

# Galipatian Station

WHILE YOU PEE IN LEE

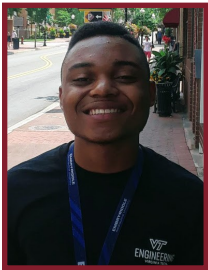
Friday, October 26th – Friday, November 2nd 2017

## COMPILER



**Garrett Bimstefer**  
**ESM**  
**Sophomore**

## Making Walking a Thing of the Past



**Raymond Daniels**  
**Electrical Engineering**  
**Sophomore**

If you're reading this, it's too late (it's a reference, know which one?). You need as much time as possible to sleep

before heading to that dreaded 8 am class. Let's not forget about the notebook you left in your dorm for the umpteenth time that you need before that 9 am class. Fortunately, as our technology advances our modes of transportation do too. For example, the campus is filled with people on motorized skateboards. Here are some of the best ones to investigate: *Boosted*, *Evolve Boards*, *Mellow*, *Yuneec E-go*, *Z-Board 2*, and *Stary Board*.

The Boosted board could enhance your travel by going 8+ mph over a range of 12+ miles in the rain. You'll be able to brake for others easily, and you can charge your phone afterwards from the battery in the skateboard. Sounds nice? Buying one these skateboards is a huge investment, so you should take time to see if paying between \$340 and \$2200 is worth it.

Of course, there are always other options. Who wants a

unicycle that can go as much as 20 mph and over up to 35 miles? Riding an electric unicycle is pretty safe, stylish, and sufficient. The most recognizable brands include *Segway-Ninebot*, *IPS*, *Gotway*, and *InMotion*. Electric unicycles are a lot faster than electric skateboards, cover greater distances, and are more suited for a variety of terrain. The price is about the same range from \$400 to \$2000. Unicycles are harder to learn. It's advisable to start cheap if you deem it fit.

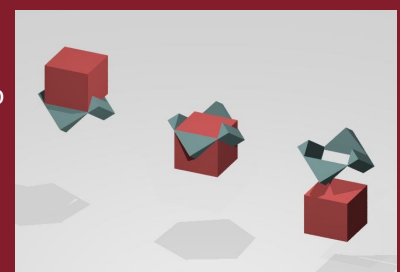
Let's not forget the cheapest, tried and true way to get around without needing to walk: biking (though scooters are the smallest upgrade to this)! When you're like most college students and you've spent almost all your funds on just getting here, you don't want to spend anymore money or time in the cold than you need to! Some world



-renowned brands: *Trek*, *Schwinn*, *Merida*, *Specialized*, and *Cannondale*. I'll leave it to you to check these out!

## Biweekly Brainteaser:

To solve this problem, it is best to think in terms of shadows. If you have a light source shine straight down and orient one of the cubes with its diagonal parallel to the light, the shadow cast will be a regular hexagon. It turns out that a face of the cube can fit inside of this hexagon with room to spare! Extending this to three dimensions, a square hole cut along the diagonal of one cube will allow the other to easily pass through. This paradox is known as Prince Rupert's Cube.



# Civil and Environmental Engineering



**Karen Small**  
**Civil Engineering**  
**Sophomore**

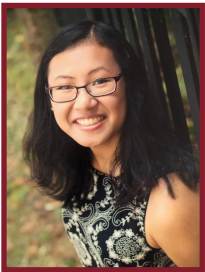
My personal favorite major at Virginia Tech, civil engineering, has a lot to offer! Did you grow up building things or creating structures? Have you ever been intrigued by traffic patterns? Do

you support environmental consciousness? Do you want to avoid taking dynamics? Civil engineering could be for you!

One of my favorite parts about civil engineering is the diversity of the major and the options you can explore. The Charles Edward Via, Jr. Department of Civil and Environmental Engineering has different program areas (or disciplines) of:

- Construction Engineering and Management
- Environmental and Water Resources
- Geotechnical Engineering
- Structural Engineering and Materials
- Transportation Infrastructure & Systems Engineering

# How To Improve Your Sleep



**Angela Ngo**  
**Computer Science**  
**Sophomore**

At this point in the semester, many of you are probably used to consecutive late nights studying or getting caught up on big homework assignments; however, you may find that when you do decide to go to bed at a decent time, you can't seem to fall asleep because your sleep cycle is off balance! If you're frustrated with the state of your internal clock and want to have a healthy sleep schedule, here are some tips to get started:

- **Use blue light filters.** Exposure to blue light from an electronic device interferes with your brain's ability to produce melatonin, the hormone that helps you sleep. Most of your electronic devices should have a setting to display warmer colors and reduce blue light. Take advantage of that function, as it may help.
- **Set a consistent wake time.** This applies to weekends and days off too. You can't always control when

Still not cool enough? In CEE 2804 (Intro to Civil), one of the class requirements is to go on **TWO** field trips! You have the opportunity to visit and tour construction sites or see behind the scenes of civil infrastructure or environmental/water facilities. Join Civil Engineering! Visit [www.cee.vt.edu](http://www.cee.vt.edu) for more information.



**CEE 2804: Visiting the Smart Road**

you go to bed because of that pesky schoolwork, but if you can manage to wake up at the same time every day, it'll cue your body to times you should be awake and asleep, which will actually help you sleep better at night.

- **Avoid caffeine.** Drinking coffee or tea in the morning is fine if you want to wake yourself up, but try to avoid these caffeinated beverages after lunchtime.
- **Exercise daily.** Making exercise part of your daily routine helps your sleep be more restful and healthy, and it helps reduce stress, a common cause of sleep problems. Be sure not to exercise too close to bedtime because it'll leave you feeling energized at a time where you should be relaxing and winding down.

Remember that being well-rested will also give you the ability to focus better in school, so always make sure to take care of yourself!

