

Des Moines Area Community College

Open SPACE @ DMACC

The Bear Essentials

College Publications

10-7-2024

The Bear Essentials, October 7 2024 Edition

DMACC Student Life

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



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

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



ANKENY CAMPUS EVENTS

JOIN US IN MAKING A DIFFERENCE!



COMMUNITY SERVICE CLUB

We uplift DMACC students and the Des Moines community through **kindness**, **targeted projects**, and **collaborations**.

INTERESTED IN JOINING OUR EMAIL LIST?
EMAIL ALALFORD@DMACC.EDU FOR UPDATES!

Midterm De-Stress Days



FREE SNACKS!
11AM-1PM

FREE 5 MINUTE
CHAIR MASSAGES!
10AM--1PM

TUES., OCT. 15TH

WED., OCT. 16TH

BLDG. 5 - STUDENT CENTER

VISIT THE ZEN ROOM
(RM 1215)
10 AM TO 3 PM

THERAPY PETS
TUES., OCT. 15
11:30-12:30
ROOM 1220



PHI THETA KAPPA
HONOR SOCIETY

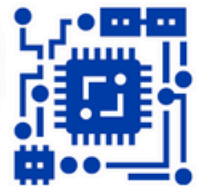


DMACC
STUDENT
ACTIVITIES COUNCIL

**DMACC NURSING & CNA
CAREER FAIR**
MON. OCTOBER 7TH
11:30 a.m. to 1:30 p.m.
BLDG. 5 CONFERENCE CENTER
DMACC ANKENY CAMPUS



**ENGINEERING &
MANUFACTURING
CAREER FAIR**
WED. OCTOBER 9TH
11:00 a.m. to 1:00 p.m.
BLDG. 5 CONFERENCE CENTER
DMACC ANKENY CAMPUS



**ANKENY CAMPUS
EVENTS**

YOU'RE INVITED TO
**SPEED
FRIENDING**



Join us for an opportunity to meet new friends followed by free pizza! Don't miss out – who knows, your next best friend could be just a conversation away!

OCTOBER 22

2 PM - 4 PM

BUILDING 5 - STUDENT CENTER - ANKENY



<https://forms.office.com/r/mAwVwwcMCp>
Registration encouraged, not required

INTERNATIONAL YEAR

**TSHIRT
SALE!**



WEDNESDAY, OCT. 9TH 11AM-1PM
BUILDING 5 STUDENT CENTER
\$5 EACH

Halloween GLOW RUN 5K

Registration Deadline: 10/23
Run Begins: 10/30 @ 7PM
Meet @ the Gazebo by the lake on the DMACC Ankeny Campus prior to the race

DMACC CAMPUS RECREATION



Andy Nelson arnelson@dmacc.edu

DMACC CAMPUS RECREATION

INTRAMURAL VOLLEYBALL LEAGUE

REGISTRATION DEADLINE
THURSDAY OCT. 31

GAMES BEGIN
WEDNESDAY NOV. 6

TRAIL POINT

DMACC CAMPUS RECREATION

INTRAMURAL BASKETBALL LEAGUE

REGISTRATION DEADLINE THURSDAY OCT. 31

GAMES BEGIN WEDNESDAY NOV. 6

TRAIL POINT

DMACC CAMPUS RECREATION


GLOW

At the Park Volleyball

DMACC CAMPUS RECREATION

MONDAY, OCTOBER 28 | 7-9PM

imleagues



DMACC STUDENTS

HAPPY MIDTERM WEEK!
OCTOBER 14-17

Help yourself to snacks,
coloring pages, and crafts in
the front lobby while you
study and prepare for tests!!

Good Luck - you've
got this!



NEWTON CAMPUS EVENTS



OCTOBER IS
**BREAST
CANCER**

AWARENESS MONTH

STOP BY THE FRONT LOBBY ON
THURSDAY, OCTOBER 10 TO SPIN TO
WIN PINK OUT PRIZES!

ALSO PURCHASE
YOUR DMACC PINK
OUT SHIRT FOR \$5!
ALL PROCEEDS WILL
GO TO SUPPORT
BREAST CANCER
RESEARCH.



Join us on Monday's, 12:10 pm - 12:50 pm for a time of
Christian Fellowship. Meeting in Room 143.
Student's, Staff, and Faculty are all welcome.
Contact Dan Ehler, daehler@dmacc.edu for more information.



Put Cancer to Sleep!

Monday, October 7

WEAR YOUR JAMMIES & DONATE COZY ITEMS TO THE CANCER CENTER

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!

