

# Galipatian Station

WHILE YOU PEE IN LEE

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COMPILER



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## Healthy Ways to Snack



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What is a college student to do when they have two tests within the next 24 hours that they haven't had the chance to study for with more the following week, enough homework to fill an olympic-sized swimming pool, and so much stress and anxiety that it could stun an elephant? Snack, of course! I'm sure many of you are intimately familiar with the act of stress eating; I know I've been a guilty party more times than I can count. And with tasty treats like cookies and ice cream just a short walk away, it can be very easy to fall into unhealthy snacking habits. I'm here to give you a couple tips on ways to satisfy your craving to stress eat without breaking out the candy bars.

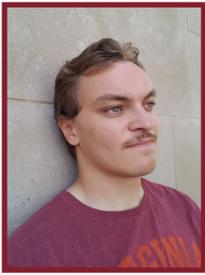
1. Try keeping nuts such as almonds, peanuts, etc. near at hand, either by your desk or in a container in your backpack. This way you get a bit of protein and healthy fats, while having something crunchy to chew on to relieve pent-up stress energy.
2. Have cheese sticks in your fridge for when you're craving dairy products like ice cream, that way you can cut back on your sugar intake while, again, getting a little more protein into your diet. Plus, it makes a great combo with some nuts!

3. Put some hard candies in a jar on your desk. Yes, I know this isn't the healthiest option, but if you really just need a little sugar and are looking for something to crunch on, eating one or two hard candies can be a good way to satisfy your cravings while avoiding more sugary things like a cookie or ice cream. I like to keep Werther's Original caramel hard candies on hand.

4. If you're willing to spend a little more money, a great option for healthy snacks is NatureBox. They have tons of options snack-wise, such as Big Island Pineapple, which is dried pineapple slices, Dark Cocoa Nom Noms (which I can personally attest are delicious), which are basically chewy chocolate oat cookies, Dark Chocolate Almonds, and so many more. Plus, a lot of podcasts get sponsored by NatureBox, with offers such as half off your first order or a free box of trial snacks (though you often still need to pay shipping). (Podcasts I know of that have been sponsored by NatureBox in the past include Sawbones and The Adventure Zone - check them out!)

Now the next time you're drowning your sorrows with snacks, you can at least know you're doing your body a favor for once.

# Why Aerospace



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Are you fascinated with the aviation or rocket industries?

Do you want to someday help man get to Mars, or maybe even farther locations?

Or perhaps you just like making things go fast. If you agreed with any of these questions, then Aerospace engineering might be the major for you.

Aerospace engineers, contrary to popular belief, do not work exclusively on air and spacecraft. Any industry where aerodynamics or fluid dynamics might come into play will require an aero major. These can range from sports cars, to bullet trains, to wind turbines. All of these are applications of aerospace engineering in some respect.

# Video Games for Dorm Life



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Video games are a great way to take some time off and destress from all the work. Here are a couple games that are amazing to play with a group of friends.

## Jackbox Games

If you haven't heard of Jackbox, I would recommend getting one of their games and getting together with some of your best friends. The games are played on your phone and come in packages called Party Packs. Each Party Pack has five different games. This may be the most fun you have had with a game ever. My personal favorites are Fibbage, where you insert lies to a trivia question and try to trick your friends into picking your lie, and Quiplash, where you compete to see who can come up with the funniest answer to a prompt. Each of these two have

Aerospace engineering is one of the more challenging disciplines of engineering offered at Virginia Tech, but can be highly rewarding if you are willing to put in the work.



If you are still interested in aerospace, but aren't thrilled about programming or fluid dynamics, then you can still pick another major *and* stay involved with the field through the numerous Aerospace student clubs and design teams. These include VT Rocketry, Design Build Fly, the Aviation Club at Virginia Tech, and many others.

For more information about aerospace engineering, please visit <https://www.aoe.vt.edu/> or contact me at [osmith16@gmail.com](mailto:osmith16@gmail.com) or (607) 353-9050 if you have any further questions.

Have fun with your chosen majors, Hokies! And remember! The sky is *not* limit!

also gotten sequels that add more questions for your enjoyment. There are currently 4 packs and each cost \$25. They can be found on Steam and every current console.

## Mario Kart

This classic can be found on the Nintendo consoles. The newest game on the Switch supports up to eight players assuming two members of your group own a copy on the Switch. This version of the game has forty-two playable characters, excluding character variants. It also includes many new and classic maps as well as vehicle customization. This game will leave you racing all night long.

## Super Smash Bros.

This classic party fighting game can be found on Nintendo consoles, and will have a Switch release at the end of this year. The most recent release was on the Wii U and 3DS. It features an extensive list of iconic characters from beloved franchises including Mario, Legend of Zelda, Kirby, and Pokémon. This party fighter is an amazing way to destress with friends and take a break from school.