

FEB 19 2021 | GALIPATIA

# THE VOGUE OF HOGE

A NEWSLETTER FOR HOGIES BY HOKIES!

## HOW TO SPEND YOUR WELLNESS DAYS

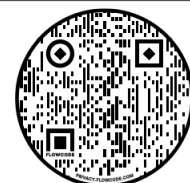
*Author: Justice Forster*



I know... it's not ideal. Regardless of how we approach these days, the schedule isn't going to change and these wellness days will happen. With that said, I think it's in our best interest to make the best of the situation! There're a number of places around campus, the New River Valley, and beyond to explore! Here're a few:

Accessible via walking, biking, and Blacksburg Transit	Within Blacksburg, but a little more difficult to access	Outside of Blacksburg and will require transportation
<ul style="list-style-type: none"><li>-The Huckleberry Trail</li><li>-Smithfield Plantation</li><li>-Smithfield Horse Center</li><li>-Alphin Livestock Arena</li><li>-The Duck Pond</li><li>-Lower South Recreation Fields</li><li>-Blacksburg Main Street</li><li>-Wong Park</li><li>-Lark Lane Park</li><li>-Blacksburg SkatePark and Municipal Park</li><li>-New River Valley Mall (Christiansburg)</li></ul>	<ul style="list-style-type: none"><li>-Nicholas R. Anderson Observatory (Not open for in person visits, but great for stargazing outside)</li><li>-Blacksburg Rotary Mountain Biking Skills Park</li><li>-Heritage Community Park</li></ul>	<ul style="list-style-type: none"><li>-Stiles Falls Hike</li><li>-Cascades Hike</li><li>-Pandapas</li><li>-Mcafee's Knob Hike</li></ul>

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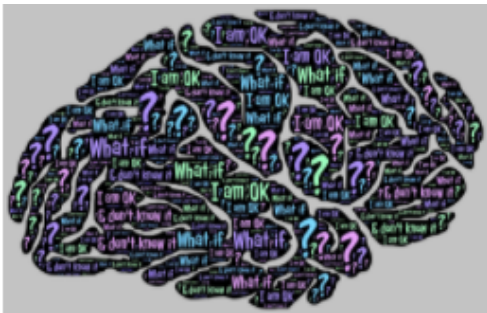


# BENEFITS OF MEDITATION FOR STUDENTS



*Author: Jordan Rudman*

Meditation is defined as to “think deeply or focus one's mind for a period of time... as a method of relaxation” by Oxford Languages. Sounds nice, doesn't it? In college, especially in these trying times, we need to put some quality time aside to focus on our mental health and sanity. We all have a lot on our plates, so taking a small piece of your day to make sure that all-important brain is in tip top shape is essential to balancing it all and staying afloat in the sea of life.



Studies published in Educational Psychology Review have shown that meditation benefits mental well-being as well as academic and social skills for students. Additionally, it has been associated with better concentration, higher self-confidence, and increased optimism. But wait, there's more! Regular practice of meditation can also boost memory, creativity, feelings of calmness, and body imagery. With all these mental and emotional benefits, why not give it a try? As little as 5 or 10 minutes a day with an app like Headspace, Calm, or Aura (which all have free and premium guided meditations), can do wonders for your inner self.

## Compiled by:

Stephanie Wolf  
Civil and Environmental  
Engineering 2023



# WHAT IF THERE WAS NO GRAVITY?!



*Author: Aidan Anderson*

Remember when Trisha Paytas said gravity was invented and there is no real point in having gravity? Well lets just say for once Trisha was right about something and that Sir Isaac Newton just invented gravity. Kind of like a light switch and we could just turn gravity on and off as we wanted. Let's look at this solely based on a physics perspective if there was no gravity that would mean there would be no mass in the universe and no Earth to live on. But let's just throw physics off the table like Trisha has and see what would happen if there were still planets left with no gravity. First Earth would have all of its rivers, lakes and oceans just start floating away from the ground. Not only that but the Earth's atmosphere would just cease to exist. Also anything not stuck to the Earth's surface would also be floating away forever including you. The final thing to end it all is that Earth would eventually break apart without gravity as gravity is the force that holds all of Earth's mass together. Maybe there is something good that can come out of not having gravity. If the world wouldn't just fall apart we could say goodbye to stairs and just jump to the floor of Hoge we want to be on. Overall lets just be thankful that Trisha is not a physics major and we still have gravity.

## Mental Health Tip for Hogies!

Cook Counseling offers an in-house engineering therapist. Her name is Kathryn Mustard and her contact information is:  
kmustard18@vt.edu or 540-231-6557