

Des Moines Area Community College

## Open SPACE @ DMACC

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The Bear Essentials

College Publications

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2-6-2023

### The Bear Essentials, February 6 2023 Edition

DMACC Student Life

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

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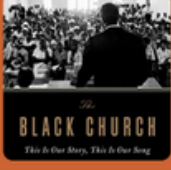









# THE BEAR ESSENTIALS

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

[STUDENTINVOLVEMENT@DMACC.EDU](mailto:STUDENTINVOLVEMENT@DMACC.EDU)

## BLACK HISTORY MONTH

### Black History Month



### CLICK THE BANNER FOR MORE INFO AND OTHER DMACC BLACK HISTORY MONTH EVENTS!

### BLACK HISTORY MONTH

Let's Celebrate Together

**FREE DOCUMENTARY VIEWING:  
WHO WE ARE: A CHRONICLE OF  
RACISM IN AMERICA**

Thursday, February 9th  
11:15a - 1:15p  
Ellipse

CAN'T JOIN?  
FIND THE  
DOCUMENTARY AT  
DMACC'S ONLINE  
LIBRARY!

WEST CAMPUS  
COME WHEN  
YOU CAN &  
STAY AS  
LONG AS  
YOU CAN



# ANKENY CAMPUS

EVENTS



JOIN US FOR

# CRAFT NIGHTS!

HAPPENING MONTHLY!

TUES., FEB. 7TH

TUES., MAR. 7TH

TUES., APR. 4TH

6 PM TO 8 PM

BUILDING 5 - STUDENT CENTER



Pre-Valentine's Day Fundraiser

Stuff-A-Bear Event  
 \$5.00 Each - Limit ONE Per Person  
 Wed., Feb. 8th - Bldg. 5  
 11 am to 1 pm

All proceeds will be donated to Blank Children's Hospital

UPCOMING INTRAMURALS

Hosted by DMACC Campus Rec

WATER VOLLEYBALL TOURNAMENT  
 REGISTRATION DEADLINE: TUESDAY, FEBRUARY 7

YARD GAMES SEREIS  
 REGISTRATION DEADLINE: TUESDAY, FEBRUARY 14

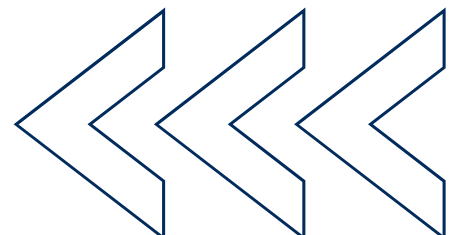
RACQUETBALL LEAGUE  
 REGISTRATION DEADLINE: TUESDAY, FEBRUARY 14

FIFA ESPORTS TOURNAMENT  
 REGISTRATION DEADLINE: TUESDAY, FEBRUARY 21



ANDY NELSON

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



# Fellowship Club Meeting

Tuesday, February 7th  
12:15p - 12:45p  
Room 119E

Food, fellowship, and fun!  
Please join us!

## WEST CAMPUS EVENTS

# CLUB WEST MEETING

MONDAY, FEBRUARY 6TH  
12:15P - 12:45P  
LOCATION CHANGE:  
ROOM 213W



IT'S NEVER TOO LATE TO  
JOIN IN ON THE FUN!

FREE LUNCH PROVIDED TO THOSE WHO ATTEND!

Wednesday · Feb · 08

## BASKETBALL BRAINBREAK

Compete Against Peers With  
Pop-a-Shot



Everyone is Welcome!

