	Goosen	OFFT-7613-LNSA	
June 9	Μ	8 a.m1 p.	m. \$50	
Lincoln, S	GTC, 103	Goosen	OFFT-7613-LNUA	
				Ī

#### Payment is due at time of registration for all non-credit classes.



# NORTHSTAR DIGITAL LITERACY SERIES: ESSENTIAL COMPUTER SKILLS

SCC is proud to be an approved Northstar Digital Literacy location. Northstar was



developed in response to the needs of job seekers who may lack the digital literacy skills needed to seek, obtain and retain employment, as well as to perform other tasks in daily life. Individuals may obtain the Northstar Digital Literacy Certificate when they pass assessments.

## **Basic Computer Skills**

This class is for the beginner. Learn about computer software and hardware devices, mouse and keyboard skills, understand computer files and drives, as well as customizing your computer for increased accessibility.

#### (0.5 CEUs) Keyword: Computer

March 5	W	Noon-5 p.m	n. \$50
Lincoln, SGTC	, 428	Goossen	OFFT-7606-LNSC
April 5	S	8 a.m1 p.m	n. \$50
Lincoln, SGTC	2, 103	Goossen	OFFT-7606-LNSD

## **Basic Software Skills MS Word**

You will be introduced to basic tools and techniques in Microsoft Word, including creating new documents, adjusting formatting choices, adding shapes and tables, and managing files. As part of our Northstar offerings, this course is designed for students who are looking to learn the basics of their computers and upskill for the workplace.

(0.5 CEUs) Keyword: Word

May 5	Μ	8 a.m1 p.ı	m. \$50
Lincoln,	SGTC, 103	Goosen	OFFT-7614-LNSB

## **Basic Software Skills MS Excel**

As part of the Northstar curriculum, this class is designed for beginners who wish to get started with the Excel software. You will be introduced to the basic tools in Microsoft Excel, including the interface and most important tasks, and will guide you to use simple formulas and charts.

#### (0.5 CEUs) Keyword: Excel

May 12	Μ	8 a.m1 p.ı	m. \$50
Lincoln, SO	GTC, 103	Goosen	OFFT-7610-LNSB

## **Internet Basics**

Learn how to connect to the internet and navigate websites. Understand how to use tabs and favorites as well as search terms and sifting through search results. You also will create shortcuts, and lessons on internet privacy, viruses and email scams.

#### (0.5 CEUs) Keyword: Internet

March 12	W	Noon-5 p.r	n. \$50
Lincoln, SC	GTC, 103	Goossen	INFO-7607-LNSC
April 12	S	8 a.m1 p.r	n. \$50
Lincoln, SC	GTC, 103	Goossen	INFO-7607-LNSD

## **Using Email**

We will help you get started with how to make an email account and manage email addresses. From there you will learn lessons on email etiquette, email functions, attachments, managing your inbox, and identify spam and phishing emails.

#### (0.5 CEUs) Keyword: Email

	-		
March 19	W	Noon-5 p.r	m. \$50
Lincoln,	SGTC, 103	Goossen	OFFT-7608-LNSC
April 19	S SGTC, 103	8 a.m1 p.i Goossen	m. \$50 OFFT-7608-LNSD

## Windows Operating System

This class will cover lessons on finding and operating Windows programs, managing and operating systems, identifying the function of Microsoft Programs, file storage, storage drives, start menu, and managing apps.

#### (0.5 CEUs) Keyword: Windows

March 26 W	Noon-5 p.m.	\$50
Lincoln, SGTC, 103	Goossen OFF	T-7609-LNSC
April 26 S Lincoln, SGTC, 103	8 a.m1 p.m. Goossen OFF	\$50 T-7609-LNSD

REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Space is limited. Register today!

