

Des Moines Area Community College

## Open SPACE @ DMACC

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The Bear Essentials

College Publications

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10-21-2024

### The Bear Essentials, October 21 2024 Edition

DMACC Student Life

Follow this and additional works at: <https://openspace.dmacc.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)



**Make Your Own Letter Art Sign**  
**Wed., Oct. 23**  
**11am-1pm**  
**Building 5 - Student Center**



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/mAwVwvcMCp>  
 Registration encouraged, not required

# ANKENY CAMPUS EVENTS

**PUMPKIN CARVING CONTEST**  
**PARTICIPATE & WIN!**

<b>STUDENT CLUBS CONTEST</b>	<b>INDIVIDUALS CONTEST</b>
<b>1ST PLACE - \$125</b>	<b>1ST PLACE - \$75</b>
<b>2ND PLACE - \$100</b>	<b>2ND PLACE - \$50</b>
<b>3RD PLACE - \$75</b>	<b>3RD PLACE - \$25</b>



STOP BY THE STUDENT LIFE OFFICE  
BLDG. 5 (NEXT TO SUBWAY)  
TO PICK UP YOUR PUMPKIN & CONTEST RULES

**Pumpkin Pick-Up begins on**  
**Mon., Oct. 28 at 9 am thru Tues., Oct. 29 at 4 pm**  
**(first 30 people/clubs)**

**Pumpkins are due back to the**  
**Student Life Office**

**by 10 am on Wed., Oct. 30 for voting**



**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](mailto: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**

**GLOW**  
*At the Park Volleyball*

**DMACC CAMPUS RECREATION**  
MONDAY, OCTOBER 28 | 7-9PM

**imleagues**

# BOONE CAMPUS

## EVENTS



**INTRAMURAL  
VOLLEYBALL  
TOURNAMENT**



**OCTOBER 22**  
7 PM FAREWAY FIELDHOUSE  
**\$90 IN PRIZES FOR THE WINNING TEAM!**

SIGN UP



**PUMPKIN  
PAINTING**

**OCTOBER 23**  
10 AM - 1 PM  
COURTER CENTER



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](mailto:daehler@dmacc.edu) for more information.

# NEWTON CAMPUS EVENTS

# Across the DMACC District

**MAKE**  
*today,*  
**GREAT**



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

## POSITIVE MENTAL HEALTH WORKSHOP

### SEIZE THE AWKWARD

Thursday, October 24th  
11:30am-12:30pm

REGISTER IN ADVANCE  
FOR THIS MEETING.

