

Des Moines Area Community College

## Open SPACE @ DMACC

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The Bear Essentials

College Publications

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9-30-2024

### The Bear Essentials, September 30 2024 Edition

DMACC

Follow this and additional works at: <https://openspace.dmaccc.edu/beaessentials>

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# THE BEAR ESSENTIALS

BE involved. BE active. BE informed. BE you.

If you need this newsletter in an alternative format please email: [dso@dmacc.edu](mailto:dso@dmacc.edu)

## DMACC BEARS WEAR PINK



Tuesday, Oct. 8th from 11am-1pm  
Buy a DMACC Pink Out shirt for \$5  
Building 5 -Student Center

### Pink Out Day October 15th

Wear your Pink Out shirt or any pink for Breast Cancer Awareness and to support the Women's Volleyball team for their Pink Out Game at Boone Campus



DMACC ANKENY CAMPUS  
VOLUNTEER FAIR  
TUE. OCTOBER 1ST  
11:00 a.m. to 1:00 p.m.  
BLDG. 5 CAFETERIA/HALLWAY



# ANKENY CAMPUS

# EVENTS

## DMACC Fall Transfer Fair

Monday, September 30, 2024

10:00 am - 1:00 pm

Building 5, Student Center,  
Ankeny Campus

Admissions representatives from colleges and universities around the region will be available to discuss transfer options with current DMACC students.

Invited schools include:

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| Bellevue University              | Morningside College               |
| Buena Vista University           | Mount Mercy University            |
| Central College                  | Missouri Western State University |
| Clarkson College                 | Nebraska Wesleyan University      |
| Coe College                      | Northwest Missouri State          |
| Cornell College                  | Ottawa University                 |
| Drake University                 | Simpson College                   |
| Graceland University             | St. Ambrose University            |
| Grand Canyon University          | University of Iowa                |
| Grand View University            | University of Nebraska at Omaha   |
| Iowa State University            | University of Northern Iowa       |
| Iowa Wesleyan University         | Upper Iowa University             |
| Purdue University Global         | William Penn University           |
| Mercy College of Health Sciences | Wartburg College                  |
|                                  | ...and more!                      |



SIMPSON COLLEGE

# A: I Love You

[A World Premiere]

[Written and Generated by];=  
var<< W= [Ryann Daggett / Charlotte Elsasser //  
Christopher Morales / & Cade Rewerts]//;

Performances are FREE;  
Located in [R= Black Box Theatre;  
Building 5 // Ankeny Campus];

Friday, September 27	7:30 PM
Saturday, September 28	7:30 PM
Sunday, September 29	2:00 PM
Thursday, October 3	7:30 PM
Friday, October 4	7:30 PM
Saturday, October 5	7:30 PM
Sunday, October 6	2:00 PM

QR CODE

THE ANKENY THEATRE  
THE SIMON ESTES SCHOOL OF FINE ARTS  
AT DMACC

# Mum Sale

## Online Fundraiser

Plants grown by DMACC Horticulture; Funds raised go towards future class growing projects and updating equipment.



Choose from a wide variety of colors (including combo pots) available in one of the above containers. Prices range from \$15-20.



Click on the link above or use the QR code to place your order today!

<https://www.iotform.com/form/242558520510046>

### How do I purchase mums?

- Online orders: now through September 25th
  - Pay with credit/debit online at time of purchase
  - OR pay with cash/check at order pickup
- Order pickup: Friday, September 27th from 12-6 pm
  - Where? Just outside of the TrailPoint entrance (look for signs!).

\*Contact plants@dmacc.edu with any questions.

