

Galipatian Station

~While You Pee in Lee~

10/25/19—11/1/19

COMPILER



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He/Him/His



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SATISFYING YOUR CHILDISH SELF



Kendall Lippert

She/Her/Hers

MSE

Hey, Galipatians! All of us get overwhelmed with stress, responsibility, and adulting on a daily basis in college. To get away from these chaotic

feelings, it's good to take a step back and do some serious stress relief. Sure, you could go to the gym, write things down in a journal, or talk to a friend, but why not take a few minutes to reconnect with your inner child and do these activities?

TV/Movies

Watching TV is something we often did when we were young, particularly with the Nickelodeon, Cartoon Network, and Disney Channel shows. *Spongebob*, *Fairly OddParents*, and *Phineas and Ferb* have short episodes, so they are great for watching when you need a small break. If you want something longer, you can always go with the vast range of movies that we watched as kids. Any classic Disney or Pixar movie, like *Finding Nemo*, *Chicken Little*, or *The Lion King* will leave you happy after you finished them. *Shrek* and the *Harry Potter* series are also good options if you want to relax for a longer period of time.

Hands-On Activities

There are lots of ways you can make yourself feel like you're seven years old again by crafting something up yourself. Grabbing some crayons or colored pencils and printing out a coloring page is a lot of fun and leaves you feeling relaxed. Play-Doh and Silly Putty can let you make a creation of your choice or you can use it just to squish all of your stress out. There is always the option of checking out Studio 1, to which you can build anything that comes to mind if you want something a little less kid-like.

Food

Whether you're getting a little tired of the on-campus food or simply feeling nostalgic, hop on over to Kroger or Walmart to get some food you ate in years past. Dino Nuggets can be heated up in the Second Floor Lounge easily, or grab some Lunchables or Kid Cuisine packages and stick your straw into a Capri Sun for your main meal. If you feel like snacking, then Go-Gurts, Teddy Grahams, or Gushers will certainly do the trick. Cereals such as Coco Puffs or Cap'n Crunch are solid choices if you crave breakfast, and if you ever want dessert, then the Little Debbie's Cosmic Brownies have got you covered.

There are many more options to satisfy your childish self, but these are a few ideas to get you started to spend some time with your memories and take a breather from the grown-up life.

STEM Pun of the Week:

A photon checks into a hotel and is asked if it needs help with its luggage.

It responds, "No, I'm travelling light."

LOOKING FOR SOMETHING TO DO?



Amanda Lee
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Computer Science

Blacksburg Kpop Pop Off

Exodus at Virginia Tech is a Kpop Performance Club that is hosting the first ever intercollegiate East Coast

Kpop dance competition between dance teams from universities like UVA and VCU! Come out to see different schools put on show stopping performances and meet our talented celebrity judge, Alex Reid, the first African American Kpop Idol and former idol member of BP Rania. She is also holding a dance workshop and masterclass on the same weekend. The competition will be held on November 2nd, 2019 from 5 - 7 PM at Burruss Hall. Check out the Facebook event for more information by scanning the QR code to the right!



Astronomy Observatory

Check out the Nicholas R. Observatory where, every Friday, the Astronomy Club of VT holds Open Houses open to the public for the opportunity to see various objects in the night sky, such as planets, nebulae, stars, comets, etc. There is also an Intro to Astronomy class you can take if you are looking for a fun and interesting elective to take for the fall or spring. The Astronomy Club also holds biweekly meetings and astrophotography workshops where you can learn different imaging techniques to capture the beauty of the night sky. Check out their website for more information on how to get involved! <https://www.vtastroclub.org/>



Spooktober

The Student Engagement and Campus Life at Virginia Tech is hosting a free event, Spooktober, on October 31st, 2019 from 8 PM - 10:30 PM at Squires' Commonwealth Ballroom where you can join in on fun activities for the Halloween season such as tarot card reading, pumpkin painting, and much more. There will also be games with prizes that you can win, as well as FREE candy, s'mores, and beverages.

HELPFUL APPS



Sarah Osborne
She/Her/Hers
ESM

There are so many resources available to us here at Virginia Tech – academic, health centers, career services, and much more! But sometimes our needs aren't something that has to be taken care of elsewhere; sometimes all it takes is downloading the right app. So I present to you some options for studying, as well as how you can enhance your life outside the realm of math and science. (I have an Android phone, but there should be iOS equivalents, as well!)

For when you need to focus:

Study Bunny features a timer that allows you to restrict yourself from apps or internet browsing for a set amount of time (which you can pause or stop at any time). It also features a little bunny that you can customize using coins you gain from studying as well as watching ads, if you choose.

Flipd does the same, minus the bunny but with the addition of different scenarios – such as spending time with friends, meditation, or just for times when you don't want the stress of being connected 24/7. **Trello** is a bit different, being a task-based app which allows you to organize tasks under different headers, but it can be helpful when prioritizing work or even for making a grocery list. There's a website version, as well, that syncs with your app through your account, so no matter where you think of something to put on a list, you have that option.

For when you want to improve multiple aspects of your life:

Level Up Life lets you gain XP for completing tasks ranging in categories from art to fitness to travel while also allowing you to create your own goals for yourself. **Do It Now** is similar in concept but has less pre-determined or recommended tasks. It mainly relies on you setting the goals (and if you pay, you can import your Google Calendar and set tasks from it). **Habitica** is another variation of this that is more RPG styled with a customizable avatar and the option to add positive and negative habits, to help you be aware of what habits you already have and what you might want to work on changing.