**11:00 AM - 12:45 PM**  
Taking Place in the Ellipse  
Sponsored by Club West



Join us for

## SUPER BOWL SNACK BAGS



**IT'S GAME TIME**  
★ ★ **GET YOUR SNACKS** ★ ★  
**READY!**

Hosted by

## THE SNACK HUT

Tuesday, February 7th  
Wednesday, February 8th  
From 12:00 - 1:00  
West Campus Ellipse



DMACC CAREER CENTER



# CAREER DAY



**FEBRUARY 7**

**12 - 1:30 PM**

**ROOM 200**

- CAREER CENTER OVERVIEW
- HANDSHAKE DEMONSTRATION
- RESUME & COVER LETTER TIPS
- INTERVIEW TIPS



INDIVIDUAL SESSIONS ARE AVAILABLE BY APPOINTMENT.



COMMUNITY COLLEGES for IOWA



## COMMUNITY COLLEGE DAY ON THE HILL

Tuesday, February 28

7:30 AM to 12:00 PM

Iowa State Capitol  
1007 E. Grand Ave., Des Moines

Registration includes transportation, meals, and an event polo. Register now - space is limited!



With any questions, please email Lisa Ash at llash@dmacc.edu.

Join students and representatives from community colleges all over the state of Iowa to share your experience with Iowa Legislators. This event, hosted by Community Colleges for Iowa, offers attendees the opportunity to learn, advocate, and network.

# SUPER BOWL PARTY



**FEBRUARY 8** 10 AM - 1 PM COURTER CENTER



DMACC  
DES MOINES AREA  
COMMUNITY COLLEGE  
BOONE CAMPUS



# BLOOD DRIVE

DONATE BLOOD. SAVE LIVES.

*Make the world a better place.*

**FRIDAY, FEBRUARY 24TH**

8:30 AM - 12:00 PM

**COURTER CENTER**

Scan the QR code to schedule your donation or contact Lori Zahnd at lazahnd@dmacc.edu.



# BOONE CAMPUS

# EVENTS

## cupid shuffle



VALENTINE'S DAY DANCE PARTY



**FEBRUARY 9**

**7 - 10 PM  
COURTER CENTER**



# Scholarship Day

## WHEN/WHERE:

- Wednesday, February 15th
- 1:30-4:30 PM
- DMACC Library
- Monday, February 20th
- 8:00 AM-4:30 PM
- DMACC Library

**COME & GET ASSISTANCE FILLING OUT THE SCHOLARSHIP FORM**



# BAKE SALE

## Monday, February 13th

**Proceeds will be donated to Kellan's Kingdom**

**LOCATION: KNOTTS COMMONS**



# ALL AROUND the World

LUNCH & LEARN WITH CERIL & CLAUDIA

**Tuesday, February 21st**  
**12:30 PM**

Knott Commons

**Please RSVP to Maggie at [msteinkamp1@dmacc.edu](mailto:msteinkamp1@dmacc.edu) by Tuesday, February 14**

# WEAR RED ON

• TUESDAY, FEBRUARY 14, 2023 •  
AMERICAN HEART MONTH

**SUPPORT THE FIGHT AGAINST HEART DISEASE IN WOMEN**

Get Active Eat Well Quit Smoking  
Visit your doctor

Know your numbers (cholesterol, blood pressure, & blood sugar)

# CARROLL CAMPUS

# EVENTS

# KINDNESS IS FREE

The DMACC Carroll Campus is celebrating Random Act of Kindness WEEK Feb. 20-24th.

**Stop by the library to 'check' out a kindness!**

- High five to stranger
- Call your grandparents
- Donate to fundraiser
- Hug someone
- Compliment your teacher
- Smile to someone
- Clean your room
- Donate your old clothes
- Make dinner for your family
- Make a bird feeder
- Text an old friend
- Thank your parents
- Love yourself

**SUPER BOWL  
TAILGATE CELEBRATION**

**FOOD & PRIZES!**

**THURS., FEB. 9TH  
11 TO 2  
BLDG. 7 LOBBY**




# URBAN CAMPUS

## EVENTS

**Valentine's Day  
Stuff-a-Heart**

**Make & Take**

**Tues., Feb. 14th  
Bldg. 7 - Lobby  
11 to 2**

**Make & Take**




Future Business Leaders of America

- presents -

## DMACC's First Annual Business Leadership Panel

Whether you plan to start your own business or advance in your field, you won't want to miss this informative event. All DMACC students are welcome and strongly encouraged to come interact and gain valuable insights from these experienced leaders! Students will learn:

### How to Start Your Own Business:

- Identify a successful business idea, and bring it to life
- Overcome challenges
- Secure funding
- Build your "dream team" of employees/co-workers

### How to Excel as an Employee:

- Stand out as a top candidate
- Advance in your field
- Mitigate workplace conflicts
- Become a successful leader

### Panel Speakers - Alumni of DMACC's "10,000 Small Businesses":

Jon Grannis, *Sollah Interactive*      Kori Heuss, *Heuss Printing*  
Shawn Fitzgerald, *Studio Iowa*      Perlla Deluca, *Southeast Constructors*

Join us Wednesday, Feb. 8<sup>th</sup> at 3:00 pm  
DMACC Urban Campus - Bldg. 7, Room 170

Contact [llash@dmacc.edu](mailto:llash@dmacc.edu) for more information or if you're looking to rideshare!

## URBAN READS Points of View: Finding and (Re) Imagining Community



### Sheree Greer

Nominated for the Pushcart Prize  
Named "Notable" in *Best American Essays 2019*  
Founder, Kitchen Table Literary Arts Center  
Author, *Let the Lover Be, Return to Arms & Once and Future Lovers*,  
*Stop Writing Wack Essays*, and *Beddest Out of Your Friends*  
Alum, VONA/VOICES  
Grantee, Astraea Lesbian Foundation for Justice  
Fellow, Yaddo & Ragdale Artist House Rubin

Learn to think critically about composition  
and writing while exploring topics such as  
race, gender, class and sexuality.

Feb 7, 12:50 pm—2:00 pm

Feb 8, 11:15 am—12:10 pm

Feb 15, 12:15 pm—1:15 pm (By invitation only)

Details will be provided to those in attendance on Feb. 7 or 8.

Feb 22 12:00 pm—1:00 pm Panel Discussion: Tough Talks on Tough  
Topics, led by DMACC Urban faculty

All events will be held in Bldg 1, Room 114 (Library classroom)

Reserve your space today! In person and virtual options available. RSVP no later than Monday, Feb. 8 at 5 pm. Email: [psmumma@dmacc.edu](mailto:psmumma@dmacc.edu) or Phone: (515) 687-7738. Instructors, if you would like to bring a class, please let us know. Snacks will be offered Feb. 7 & 8. Lunch will be provided on Feb. 15. Members of the public are welcome.



# UPCOMING MENTAL HEALTH WORKSHOP

## IT'S REAL: COLLEGE STUDENTS & MENTAL HEALTH

Thursday, February 9  
1:00pm-2:00pm

View a documentary featuring the stories of college students from across the country. It shows how students can seek help for these conditions & successfully manage them.

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



## DMACC ANKENY THEATRE PRESENTS...

Adapted from the French by Paul Bowles

# NO EXIT

By Jean-Paul Sartre

All shows are FREE, live, & in-person! Ankeny Campus, Black Box Theatre, Bldg. 5




Scan for FREE tickets & more information!



Tickets can be found at [EventBrite.com](http://EventBrite.com) or [DMACC.Edu/Theatre/Ankeny](http://DMACC.Edu/Theatre/Ankeny)

### SHOW TIMES

Friday, Feb 24 – 7:30 pm	Thursday, March 2 – 7:30 pm
Saturday, Feb 25 – 7:30 pm	Friday, March 3 – 7:30 pm
Sunday, Feb 26 – 2:00 pm	Saturday, March 4 – 7:30 pm
	Sunday, March 5 – 2:00 pm

   @dmacctheatre

 **DMACC**  
Life's Calling



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