34 34

#### Introduction to Personal Computers for the Senior Citizen I

This is a hands-on course and the instructor will guide you at a comfortable pace. This is a hands-on course with instructor guidance. No prior computer skills needed. **Keyword: Computer** 

May 6-27	T, Th	1:30-4:30	p.m.	\$175
Lincoln,	CEC, 402	Olson	OFFT-35	03-CESB

## INTERNET

## NEW! Cybersecurity Basics: Protect Yourself Online Without the Jargon

Concerned about online threats but not sure where to start? This class demystifies cybersecurity for everyday users, focusing on practical, easy-to-understand steps to protect yourself online. From spotting phishing scams to securing your personal information and devices, you'll learn essential techniques to stay safe in the digital world—no tech background required! **Keyword: Cybersecurity** 

April 21	M	6-8 p.m.	\$29
LIVE Online	e, Zoom	Jensen	LLLX-2312-TCSCA

## **Cybersecurity Basics**

You will gain essential skills for staying safe online, including using the internet and email securely, spotting scams and safeguarding personal information on social media.

(0.5 CEUs) Designed for beginners and those who do not feel confident in their computer skills, this session will focus on simple, practical steps for every day users. **Keyword: Cybersecurity** 

Noon-5 p.m. \$129
Goossen OFFT-7611-LNSC
Noon-5 p.m. \$129
Goossen OFFT-7611-LNUA

# NEW! Everyday AI: Practical Uses for Artificial Intelligence

Artificial Intelligence isn't just for tech experts—it's shaping daily life in ways we all can use! Introduce yourself to accessible AI tools that help with everything from organizing your day to simplifying complex tasks. We'll show you how the tool works, and how you might use it for your everyday information and research. We'll highlight practical tips for enhancing your productivity, creativity and efficiency in everyday situations. **Keyword: AI** 

April 15	Т	6-8 p.m.	\$29
LIVE Online, Z	loom	Jensen	LLLX-2310-TCSCA

## **Is Artificial Intelligence Ethical?**

Artificial intelligence is a fascinating field that refers to computer systems capable of performing tasks that historically required human intelligence, such as recognizing speech, making decisions or solving problems. It's like giving machines a touch of human-like thinking! Explore the benefits, ethical concerns and the potential dangers that AI offers. **Keyword: Artificial** 

April 5	S	Noon-3 p.n	n. \$49
NE City, N	CLC, 104	McKinney	AREA-0945-NCSB

## Intro to Canva

Learn to liven up your flyers, newsletters or social media posts by exploring the creative publication platform known as Canva. See what all the excitement is about.

Bring your own laptop or tablet with the free version of the Canva app installed (canva.com). **Keyword: Canva** 

April 14	Μ	7-9 p.m.	\$25
York, YKLC,	D101	Saulsberry	AREA-1190-YKSA

# PROMINEO TECH

Experience hands-on training from industry professionals.

Front-End Software Developer Bootcamp

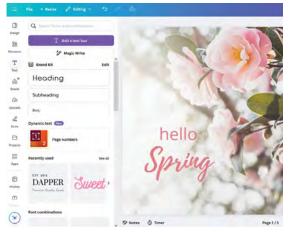
## **Back-End Developer Bootcamp**

Gap tuition assistance is available.

For more information, visit southeast.edu/coding-boot-camp

Technology

# TECHNOLOGY



# NEW! One-on-One Canva Training

This two-hour personalized opportunity allows you to learn how to create stunning cards, flyers and publications or assist you with fine tuning your existing projects.

Bring your laptop or tablet with the free version of Canva app installed (canva.com). **Keyword: Canva** 

York Area Saulsberry \$59 AREA-1161-YKSA

## iTunes: Work It, Play It, Manage It

Rent or buy movies and download your favorite TV shows. iTunes is home to Apple music, where you can listen to millions of songs. You also can subscribe to podcasts, manage libraries, use iCloud to store your music, create playlists, and download CDs.

You should have basic computer experience but are not required to bring CDs or devices like iPod or MP3 players to class. **Keyword: iTunes** 

April 2	W	5-8 p.m.	\$49
NE City, NCL	.C, 104	McKinney	AREA-0904-NCSB
April 5	S	4-7 p.m.	\$49
NE City, NCL	.C, 104	McKinney	AREA-0904-NCSC

## Virtual Reality 101: Emerging Technologies

VR, AR, MR, 360 Photo/Video, and Metaverse. Ever wonder what it all means? We'll examine some of the key features and benefits of these emerging technologies, as well as the practical uses. We'll cover some of the best games and other platforms where this technology currently exists. **Keyword: Virtual** 

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April 9	W	4:30-7:30 p	.m. \$49	
NE City, NCLO	2, 104	McKinney	AREA-1407-NCSB	
May 22	Th	1-4 p.m.	\$49	
NE City, NCLO	C, 104	McKinney	AREA-1407-NCUA	

## **Online Buying & Selling**

See page 22 for more information.