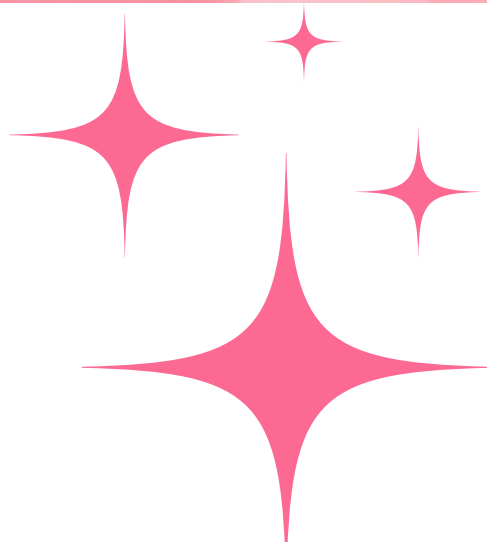
THROWBACK THURSDAY

Thursday, October 10

Wear past Pink-Out Shirts

CARROLL CAMPUS

EVENTS



Team Up Against Cancer

Wear your favorite team shirt & team up with your buddies to donate to the cancer center

Friday, October 11



JOIN US FOR THE NEXT
**FELLOWSHIP
CLUB
MEETING**

THURSDAY, OCTOBER 10TH
12:15 PM - 12:45 PM
ROOM 210E

LUNCH PROVIDED TO THOSE WHO ATTEND

BRING A FRIEND

EMAIL JMFRIESTAD-TATE@DMACC.EDU
WITH QUESTIONS



WEST CAMPUS

EVENTS



PINK OUT

OCTOBER is Breast Cancer
Awareness Month

Purchase your
DMACC Bears
pink out T-SHIRT
TODAY!

\$5
Cash Only

Stop by the ellipse:
oct. 9th & oct. 10th (times vary)
more details to come

****Goodwill Donations Gladly Accepted****

Proceeds will go towards the National Breast Cancer Foundation
Supporting their services and research!

Sponsored by Club West

**CLUB
WEST
MEETING**

MONDAY, OCT. 7TH
12:15 PM - 12:45 PM
WEST CAMPUS AUDITORIUM

lunch provided for those
who attend

email clubwest@dmacc.edu with questions

Sponsored by Club West

**PHI THETA KAPPA
(PTK)
MEETING**

OCT. 8TH
12:15 PM - 12:45 PM
WEST CAMPUS
ROOM 118E

LUNCH PROVIDED FOR THOSE WHO ATTEND

EMAIL JESSICA THISTLE AT
JCTHISTLE@DMACC.EDU WITH QUESTIONS

**world
mental
health
day**

**OCT
10**

take a minute to sit, relax, and
paint, color, work on a puzzle, or
write down a thought or two

where: ellipse
when: 8:30 am - 2:00 pm
come as you want

grab a snack and bottle of water
(one per person, for those who
attend, while supplies last)

courtesy of club west

Donut STRESS
MIDTERM EVENT

October 9
10 AM - 12:30 PM
Courter Center

Join us for FREE donuts and learn how to stress less!

OUTDOOR
enthusiasts
CAPTURE THE WILD

HIKING WILDLIFE PHOTOGRAPHY

For more information, email Sean Taylor at astaylor@dmacc.edu.

Latine & Hispanic Heritage
EVENT

OCT 10 12-1 PM COURTER CENTER

DMACC
BOONE CAMPUS

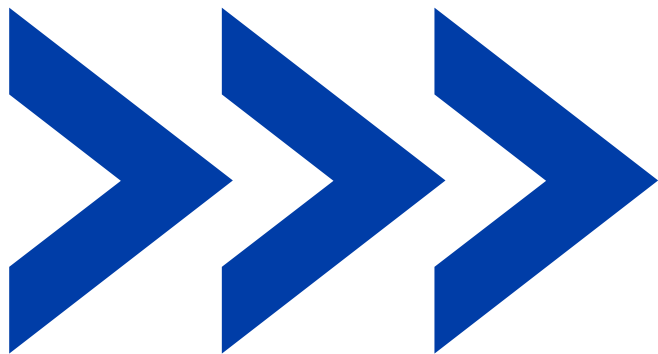
**BOONE
CAMPUS**

EVENTS

DMACC
BEARS

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

URBAN CAMPUS EVENTS




Wear it Pink!
Breast Cancer Awareness Month


FREE FOOD!

Wear pink to support Breast Cancer Awareness and join us to learn more!

GIVEAWAYS!

Tuesday, October 8th
9:00 AM - 12:00 PM
Building 7 Atrium

Questions? Contact
Lee Ann Davis
Indavis@dmacc.edu

 COUNSELING DEPARTMENT

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/Kv3YVvJP91XNvwcYZ>



JOIN AT:

- * **URBAN CAMPUS - BUILDING 1 ROOM 141/142**
- * **ANKENY - BUILDING 6 ROOM 20B**
- * **OR VIRTUALLY!**