

Des Moines Area Community College

Open SPACE @ DMACC

The Bear Essentials

College Publications

5-14-2020

The Bear Essentials, Edition 8

DMACC Student Life

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BEAR ESSENTIALS

Weekly newsletter from DMACC Student Life



VIRTUAL FASHION SHOWCASE

DMACC Fashion Institute held their annual showcase virtually this year.

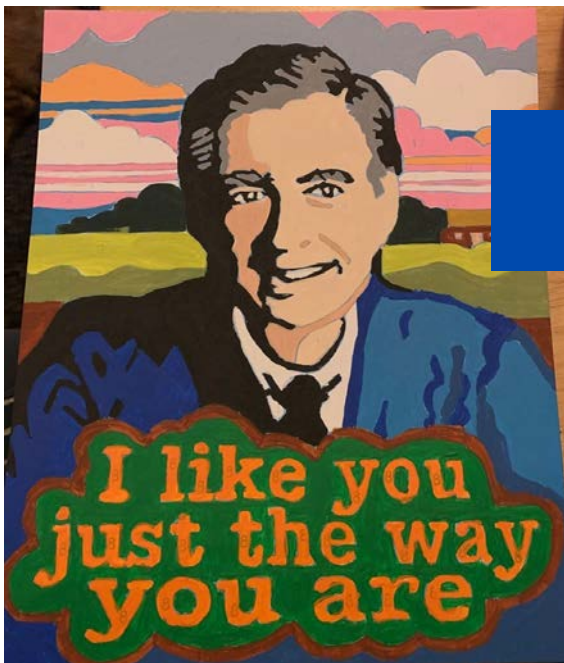
*Visit their **Facebook Page** (DMACCFashion) to see the virtual show AND vote for your favorite design!*

#DMACC 2020 VIRTUAL WALL

CONGRATS to all our DMACC graduates!
Visit the #DMACC2020 Virtual Photo Wall We are proud of each of you!



VIRTUAL PAINTING PARTY UPDATE



*Student Activities and all the Virtual Painting Party friends are submitting their finished paintings! Check them out on our **Facebook Page**. Keep an eye out for our next Virtual Painting Party!*

NETFLIX PARTIES



*Monday, May 18: **The Carter Effect***
 Grab some snacks and join Campus Rec at 3pm for their Monday Matinee. All info will be posted on their [Facebook page](#).

*Thursday, May 21 **Silver Linings Playbook***
 Student Activities will have 2 showings: 3pm and 7pm. visit our [Facebook page](#) for information and updates

VIRTUAL 5K, 10K, HALF MARATHON



Join fellow quarantined runners for a 5k, 10k, or half marathon. Sign up, sign a waiver, and send proof of time to Campus Rec Coordinator, Andy Nelson (arnelson@dmacc.edu). Winners (top 3 in Men's and Women's division) will receive an Intramural t-shirt and medal when we return to campus. You can do the race on your own schedule and course. All miles must be completed in the same week.

5K	10K	Half Marathon
Regular Season Jun 15th '20 - Jun 21st '20	Regular Season Jun 22nd '20 - Jun 28th '20	Regular Season Jul 6th '20 - Jul 12th '20
Team Registration Start: May 1st '20 at 8:00AM End: Jun 7th '20 at 5:00PM	Team Registration Start: May 1st '20 at 8:00AM End: Jun 14th '20 at 5:00PM	Team Registration Start: May 1st '20 at 8:00AM End: Jun 28th '20 at 5:00PM
Join Teams Until: Jun 7th '20 at 5:00PM	Join Teams Until: Jun 14th '20 at 5:00PM	Join Teams Until: Jun 28th '20 at 5:00PM

VIRTUAL 25 MILE BIKE RACE

You can use any bike, including stationary bikes. Sign up, a waiver, and submit your proof of ride to Andy Nelson, Campus Recreation Coordinator (arnelson@dmacc.edu). Top 3 placed in Men's and Women's division will receive an Intramural Champion t-shirt and medal. All bike miles must be completed during the same week.



Regular Season Jul 13th '20 - Jul 19th '20
Team Registration Start: May 8th '20 at 8:00AM End: Jul 5th '20 at 5:00PM
Join Teams Until: Jul 5th '20 at 5:00PM

INTRAMURAL T-SHIRT DESIGN CONTEST

Design the next Intramural Champion t-shirt. Send your design to arnelson@dmacc.edu. The Campus Rec department will decide the winner. Winner receives recognition and a free t-shirt!