# **S**MART **D**EVICES

#### One-on-One Smart Device Training

Learn to set up and troubleshoot your iPhone, iPad and Android devices. Registration provides one hour of personalized instruction on the smart device that meets your specific need.

Training is scheduled at an SCC facility at a time convenient for you and the instructor. **Keyword: Device** 

Falls City Area	\$35	AREA-0880-FCSA
Nebraska City Area	\$35	AREA-0880-NCSA
Plattsmouth Area	\$35	AREA-0880-PLSA
Wahoo Area	\$35	AREA-0880-WHSA
* No Android phone	instructio	on available.
York Area	\$35	AREA-0880-YKSA
* No Android phone	instructio	on available.

## NEW! Unlocking iPhone Potential: Tips & Tricks for Power Users

Think you know all your iPhone's secrets? Think again! We will dive into the powerful features and shortcuts that can make your iPhone experience even better. Learn about hidden settings, time-saving shortcuts and essential apps for organizing, editing photos and managing your device like a pro. Perfect for anyone looking to get more from their iPhone! **Keyword: iPhone** 

	-		
April 17	Th	6-8 p.m.	\$29
LIVE Onlin	e, Zoom	Jensen	LLLX-2311-TCSCA

REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

#### **Smartphone Basics: iPhone**

We will teach you about icons, apps and other features on your iPhone.



Bring your phone fully charged so you can practice using your smartphone. If you don't own a smartphone, come anyway. **Keyword: Smartphone** 

Zoom	.m.	McKinney AREA-1393-T( AREA-1393-F(	CSFB
			\$29 NCSB
			\$29 NCSC
			\$29 NCSD
			\$29 NCSE
Zoom	.m.	McKinney AREA-1393-T( AREA-1393-F(	CUFA
	Zoom C, 102 W , 104 W , 104 W , 104 W , 104	C, 102 W 9-11:30 a.m , 104 McKinney W 3-5:30 p.m , 104 McKinney W 9-11:30 a.m , 104 McKinney W 3-5:30 p.m , 104 McKinney 5:30-8 p.m.	Zoom         AREA-1393-TG           C, 102         AREA-1393-FG           W         9-11:30 a.m.           , 104         McKinney           AREA-1393-FG           W         3-5:30 p.m.           , 104         McKinney           AREA-1393-           W         3-5:30 p.m.           , 104         McKinney           AREA-1393-           W         9-11:30 a.m.           , 104         McKinney           AREA-1393-           W         3-5:30 p.m.           , 104         McKinney           AREA-1393-           W         3-5:30 p.m.           , 104         McKinney           AREA-1393-           Si30-8 p.m.         McKinney           Zoom         AREA-1393-TG

#### **Smartphone Basics: Android**

We will teach you about icons, apps and other features on your Android.



Bring your phone fully charged so you can practice using your smartphone. If you don't own a smartphone, come anyway. **Keyword: Smartphone** 

-				
LIVE On	T 5:30-8 p line, Zoom :y, FCLC, 102	.m.	Steinhauser AREA-1394-TC AREA-1394-FC	SFB
April 16	W		p.m.	\$29
NE City,	NCLC, 104		AREA-1394-N	ICSB
April 16	W	6-8:30 p.m	I.	\$29
NE City,	NCLC, 104	McKinney	AREA-1394-N	ICSC
May 14	W		p.m.	\$29
NE City,	NCLC, 104		AREA-1394-N	ICSD
	W	6-8:30 p.m	I.	\$29
	NCLC, 104	McKinney	AREA-1394-N	ICSE
LIVE On	T 5:30-8 p line, Zoom :y, FCLC, 102	.m.	Steinhauser AREA-1394-TC AREA-1394-FC	UFA

Courses are subject to change.

