

Des Moines Area Community College

## Open SPACE @ DMACC

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The Bear Essentials

College Publications

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9-11-2023

### The Bear Essentials, September 11 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.

JOIN US FOR OUR FIRST CRAFT NIGHT!

**LET'S GET CRAFTY!**  
 Join us for Craft Nights!  
 Tues., Sept. 12th  
 Tues., Oct. 3rd  
 Tues., Nov. 7th  
 6 PM to 8 PM  
 Building 5 - Student Center

**DMACC**  
 STUDENT ACTIVITIES COUNCIL



## CONSTITUTION DAY

TEAM TRIVIA!  
 BRING A TEAM OF 4 PLAYERS  
 COMPETE FOR PRIZES  
 WEDNESDAY, SEPT. 13, 12:15 PM  
 BLACK BOX THEATER BUILDING 5

## ANKENY CAMPUS

EVENTS



Questions about voting?  
 Ask an expert!

**Voter Registration Drive**  
 Tues, Sept 19th  
 10-2  
 Building 5  
 Hosted by:  
 PHI THETA KAPPA  
 HONOR SOCIETY

# Dive into DMACC

Learn how you can get involved on campus!

SEPTEMBER 13  
10 AM - 1 PM  
Courter Center



## STUDENT ACTIVITIES COUNCIL MEETING

September 20

12:15 - 12:45 PM

Room 118

### DMACC Bears VOLLEYBALL



SEPTEMBER 13 7 PM THE DEN  
PEP TABLE SEPTEMBER 11 10 AM - 1 PM COURTER CENTER

## BOONE CAMPUS

EVENTS

Complete your bachelor's degree online from UNI!

Join us for an info session:

Monday, September 25 @ 9 a.m.  
Wednesday, October 25 @ 2 p.m.  
Tuesday, November 28 @ 5 p.m.

UNI@DMACC



[iacc.uni.edu/dmacc](http://iacc.uni.edu/dmacc)



DMACC CARROLL  
CAMPUS

# Kevin Hines

## SUICIDE - THE RIDDLE EFFECT

DOCUMENTARY VIEWING IN THE KNOTT COMMONS:  
WEDNESDAY, SEPT. 13TH AT 11:00AM

MONDAY, SEPT. 25TH AT 1:00PM

BRING YOUR LUNCH & VIEW THE DOCUMENTARY  
FREE WILL DONATION TO HELP SUPPORT NAMI OF CARROLL

[HTTPS://WWW.KEVINHINESSTORY.COM/SUICIDE-  
THE-RIDDLE-EFFECT](https://www.kevinhinesstory.com/suicide-the-riddle-effect)

# CARROLL CAMPUS



**EUCHRE TOURNAMENT**

SUBWAY WILL BE PROVIDED

<b>12</b> SEPTEMBER	<b>KNOTT COMMONS</b>	<b>5</b> PM
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RSVP TO MAGGIE STEINKAMP AT: MSTEINKAMP1@DMACC.EDU, STOP IN THE STUDENT SERVICES, OR CALL 712.792.1755

Beginner & Advanced levels

## THURSDAY, SEPTEMBER 14TH

**6-9 PM**

**ADAMS STREET**



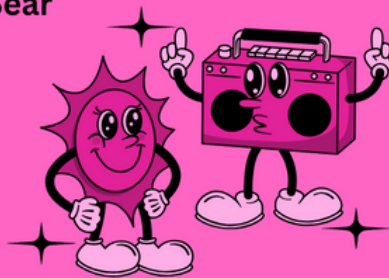
While enjoying live music stop by the DMACC table and make your own stuffed DMACC Bear to take home!

**FREE  
CONCERT**

**Live + Local**



Bring your own lawn chair!





CLUB WEST PRESENTS:

# LUNCH AND LEARN: DMACC WEST TUTORING

**TUESDAY, SEPTEMBER 12TH**  
**12:15P - 12:45P**  
**ELLIPSE**

COME ENJOY SOME FREE LUNCH WHILE LEARNING HOW  
THE TUTORING CENTER CAN HELP YOU THIS SEMESTER!

## WEST CAMPUS



**Room 121E - 11:00 to 12:00**  
*Held on the following Fridays:*

- September 15**
- October 13**
- November 10**
- December 1**

*Food provided at each meeting*

**RSVP by end-of-day Wednesday before meeting**  
**Email: Chris Sinclair at [clsinclair2@dmacc.edu](mailto:clsinclair2@dmacc.edu)**

The Animation Club is for DMACC students interested and enthusiastic about animation. We explore a variety of animation styles, hold drawing activities, animation exercises, discussions, and focus on *The Principles of Animation*.

All DMACC students are welcome. However, the room is limited to 20 seats.

