

# THE GALIPATIA GOBBLER

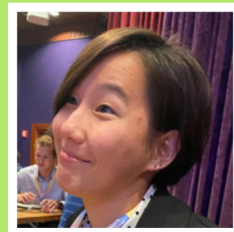
MARCH 24,  
2024

IF YOU STILL  
HAVE EVENTS  
TO DO  
GET THEM  
DONE SOON

Kaitlyn Green, Editor



Mia Yost-Kelly,  
Writer



## Mental Health Support *By Mia Yost-Kelly*

Hey Hogies! I don't know if you have realized that we are already more than halfway through the semester, and the second round of midterms is around the corner. It is easy to get distressed with everything going on, and I know I am probably not the only one whose mental health is affected by the stress. There are some great resources on campus that are solely there to support you and aid you in your wellness journey. Here are the individual support resources:

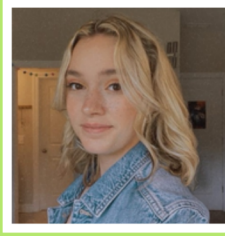
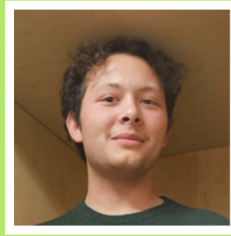
- Cook Counseling Center - For counselors, psychiatric care, and 24-hour crisis support.
  - 24-hour number: 540-231-6557
- TimelyCare - For virtual support with counselors, health coaching, and more
- Dean of Students - For academic support and crisis support
  - 8AM-5PM number: 540-231-3787
  - After-hours/VT police number: 540-231-6411
- Services for Students with Disabilities (SSD) - For accommodations and resources
- Women's Center at VT - For gender-based violence support and advocacy
  - Serves individuals of all genders!
- Raft Crisis Hotline - for 24-hour crisis support.
  - Associated with NRVCS (New River Valley Community Services)- NOT with VT!



These are just a few of the mental health resources offered. The QR code will take you to VT's mental health page, which is where you can find all of the resources available to you!

Not that long ago, I was going through a rough time both academically and personally. My friends suggested I utilize the support resources on campus, so I made an appointment with the College of Engineering's Embedded Counselor- Samantha Wilhelmi. Talking to her was a great experience because I got to vent and feel heard as well as get another perspective. This support was confidential and non-binding, so it is a safe and pressure-free environment with a professional. One piece of wisdom about engineering that has stuck with me is that "The hardest part of being an engineer is getting the degree," so give yourself grace and respect because this coursework and degree are challenging by nature. Your mental, emotional, and physical health matter, and taking care of yourself is essential for your education.

Gabe Rosado,  
Writer



Morgan Peterson,  
Writer

## 5 Tech Trivia Questions!

*By Morgan Peterson*

1. Tech has how many undergraduate majors?
2. What percent of tech students are undergraduates?
3. What percent of tech students are female?
4. What is tech's student-to-faculty ratio?
5. How many buildings are on our campus?

Answers: 1. 110+, 2. 80%, 3. 43%, 4. 13:1, 5. 36

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## Off Campus Eats *By Gabe Rosado*

Part of the fun of freshman year is exploring new places and restaurants on and off campus. If you have not had time to go exploring or somehow didn't stumble upon these culinary staples of Blacksburg, here they are:

**Black salt** - I consider Black Salt to be some of the best food in the area, I don't know what it is, but I love the seasoning they use on the fries. Plus, they have a lot of fun art to look at while you eat.

**El Rodeo** – Great Mexican cuisine, and genuinely a great date location. The staff are very nice, and the atmosphere is always lively.

**The Boardwalk** - The Boardwalk is a perfect complement to the popular late-night eatery, Benny's. Nothing ends the night better than a little dessert, and the Boardwalk has plenty of flavors of ice cream, funnel cake, cookies and more.

**Hefun** - Hefun offers delicious Japanese food, with a very warm environment. It's a great place to eat whether you're a party of one, with friends, or on a date.

**Cabo Fish Taco** - Some of the best surf and turf you'll find in Blacksburg. Cabo Fish Taco has tasty food and great servers. For the sports lovers, no matter which sport you follow, Cabo Fish Taco always has "The Game" on.