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Technology

# SOCIAL MEDIA

## **One-on-One** Social Media Training

This learning opportunity is designed for the person who wants one-on-one instruction for how to use social media to meet their needs. Subject-matter experts will work with you at a learning pace with which you are comfortable. Instruction is available for beginning users as well as those who have developed specific questions and want to dive deeper into Facebook<sup>®</sup>, Pinterest, Twitter, etc.

Registration gives you up to one hour of personalized attention on topics that meet your specific need. After registration, a college representative will contact you to help develop your individualized training plan. Keyword: Social

Falls City Area	Steinhauser	\$35	AREA-1376-FCSA
Wahoo Area	Bomberger	\$35	AREA-1376-WHSA



## Zoom: Everyone's Doing It!

Learn why Zoom is being used by millions to hold oneon-one meetings or group

conversations. Zoom provides a fun, easy way to connect with family, friends or colleagues with the click of a button. You can see and hear them. Learn how to set up a free account, join a meeting, host a meeting, share your screen, and record meetings. Learn the difference between free or paid plans. Ready, set, Zoom! **Keyword: Zoom** 

June 3 T 1-4 p.m. LIVE Online, Zoom Falls City, FCLC, 102 NE City, NCLC, 104 Plattsmouth, PLLC, 102 Class is live-streamed from Nebraska City.

Mever \$49 AREA-0934-TCUNA AREA-0934-FCUA AREA-0934-NCUA AREA-0934-PLUA

## **Upskilling & Reskilling Opportunities Available**



Scan the OR code to find the latest business and professional development courses in: Computers & Technology **Trades & Industry Health Care Power Skills** 

# **SOFTWARE APPLICATIONS**

## Introduction to InDesign CC

Prerequisite: Windows Operating System experience and knowledge of Adobe CC software

Learn the fundamentals of InDesign. In this hands-on class you will learn core features and start to create your own projects. This class is for the beginner or anyone looking to brush up on their skills.

(0.7 CEUs) While taught in a Windows environment, skills are easily transferable to Mac. Keyword: InDesign

April 22-29	T, Th	6-8:30 p.m.	\$159
Lincoln, CEC,	402	Beck	GDMA-7712-LNSB

Space is limited. Register today!

Payment is due at time of registration for all non-credit classes.

## Introduction to Photoshop CC

Prerequisite: Experience navigating in Mac or PC environment

Start your photographic design journey today in this hands-on workshop. Adobe Photoshop is the top choice for professionals to create powerful images. This class is great for the beginner or anyone looking to brush up on their skills.

(0.7 CEUs) While taught in a Windows environment, the skills learned in this class are easily transferred to a Macintosh environment. Keyword: Photoshop

	-		-	
March 15	S	8:30 a.m	4:30 p.m.	\$159
Lincoln,	CEC, 402	Beck	GDMA-362	1-LNSB
May 17	S	8:30 a.m	4:30 p.m.	\$159
Lincoln,	CEC, 402	Beck	GDMA-362	1-LNSC



#### **Introduction to Adobe Lightroom**

Prerequisite: Introduction to Photoshop CC or equivalent experience

Adobe Lightroom will help you take your photography to the next level.

🜔 (0.7 CEUs) Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com.

#### **Keyword: Adobe**

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April 5	S	8:30 a.m	ı4:30 p.m.	\$159
Lincoln, C	EC, 402	Beck	GDMA-770	9-LNSB

## Adobe Acrobat DC Pro

Prerequisite: Word Basic or equivalent experience

Learn how to create functional PDF forms out of almost any document. This is a great class for anyone responsible for creating and modifying documents in a workplace.

#### (0.7 CEUs) Keyword: Adobe

March 21 8:30 a.m.-4:30 p.m. F \$159 Lincoln, CEC, 402 Massey GDMA-7710-LNSA





rechnology 37

# TECHNOLOGY

## Adobe Creative Cloud: Introduction to Premiere Pro

Prerequisite: Experience navigating in Mac or PC environment

This class introduces the fundamentals of Adobe Premiere Pro in the Creative Cloud. It will focus on key skills to take a project from the beginning to end, including tasks like organizing media, using audio, creating transitions, producing titles, and adding effects.