The QR Code creates an RSVP email to  
Chris Sinclair at [clsinclair2@dmacc.edu](mailto:clsinclair2@dmacc.edu)



Point your smartphone's camera towards  
the QR code to generate an RSVP email.

# CLUB WEST MEETING

**MONDAY, SEPTEMBER 11TH**  
**12:15P - 12:45P**  
**IN THE AUDITORIUM**



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

FREE LUNCH PROVIDED (ON A FIRST COME, FIRST SERVE  
BASIS) TO THOSE WHO ATTEND!

## EVENTS



# Fellowship Club Meeting

**Wednesday, September 13th**  
**12:15p-12:45p**  
**Room 119E**

Fellowship is open to everyone! Bring a friend!

Free lunch provided for those who attend!

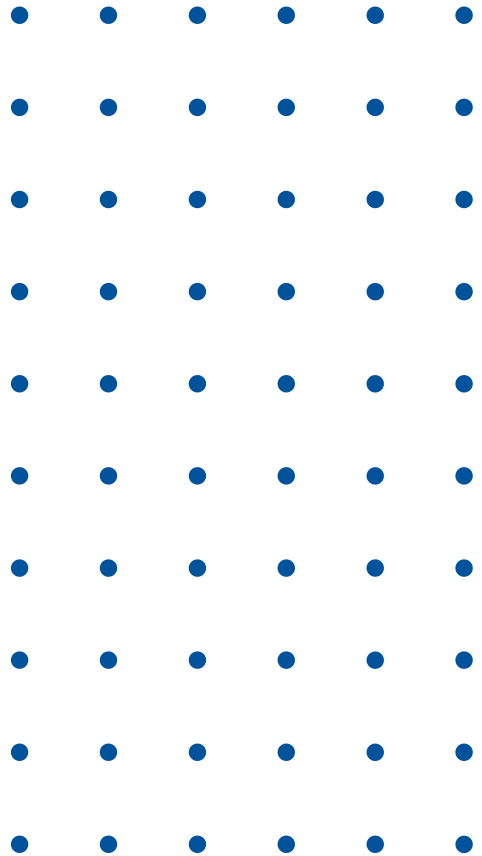
September 10-16, 2023

# National Suicide Prevention Week

**THINK YOU KNOW SOMEONE WHO IS STRUGGLING?  
LET THEM KNOW THEY'RE NOT ALONE.**

Stop by the front lobby all week to pick up resources about warning signs, how to reach out and listen, and when to seek help. Also, in the lobby will be notecards to write letters of encouragement to family and friends to reach out and let them know you care. For more information visit: [afsp.org/nspw](http://afsp.org/nspw)

1. Reach out
2. Listen
3. Seek help



# NEWTON CAMPUS

## EVENTS



Thursday, September 14th // 11:30-1:00 PM  
Room 210 // FREE Lunch & Prizes

Stop by and learn about the various DMACC Newton student clubs and campus resources:

- Campus Fellowship Club
- LGBTQ+ Affinity Club
- PTK
- Student Activities Club
- AAC / Tutoring
- Counseling Services

The University of Northern Iowa, Iowa State University and Buena Vista University will also be here to answer all your transfer questions!

Also, on campus will be several community agencies including:

- ISU Extension
- YMCA
- CICS
- Connect to Careers with Children & Family of Iowa
- Salvation Army
- Ottumwa Crisis Center
- NAMI

--AND MANY MORE--

Come learn about the services and resources they provide to students in the Jasper County area.

Primary Health Care will be providing free STD testing in their mobile health unit in the parking lot.

The Project of Primary Health Care



**UPDATE YOUR STATUS!**

**FREE STD TESTING**

CHLAMYDIA GONORRHEA HEPATITIS C HIV SYPHILIS

GET TESTED! IT'S FREE & CONFIDENTIAL





# WE ARE HIRING

## ANDY NELSON

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



OPEN POSITIONS

SCOREBOARD KEEPER <<  
OFFICIAL <<<  
CAMPUS REC LEAD <<<



APPLY NOW



### FALL 2023 Intramural Schedule

#### Sports Leagues & Challenges

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
Fantasy Football League	Friday, September 1	Thursday, September 7	Sunday, February 11
Spike Ball Tournament	Monday, September 18	Monday, September 18	Monday, September 18
Bags Tournament	Tuesday, September 19	Tuesday, September 19	Tuesday, September 19
Outdoor Basketball Tournament	Tuesday, September 19	Monday, September 25	Monday, September 25
Outdoor Soccer League	Wednesday, September 20	Tuesday, September 26	Tuesday, October 24
Flag Football League	Wednesday, September 20	Wednesday, September 27	Wednesday, October 25
Golf Tournament	Friday, September 29	Thursday, October 5	Thursday, October 5
Tennis Tournament	Wednesday, October 11	Thursday, October 19	Thursday, October 19
Sand Volleyball Tournament	Wednesday, October 18	Monday, October 23	Monday, October 23
Indoor Volleyball League 6v6	Wednesday, October 25	Monday, October 30	Monday, December 4
QBS4 Tournament	Wednesday, October 25	Tuesday, October 31	Tuesday, October 31
Full Ct. Basketball League	Wednesday, October 25	Wednesday, November 1	Wednesday, December 6

