



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

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.

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Delivered this morning by: Sophia
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TRYING TO STAY ACTIVE WHILE REMOTE LEARNING?

The Wellness Center and Department of Athletics are offering the following opportunities to stay connected with Denison while also maintaining your wellness. You can stay up to date on class schedules by visiting <https://sites.google.com/denison.edu/wellnesseducation/wellness-resources/physical-wellness-resources>

Current offerings:

Denison Virtual Fitness Classes

HIIT (starting March 26)

Tuesday and Thursday - 4:00 pm

Instagram live @denison_virtualfitness/

Zumba

Monday through Thursday - 5:00 pm

@denison_virtualfitness/

Pilates

(coming soon)

Seven Studio Workouts

Denison University has chosen to partner with Seven Studios to bring you daily workouts and inspiration. Denison students and staff receive unlimited access to 30+ live streamed workouts per week (and on-demand workouts, with new ones being added weekly). Seven offers yoga, pilates, core, barre, intervals(HIIT), meditation and more, taught by certified and passionate instructors.

Steps

- 1) Go to: livethesevenlife.com
- 2) Select: Offerings---->Schedule
- 3) Select the first class you would like to take and click on "Book"
- 4) You will be prompted to create an account and buy a pass or package; select the one month unlimited (normally \$85 package) and type in the promocode, "Denison2020"
- 5) Your account will be created your passes and you will be ready to attend classes.
- 6) You will receive the live-streaming link an hour before the class begins; if you sign up in under an hour, you will receive a link to the class instantly (please make sure your email is correct when you sign up as that is where the links to attend class will be sent to).
- 7) You may choose to share your video so that instructor can coach you or you can keep your video off.

Urban Zen Classes

Rodney Yee and Colleen Saidman Yee, co-founders of Urban Zen Integrative Therapy are offering free classes on the Facebook Live platform. Go to the Facebook page "[Yoga Shanti](#)" to learn more and find their schedule of upcoming livestreams!

-The Wellness Center Staff & Department of Athletics Faculty and Staff

"ASK A THERAPIST" VIDEOS

Counseling staff will put out short videos each Friday to answer the questions you have about counseling, mental health, or other topics.

Got a question? Go to bit.ly/denisoncounseling or scan the QR code:

- Kelsey Jones, Whisler Center for Student Wellness



"ADS"

An advertisement with a blue and yellow background. On the left is a photo of a man with glasses. The text reads: "Tired of Reading? Want someone else to read the Bullsheet to you?" Below this, it says "Contact weinberga@denison.edu for a complimentary audio recording of the daily sheet." There is also a Wi-Fi symbol icon.

-William Kelsey and Betsy Wagner, Staff Newbies

SATIRE!

REAL ADS

THETA ALPHA PHI PRESENTS DENISON, DRIVE-INS, AND DIVES: A FUN & SEXY PLAYWRITING COMPETITION

Inspired by UMN's Quarantine Playwriting Bake Off

We send you five play "ingredients" and you send us a 10 - 30 page script

Deadline to sign up is Monday, March 30th



FOR MORE INFORMATION AND TO SIGN UP TO PARTICIPATE, EMAIL THEATRE@DENISON.EDU WITH THE SUBJECT LINE "TAP PLAYWRITING CONTEST"

When u make ur coffee at home instead of going to Starbucks



Staff "Favorite *Tiger King* Characters" Box

Jax "Joe Exotic" Preyer, "Managing Editor"

Isabella "Allen Glover" Puccini, Senior Editor
Sophia "Josh Dial" Menconi, Senior Editor
Charlie "Tim Stark" Schweiger, Junior Editor

Zach "Doc Antle" Correia, Head Writer
Jay "James Garretson" Huff, Senior Writer
Elizabeth "Kelci Saffery" Arterberry, Junior Writer
Jack "Carol Baskin" Sophomore Writer
James "Howard Baskin" Whitney, Delivery Sheriff
Katie "Jeff Lowe" Kerrigan, Foreign Correspondent



If one more person tags me in the draw a carrot thing on insta, I will lose it