(0.7 CEUs) While taught in a Windows environment, the skills learned in this class are easily transferred to a Mac environment. **Keyword: Adobe** 

April 19	S	8:30 a.m	4:30 p.m.	\$159
Lincoln, C	EC, 402	Beck	GDMA-771	4-LNSA

## **Microsoft Teams**

This course is designed to help you master Microsoft® Teams®, the key communications tool in the suite of Microsoft® 365® productivity apps. Microsoft Teams enables individuals and organizations to chat, share ideas, collaborate on files, and essentially work together. You can use Teams to have a quick chat with a colleague, participate in a virtual meeting, make an online call, and share files and resources.

#### (0.4 CEUs) Keyword: Teams

March 27	Th	1-5 p.m.	\$95
Lincoln, SC	GTC, 103	Goossen	OFFT-7709-LNSB
April 17	Th	1-5 p.m.	\$95
Lincoln, SC	GTC, 103	Goossen	OFFT-7709-LNSC

## Word: Basic

Prerequisite: Basic Computer Class (OFFT-3502) or equivalent experience

Discover the basic tools of word processing, including editing a document, formatting text and changing forms. Learn to cut and paste, spell check, and insert graphics and tables. Make a document interesting with a border, symbols or special characters.

(0.7 CEUs) Book provided during class. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. **Eligible for Nebraska City Job Enhancement Scholarship.** For more information, visit

southeast.edu/nebraskacitylc. Lunch on your own. **Keyword: Word** 

NE City NCLC 10/ Mallingary OFFT 722	T 9 a.m5 p.m. \$159
NE City, NCLC, 104 McKinney OFFT-723	104 McKinney OFFT-7238-NCSB

Payment is due at time of registration for all non-credit classes.

#### Excel 2021: Basic

Prerequisite: Basic Computer Class or equivalent experience

After an introduction to spreadsheet terminology and Excel's window components, you will learn how to use the Help system; navigate worksheets and workbooks; enter and edit text, values, formulas, and pictures; save workbooks in various formats; and much more.

(0.7 CEUs) Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. **Keyword: Excel** 

-				
April 4	F	8:30 a.m4		\$159
Lincoln,	SGTC, 103	Goossen	OFFT-770	3-LNSD
May 6	Т	8:30 a.m4		\$159
Lincoln,	CEC, 402	Maltas	OFFT-770	3-LNSE
June 5	Th	8:30 a.m4	⊧:30 p.m.	\$159
Lincoln,	SGTC, 103	Goossen	OFFT-770	3-LNUA

## Excel 2021: Intermediate

Prerequisite: Excel Basic or

equivalent experience Learn how to work with large worksheets and use multiple worksheets and workbooks efficiently. Discover advanced formatting techniques such as applying special number formats and using workbook styles and themes. In addition, you will learn how to create outlines and subtotals and how to create and apply cell names. You will sort and filter data and create and format tables and much more.

(0.7 CEUs) Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com.

#### Keyword: Excel

March 28	W	8:30 a.m4	+:30 p.m.	\$159
Lincoln, SG	FC, 103	Goossen	OFFT-770	4-LNSC
April 11	F	8:30 a.m4	4:30 p.m.	\$159
Lincoln, SG	FC, 103	Goossen	OFFT-770	4-LNSD
May 13	Т	8:30 a.m4	4:30 p.m.	\$159
Lincoln, SG	FC, 103	Goossen	OFFT-770	4-LNSE
June 12	Th	8:30 a.m4	4:30 p.m.	\$159
Lincoln, CEO	2, 402	Maltas	OFFT-770	4-LNUA

REGISTRATION INFORMATION Page 40 LOCATION KEY Page 41

Space is limited. Register today!

Courses are subject to change.

## Excel 2021: Advanced

Prerequisite: Excel Intermediate or equivalent experience

Build on the skills acquired in the basic and intermediate courses. You will work with advanced functions and formulas, as well as lookup functions such as VLOOKUP, MATCH, and INDEX. Learn about data validation and how to use advanced data filtering. You will apply advanced chart formatting options and create more complex charts and much more.

(0.7 CEUs) Required book is available at the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com.