DMACC FASHION INSTITUTE



**POP FASHION MARKET UP**

WED  
OCT. 2ND  
10-3:30

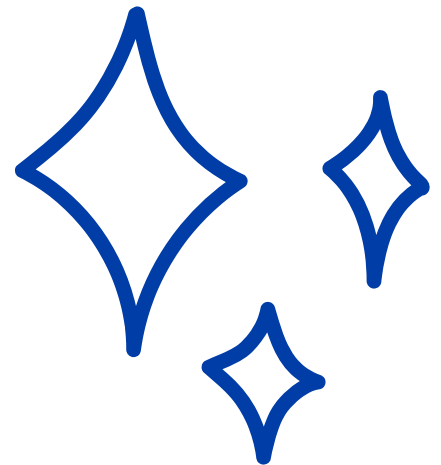
THURS  
OCT. 3RD  
10-3:30

FRI  
OCT. 4TH  
10-1

LOCATED OUTSIDE BUILDING 5  
(STUDENT CENTER) BY THE FOUNTAIN

# ANKENY CAMPUS

# EVENTS





# DMACC CAMPUS RECREATION

Fall 2024  
Intramural Schedule

### Sports Leagues

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
Fantasy Football	Friday, August 30	Thursday, September 5	n/a
Speed Soccer Scrimmage	n/a	Sunday, September 8	Sunday, September 8
Flag Football Scrimmage	n/a	Sunday, September 15	Sunday, September 15
Speed Soccer League	Wednesday, September 18	Monday, September 23	Monday, October 21
Flag Football League	Wednesday, September 18	Wednesday, September 25	Wednesday, October 23
Volleyball Scrimmage	Wednesday, October 16	Sunday, October 20	Sunday, October 20
Fantasy NBA Basketball	Wednesday, October 16	Tuesday, October 22	TBD
Basketball Scrimmage	Wednesday, October 23	Sunday, October 27	Sunday, October 27
6 v 6 Volleyball League	Monday, October 28	Monday, November 4	Monday, December 9
Full Court Basketball League	Wednesday, October 30	Wednesday, November 6	Wednesday, December 11

### eSports Leagues & Tournaments

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
Fortnite Tournament	Wednesday, August 28	Friday, August 30	Friday, August 30
Friday Night Series - Super Smash Bros Tournament	Friday, September 27	Friday, October 4	Friday, October 4
Madden 24 Tournament	Wednesday, September 11	Friday, September 13	Friday, September 13
Friday Night Series - College Football 25 Tournament	Monday, November 18	Friday, November 22	Friday, November 22

### Special Events & Tournaments

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
Golf Tournament	Monday, September 16	Wednesday, September 18	Wednesday, September 18
Friday Night Series - Extreme Dodgeball	Wednesday, September 25	Friday, September 27	Friday, September 27
Disc Golf Tournament	Wednesday, September 25	Sunday, September 29	Sunday, September 29
Wallyball Tournament	Friday, September 27	Sunday, October 6	Sunday, October 6
Friday Night Series - Connect 4 Basketball Tournament	Friday, October 11	Friday, October 18	Friday, October 18
Glow in the Volleyball Tournament	Monday, October 21	Monday, October 28	Monday, October 28
Glow Run/Walk 5k	Wednesday, October 23	Wednesday, October 30	Wednesday, October 30
Friday Night Series - Texas Hold'em Tournament	Monday, November 4	Friday, November 8	Friday, November 8
Wiffleball Tournament	Monday, November 4	Sunday, November 10	Sunday, November 10
Home Run Derby	Monday, November 18	Sunday, November 24	Sunday, November 24
NCAA Bowl Pick'em	Friday, December 13	Saturday, December 14	TBD

### IMLEAGUES.COM



You will need an iMLeagues account to participate in DMACC Intramurals. Follow the directions located on the backside of this flier to sign-up. Please remember to use your DMACC email address and that you need to be a current DMACC student (taking 6+ credits), faculty or staff to participate. If you have any questions please email Campus Recreation Coordinator, Andy Nelson at arnelson@dmacc.edu.



## ANDY NELSON

[arnelson@dmacc.edu](mailto:arnelson@dmacc.edu)



# DMACC CAMPUS RECREATION



### CONTACT

ANDY NELSON, CAMPUS  
RECREATION COORDINATOR  
ARNELSON@DMACC.EDU  
515-964-6539



PC BOOKING

**NOW HIRING!**  
CAMPUS REC LEAD  
ESPORTS ROOM SUPERVISOR  
REFEREE'S  
SCOREBOARD

**APPLY HERE**  
[HTTPS://JOBS.DMACC.EDU/POSTINGS/6010](https://jobs.dmacc.edu/postings/6010)  
OR  
EMAIL  
ARNELSON@DMACC.EDU

**DMACC  
CAMPUS  
RECREATION**

# ESPORTS hours

MONDAY	2PM-8PM
TUESDAY	2PM-8PM
WEDNESDAY	2PM-8PM
THURSDAY	2PM-8PM
FRIDAY	2PM-8PM
SATURDAY	CLOSED
SUNDAY	CLOSED



# TRANSFER FAIR

**Wednesday, October 2**  
**10:00am-1:00pm, Courter Center**  
 Speak to Representatives from 20+ participating Colleges!



