

Galipatian Station

WHILE YOU PEE IN LEE

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COMPILER



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Photography



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Being a Virginia Tech student, we are blessed with a beautiful campus surrounded by stunning landscapes. Whether you're looking to take portraits, landscapes, architecture or anything in between, there are countless places on and off campus to capture amazing memories during your time at Tech.

Hancock Hall

Hancock Hall, where the CEED offices and classrooms are located, is an excellent photo shoot location. At night, the glass window wall in Hancock Atrium (outside Hancock 100)



features excellent lighting and clean lines, perfect for portraits. The upper hallway (shown above) also has nice warm lighting serves as a clean backdrop.

Pamplin Hall

Home to the College of Business, Pamplin Hall also features a wide assortment of indoor plants, perfect for adding a bit of flair and color to your photos. Furthermore, the Hokie Stone walls give your photos the signature Hokie look. The open, multi-floor layout of Pamplin gives you the flexibility to compose freely to capture the perfect shot.

Pylons

Arguably the signature landmark of Virginia Tech, the Pylons is one of my favorite places on campus to take photos. In the evening to night time, the lighting around the Pylons really accentuates the stunning architecture. The two floodlights also are excellent for silhouetting subjects.



Hahn Horticulture Garden

One of the lesser known places on campus, Hahn Horticulture Garden is actually my favorite place to take portraits, especially at night. The central plaza in the garden has a dozen or so string lights that cast a soft glow on your subject while creating wonderful, creamy bokeh. The nearby waterfall and pond are also good locations during the day.

McAfee's Knob

Although it is one of the longer hikes, the 4.4 mile journey to McAfee's Knob is well worth the amazing photographic opportunities it provides. From the overlook, you can see the fog gently roll over the valley for miles and miles. Sunrise and sunset at the Knob are particularly spectacular.



Tips for Healthy Living



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We all have a lot of homework and studying to do during the week to maintain good grades in our classes. But with all of that effort spent on academics, our own health may have fallen by the wayside, and with a heavy work-

load, maintaining our well being is even more important.

One of the biggest detractors to our physical and mental wellness is stress. High stress levels can cause a number of unpleasant consequences, such as sleep loss, lack of energy, or weight changes, to name a few. To make sure that you keep both your body and your mind in ship shape, here are a few tips:

1. If you feel like you are being overwhelmed with work or are just feeling worked up, take a break. Remove yourself for a few minutes and try to relax. Take a stroll down to the Duck Pond and back to help clear your head. And if you feel like a few minutes isn't enough, Netflix is another great way to relax.

2. Ever heard the phrase, "You are what you eat,?" Believe it or not, it actually makes sense. Eating

healthy foods on a regular occasion instead of Chick-fil-A everyday is a surefire way to improve how you feel overall.

3. Exercise whenever you have the time to spare. Getting at least 30 minutes of aerobic exercise a day such as running, riding a bike, anything that gets you moving more than walking to class, will burn off any excess energy you might have, making it easier to think or sleep.

With these tips, you should be ready to face the rest of your engineering career.



Invents Studios



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One of the biggest perks of living in Lee Hall and being part of the inVenTs community is the inVenTs Studio 1. It is located on the second floor right across from Studio 2, where Academic

Hours are held. Inside Studio 1 are a wide variety of machines available, such as power tools, 3D printers, laser cutters, and workstations for computer-aided design and drafting (CADD). Even if you don't know how to use some of the machines, that's not a problem! There is always a helpful group of Galipatian upperclassmen in the studio to assist you with your needs. The great staff in the inVenTs studio is a huge reason why working on group projects there is a great idea. Spacious tables, workbenches, chairs, and white boards are provided there as well. In addition, the inVenTs studio is frequently hosting events throughout the school year. For example, training sessions are regularly held to teach students how to use the equipment, so they don't have to be supervised. However, the non-training events can help you out too. I made a laser-engraved name tag in the

inVenTs studio, which I then wore to the Engineering Expo. While Studio 2 may not be as exciting as Studio 1, it is still a valuable option provided to the community.



As I said above, Academic Hours are regularly held here. Think of Academic Hours as a secondary option to office hours for professors and TA's. This is an opportunity for you to come down and ask upperclassmen questions about homework, while gaining academic credit! Studio 2 also offers a great class for group projects, with movable chairs and a monitor that students can use to display the work on their computer screens.

The inVenTs Studio is an amazing resource that no other residence hall can boast of, and you don't even have to leave Lee Hall to utilize it. Definitely take advantage of these studios during your time here.