



# 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

DMACC CAMPUS RECREATION

**INTRAMURAL VOLLEYBALL LEAGUE**

REGISTRATION DEADLINE  
THURSDAY OCT. 31

GAMES BEGIN  
WEDNESDAY NOV. 6

TRAIL POINT



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

DMACC CAMPUS RECREATION

**INTRAMURAL BASKETBALL LEAGUE**

REGISTRATION DEADLINE  
THURSDAY OCT. 31

GAMES BEGIN  
WEDNESDAY NOV. 6

TRAIL POINT

DMACC CAMPUS RECREATION

**GLOW**

*At the Park Volleyball*

DMACC CAMPUS RECREATION

MONDAY, OCTOBER 28 | 7-9PM

mleagues

# 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.**