

Des Moines Area Community College

## Open SPACE @ DMACC

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The Bear Essentials

College Publications

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2-20-2023

### The Bear Essentials, February 20 2023 Edition

DMACC Student Life

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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



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

### Black History Month

The grid includes the following items:

- read**: A yellow button with the word "read".
- BLACK FUTURES**: A book cover with the title in colorful letters.
- NOTES FROM A YOUNG BLACK CHEF**: A book cover featuring a portrait of a man.
- Mavis!**: A book cover with a woman wearing headphones.
- BLACK PIONEER**: A book cover with a portrait of a man.
- FRESH DRESSED**: A book cover with a grid of images.
- watch**: A green button with the word "watch".
- LOOKING FOR LORRAINE**: A book cover with a woman reading.
- BLACK BOY SMILE**: A book cover with a child's face.
- listen**: A purple button with the word "listen".
- PUNCH ME UP TO THE GODS**: A book cover with a man's face.
- read**: A yellow button with the word "read".
- BLACK CHURCH**: A book cover with a church interior.
- FREEDOM IN CONGO SQUARE**: A book cover with a woman's silhouette.
- HOT COMB**: A book cover with a woman's hair.
- THE INHERITANCE**: A book cover with a grid of faces.
- Erroll Garner**: A book cover with the text "No One Can Hear You Read".
- watch**: A green button with the word "watch".
- SOMEBODY'S DAUGHTER**: A book cover with a woman's face.
- I TAKE MY COFFEE BLACK**: A book cover with a man's face.
- listen**: A purple button with the word "listen".
- QR Code**: A square QR code.



### Herman and Joyce Cole: Black History Month Presentation

Sponsored by DMACC's War and the Human Experience Speaker Series



Herman Cole witnessed the Ku Klux Klan burning crosses next to his childhood home in South Carolina, marched with Martin Luther King Jr. as a high schooler, and studied under Chief Anderson, the father of Black aviation, at Tuskegee Institute. Cole went on to serve in the Vietnam War, and attained the rank of colonel in the U.S. Air Force. He will be joined by his wife, Joyce, a Civil Rights worker who registered Black voters in "Bloody" Lowndes County, Alabama. *You're invited to attend and learn from these exceptional speakers!*

**Wednesday, February 22, 2023**

Boone Campus  
Auditorium  
12:00pm-12:50pm

**Thursday, February 23, 2023**

Urban Campus  
Building 7, Room 170  
9:40am-11:05am

**Thursday, February 23, 2023**

Ankeny Campus  
Building 2, Room 25AB  
12:50pm-2:15pm

For questions, email [mrwalsh@dmacc.edu](mailto:mrwalsh@dmacc.edu) or visit War and the Human Experience <https://www.dmacc.edu/veterans/Pages/series.aspx>

# ANKENY CAMPUS

## EVENTS



**JOIN US FOR MONTHLY VIRTUAL FREE PRIZES!!!**

**BINGO!**

TUES., JAN. 31ST  
TUES., FEB. 28TH  
TUES., MAR. 28TH  
TUES., APRIL 25TH  
**8 PM**

LOG IN WITH ZOOM & DOWNLOAD A BINGO CARD AT BINGOMAKER.COM

VISIT THE DMACC STUDENT ACTIVITIES COUNCIL - ANKENY FACEBOOK PAGE FOR LOG IN INFORMATION




**DMACC**  
STUDENT ACTIVITIES COUNCIL

**GROCERY BINGO**


Wed., Feb. 22nd  
Bldg/ 5 - Student Ctr.  
12:15 pm



**DMACC**  
STUDENT ACTIVITIES COUNCIL

**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

**campus RECREATION**



**ANDY NELSON**  
[arnelson@dmacc.edu](mailto:arnelson@dmacc.edu)





JOIN US FOR THE NEXT

# CLUB WEST MEETING

MONDAY, FEBRUARY 20TH  
12:15P - 12:45P  
ROOM 213W

ENJOY FREE LUNCH AS WE DISCUSS  
UPCOMING EVENTS!  
EVERYONE IS WELCOME!



JOIN US FOR THE NEXT

# FELLOWSHIP MEETING

TUESDAY, FEBRUARY 21ST  
12:15P - 12:45P  
ROOM 119E

BRING A FRIEND AND ENJOY SOME FREE LUNCH &  
FELLOWSHIP!  
EVERYONE IS WELCOME TO ATTEND!



