



bullsheet@denison.edu | denisonbullsheet.com | @DUBullsheet

The Bullsheet, a forum for news, humor, and community dialogue, is funded by DCGA and is printed each day that classes are in session. Submissions must be sent before 6:30pm for next day submission via e-mail to:bullsheet@denison.edu. Submissions herein solely reflect the opinions of the authors.

Edited last night by: Zach  
Delivered this morning by: Sophia  
vol. LXIII/ no. 61/ December 6, 2019

## YOU ARE NOT ALONE

### Trigger Warning: Eating Disorders

Disclaimer: This article is not a cry for help, nor is it an attempt to garner attention. I see a therapist regularly for my mental health, and I just want to inform whoever reads this that if they share my struggle, they are not alone.

Dear reader,

As some of my peers and fellow students do, I struggle with eating disorders. These are something which few people know that I have, but they have affected me in almost every aspect of my life. The point of this article is to inform whoever is reading that you are human, you are not alone, you are worthy, and you are loved.

I began struggling with bulimia during my first year of college, as I lived in a single. This meant that I was able to go to the bathroom and check if there was anyone else there and if it was occupied, then I would wait in my room until they had cleared. I waited by my door and watched through my peephole to see if it was vacant. After purging, I was able to grab my toothbrush and clear the evidence; brushing my teeth with extra whitening toothpaste, and no one ever questioned it. This became commonplace, and I began to notice that I was losing weight. The slight high (more of a confidence boost than a high,) that I got when hearing people tell me how good I looked kept me face-down on this path toward self-destruction. I loved the way that I could eat what I want and people would sit in awe, wondering how I was able to lose weight. This continued into sophomore year (as I still had a single room), and I found myself partaking in purging almost every day. I became so anxious about my weight that I would restrict my calories throughout the day, and then binge at night, which would lead to self-induced vomiting a lot more often than not. This came to somewhat of a halt toward the beginning of the next year when I had gotten a roommate, and I was unable to inconspicuously keep up this habit. This transitioned into anorexic tendencies, where I would find any way I could to suppress my appetite and restrict myself to the point of starvation. Though I did not literally starve, I would feel a high from the hunger pains I was having. I had convinced myself that I loved the way they made me feel, and I thought that I loved the way I started to look. People I had never met would approach me in public and ask me if I had ever considered modeling. For someone so focused on appearance, this was perhaps the highest compliment I could receive. I was chasing approval from other people- so much so that I had lost myself, and had no grasp of my own identity. I read articles that explained the dangers and long-term effects of these conditions, and I realized that I was becoming someone I never could have predicted. Food started as the one part of my life that I was able to control, but it escalated into something that controlled me. After a lot of thought and back-and-forth with myself, I reached out for professional help and learned about why I was feeling this way (mainly stress), and began devising solutions to tackle this problem. I met with a therapist regularly and started seeing a nutritionist to find a meal plan that was not only sustainable but healthy and personalized. Getting help made me realize how much of these conditions reside in my head, and that my resentment towards myself gets me nowhere. I let food take control over my entire life and my body was not responding well to this. I felt sick almost all of the time, and I was constantly angry, sad, or both, though I got better at suppressing my emotions. The road to recovery has been long and hard, and it is one I am still on, but whoever shares this struggle needs to know: you are not alone, you deserve treatment, you deserve happiness, you deserve to be healthy, you deserve love, you have worth, you are valid, and you are enough.

If you or a friend are struggling with an eating disorder, please text HOME to 741741 to be connected with a trained Crisis Counselor.

-Anonymous

## WHAT YOU CAN BY WITH \$200

For those of you that remember the opening of the Moonies, there was a raffle to win \$200 to host a party there. Well, I won that. Which is kind of cool. I am surprised though that administration would be ok giving \$200 to a Bullsheeters as just like a certain Chicago suburban 80s teen we “give good kids bad ideas.”

So let’s explore those! What can you buy with \$200 for a party? The only rules are that we cannot use the money to buy alcohol or any contracted or illicit substances. So our plans for jagger bombs with plutonium and MDMA just won’t be happening. But there at still many many many options! Also thanks to James Whitney for helping find some of these. These are all real things for sale online. If you want a link just email me.

Local Craigslist: A Bag of Piranha Skulls. Described as a ”one of a kind item”: \$71

Land in Holiday Island, Arkansas. Near a lake. Assessed at \$9,000: Minimum Bid: \$1

Local Craigslist: A 5 gallon “Really Rare Bucket”: \$125

Steven Phillips, Balloon Twister. “100 simple balloons or 25 large creations per hour”: Under \$100

100 Advance Pierre Breaded Chicken Biscuit Sandwiches: \$120

From the State Gov. of Arizona. Various Length High Way Guardrail Panels: \$5

From the State Gov. of Arizona: Vending Machines for drinks: \$10

From State Gov of Arizona: Tuff Blazer Mowers: \$112.50

Local Craigslist: 23 year old male Donkey: \$150

Local Craigslist: Large McDonald’s Sign For Extra Value Menu: \$100

*- Zach Correia, Head Writer*

### DCGA PASSES BUDGET

DCGA unanimously passed a \$960,490.43 total budget for student organizations for the 2019-2020 academic year. This includes the recommendations from the Ad Hoc appeals committee. The Ad Hoc committee was established after accusations of bias in last year’s DCGA Finance Committee’s budget decisions. Eight organizations appealed their decisions and four of them received additional funds. Those total individual budgets are listed below. The Ad Hoc committee recommended no additional funds for the College Republicans, FSL Collaboration, Global China Connection, and the Panhellenic Council.

Organization	Original Budget	Final Budget
ACC	\$1450	\$2,912.37
BSU	\$56,686	\$65,012
La Fuerza	\$5,892.97	\$5,973.97
First Gen	\$8	\$1,862.5

*- Zach Correia, Head Writer*

### WINTER FEST TODAY



The 4th annual winter celebration

## Winter Fest

Friday, December 6th, 2019

5:00 PM - 8:00 PM

Slayter Union

Join us for free food, hot chocolate, hot apple cider, stuffed animals, crafts, music, activities, and so much more!

Follow us on social media for updates!

Denison UPC

@denisonupc

DFS Presents:

### BAD TIMES AT THE EL ROYALE

Friday December 6 and Saturday December 7th at 8 pm in Slayter Auditorium.

### Staff “Computer???” Box

- ..... Jax “Still” Preyer, Managing Editor
- ..... Isabella “No” Puccini, Senior Editor
- ..... Sophia “Computer” Menconi, Senior Editor
- ..... James “Old” Whitney, Sophomore Editor
- .....
- ..... Zach “One” Correia, Head Writer
- ..... Jay “Keeps” Huff, Senior Writer
- ..... Charlie “Crashing” Schweiger, Junior Writer
- ..... Elizabeth “Send” Arterberry, Junior Writer
- ..... Katie “Help” Kerrigan, Junior Writer
- ..... Jack “Pleases” May, Sophomore Writer

