

Des Moines Area Community College

**Open SPACE @ DMACC**

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The Bear Essentials

College Publications

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12-7-2020

## **The Bear Essentials, Edition 30**

DMACC Student Life

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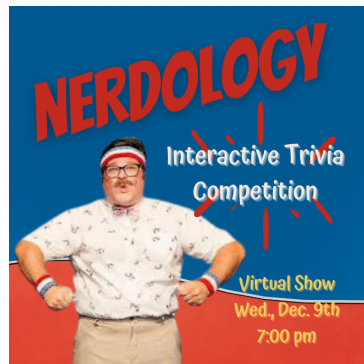
# THE BEAR ESSENTIALS

DMACC Student Life Weekly Newsletter - [studentinvolvement@dmacc.edu](mailto:studentinvolvement@dmacc.edu)

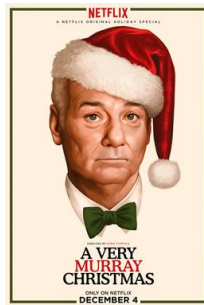
## UPCOMING EVENTS



click on the photo for more info



### Campus Rec Monday Movie Matinees:



Monday, Dec. 7 Monday, Dec. 14 Monday, Dec. 21

4:00pm

4:00pm

4:00pm

Check DMACC Campus Rec on  
Facebook for movie links!

### JOIN THE FUN!

Join the Iowa's Community College  
Student Life Hub Facebook page to keep  
up on all virtual events and lots of fun

PRIZES!



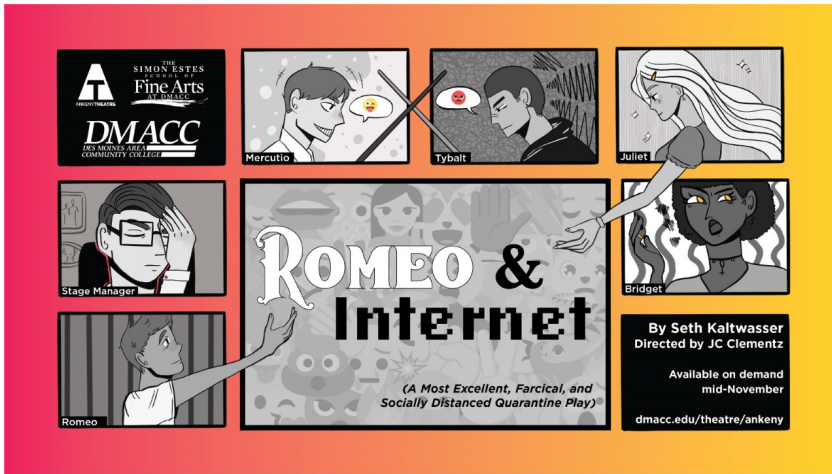
Find the group [HERE](#)  
(search studentlifehub)

## DMACC campus recreation



### 8 Secrets to Staying Fit During the Holidays

1. Keep moving.
2. Hydrate.
3. Make lists, exercise early and sleep.
4. Expect the unexpected.
5. Be creative and get rid of 'all or nothing' mindsets.
6. Plan – and remember there is always time and opportunity for a workout.
7. Indulge for a night, not a season.
8. Remember it's a single day.



## DMACC ANKENY THEATRE PRESENTS.... *ROMEO & INTERNET*

*by Seth Kaltwasser*

*based on an idea by Carl Lindberg*

*directed by JC Clementz*

DMACC Ankeny Theatre commissioned an original play over the summer that could be rehearsed and performed **100% socially distanced**. The story puts 16 characters in a zoom meeting, so the audience does not have to imagine that this is a play on a stage.

The story follows a college theatre's struggle to move their production of Romeo & Juliet to zoom after being sent in home in March of 2020. Complete with sword fights, jokes, and drama in the drama department, this fast-paced comedy is entirely **free** and very **fun**.

Romeo & Internet can be found [HERE](#).



## *Thurs., December 10 at 12PM LGBTQ 101*

*Do* you want to learn the basics of the LGBTQ community? Join us from **noon to 1 PM on December 10th** to learn the information necessary for understanding and supporting LGBTQ+ students, colleagues, and community members. Our remote LGBTQ 101 training includes information about important LGBTQ identities, the difference between sex, gender, and sexual orientation, current LGBTQ issues, and best practices for DMACC. You can sign up for this event [through this Google Form.](#)

## *Mon., December 14 at 12pm DMACC Diversity, Equity, and Inclusion Town Hall*

On Monday, **December 14th**, DMACC's Diversity, Equity, and Inclusivity Steering Team will be hosting their final town hall for DMACC faculty, staff, and students.

This will be the last opportunity to hear more about the Steering Team's plans for making DMACC a more equitable place to work and attend and give them feedback before they move into the next phase of planning. The event will last from **12 to 12:45 PM** and will include representatives from all six of the Steering Team's workgroups. If you are interested in attending, you can [register here.](#)