# WEST CAMPUS EVENTS



## CULTURE DAY

Stop by the Ellipse to learn about  
the different cultures of our ELL  
(English Language Learner)  
Students!

Wednesday, February 22nd  
11:00a-12:30p  
In the Ellipse



West Campus Creative Writers meets  
Thursday, February 23  
12:15 – 2:00 in room 125E!

All students welcome!

Come ready to express yourself...come late  
or leave early as needed!



# Scholarship Day

## WHEN/WHERE:

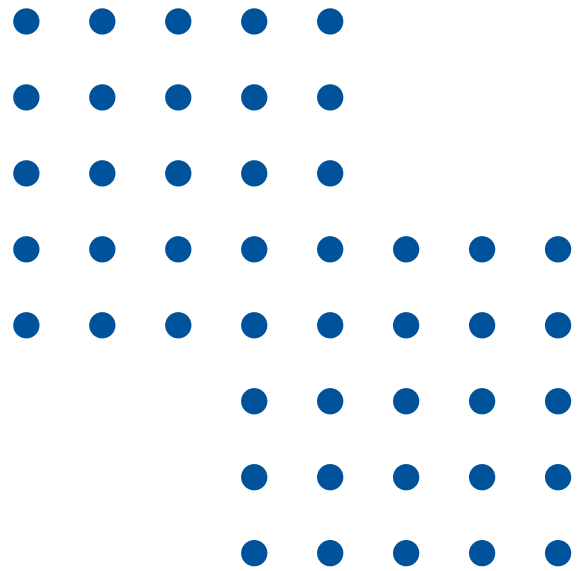
Wednesday, February 15th

✓ 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**



# CARROLL CAMPUS

## EVENTS

# 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



# 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

Made with PosterMyWall.com



BASKETBALL

# BLACK OUT

FEBRUARY 22

5:30 & 7:30 PM THE DEN



PHI THETA KAPPA  
HONOR SOCIETY

## Induction Ceremony

FEBRUARY 21 | 7:00 PM | AUDITORIUM

You are invited to attend an induction ceremony with special guest speaker Rob Denson, *President* to honor the newest Phi Theta Kappa members of the DMACC Boone campus chapter.

A reception in the Courter Center will follow the ceremony.

# BLACK HISTORY EVENT



FEB 20 12 PM COURTER CENTER



# BOONE CAMPUS

EVENTS



DMACC  
DES MOINES AREA  
COMMUNITY COLLEGE  
BOONE CAMPUS

LifeServe  
BLOOD CENTER

# 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](mailto:lazahnd@dmacc.edu).





# Ankeny Campus Transfer Student Fair



Wednesday, March 1  
10:00 a.m. to 1:00 p.m.  
Building 5 - Lobby

Talk with admissions  
advisors about your  
transfer path!

Email  
[advising@dmacc.edu](mailto:advising@dmacc.edu)  
for more info.

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



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

## 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

Tickets can be found at  
[EventBrite.Com](https://www.eventbrite.com) or  
[DMACC.Edu/Theatre/Ankeny](https://www.dmacc.edu/theatre/ankeney)

### SHOW TIMES

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

@dmacctheatre



# UPCOMING MENTAL HEALTH WORKSHOP

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

Friday, February 24  
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.**

# EDUCATION



# ANNUAL Transfer Fair



Monday, February 27  
10:00 a.m.-1:00 p.m.

Ankeny Campus, Building 5 Commons

### Invited College/Universities

- ▶ Buena Vista University
- ▶ Central College
- ▶ Drake University
- ▶ Grand View University
- ▶ Iowa State University
- ▶ Morningside University
- ▶ Simpson College
- ▶ Upper Iowa University
- ▶ University of Iowa
- ▶ University of Northern Iowa
- ▶ Waldorf College

### Help make the transition easier.

Talk with representatives from these colleges and universities. Plan to ask your transfer questions.

Find out how to transfer your coursework from DMACC to the four-year institution of your choice, as well as receive information about their Teacher Education Programs.

DMACC.EDU

800-362-2127 |

**DMACC**  
DES MOINES AREA  
COMMUNITY COLLEGE  
*Life's Calling*