

Des Moines Area Community College

## Open SPACE @ DMACC

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The Bear Essentials

College Publications

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10-28-2024

### The Bear Essentials, October 28 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)

## ANKENY CAMPUS EVENTS

Join us for Monthly Virtual **BINGO**

**CASH PRIZES!!!**

**TUES., SEPT. 24TH**  
**TUES., OCT. 29TH**  
**TUES., NOV. 26TH**  
**8 PM**

Visit the DMACC Student Activities Council - Ankeny Facebook page for log in information

**The Swindlers: A True-ish Tall Tale**  
 Written By **Noah Diaz**

Performances are FREE:  
 Black Box Theatre  
 Building 5  
 Ankeny Campus

Friday, November 15 at 7:30 pm  
 Saturday, November 16 at 7:30 pm  
 Sunday, November 17 at 2:00 pm  
 Thursday, November 21 at 7:30 pm  
 Friday, November 22 at 7:30 pm  
 Saturday, November 23 at 7:30 pm  
 Sunday, November 24 at 2:00 pm

THE SIMON ESTES SCHOOL OF FINE ARTS  
 ANKENY THEATRE

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

<p><b>STUDENT CLUBS CONTEST</b></p> <p>1ST PLACE - \$125                  2ND PLACE - \$100                  3RD PLACE - \$75</p>	<p><b>INDIVIDUALS CONTEST</b></p> <p>1ST PLACE - \$75                  2ND PLACE - \$50                  3RD PLACE - \$25</p>
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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 : 10/31 @ 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**

**CANCELLED**

*The Dark Volleyball*

**DMACC CAMPUS RECREATION**

MONDAY, OCTOBER 28 | 7-9PM

**imleagues**



# NEWTON CAMPUS EVENTS

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.

## Across the DMACC District

### POSITIVE MENTAL HEALTH WORKSHOP

INNOVATION IN MEN'S HEALTH: USING HUMOR, MEDIA, AND DIGITAL ENGAGEMENT TO PROMOTE MENTAL HEALTH AND PREVENT SUICIDE

Tuesday, November 12  
10:00am-11:00am

Men often do not seek mental health services or disclose suicidal thoughts for many reasons including fear of discrimination and prejudice, internalized stigmatized beliefs and misinformation. This workshop will describe an innovative, award-winning, multi-media mental health program called 'Man Therapy' that uses humor and digital formats to engage men to think differently about their mental health.

**REGISTER IN ADVANCE  
FOR THIS MEETING.**