Reyword. Excel				
April 23	W	8:30 a.m4	4:30 p.m.	\$159
Lincoln, C	EC, 402	Maltas	OFFT-770	5-LNSB
June 17	Т	8:30 a.m4	4:30 p.m.	\$159
Lincoln, S	GTC, 103	Goossen	OFFT-770	5-LNUA

## Intro to Microsoft Power Automate & Power Automate Desktop

This course provides an introduction to Power Automate and Power Automate Desktop, offering participants the ability to streamline repetitive tasks with little or no programming experience. Students will learn to build automated workflows and exercise light computational logic in a user-friendly environment. This program enables non-coders to create customized solutions to enhance efficiency, optimize processes and increase productivity through automation.

#### (0.4 CEUs) Keyword: Power

	-		
April 9	W	1-5 p.m.	\$95
Lincoln, SC	GTC, 103	Goossen	OFFT-3921-LNSB

#### **Accounting Classes**

• Working with QuickBooks Online Part 1 & 2

• Accounting for Business Owners



Scan to learn more





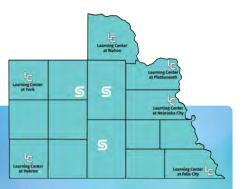
SS Technology



#### Basic Data Management with Power Pivot, Power Query & Power Bi

Learn to locate, import, and transform data sets with Power Query, create and manage data models for generating reports with Power Pivot, and interpret and share data reports and dashboards in Power BI. Begin practicing the basics of data management with this introductory course to get more out of your business data. **Keyword: Data** 

April 15 T	1-5 p.m.	\$95
Lincoln, SGTC, 103	Goossen	OFFT-4602-LNSB



## SCC's Learning Centers

are geographically distributed across the 15-county service area to maximize the number of individuals living within a 35-mile radius from each of the centers.

Each Learning Center has its own computer lab and classroom(s) allowing both **credit** and **non-credit courses**, as well as business and industry training to be offered.

Scan to learn more about classes at the Learning Center near you





## **PowerPoint: Basic**

Prerequisite: Basic Computer Class or equivalent experience

After an introduction to PowerPoint's window components and Help system, discover how to create, save and rearrange presentations. Then you will format text, use drawing objects, work with graphics, and insert tables and charts. Learn to use templates and themes, slide masters and transition effects. Finally, you will learn to proof, run and print presentations.

Books will be provided during class. You may purchase your own copy from the SCC Campus Store, 8800 O St., Lincoln, or at sccbookstore.com. **Eligible** for Nebraska City Job Enhancement Scholarship. For more information, visit southeast.edu/nebraskacitylc. Lunch on your own. Keyword: PowerPoint

May 19	Μ	9 a.m5 p.m	. \$159
NE City, NCLC,	104	McKinney	OFFT-7245-NCUA

# WEB DESIGN & DEVELOPMENT



#### **Intro to Web Development**

Learners with little or no prior experience in web design will explore how HTML, CSS and JavaScript are used in the construction of a website. You will create a simple, five-page website using standard tags and attributes, internal and inline styling and simple element placement techniques to explore the way HTML can be used to display information in a browser.

#### (0.5 CEUs) Keyword: Web

May 24	S	10 a.m3:30	p.m.	\$125
Lincoln,	SGTC, 103	Goossen	INFO-3947-	LNUA

## Southeast Community College

Providing opportunities for adult learners to strengthen their lives through educational experiences

## Free Classes for Adults!

- English as a Second Language
- GED<sup>®</sup> Prep
- Adult Basic Education (including math, reading and writing)

We are dedicated to helping you build your skills for college and a career! Our FREE services can help you reach your educational and employment goals! Make your dreams a reality at Southeast Community College!