Keep up with  
**DMACC Athletics**  
and come cheer on  
the DMACC BEARS  
at the Boone  
Campus!

# BOONE

# CAMPUS

# EVENTS



## HEALTHIEST STATE ANNUAL WALK

October 2 12:15 PM Courter Center

Join us for a 30-minute walk!  
 #HSIWalk #WhyIWalk

# PINK OUT WEEK!

## OCTOBER 7: PUT CANCER TO SLEEP!

WEAR YOUR JAMMIES & DONATE COZY ITEMS TO THE CANCER CENTER

## OCTOBER 8: SOCK IT TO CANCER!

WEAR YOUR CRAZY SOCKS & DONATE COMFY SOCKS TO THE CANCER CENTER

## OCTOBER 9: GIVE CANCER THE BOOT!

WEAR YOUR BOOTS & DONATE SLIPPERS TO THE CANCER CENTER!

## OCTOBER 10: THROWBACK THURSDAY!

WEAR PAST WEARS PINK OUT SHIRTS

## OCTOBER 11: TEAM UP AGAINST CANCER!

WEAR YOUR FAVORITE TEAM SHIRT & TEAM UP WITH YOUR BUDDIES TO DONATE TO THE CANCER CENTER



Monday, October 7

WEAR YOUR JAMMIES & DONATE COZY ITEMS TO THE CANCER CENTER

# CARROLL

# CAMPUS

# EVENTS



## SOCK IT TO CANCER!

Tuesday, October 8

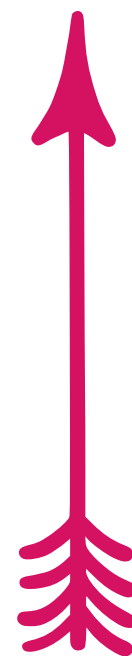
Wear your CRAZY SOCKS & donate comfy socks to the cancer center

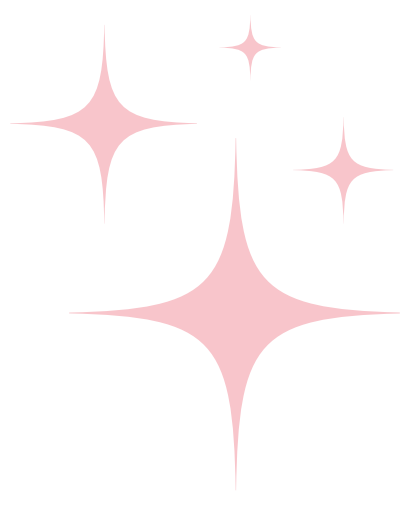
## GIVE CANCER THE BOOT

Wednesday, October 9



Wear your boots & donate slippers to the cancer center!





# THROWBACK THURSDAY

Thursday,  
October 10



Wear past  
Pink-Out  
Shirts

## Team Up Against Cancer

Wear your favorite team shirt & team up with your buddies to donate to the cancer center  
Friday, October 11



# CARROLL CAMPUS EVENTS



## Fall Pestress

Come to the Knott Commons on October 3rd starting at 10:00 until supplies last to create lots of fun, fall crafts! There will also be a fall drinks available to try!



# DMACC HUMAN SERVICES CLUB



## STUDENT-RUN CLUB-

- Open to all students who are interested in & passionate about helping others & giving back to the community.

## WHY GET INVOLVED-

- Meet new people with similar interests and passions
- Help in the community
- Volunteer
- Build personal & professional connections
- Explore interests in the field of Human Services

**Join the Club Now!**

**Contact:** Annie Wood,  
Human Services Program

akwoodlong@dmacc.edu

**Fridays 12:15 - 1:00 pm (Fall 2024 Schedule)**

**-Starting with online meetings; 1<sup>st</sup> meeting of semester 9/6/24**

# LET'S LEARN ABOUT Stress Management and Coping Skills

Wednesday, October 9th

1:30 P.M. - 2:30 P.M.

Urban Campus - Building 1 - Rooms 141/142

OR

Virtually via Zoom

Identify stress - what it feels like, where it comes from, how it affects us - and then explore easy strategies for managing stress and simple relaxation techniques.

