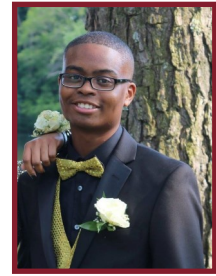


Galipatian Station

WHILE YOU PEE IN LEE

COMPILER



Keneil Gordon
Civil Engineering
Sophomore

Friday Mar. 8-Mar. 22

Giving Back to the Community



Rafael Arbex-Murut
Computer Science
Sophomore

As Hokies, our motto is *Ut Prosim*, which translates to “That I may serve”. Here in Blacksburg, there are no shortages of opportunities for you to perform some sort of community service. Community service is fulfilling, fun, and best of all, it will help you finish your minimum service-learning hours for spring semester. Many on-campus and off-campus organizations have fundraisers, percentage nights, volunteering events, and other sorts of philanthropy.

For those of you who would like to do some sort of religious-based community service, there are many religious organizations here at Blacksburg that host or sponsor charity events. Ministries and organizations such as Chi Alpha, Hillel, Ukirk and others always have some sort of activity going on, such as Hillel’s Challah for Hunger fundraising bake sales (virginiatech@challahforhunger.org). They are open to people of all faiths and very receptive to those willing to reach out on their social media!

There are many non-religious based organizations as well. These can be found on [\[nect.vt.edu\]\(http://nect.vt.edu\). Some organizations are university-based, such as VT engage, that sends out students on need-based community learning opportunities. Other organizations are national, such as Wine to Water, a group that makes frequent trips to developing countries and services underprivileged communities. The VT chapter meets every other Tuesday and new members are always welcomed \(contacts: \[kflan16@vt.edu\]\(mailto:kflan16@vt.edu\) \[nict@vt.edu\]\(mailto:nict@vt.edu\)\).](http://gobblercon-</p></div><div data-bbox=)



Another strong source for philanthropy is Greek life. Fraternities and Sororities often host percentage nights by partnering with local joints such as Moe’s, Tropical Smoothies, Panda Express, D.P. Dough’s and others. A certain percentage of anything consumed at that place will go to the fraternity’s or sorority’s sponsored charity. This is a great way to go out and try new places with friends while still giving back to the community. Just make sure to ask for the receipt to deliver it to the organization!

Whether or not you need community service hours, giving back to the community is always a worthwhile endeavor. Reach out to an organization, friends, and go have fun!

National Museum of China, Beijing



Yahui Zhao
Computer Science
Junior

Traveling can always be exciting! Are you planning to visit China sometime in the future? Would you like to learn more about China? Today I would love to share one of my favorite places in Beijing, China.



National Museum Of China (Free entrance)

Located in 16E Chang'an Avenue and was built in 1920, the National Museum of China is the third-largest art museum in the world by the gallery space, containing 1.3 million collections. The museum is like a brief Wikipedia, where you can learn anything about China.

The ground floor is all about ancient Chinese history.

Balancing Hobbies & Schoolwork



Dana Aherron
Chemical Engineering
Sophomore

In college, especially as a freshman, it's easy to feel overwhelmed with schoolwork and friends that it may be hard to find the time to do the things you enjoy when you're all by

yourself. The key is making time for those things. This may mean skipping a hangout with your friends to finish a book you've been reading or to sketch out an idea that's been in the back of your mind. Sometimes you can combine activities. For example, if you really enjoy running, you can read a book or do reading for a class while you're on the treadmill in McComas. You can also exercise with friends as a way to spend time with them and do something that you enjoy.

Doing a hobby before you go to sleep at night can be a way to destress and relax your mind. If you

From the Upper Paleolithic age (40,000 years ago) to the Ming and Qing Dynasties (1644-1912; last imperial dynasty of China), the collections tell to you everything from the governing system, military defense, economic growth to ritual belief and socio-culture. For example, there are Instruments, Jade, Currency, Buddhist statues, etc. My favorite part the Qing Dynasty. Benefitted from the accumulation of thousands of years' experience, together with the prosperity of the society, the producing technique of China preserved the essence of the ancient art while merging with Western beauty. People today are still fascinated by the aesthetic. The image of the Lantern Statue in the article is from Emperor Qianlong period (1736-1795) and was donated by Mr. Zhang Lifan in 1981.

Upper levels in the museum have different exhibitions all year around and I won't be able to cover all of them in this article. You should definitely explore yourself!

spend ten or twenty minutes before bed doing what you enjoy, it can improve your mood if you've had a bad day and make you feel like you accomplished something.

Some fun things you can do before bed that are simple and easy: draw in a coloring book, read a book, paint your nails, draw a simple picture, watch a short TV show like Brooklyn 99 or The Office, or go to a group exercise class, offered at McComas and War Memorial (see website for schedule).

Good sleep is one of the most important parts of a healthy lifestyle. Feel unsatisfied with the quality of your sleep? Try a Hokie Wellness Sleep Better Techniques workshop. Sign up using this QR Code.