For more information about class offerings, contact: adulted@southeast.edu 402-437-2840



Plattsmouth

Tecumseh

Wahoo

#### **Classes available in:**

- Beatrice
- Falls City
- Lincoln
- Nebraska City
- Pawnee City

## Volunteer opportunities available.

York

In Lincoln, contact Elizabeth Williams at ewilliams@southeast.edu. <u>Outside of Lincoln</u>, contact Jodi Anderson at janderson1@southeast.edu.

southeast.edu/adulteducation

Technology

# **REGISTER TODAY!**

# **ONLINE** AT SOUTHEAST.EDU/CONTINUING

- 1. Click the Course Search button.
- 2. Search for a course using the course title or keyword.
- 3. Click on the course title to view description, notes, pre-requisites, requirements, and section listings.
- 4. Select the section and click **Add to Cart**. Add discount code in cart, if applicable. You can keep shopping or checkout.
- 5. If you choose to checkout, log in or create an account.
- 6. Click Continue to proceed to checkout.
- 7. Enter your credit card information and continue checking out.

You will receive a confirmation email. If there is additional information about the class, it will be included. If you don't see the email, check your junk folder.

If you have problems getting registered, please contact our HelpDesk at 402-437-2447 or Continuing Education at 402-437-2700 for assistance.

## **Payments Accepted**



#### MAIL

the completed registration form with payment (checks accepted by mail) to: Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510-2449.

## WALK-IN

to the Jack J. Huck Continuing Education Center Monday-Thursday, 7:30 a.m.-7:30 p.m.; Friday, 7:30 a.m.-5 p.m.; Saturday, 7:30-11:30 a.m.; SCC campuses and Learning Center locations during business hours.

<b>Southeast</b>	Registration Form - Non-Credit Course         Complete this form, include your check and mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510				Tod	ay's Date
* Required COMMUNITY COLLEGE						//
* Birth Date	Name: <b>*</b> Last		* First			Middle Initial
* Residence Mailing Address	I	* City	* State	* Zip	П Ма	<b>ssigned at Birth:</b> ale male
* Personal Email Address		* 🗆 Cell Phone 🗆 Home	·	Business Phone	·	
COURSE	IUMBER	т	TLE		START DATE	COST
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SIGNATURE					OTAL DUE	
	npany this registration form. C mmediate electronic withdrawa				FOR OFFICE	USE ONLY
	Call 402-437-2700 with any regi		arried items may			
attend a course does not constitute an official dr residency, etc. must follow the College procedure	ithdraw, any refund in tuition will be determined op/withdrawal; 4) the personal information conta s in the Student Handbook and College Catalog. S	by the date I submit my request to Conti ined herein is correct as shown; and 5) a CC is an Equal-Opportunity co-educatior	nuing Education; 3) that fai ny changes in SSN, legal na nal college and does not di	lure to ame, address, scriminate		
based on race, color, religion, sex*, age, marital s policy. southeast.edu/diversity * The U.S. Depa discrimination based on gender identity.	tatus, national origin, ethnicity, veteran status, sex rtment of Education's Office for Civil Rights enforc	kual orientation, disability, or other facto es Title IX's prohibition on discriminatio	ors prohibited by law or Col n on the basis of sex to als	o include DE		

## **ADDITIONAL INFORMATION**

Cancellation/Refund Policy: https://bit.ly/3PScUPB

The student is entitled to a 100% refund for any non-credit class officially dropped prior to the start date of the class unless noted in the course description notes. No refund is allowed if the class is dropped on or after the start date of the class. SCC reserves the right to cancel any non-credit classes that do not have sufficient enrollment. A full refund will be processed and you are not required to submit a drop form.

#### **ADA Reasonable Accommodations**

southeast.edu/accommodationsresourceoffice

#### FERPA

southeast.edu/ferpa

# LOCATION KEY

## Ashland

ABQT .....A Better Quilt, 1401 Silver St.

## Cortland

CLOH ..... Cortland Opry House, Fourth St. & Sheridan Ave.

## Elmwood

CALC ...... Cultural Arts & Learning Center, 221 S. Fourth St.

# **Falls City**

FCLC..... Learning Center at Falls City, 3200 Bill Schock Blvd.

## Hebron

HNAR	Hebron Archery Range, S. Fourth St.
HNLC	Learning Center at Hebron, 610 Jefferson Ave.
STAC	Stastny Community Center, 1350 Dove Road

# Lincoln

BOLK ..... Branched Oak Lake Marina, 10001 W. Davey Road (Meet in the restraunt parking lot across from the marina.)

