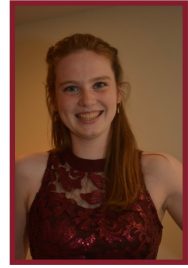


Galipatian Station

WHILE YOU PEE IN LEE

Friday, September 7th – Friday, September 14th 2017

COMPILER



Sarah Maxseiner
Computer Engineering
Sophomore



VT Gyms

Ian Murry
Construction Engineering &
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Sophomore

Virginia Tech has two gyms on campus: McComas and War Memorial. Both are excellent ways to get into shape or stay in shape. To enter one must simply gain the motivation to go and bring their HokieP which will be swiped in to grant them entry.

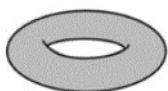
McComas - McComas is open from 6 AM to 11:30 PM, 7 days a week not including days where there are football games. This is the larger of the two gyms. It includes 3 basketball courts, indoor running track, a lap pool (which has shorter hours), a cardio section, two weightlifting sections, a cycling room, two activity rooms, and personal trainers. Since McComas is the larger and newer of the gyms (meaning it has AC) it is typically more crowded. There is typically a morning rush of people and a post-class rush beginning around 4 and ending around 10 this is by far the most crowded time to go.

The top floor is where the basketball courts can be found along with the Cardio section. Directly beneath the cardio section is the larger weightlifting area where the free weights can be found along with weight machines. Besides this section is the activity area where classes are taught ranging from yoga to dance these classes require a pass that can be purchased on the intramural sight.

However, everyone can try one free group exercise class every 365 days. Find one that interests you and check it out. Also, there is normally a Free Week of Fitness at the beginning of each semester and during exam weeks at the end of the semester. Over next to the changing rooms is the second weight room where bench presses, squat racks, leg presses and some free weights are found. Outside the second weight room is the cycle studio. Here spin classes are taught. However, McComas's most advantageous attribute is AC on hot summer days.

War Memorial Gym - War Memorial Gym is the original gym on campus. It's hours are 5:30 am - 11:30 pm (weight room closes at 10:00 pm) and fewer hours on weekends. Unfortunately, War is also closed on the game days. War offers two weight rooms and one cardio. It offers much of the same equipment as McComas but usually less of them. War also offers a lap pool and a dive pool with hours for both open swim and lap swim. The pools have different hours than the rest of the gym and is closed on the weekend. War also has racquetball courts which cannot be found in McComas along with a gymnastic room. This is coupled with multiple basketball courts. The main appeal of War is the lack of crowds, unique rooms it has, and its closeness to Lee Hall.

Bonus - Ambler Johnston Hall, Miles Hall, and New Residence Hall East all have gyms as well. However, they are rather small and have mostly cardio and some weight machines



What is the connection between a coffee mug and a doughnut? Find out next week!

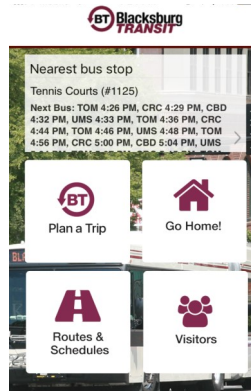
Navigating the Buses



Keneil Gordon
Civil Engineering
Sophomore

I hope the first two week of classes have been going well for you! I hope you have

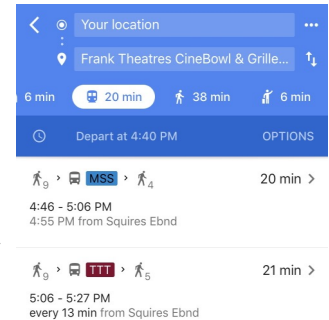
been able to familiarize yourself with how to get around campus. What if you realize that you need to go to Kroger? Or what if you realize that you need to make a run to Walmart to buy a few items for the dorm? Usually, you would hop into your car and head there right? Except, for the majority, you do not have your car with you. Thankfully, the bus system is here for your everyday travel convenience.



Blacksburg Transit has partnered with Virginia Tech to provide transportation to all students enrolled! As you may have noticed, many buses run throughout campus all day long. You may be wondering what

buses run and where? Luckily for you, there is the Blacksburg Transit app, (known as BT4U) available both for iPhone and Android. The app allows you to search for a place that you would like to travel to, such as Kroger, and it will display the buses that run to the location, the time it leaves, and the information about other routes.

Another option is to use the Google Maps app to see which buses run when and where. In my opinion, I prefer using Google Maps because it allows you to just type a location in, and the information pops right up for your convenience. Plus it is much faster than using the Blacksburg Transit app.



Monday-Thursdays: 7am-12:45am.
Fridays: 7am-2:45am.
Saturdays: 9:30am- 2:45am
Sundays: 11:30am-11:45pm.

Check <https://ridebt.org/> for more information about routes, hours, and job opportunities. Remember to keep track of when and where buses go so you don't get lost!

Music or Audiobooks?



Sarah Maxseiner
Computer Engineering
Sophomore

Hey Galipatians! Are you bored walking to class? Virginia Tech is a large campus and some buildings are a 20-minute walk from Lee Hall (I'm looking at you, Goodwin). I found myself craving something to do during these walks. These are the options I came

up with to occupy my mind in-between classes and during walks:

1. Music – Start the day off right with a good song that will get you in a good mood for your classes. If you are having a bad day, it is a perfect way to change the mood of your day in 3 minutes. However, Virginia Tech does not have Wi-Fi all over their campus so streaming music while walking across the drill field can leave you stuck in the middle of a song. Spotify offers a student discount of \$4.99 a month for Spotify Premium, Hulu limited commercials, and SHOWTIME.

2. Audiobooks – If you are a reader like me but can't make time with the large amount of homework college promises, audiobooks are the way to go. They can transform a boring walk into an exciting adventure. If you have an audible subscription, this is a good way to make use of it. If you do not want to spend money, OverDrive is a free app where you can rent audiobooks and eBooks from your library. Just sign in with your library card and start reading! (If you do not have a library card, as a VT student you can get one at any Southwest Virginia Public Library)

3. Walking with friends – It might seem redundant to state this as an option but even if your friend isn't going to the same class, you guys might share other classes. Walking to class together gives you time to socialize as well as ask questions about homework or other important information. This is one way to make sure you are on top of your classwork.

Virginia Tech is a beautiful campus, so admire it while you can. These four years go faster than you expect.