#### eSports Leagues & Tournaments

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
League of Legends	TBD		
Call of Duty	TBD		
Fortnite	TBD		
Rocket League	TBD		
Madden	TBD		
NBA 2K	TBD		

#### Special Events & Tournaments

EVENT	REGISTRATION DEADLINE	PLAY BEGINS	PLAY ENDS
Canoe Races	Wednesday, September 20	Wednesday, September 20	Wednesday, September 20
Halloween Glow Run 5K	Thursday, October 19	Thursday, October 26	Thursday, October 26
H2O Battleship	Wednesday, November 1	Tuesday, November 7	Tuesday, November 7
Retro Game Night	n/a	Tuesday, November 14	Tuesday, November 14
Glow in the Dark Volleyball	Friday, November 17	Tuesday, November 28	Tuesday, November 28
NCAA Bowl Pick'em	Thursday, December 14	Friday, December 15	Monday, January 8

IMLEAGUES.COM

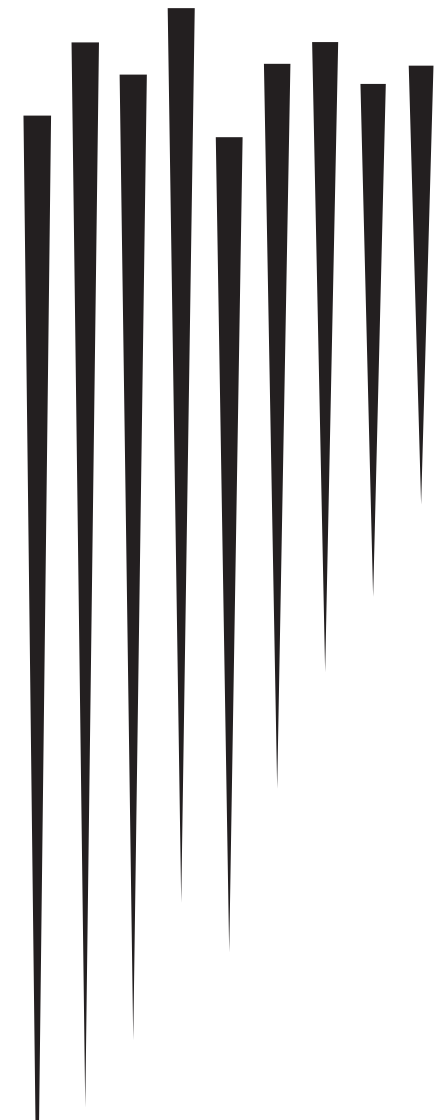


You will need an IMLeagues account to participate in DMACC Intramurals. Follow the directions located on the backside of this flier to sign-up. Please remember to use your DMACC email address and that you need to be a current DMACC student (taking 6+ credits), faculty or staff to participate. If you have any questions please email Campus Recreation Coordinator, Andy Nelson at [arnelson@dmacc.edu](mailto:arnelson@dmacc.edu).

DON'T MISS OUR EVENTS!

**SUBSCRIBE TODAY!**

text DMACCSTUDENTLIFE to 855-302-7051



# AUDITIONS

For our second fall show:

**Merge**

September 13 & 14  
7 - 9 pm

Black Box Theatre  
Walk-ins welcome!

More info on our website!



## UPCOMING MENTAL HEALTH WORKSHOP

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

Wednesday, September 27  
2:00pm-3:00pm

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**



## WANT TO STUDY ABROAD IN SPRING 2024?

**START PLANNING NOW!**



Come to one of our upcoming info meetings. You'll learn about how the program is structured, how to pay for your trip, and what you can learn from studying in one of Europe's most diverse, vibrant cities.

To register, please email Bethany Sweeney, the Study Abroad Coordinator, at [besweeney@dmacc.edu](mailto:besweeney@dmacc.edu) with your name, pronouns, the email address you check most often, your major/program of study, and the info session you'd like to attend. Dates and times are listed below. All info sessions will be held over Zoom, and you'll receive an invitation to your session of choice once you email Bethany.

**UPCOMING FALL INFO SESSIONS:**  
**MON., SEPT. 18TH: 12:15-12:45PM**  
**THURS., SEPT. 21ST 6:00PM-6:30PM**