To register, scan the QR code OR visit: <https://forms.gle/Kv3YVvJP91XNvwcY7>



# DMACC URBAN CAMPUS Celebrate LATINO HERITAGE MONTH



SEPT 18TH

PAN  
DULCE

SEPT 25TH

PAPEL  
PICADO  
& POPCORN

OCT 2ND

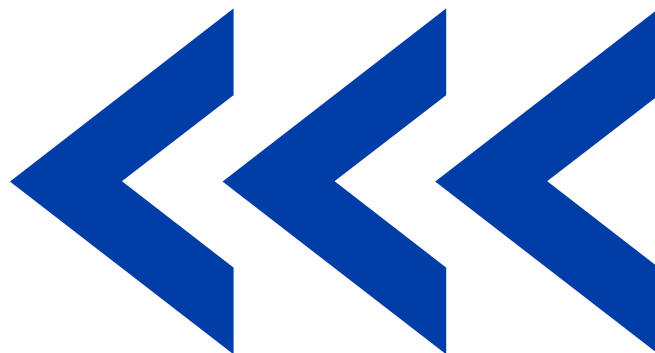
BAILA  
CONMIGO

Wednesdays 10am-1pm  
Building 7  
Student Lounge

Questions? Contact Ivon Mihura  
imihura@dmacc.edu

# URBAN CAMPUS

EVENTS





# WEST CAMPUS

EVENTS

**FREE!** COME AND **FREE!**  
TIE DYE SHIRTS  
WITH US!  
WEDNESDAY, OCT. 2ND  
9:30 AM - 1:30 PM  
OUTSIDE - NE ENTRY  
(BACK SIDE OF BLDG.)  
T-SHIRTS PROVIDED  
OR YOU MAY BRING SOMETHING TO TIE-DYE  
**FREE!** WEATHER PERMITTING **FREE!**  
Courtesy of Club West

October 1st  
International  
Coffee Day



Stop by the Ellipse for a free cup & treat

courtesy of club west

**FREE!** **FREE!**



POPCORN POPCORN

SEPTEMBER 30TH  
11 AM - 1 PM IN THE ELLIPSE

ADD YOUR FAVORITE  
CANDY TOPPING

**FREE!** **FREE!**

COURTESY OF CLUB WEST

# Across the DMACC District

## NO NEED TO BREAK THE BANK TO TAKE CLASSES THIS SEMESTER!

APPLY FOR THE DMACC DIVERSITY COMMISSION'S

### \*STUDENT AWARD\*

SPRING 2025

APPLICATIONS DUE OCTOBER 15, 2024

WIN UP TO \$250!



For details go to the  
DMACC Diversity Commission website:

[www.DMACC.edu/diversity/commission.html](http://www.DMACC.edu/diversity/commission.html)



## POSITIVE MENTAL HEALTH WORKSHOP

### FUNCTIONAL LIVING PIECES

Thursday, October 3rd

12:30pm-1:30pm

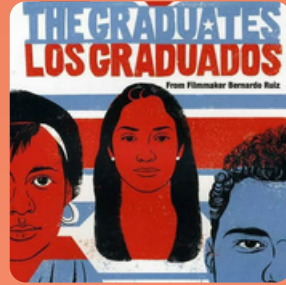
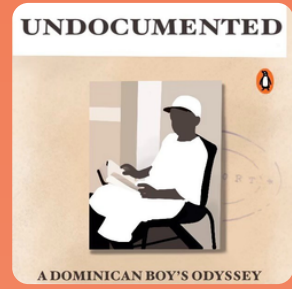


**REGISTER IN ADVANCE**  
**FOR THIS MEETING.**

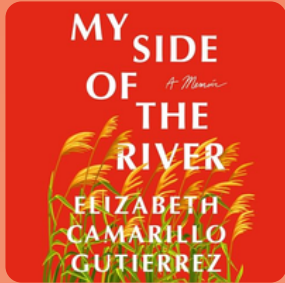
# HISPANIC HERITAGE MONTH



read



watch

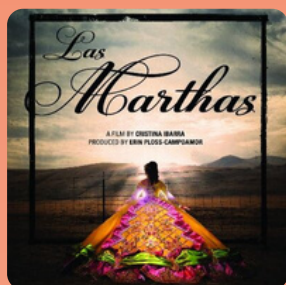
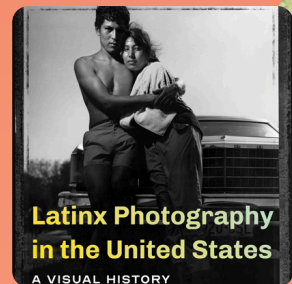


MAKE YOUR HOME AMONG STRANGERS  
NOVEL  
JENNINE CAPÓ CRUCET

listen



read



watch



ABUELA, DON'T FORGET ME

listen