BRNA..... Bernina Sewing Center, 5740 Old Cheney Road, Suite 20

CARL.....Darlene Jansen's Art Studio, 6510 Carlsbad Drive

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

CLYH .....Christ Lincoln, Yankee Hill 6700 Chatsworth Lane

EDRC..... Easterday Recreation Center, 6130 Adams St.

EHS..... Lincoln East High School, 1000 S. 70th St.

KENL.....Kenl Inn 10241 E. Old Cheney Road (1.25 miles east of 84th and Old Cheney)

LBKT..... Lincoln Bike Kitchen, 308 S. 21st St.

#### Accredited by the Higher Learning Commission.

SCC is an equal opportunity educator and employer. SCC es un patrono con Igualdad de Oportunidades en el Empleo y la Educación. southeast.edu/footer/privacy-statement.php

LHS ..... Lincoln High School, 2229 J St.

LNE .....Lincoln Northeast High School, 2635 N. 63rd St.

LNK.....Southeast Community College, Lincoln Campus, 8800 O St.

LNS ..... Lincoln North Star High School, 5801 N. 33rd St.

LSE.....Lincoln Southeast High School, 2930 S. 37th

LSW.....Lincoln Southwest High School, 7001 S. 14th

LUXC ..... Lux Center for the Arts, 2601 N. 48th St. (Enter through the glass door on the west side of building off parking lot.)

MGC ......Mahoney Golf Course, 7900 Adams St.

NEBD.....Nebraska Ballroom Dance, 1233 Arapahoe St.

OLER.....Oler's Family Upholstery, 5330 Custer Circle #4 (It is two blocks south of 70th and Cornhusker and one block east. next to Big Red Storage; second tan building in the middle; 402-613-1947)

PAWS ...... Paws 4 Fun, 222 N. 44th St.

PBAC..... Prairie Bowman Club, 1432 N. Cotner Ave.

SGTC ......SCC Lincoln Campus, Sandhills Global Technology Center, 8800 O St.

ULAS..... Urban Legends Art Studio, 2632 N. 48th St.

WEAV.....The Weavers Studio, 3843 S. 48th St., Lower Level (west of 48th on Cooper Ave.). Go behind the Fields Flower Shop and follow the sidewalk to the basement entrance. Please park on the street.

## Louisville

SHSH.....Simply Home Sweet Home Studio, 8980 Raven Drive (Class location is rural, three miles from Hwy 66)

## **Nebraska City**

NCLC..... Learning Center at Nebraska City, 1406 Central Ave.

WPBB ......Whispering Pines B&B, 2018 Sixth Ave.

WWVG ......Wildwood Victorian Garden, 420 Steinhart Park Road

## Peru

DCL .....Duck Creek Lake, 736 Road (6 miles north of Auburn, 2 miles east of Hwy 75 on 736 Road)

## Plattsmouth

- DGPK.....Dog Park, Fourth Ave. between 16th & 18th St.
- PLLC..... Learning Center at Plattsmouth, 537 Main St.

## Roca

ARCH ...... Architectural GlassArts, 15505 A St., Suite B

## Wahoo

WHLC.....Learning Center at Wahoo, 536 N. Broadway St.

## York

YKLC .....Learning Center at York, 401 N. Lincoln Ave.

See Desc. ..... The course description will specify the class location

TBA ..... To Be Announced



Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues? Contact your Learning Center to see if other options are available.

Falls City: 402-323-3396

Hebron: 402-323-5591

Nebraska City: 402-323-3636

Plattsmouth: 402-437-2298 Wahoo: 402-323-5581

York: 402-323-3634

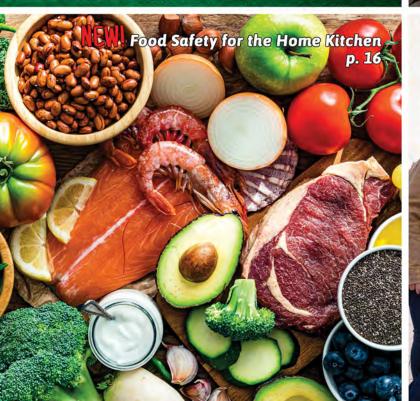


301 S. 68th St. Place Lincoln, NE 68510-2449

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