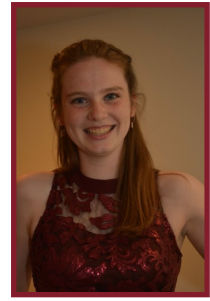


Galipatian Station

WHILE YOU PEE IN LEE

Friday, March 22nd – Friday, March 29th 2019

COMPILER



Sarah Maxseiner
Computer Engineering
Sophomore



Brazilian Jiu Jitsu

Garrett Bimstefer
ESM/Physics
Sophomore

When you think of martial arts, what do you think of? Personally, I envision Bruce Lee gracefully demolishing his enemies while making inhuman noises. While this flashy display of violence may be entertaining, it is entirely unrealistic. Brazilian Jiu Jitsu (BJJ) is a discipline which goes against the typical ‘meathead’ notion of martial arts. BJJ is a grappling art that is a culmination of influences from judo, jiu jitsu, and wrestling. It is founded on the concept that a relatively small individual can successfully defend themselves from a larger assailant. This is accomplished through the use of techniques that take advantage of classical mechanics such as leverage, center of gravity, and much more. I personally like to conceptualize BJJ as chess using your body. It is a constant flow of two people countering back and forth until one comes out on top.

However, BJJ is much more than a mere strategy game. Every person has a unique personal develop-

ment during their time training. Personally, I have improved my communication skills and have become much less self-conscious. I guess grappling is such close quarters with a person you just met will do that! I have found that BJJ seems to have a penchant for finding the weaknesses in one’s psyche and gradually fortifying it over time. In my experience, BJJ has not only been a mentally engaging activity, but it has also improved my overall mental state.

If this interests you, try a free class at Team Mannon Brazilian Jiu Jitsu! Team Mannon BJJ is located just a mile from Lee Hall, so take some time to stop by and check it out. What do you have to lose! Be sure to dress accordingly and be prepared for some exercise. Check teammannonbjj.com to look over their schedule and choose one of the ‘all levels’ or ‘fundamentals’ classes to visit.



SMILE tip of the week:

Wellness App of the Week: Plant Nanny. Plant Nanny helps remind you to drink the amount of water you need every day by growing adorable digital plants. Stay hydrated!



Summer Class Options

Sarah Maxseiner
Computer Engineering
Sophomore

Congratulations! You're almost 75% finished with your first year of college. Spring semester is a bit different than all semesters. Here are a few tips on how to best prepare for the rest of the semester:

Start assignments early

With no vacation time to break up the stressful end of a semester, the spring semester is more like a sprint to the finish line rather than slow stroll. Try to keep the TODO list as short as possible as we approach the end of the semester, finals are closer than you think. Make sure you complete spring service hours by the end of the semester! The Big Event is a great way to complete those hours.



Change of Major Info

Keneil Gordon
Civil Engineering
Sophomore

Hello Galipatians! I hope your semester has been going well. As a general engineering major, you've probably decided what major you wanted to do, or maybe you're still deciding. Whether you want to go into Chemical, Electrical, Aerospace, or any of the other fields available, you probably have one question in mind. How do I go about declaring my major and when? Thankfully, there are change of major information sessions available for your knowledge.

The information sessions will give information as to the requirements, such as classes needed, GPA needed to guarantee the major, important due dates, add and drop information, and instructions to declare. Try to make sure you are able to attend to receive helpful information to make sure the declaring process can go smoothly. Register by scanning

Check The new Event System for more details!

Find storage for the summer

If you are moving into an apartment, it might be a good idea to rent a storage unit for the summer months. The number of belongings you brought down during move in has most likely increased over the last few months. Also moving out at the end of spring semester is a big event. Make sure you confirm that whoever normally drives you back is willing to move you out.

Have Fun

Make sure to support the Hokies in March Madness! We play Saint Louis Friday March 22nd at 9:57 PM EST. Online streaming is at NCAA.com



the QR code, clicking on information sessions, and registering for the date that best fits your schedule!

DATE	TIME	LOCATION
Friday, April 26	2:30 PM - 3:30 PM	135 Goodwin Hall
Wednesday, May 1	12:15 PM - 1:15 PM	190 Goodwin Hall
Friday, May 3	2:30 PM - 3:30 PM	135 Goodwin Hall

