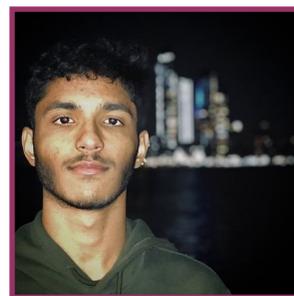


Galipatian Station

WHILE YOU PEE IN LEE

Friday, October 11th – Friday, October 18th 2019

COMPILER



Jagath Ranaweera
He/His
Aerospace Engineering

Dealing with the Hokie Plague



Aashi Agarwala
She/Her/Hers
Chemical Engineering

It's that time of year again where the flu and other illnesses spread throughout campus—commonly known as the Hokie Plague. This is when many of our fellow Hokies will fall ill. Being sick without our parents to help nurse us back into health is very difficult. However, with these tips, you will be back in shape in no time!

Go to Schiffert: Schiffert Health Center is a great resource for students. There are trained doctors that can diagnose different illnesses and prescribe antibiotics. It is a great way to receive immediate medical attention for the flu. Be sure to take advantage of this resource as it is free. It is next to McComas, and is a short walk from Lee. You can make appointments online and by phone. Walk in appointments are permitted on urgent cases, but 911 should be called in emergencies. Appointments can be made at: <https://www.healthcenter.vt.edu/appointments.html>

Missing Class: Please do not come to class if you are going to be coughing the whole time. We do not want to spread more sickness, and not resting while you are sick will prolong your recovery. In order to prevent ourselves from getting more sick and further spreading sickness

throughout campus, we will need to stay home in the dorms and miss class. To get your absence excused if you are not feeling well, email your professor about your current condition and attach an image of your note from Schiffert. All professors are encouraged to accept notes from medical professional to excuse absences.

Vitamin C: Be sure to take Vitamin C to help. Stock up on orange juice and Vitamin C pills. Vitamin C will help reduce different flu and cold symptoms, which will prompt a faster recovery!

Hydration: Be sure to be drinking lots of fluids and water in order to help filter out all of the germs and waste out of your body! It will also help balance electrolytes in your body! You can never go wrong with lots of water!

Rest: Even though college is stressful and demands a lot of time from your schedule, be sure to get enough rest and sleep. This means missing out on some social events and some extracurriculars. When you are sick, your health and academics should be your main priorities. Getting rest will help you recover faster!

Disinfect: To prevent getting sick, be sure to be regularly washing your hands. Throughout campus, there are also many hand sanitizer dispensers. Use them. Also, be sure to invest in a can of disinfectant spray. This can come in handy when you or your roommate gets sick. It also does not hurt to spray down your door handle periodically.

Flu season is quickly approaching, so it is necessary that we take all the precautions to prevent getting sick!

STEM Pun of the Week

Did you here that oxygen went on a date with potassium?

It went OK.

VT Engage



Lauren Hall
She/Her/Hers
Mechanical Engineering

Having a hard time finding service opportunities to fill your service learning requirement? Don't forget you can participate in opportunities outside of the community as well. One of the best resources you have to find these opportunities is VT Engage.

VT Engage is an organization on campus that provides numerous opportunities for service learning and leadership throughout the semester. Most of the volunteer opportunities are created through partnerships with other non-profit organizations and repeat throughout the semester, such as the Campus Kitchen delivery shifts, which occur in the mornings Monday through Thursday. If you have free Fridays, there are also trips to Feeding America SW Virginia and Pulaski Grow (an aquaponics farm) in the afternoons. Have limited time during the

week? Apple Ridge Farm and Lick Run Farm service trips run every week most Saturdays.

The VT Engage website also links to a variety of other on- and off- campus opportunities throughout the semester, whether that be one-time opportunities such as the Virginia Science Festival and Potato Give-Away (both scheduled for Saturdays in November) or ongoing volunteer opportunities with organizations such as Habitat for Humanity. In addition to helping students connect to volunteer opportunities in the region, VT Engage also leads global service trips during academic breaks (winter, spring and summer) to locations like Puerto Rico, the Dominican Republic, Peru, and New Orleans. For those that are extremely passionate about service learning and getting involved in the community, consider applying to be a student leader. Student leaders organize and lead all the trips organized by VT Engage!



Hiking Trails



Sarah Osborne
She/Her/Hers
ESM

After being here for seven weeks, I'm sure you've noticed that Blacksburg, as well as the New River Valley area in general, is located in a very scenic region. As engineers, sometimes it's easy to get caught up in integrals and chemical bonds, but being able to escape all that and truly enjoy nature for a while can be really beneficial to your health – both mental and physical. So listed below are some of my favorite trails/hikes located in the area, but if you want to explore more, here's a link that mentions a total of fifteen different routes to check out! <https://stepintoblacksburg.org/recreation-nature/hiking/>

Huckleberry Trail: This is a low difficulty trail that connects Blacksburg and Christiansburg, a fourteen-mile round trip. It has benches located along the path, and it welcomes walking, biking, and even inline skating! The trail also passes through the Coal Mining Heritage Park. It's located near the former Merrimac Mine and features old equipment as well as the remains of a mine that was abandoned in the 1930s.

Bald Knob: This is a moderately difficult hike that is a little under a mile round trip, and it takes around twenty minutes to get there by car. There are two routes once you get there, a steep trail or a not so steep one. It's an incredible place to watch the sunset or do some stargazing if you're up for a late-night hike. It's also near the famed Mountain Lake Hotel, which is the site where they filmed the movie Dirty Dancing!

Cascades: This is probably the trail you've heard about the most, and for good reason. It's a four-mile round trip, low to moderately difficult trail that is in the midst of an incredibly scenic area. There's a picnicking area at the start of the trail, several streams scattered along the way, and its main attraction is a sixty-nine-foot waterfall that's surrounded by natural rock formations. In the wintertime, ice formations can be seen descending from the falls, creating a picturesque scene.

